

## Mike Mentzer Split (Heavy Duty Training):

### Day 1: Chest and Back

- Chest:
  - Bench Press: 3x6-8
  - Incline Bench Press: 2x6-8
  - Pec Deck Flyes: 1x8-10 (optional)
- Back:
  - Deadlifts: 3x6-8
  - Bent Over Rows: 2x6-8
  - Pull-Ups: 1x8-10 (optional)

### Day 2: Legs

- Quadriceps:
  - Squats: 3x6-8
  - Leg Press: 2x6-8
  - Leg Extensions: 1x8-10 (optional)
- Hamstrings:
  - Romanian Deadlifts: 3x6-8
  - Leg Curls: 2x6-8
  - Good Mornings: 1x8-10 (optional)

### Day 3: Shoulders and Arms

- Shoulders:
  - Military Press: 3x6-8
  - Lateral Raises: 2x8-10
  - Upright Rows: 1x8-10 (optional)
- Arms:
  - Barbell Curls: 3x6-8
  - Skull Crushers: 2x6-8
  - Hammer Curls: 1x8-10 (optional)
  - Tricep Rope Pushdowns: 1x8-10 (optional)

### Day 4: Rest