



Routine: HIT Mike Mentzer (4 day cycle)

HIT Workout plan:

this 2-day-a-week workout plan is inspired by the legend Mike Mentzer's High Intensity Training (HIT) routine. After every workout day, you will have 96 hours (4 days of rest). Therefore this routine is viable for people who have few hours a week to dedicate to the gym. One thing you must note about this workout plan is the following: You only do 2 sets per muscle group a week, so the sets should be of high quality and focus!

Superset: A **superset** is a weightlifting technique that involves performing a set of two different exercises back-to-back with minimal rest in between

DAY 1: Chest and back

CHEST

- INCLINE WARMUP 2 SETS

SUPERSET

- PEC FLY - 6 to 8 REPS (Flat bench or cable cross substitute)
- SMITH/MACHINE INCLINE PRESS 1 to 3 REPS (CLOSE GRIP, WIDE ELBOWS)

BACK

- CLOSE GRIP PALMS UP LAT PULLDOWN (to failure)

- DEADLIFT 5 to 8 REPS

96 HOURS REST

DAY 2: Legs

- LEG PRESS WARMUP 2 SETS
- LEG EXTENSION - 8 to 15 REPS

SUPERSET

- STANDING CALF RAISES - 12 to 20 REPS
- LEG PRESS - 8 to 16 REPS

96 HOURS REST

DAY 3: Arms & Delts

DELTS

- DUMBBELLS LATERALS - 6 to 10 REPS
- REV PEC DECK/BENT OVER LATERALS - 6 to 10 REPS

ARMS

1. STRAIGHT CURL - 6 to 10 REPS

2. TRICEP PRESS(STRAIGHT OR VBAR) 6 to 10 REPS
SUPERSET
3. DIPS - 3 to 5 REPS

96 HOURS REST

DAY 4

LEGS

- WARMUP SMITH SQUATS 2 SETS
- ISOMETRIC HOLD LEG EXTENSION

SUPERSET

- SMITH MACHINE SQUATS - 8 to 15 REPS
- STANDING CALF RAISES - 12 to 20 REPS

AND REPEAT AGAIN...