

# High Intensity Training!

By Mitch Sheean

Welcome Friend!,

Thank you for choosing this workout from me. I am sure you'll get a lot out of it. This type of workout is designed for high intensity rather than the traditional high volume workouts used by most people. What that means is that after a few warm up sets you'll just do one main working set. You want to make sure you fight the urge to quit and push beyond normal failure. The benefit of this is that you don't need to be a gym rat and spend countless hours in the gym each week. These intense workouts can be completed in just 15-30 minutes. The key is to stimulate the deep tissues of your muscles and then rest to allow for adequate recovery. It is these deep fibers that really make your muscles grow like nothing else!

This type of workout was championed in the 70's by people like Arthur Jones who designed and owned the Nautilus workout equipment, and it has been used by such legends as Dorian Yates, Mike Mentzer and many others.

Using this technique you'll burn through the slow-twitch muscle fibers, then you'll burn through the medium-twitch fibers and only then will you access and recruit the fast-twitch fibers normally reserved for emergency situations. Your fast-twitch muscle fibers are the ones you use when you

pick up that car that has rolled over onto a baby and you need to save them. These are hard to access and only by progressively recruiting and burning through the slow and medium fibers will you be able to access the fast-twitch fibers.

Fast-twitch means they are explosive and powerful, however this also means slow to recover. They require MUCH more time for rest which is why you'll start out only hitting one body part per week on this program. As you progress, you may even lengthen the time between workouts. I know it is counter-intuitive to believe that "less is more", but if you give this 12 weeks I think you'll see the difference. The great part is that you save so much time! In addition, this type of workout is much less prone to injury as you work the reps super slowly without dangerous momentum and you don't get the wear and tear of high volume exercises.

### **Warming up**

You want to do a few warm up sets to get the blood flowing to your muscles. With the warmup sets you don't want to go heavy at all and you don't want to feel fatigued or go to failure. Save the intensity for your 1 working set.

### **Focus on time not reps**

Don't worry about how many reps you do. You want to focus on your time under tension (TUT). Your TUT should be between 60-90 seconds. Start off

using a weight that is heavy, where you go to complete failure at 60 seconds. As you progress, use the same weight and go for longer TUT. Once you reach 90 seconds per working set, then increase the weight and progress accordingly until you reach 90 seconds at the new weight.

During your working set do the reps slow and don't use momentum. Momentum takes away the tension on the muscles. Aim for 10 seconds per rep. So if you are at 90 seconds TUT then you'll do 9 reps.

### **Do NOT lock out**

You want to keep constant tension on the muscles so make sure you don't lock out at the top of your movements. For example, on bench press don't lock out your elbows at the top as this will take tension off the muscles and you'll lose the time you spent burning through your slow, medium twitch fibers, and you'll never access those fast-twitch fibers.

### **Rest-Pause and Drop Sets**

Listed in the program are rest-pause sets and drop sets. It's your choice what you do and you can mix and match to keep things interesting. You don't need to do these until you have done about 4-8 weeks of the 1 single working set.

The rest-pause and drop sets are there to give you an added boost once you have built up your base strength and muscle mass.

A rest-pause set means you use the same weight and you do them about 5-10 seconds after your 1 working set. Don't go over 10 seconds or you'll lose the effectiveness.

With a drop set you are dropping the weight somewhat, which means you'll do more reps to failure than a rest-pause. Again wait only about 5-10 seconds after your working set to do a drop set.

### **Push/Pull/Legs/Shoulders**

A common practice is to do a Push/Pull/Legs routine where you do all of your pushing exercises one day, pulling the next and legs on another day. Included with push day would be shoulders, however I believe that shoulders require their own full day to get them developed effectively. Plus I like to keep my workouts under 30 min and having shoulders mix with chest and triceps adds a lot of time. These workouts focus on just 3-4 exercises per body part per day. Example: chest is flat bench, incline bench and dips which hits the middle, upper and lower chest. Your shoulders have three heads so shoulder day is dedicated to hitting all three as well, (front, middle and rear deltoid).

You should be able to complete each workout in 30 minutes or less. Four days per week at 30 minutes is just two hours per week. On other days it would be good to do cardio or just walking. I prefer walking because it can burn calories but you don't get that hunger that you do when you do intense

cardio. If you do high intensity weight lifting, believe it or not, it acts just the same on your system as doing long stints of low intensity cardio.

## **Abs**

For abs I usually put in a set going to 60 seconds at the end of each workout. Choose different abs for each day. Example: on leg day do abs machine, on chest/tricep day do leg raises, on back/bicep day do seated incline sit-ups, and on shoulder day do yoga ball crunches. It's your choice.

# **OK Let's Get After IT!!**

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## **Leg Day**

### **Squats (Optional)**

Doing squats is optional. I'm old school, and I believe these are really good for overall mass building and I do just a few sets as a measure of how much my max improves. I do a few warmups, then progressively heavier over three sets and the last set I try for a new max at 1 rep. These are totally optional. If you do squats you won't need a warmup on the following exercises.

\*\* Replace xxx lbs with the weight you use. Record the date of your workouts and keep track of progress!

### **Warmup Sets**

3 x 5-6 xxxlbs

### **Working Sets**

1 x 5 xxxlbs

1 x 3 xxxlbs

1 x 1 xxxlbs

## Leg Press Machine

### **Warmup Sets (if you do squats first no warmup needed)**

3 x 8-10 reps 50% of working set weight

### **Working Set**

1 x xxxlbs 60-90 seconds

### **Rest Pause Or Drop Set**

1 x to Failure

## Leg Extensions

### **Working Set**

1 x xxxlbs 60-90 seconds

### **Rest Pause Or Drop Set**

1 x to Failure

## Leg Curls

### **Working Set**

1 x xxxlbs 60-90 seconds

### **Rest Pause Or Drop Set**

1 x to Failure

## Calf Press Machine

### **Working Set**

1 x xxxlbs 60-90 seconds

### **Rest Pause Or Drop Set**

2 x to Failure

## Abs

1 set 60 seconds

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# Chest / Triceps

## Flat Bench or Machine

### **Warmup Sets**

3 x 8-10 reps 50% of working set weight

### **Working Set**

1 x xxxlbs 60-90 seconds

**Rest Pause Or Drop Set**

1 x to Failure

**Incline Bench or Machine**

**Working Set**

1 x xxxlbs 60-90 seconds

**Rest Pause Or Drop Set**

1 x to Failure

**Dips**

**Working Set**

1 x xxxlbs 60-90 seconds

**Rest Pause Or Drop Set**

1 x to Failure

**Chest Flye Machine**

**Working Set**

1 x xxxlbs 60-90 seconds

**Rest Pause Or Drop Set**

1 x to Failure

## Tricep Cable Pressdowns

1 x xxxlbs 60-90 seconds

## Abs

1 set 60 seconds

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# Back / Biceps

## Pullups (Optional) x 50

Similar to squats, these are optional. If you choose, do two warmups at 5 reps then 4 x 10 reps with 1:30 or 2:00 min rest in between. If you can't do 10 then do as many as you can. I like to do 50 pull ups per week.

5,5,10,10,10,10 with 1:00 - 2:00 min rest in between

## Lat Pulldown

### **Warmup Set**

3 x 8-10 50% of working set weight

### **Working Set**

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Close Grip Cable Rows

### **Working Set**

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Wide Grip Cable Rows Or Row Machine

### **Working Set**

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Preacher Curls Machine

### **Working Set**

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Cable Hammer Curls

### **Working Set**

1 x xxxlbs 60 to 90 seconds

Abs

1 set 60 seconds

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# Shoulders

## Shoulder Press Machine

### Warmup Set

3 x 8-10 50% of working set weight

### Working Set

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Dumbbell Side Lateral Raise

### Working Set

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Rear Delt Machine

### Working Set

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Dumbbell or Barbell Shrugs

### Working Set

1 x xxxlbs 60 to 90 seconds

## Upright Row

### **Working Set**

1 x xxxlbs 60 to 90 seconds

1 x Rest Pause or Drop Set to Failure

## Abs

1 set 60 seconds

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That's it Friend! If you have any questions please feel free to message me at [msheean@gmail.com](mailto:msheean@gmail.com) or see my [YouTube channel!](#)

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