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Mike MentzerBodybuilderHistorical photo by Mike MentzerPersonal infoBorn (1951-11-15)November 15, 1951'1'Ephrata, Pennsylvania, USA DiedJune 10, 2001 (2001-06-10) (age 49) California, USA (USA) Professional CareerPro-debutIFBB Southern Pro Cup (U.S. professional heavyweight champion IFBB (November 15, 1951 - June 10, 2001) - American professional bodybuilder IFBB. , businessman and writer. Mike Mentzer's early life and education were born on November 15, 1951, in Efrat, Pennsylvania, and grew up there. At Gymnasium and Ephrata High School, he got all A, He credits his 12th grade teacher, Elizabeth Shaub, for his love of language, thought and writing. In 1975, he began attending the University of Maryland as a student, where his hours away from the gym were spent studying genetics, physical chemistry and organic chemistry. Three years later he left the university. He said his ultimate goal during this period was to become a psychiatrist. The bodybuilding career of Amateur Mentzer began bodybuilding when he was 12 years old with a body weight of 95 pounds (43 kg) after watching men on the covers of several muscle magazines. His father bought him a set of scales and an instruction booklet. The booklet suggested that he train no more than three days a week, so Mike did just that. By the age of 15, his weight had reached 165 pounds (75 kg), with Mike able to push 370 pounds (170 kg) on the bench. Mike's goal at the time was to look like his bodybuilding hero, Bill Pearl. After graduating from high school, Mentzer served four years in the U.S. Air Force. It was at this time that he began to work more than three hours a day, six days a week. Mentzer began competing in local physique competitions when he was 18 years old, and took part in his first competition in 1969. In 1971, Mentzer entered and won the competition for Mr. Lancaster. In 1971, he suffered the worst defeat, finishing 10th in AAU Mr. America, which was won by Casey Viator. Mentzer found his presence in this contest important later as he met Viator, who gave Mentzer contact information for his coach Arthur Jones. Due to a severe shoulder injury, he was forced to drop out of training from 1971 to 1974. In early 1975, however, he resumed training and returned to the competition in 1975 in the Mr. America competition, finishing third behind Robbie Robinson and Roger Callard. Mentzer won this competition the following year, in 1976. In 1977, he won the North American Championships in Vancouver, British Columbia, Canada, and a week later took part in the 1977 Mr. Universe competition in Nemes, France, finishing second behind Cal-Scalak. In 1978, Mentzer won The Mr. Universe in Acapulco, Mexico, with the first and only perfect 300 points. He became a professional bodybuilder after that The universe is a win. A professional at the end of 1979, Mentzer won the heavyweight class of Mr. Olympia, again with a perfect 300 points, but he lost overall to Frank zine, who was awarded the title for the third time this year. In 1980, Mr. Olympia he finished fourth (in a draw with Boyer Coe) behind Arnold Schwarzenegger, Chris Dickerson and Frank zine. He retired from competitive bodybuilding after that show at the age of 29. He claimed that the contest had been rigged until the day of his death. Although he never said he thought he should have won, he argued that Arnold shouldn't have, though he eventually got on good terms with Schwarzenegger. In 2002, Mentzer was inducted into the IFBB Hall of Fame. Mentzer's bodybuilding philosophy was objective and insisted that philosophy and bodybuilding are the same. He said: Man is an indivisable entity, an integrated unit of mind and body. Thus, his books contain as much philosophy as they do bodybuilding information. Mentzer took the bodybuilding concepts developed by Arthur Jones and tried to perfect them. Over the years of research, observations, knowledge of stress physiology, the most accessible scientific information and the careful use of his reasoning abilities, Mentzer has developed and successfully implemented his own bodybuilding theory. Mentzer's theories are designed to help a drug-free person realize his genetic potential in the shortest possible time. Mike Mentzer's high-intensity training was Mentzer's last job. In it, he detailed the principles of high-intensity weight training. Weight training, he insisted, must be concise, rare and intense to achieve the best results in the shortest possible time. Heavy Debt II also supports critical thinking. In this book, Mentzer shows why people should use their reasoning ability to live a happy, mature, adult life, and it shows readers how to do it. Bodybuilding has been hailed as just one potential component of human existence, encouraging many other worthwhile pursuits throughout his book. Diet and nutrition diet has always been just as important, if not more, as weight training for bodybuilders. However, in his book Heavy Duty Nutrition, Mentzer has shown that nutrition for athletes should not be nearly as extreme as the bodybuilding industry will lead one to believe. His recommended diets were well balanced, and he maintained eating out of all four food groups, a total of four servings each of high-quality cereals and fruits, and two dairy and protein daily, all year round. Mentzer believed that carbohydrates should make up the majority of calorie intake, 50-60%, rather than protein by as others preferred. Mentzer reasoning was simple: build 10 pounds of muscle per year, a total of 6,000 extra calories needed to take a meal year because one pound of muscle contains 600 calories. That's an average of 16 extra calories a day, and only four of them should be made out of protein because the muscles are 22% protein, about one-quarter. A Mentzer heavy training system while Mike Mentzer served in the U.S. Air Force, he worked 12-hour shifts and then followed that up with marathon workouts, as was standard in those days. In his first bodybuilding competition, he met the winner, Casey Viator. Mentzer learned that Viator trained in very high intensity (heavy weights for as many reps as possible to general muscle fatigue), for very brief (20-45 minutes per session) and a rare workout. Mentzer also learned that Viator worked almost exclusively with the relatively new Nautilus machines created and traded by Arthur Jones in DeLand, Florida. Soon Mentzer and Jones met and became friends. Jones pioneered the principles of high-intensity training in the late 1960s. He stressed the need to maintain a perfectly strict form, move the weights slowly and controlledly, work on the muscles until completely abandoned (positive and negative) and avoid overtraining. Casey Viator saw fantastic learning results under Jones's guidance, and Mentzer became very interested in this learning philosophy. In the end, however, Mentzer came to the conclusion that even Jones did not fully apply his own principles, so Mentzer began to investigate their full application. He began training clients in an almost experimental manner, assessing the ideal number of repetitions, exercises and rest days to achieve maximum benefit. For more than a decade, the Mentzer Heavy Duty program included 7-9 workouts on a three-day weekly schedule. With the advent of modern bodybuilding (where bodybuilders became more massive than ever before) by the early 1990s, it eventually changed that routine until there were fewer work kits and more days of rest. His first breakthrough became known as the Perfect (principled) routine, which was a fantastic step in minimal preparation. Outlined in Mike Mentzer Way's high-intensity training, fewer than five work kits were performed each session, and the rest was highlighted, calling for 4-7 days of recovery before the next workout. According to Mentzer, biologists and physiologists from the nineteenth century knew that hypertrophy was directly related to intensity rather than duration of effort (Mentzer 2003;39). Most bodybuilding and weightlifting authorities do not take into account the harsh nature of stress imposed by heavy, strenuous resistance exercises carried out to the point of positive muscle failure. Mentzer training courses (books and audio cassettes) sold through bodybuilding magazines have been extremely popular since that won the IFBB Mr. Universe contest in 1978. This contest is a contest a lot of attention because on him he became the first bodybuilder ever to get a perfect 300 points from the judges. Некоторое время спустя, Mentzer привлекло больше внимания, когда он познакомил Дориана Yates с высокой интенсивностью подготовки, и положил его через свою первую серию тренировок в начале 90-х. История конкурса 1971 г-н Ланкастер - 1-й 1971 AAU г-н Америка - 10-й 1971 AAU Teen Mr America - 2-й 1975 IFBB г-н Америка - 3-й (средний) 1975 ABBA г-н США - 2-й (средний) 1976 IFBB г-н Америка - 1 -й (в целом) 1976 IFBB г-н Америка - 1-й (средний) 1976 IFBB Mr. Universe - 2-й (MW) 1977 IFBB Североамериканский чемпионат - 1-й (в целом) 1977 IFBB Североамериканский чемпионат - 1-й (MW) 1977 IFBB Mr. Universe - 2-й (HW) 1978 IFBB США против мира - 1-й (HW) 1978 IFBB Чемпионат мира среди любителей - 1-й (HW) 1979 IFBB Канада Pro Cup - 2-й 1979 IFBB Флорида Pro Invitational - 1-й 1979 IFBB Ночь чемпионов - 3-й 1979 IFBB г-н Олимпия - 1 -й (HW) 1979 IFBB Питтсбург Pro Invitational - 2-й 1979 IFBB Southern Pro Cup - 1st 1980 IFBB Mr. Olympia - The 5th Personal Life of Atheism Mentzer was an atheist , and stated in a recent interview before his death that he does not believe in God, heaven, hell, or any afterlife. While at school, Mentzer's father motivated his academic performance by providing him with various kinds of incentives, from baseball gloves to cash. Years later, Mike said his father unwittingly... instill in me an appreciation of capitalism. According to David M. Sears, a friend of Mentzer and editor and publisher of his book Muscle in Minutes, he stated that, as you know, Mike was an insatiable philosophy reader in college, so in 1970 he would have been, say, 18 years old. He read more traditional philosophers then, and probably didn't fully hug Ayn Rand until the mid-to-mid 1980s (since none of his works mentioned it until at least the mid-80s, if not later). In my opinion, Mike's ideas on bodybuilding were allowed to come out because of his objectivity. His approach to critical thought, analytical thinking, and knowing that there is one truth, all allowed him to buck conventional thought and push forward with his own mental efforts.- David M. Sears 1 As for what he learned from Ayn Rand, Mentzer said in an interview: 1 Learning logic and acquiring the ability to think critically is not easy, though not impossible. I learned to do these things by reading and digesting the work of the writer/philosopher, Ayn Rand. To get started on the right, methodical way to read her book explicit philosophical essay Philosophy: Who Needs It - especially The Introduction and the First Two Chapters - and the Romantic Manifesto - especially the second Philosophy and sense of life. After reading and rereading the first few chapters of each of these books, set them aside for a while and read two of her epochal great novels - Fountainhead and Atlas straightened their shoulders in that order. Just as true in any other context of knowledge, philosophy needs to be explored in a logically structured manner...- Mike Mentzer in his last interview before his death, Mentzer said he was happy to get so many phone clients and close personal bodybuilding friends such as Marcus Reinhardt, who was influenced by him to become objectivists. He described objectivism as the best philosophy ever invented. He also criticized Immanuel Kant's philosophy, which he described as an evil philosophy because, he said, Kant intended to destroy a man's mind by undermining his confidence in his mind. He also criticized the teaching of cantianism in schools and universities and said it is very difficult for an objectivist philosopher with a doctorate to get a job at any of the universities. In recent years and death in the late 80's, Mentzer returned to training bodybuilders and writing for Iron Man magazine and spent most of the 1990s regaining his status in the bodybuilding industry. Mike met Dorian Yates in the 1980s and impressed Dorian's career in bodybuilding. Years later, when Yates won Joe Wilder's Mr. Olympia, he credited Mike With a heavy duty of principles for his preparation. Mike, his brother Ray and Dorian founded a clothing company called MYM for Mentzer Yates Mentzer, also known as Heavy Duty Inc, in 1994. MYM was based on the success of Don Smith CrazeeWear bodybuilding clothing. Three directors wanted to benefit from the physical lifestyle, which today has become mainstream. With the blessing and encouragement of Joe Weider, the trio manufactured and distributed their own lines of cut and sew sportswear. Mentzer died on June 10, 2001 in Rolling Hills, California. He was found dead in his apartment due to heart complications, his younger brother and fellow bodybuilder Ray Mentzer. Two days later, Ray died of complications from a long battle with Berger's disease. Cm. Also List of Men Professional Bodybuilders Links : b c d e f h i j k l n o Mike Mentzer - Bodybuilder, Writer and Philosopher Bob Burns - b c Mike Mentzer - b c d Mike and Ray Mentzer Dead - b Wisdom Mike Mentzer - Efrat High School Graduates September 14, 2014, on Archive Today. Received on September 10, 2012. - b c d e Wisdom Mike Mentzer - b High-Intensity Training Mike Mentzer Way - b Mike Mentzer - Heavy Duty Nutrition - b New High Intensity Training, Ellington Darden - INSIDE MIKE MENTER Dave Sears Stop at favorite Santa Monica Mike Cafe, we're attracted for myself both for the car and our vigorous debate about religion (Mike was an atheist, I was a Catholic) - b Mike Mentzer's Last Interview By: The Sandwich I Don't Believe in God. The outer links of Hzkhlachev, Yegor. Mike Mentzer Gallery. February 19, 2016. Received on November 9, 2016. 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