

Mike Mentzer 1998 Seminar Notes and Outline

1': Logical approach

1:30': Defining characteristic of man: Cognitive faculty

Our choice to use it.

2:10': Volition is the key word

2:30': "...many refuse to do it..."

3:15': Intellectual self-sufficiency: Anti-rational culture; therefore, don't develop the mental muscle.

3:45': Uncritically accepted faith as knowledge

Antithesis of reason

4:10': "Keep an open mind," is a bad idea...

Not a virtue to think everything is plausible.

Standing on both sides of the fence is poor judgement.

4:55': Active mind: instead of an open mind, have an active mind.

5:35': Paralyzed by abundance: "Disconcertingly confused..."

7:00': Arthur Jones: Be active when you read

How often does one find real quality in reading?

98% is junk probably.

7:30': Rigor?: "...Up burning the midnight oil?"

9:45': Athletics as an intelligent pursuit.

10:30': Intellectual pabulum: Don't waste your time on the arbitrary/authoritative

Have a reason to do things 11:00'

12:30': Reasoned, principles, logical approach

Understanding and useable by (almost) anyone

13:00': What's your goal? Purpose?

13:30': Specific knowledge + specific action equals a goal. (Key quote.)

"The basis of a rational, intelligent, logical approach to exercise- or any other arena of human endeavor, is the recognition that only the *specific* appropriate knowledge can lead you to engage in the appropriate action required to successfully achieve a goal."

14:00': Be explicit; retain impact in your thinking.

16:00': Knowledge is power: Self-esteem and confidence to achieve your goals.

16:30': Fulfilling life through philosophy.

17:00': More people fail than succeed.

18:00': Great confusion... vast information... what's valid?

18:30': Impotently bewildered.

19:30': Reality

We say, 'Everything works and nothing works.'

If there's a reality, it operates in certain ways.

Gravity, muscles, rain, planetary motion, fire, etcetera.

20:00': H.I.T. as valid theory:

Correct description of exercise.

21:45': Regulating H.I.T.

Be hyper-cautious with regard to volume and frequency

22:00': "Overtraining is not just a mistake. It's the biggest mistake you can make."

22:15': Literally stops your desired result.

22:45': Map as theory.

The right map is needed.

24:00': Cause and effect relationship: HIT and development

24:45': Dictated by reality; nature and its laws

25:10': Beautifully simple.

25:30': Cause of human knowledge (steps)

27:00': Time: Must take the time to learn and understand (work, volition)

27:20': Fundamental principles to Exercise Science

28:00': Intensity, Volume, and Frequency

28:15': Know the "ABCs" of exercise, first.

Introduction to Exercise Science

28:45': "You'll have to use your imagination here, because I have yet to meet a good Exercise Scientist...

So use your imagination a little bit." (Humor.)

28:45': Growth: What causes it?

29:15': Training variables: What causes it?

30:30': Couch potatoes; gain nothing.

So is it volume? No, because too much causes weakness.

31:45': "More is better." Does not work.

Means literally that. A built-in guarantee.

Only applies to money (and pretty women). (33:05')

Foolish? 20, 40, infinity. Of course, escalating volume is impossible.

35:00': Volume should equal greatest gains, but it does not.

36:00': Reflect on your efforts and investment of return.

37:15': One set a negative factor.

37:30': Arbitrariness: 3 sets, one hour, all arbitrary.

38:15': Quality and intensity.

Last rep is the hardest (hit failure).

40:45': Last repetition equals 100-percent intensity.

Humor: "Normal, intact functioning brains..."

41:30': First rep of a ten-rep set; cannot stop there.

42:00': A low-intensity light cannot cause a suntan.

No adaptive response.

42:15': Cosmetic: No, a survival/defensive barrier.

44:00': "Executing that last, almost impossible rep, causes the body to dip into its reserve ability."

47:00': Failure is the key to growth.

Need to push yourself (properly) to 100-percent momentary muscle ability/failure.

51:20': Failure is necessary.

54:00': Frustration of not achieving goals.

"Not doing what reality requires..."

54:30': Fundamental principles: without these it's impossible to achieve your goals.

Part 2

00:00': Desire is not good enough.

Example, "more is better" thinking.

But you will not succeed with foolish relentlessness.

More fail than succeed with this (dis)philosophy.

1:30': Wishing doesn't change reality (false ideas).

3:30': First Principle: Intensity

4:00': Second Principle: Recovery Ability

Finite, even for steroid users.

4:30': Cautiously regulate volume and frequency

6:00': Exercise Scientists

7:15': "PhD:" Piled high and deep in bullshit.

"Lazy, dumb bastards," in some cases.

7:30': Anti-rational culture is pervasive

8:00': Volume is a negative factor (a debt against you)

Each set equals a deeper inroad into your energy reserves.

8:45': Inroad: A hole dug, keep digging and you'll make a deeper hole

Therefore, it will take more energy to grow

You may not recover

9:45': Need at least one set, though.

Small inroad must be made.

11:30': Bodybuilders use nightmarish amounts of pharmaceuticals to do 40 sets per bodypart.

12:00': 2 sets is a mistake.

Because exponential damage to you and your energy reserves

100% increase in damage

13:45': Don't leave the gym in an ambulance.

This isn't economics

Be precise

14:40': Three units for each rep: positive, negative, and static hold.

15:30': Third Principle: Frequency

16:45': Overtraining implies a negative action rightfully so.

18:00': Get in, get out, and grow.

18:45': 50/50

Workout/rest period.

19:30': "If you don't rest enough, you don't grow enough."

23:00': Local and systemic effects

Systemic recovery takes longer

25:00': Two days in a row is never a good idea

48 hours at least is needed

25:45': Layoffs don't usually result in lost strength (*My note: If you stay healthy*).

27:00': Know the fundamentals

27:30': "Reread, re-reread, and re-re-reread," your notes.

It takes repetition

29:00': Consolidation program

29:30': Possible progress (clients in Marina Del Rey, California)

30:00': 163 pounds, 72" tall: 2 sets, once per week: Weights 210# in 18 weeks (4.5 months)

Trains with Consolidation Program

30:45': Client #2: John

After twelve weeks: 140 pounds at 73" tall, to 175#, and a deadlift from 165# to 345#

Trains 1x/week (Consolidation Program)

32:15': Expectable gains with HIT

33:15': "You don't have to remain ignorant."

33:47': Stimulate the most muscle with the least exercise possible.

34:45': After 2 months, change frequency to 1x/9 days

You need more rest as you grow

2 weeks off after 2 months

35:30': Greater weight=greater stress

Train (slightly) less as you get (much) bigger and (37:15) stronger, and you'll keep growing...

37:45': Workout A

1) Squats 8-15 reps (Smith or free weights)

2) Close-grip Palms-up Pulldown (6-10 reps)

39:00': Control your reps (pause at contraction)

About four seconds up, pause, four seconds down

Key is control

40:00': Workout B

1) Deadlift (straight back, perfect form) 5-8 reps

2) Dips 6-10 reps (the "upper body squat")

44:15': "Just doing what nature requires to activate the growth mechanism..."

45:15': Not an endurance contest

46:15': Everything to gain, literally.

48:00': Client #3: Will, college student

Doubled his weight, 125#, 66" tall, to 254# in four years

1 set/ workout

50:00': Pulldowns: work multiple muscles

50:30': Dips: Pectorals, delts, and triceps

52:00': Ivan Ivankov: Powerful but random example (Ivankov might just be a freak)

53:00': Final points

Pump/soreness not important

Getting bigger and stronger is important

"Knuckleheads..." Make same mistakes over and over again

53:45': Next workout gauges success...

Because you're stronger and progressing

55:00': Get stronger and therefore keep a training journal

Even one rep is significant

56:00': Well-balanced diet

He recommends a high-carbohydrate diet (*My note: now is very debatable. Not everyone does well eating a high proportion of carbohydrates in their diet.*)