HIT TRACKER

HEAVY DUTY TRAINING

The Complete Guide

Based on the High-Intensity Training principles of

Mike Mentzer • Arthur Jones • Dorian Yates

WHAT'S INSIDE:

- The science of High-Intensity Training
- Complete 3-day Heavy Duty workout programme
- Technique guide for every exercise
- Progressive overload and progress tracking system
- Recovery, rest and frequency guide
- Nutrition guide with macro targets
- Personalised programme and meal plan tools

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Heavy Duty Training Guide

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> *This guide accompanies the HIT Tracker app — a free workout tracker built specifically for Heavy Duty training. Sign up and start tracking your sessions, strength and progress at hit-tracker.app.*
> **Get started free at hit-tracker.app**

Chapter 1 | What Is Heavy Duty Training?

Heavy Duty is a system of high-intensity weight training developed by Mike Mentzer in the 1970s and later validated at the highest level of competitive bodybuilding by six-time Mr. Olympia Dorian Yates. It was built on earlier high-intensity research by Arthur Jones, the inventor of Nautilus training equipment.

The central premise is both simple and radical: muscle growth is stimulated by intensity of effort, not volume of work. One set performed to genuine muscular failure — the point at which another repetition is physically impossible — delivers the full growth stimulus. Additional sets beyond that point add fatigue without adding any meaningful stimulus.

The Core Principles

- Maximum intensity: every working set is taken to genuine muscular failure
- Minimum effective volume: one working set per exercise is sufficient
- Full recovery: 48 to 96 hours of rest between sessions targeting the same muscles
- Progressive overload: consistent small increases in weight or reps each session

Why It Works for Natural Athletes

The high-volume, high-frequency programmes widely promoted in fitness media were designed for, and tested on, athletes using pharmaceutical support that dramatically accelerates recovery. Natural lifters have finite recovery resources. When training demand exceeds recovery capacity, the body stagnates rather than grows.

Heavy Duty respects this biological reality. By applying maximum effort in minimum volume and allowing full recovery between sessions, natural athletes can make consistent, measurable progress for years rather than stagnating within months of starting training.

> *Dorian Yates trained four days per week, roughly 45 minutes per session, with a single working set per exercise — and won six consecutive Mr. Olympia titles from 1992 to 1997. His training logs are the most compelling evidence for the Heavy Duty approach in competitive history.*

A Brief History

Arthur Jones first articulated high-intensity principles in the early 1970s, arguing that brief, intense exercise was more productive than the high-volume approaches of the era. Mike Mentzer studied Jones's work and developed it into a complete training philosophy, applying it to win the 1978 Mr. Universe contest with a perfect score — the first in competition history.

Dorian Yates later adopted Heavy Duty principles and built one of the most dominant physiques in professional bodybuilding history, training for roughly 45 minutes per session. His success brought Mentzer's ideas to the widest audience they had ever reached.

Chapter 2 | The Science Behind HIT

The Overload Principle

Muscle growth occurs when a muscle is subjected to a stress that exceeds what it has previously handled. This is the overload principle — the single foundational law of strength training. Everything in programme design is a delivery mechanism for this one principle.

Genuine muscular failure is the most efficient way to apply the overload principle. At the moment of failure, maximum motor units have been recruited, maximum fibre damage has occurred, and the growth signal has been fully delivered. Stopping short of failure — even by a single rep — means the full stimulus was never achieved.

Muscle Fibre Recruitment

The nervous system recruits muscle fibres in ascending order of size: smaller, fatigue-resistant fibres first, then progressively larger, higher-force fibres as the smaller ones tire. Only at genuine failure are the largest, most growth-responsive fast-twitch fibres fully recruited and stimulated.

This explains why partial effort produces partial results. A set that stops at eight reps because eight feels difficult has not fully recruited the most responsive fibres. A set continued to genuine failure has delivered the complete stimulus, regardless of the rep count at which that failure occurred.

The Supercompensation Cycle

After a training stimulus, the body enters a recovery and adaptation cycle. Damaged fibres are repaired and reinforced. Energy systems are restored. Protein synthesis increases above baseline. The muscle emerges from this process slightly larger and stronger than before — this overshoot is called supercompensation.

Training again before supercompensation is complete interrupts the process. The muscle never reaches its adapted potential before being broken down again. Over weeks and months, this produces stagnation or regression rather than growth. The timing of the next session is as important as the quality of the session itself.

Recovery Requirements for Natural Athletes

For most natural lifters, supercompensation after a high-intensity set requires 48 to 96 hours. After very intense sessions involving compound movements such as squats or deadlifts, full recovery can take five to seven days. Heavy Duty programmes are built around these requirements, not arbitrary daily or weekly frequency targets.

> *The HIT Tracker app automatically enforces the 48-hour rest period between sessions and shows you exactly when your next workout is due — removing the guesswork from recovery management entirely.*
> **Manage your recovery at hit-tracker.app**

Progressive Overload in Practice

Consistent progress requires that each session presents the muscle with a demand slightly greater than the last. In practice: if you completed 8 reps at a given weight last session, aim for 9 reps this session at the same weight. Once you reach the top of your target rep range — typically 10 reps in Heavy Duty — add the smallest available weight increment and work up from the bottom of the range again.

This systematic approach is why logbook tracking is non-negotiable. Without records of previous performance, progressive overload becomes guesswork. Progress that is measured can be built upon. Progress that is not measured cannot be reliably improved.

Chapter 3 | The 3-Day Heavy Duty Programme

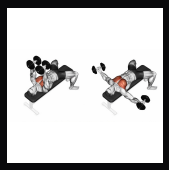
The following is the complete three-day programme used in the HIT Tracker app. Each session targets distinct muscle groups, with 48 to 72 hours of rest between sessions. The cycle repeats continuously: Day 1, Day 2, Day 3, rest, Day 1. The day of the week is irrelevant — only the rest interval between sessions matters.

Each exercise follows the same structure: two progressive warm-up sets to prepare joints and activate target muscles, followed by one all-out working set taken to genuine muscular failure in the prescribed rep range.

Warm-Up Protocol

- Set 1: 40-50% of working weight, 12-15 reps — easy, no real effort
- Set 2: 60-70% of working weight, 6-8 reps — moderate
- Rest 90-120 seconds, then perform the working set to total failure
- No more than two warm-up sets per exercise — the working set is all that matters

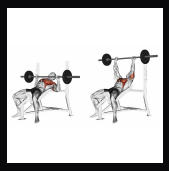
DAY 1: CHEST & BACK



Dumbbell Flys

Target: Pectorals (isolation) | 2 warm-up + 1 working set | 6-10 reps to failure

Lower in a wide arc to a full chest stretch. Squeeze pecs to return. The movement is an arc, not a press. Keep a slight bend in the elbows throughout.



Incline Press

Target: Upper chest & shoulders (compound) | 2 warm-up + 1 working set | 6-10 reps to failure

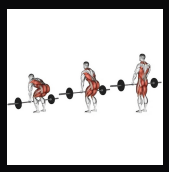
Set bench to 30-45 degrees. Lower bar to upper chest with elbows at 45 degrees. Drive through chest, not shoulders. Avoid flaring elbows wide.



Underhand Pulldowns

Target: Lats & biceps (compound) | 2 warm-up + 1 working set | 6-10 reps to failure

Supinated (underhand) grip, shoulder-width. Lean back slightly. Drive elbows down toward hips. Initiate every rep by engaging the lats — not the biceps.

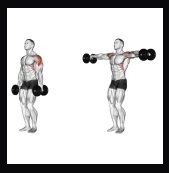


Deadlifts

Target: Full posterior chain — lower back, hamstrings, glutes (compound) | 2 warm-up + 1 working set | 6-10 reps to failure

Neutral spine throughout. Bar over mid-foot. Drive floor away through heels. Hips drive forward at top. Never round the lower back. Return under full control.

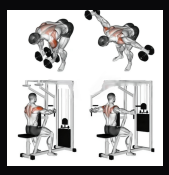
DAY 2: SHOULDERS & ARMS



Side Raises

Target: Side deltoids (isolation) | 2 warm-up + 1 working set | 6-10 reps to failure

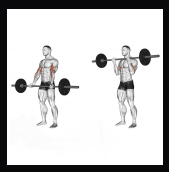
Lead with elbows, not wrists. Raise to shoulder height. 3-4 second lowering phase. Maintain tension throughout — do not let the weights swing.



Rear Delt Raises

Target: Rear deltoids (isolation) | 2 warm-up + 1 working set | 6-10 reps to failure

Slight bend in elbows. Drive elbows back and wide, away from the body. Feel a full stretch in the rear delt. Control the return slowly.



Bicep Curls

Target: Biceps (isolation) | 2 warm-up + 1 working set | 6-10 reps to failure

Upper arms fixed at sides — no swing, no forward lean. Full extension at the bottom is as important as the peak contraction at the top.



Tricep Press Downs

Target: Triceps (isolation) | 2 warm-up + 1 working set | 6-10 reps to failure

Elbows pinned to sides throughout. Press to full lockout — squeeze at the bottom. Return slowly to a full stretch at the top. Do not let elbows drift forward.



Dips

Target: Chest, shoulders and triceps (compound) | 2 warm-up + 1 working set | 6-10 reps to failure

Full depth on every rep. Lean slightly forward for chest emphasis. Add weight with a belt when 10 bodyweight reps becomes manageable.

DAY 3: LEGS & ABS



Leg Extensions

Target: Quadriceps (isolation) | 2 warm-up + 1 working set | 8-12 reps to failure

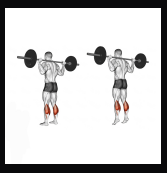
Full extension at top. Hold the peak contraction for 1 second. Lower under complete control over 3-4 seconds. Pre-fatigues quads for the leg press.



Leg Press

Target: Quadriceps and glutes (compound) | 2 warm-up + 1 working set | 8-12 reps to failure

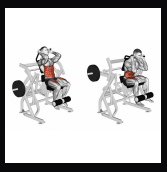
Feet shoulder-width apart, toes slightly out. Lower until thighs reach parallel or below. Drive through heels. Do not lock out knees completely at top.



Calf Raises

Target: Gastrocnemius and soleus | 2 warm-up + 1 working set | 10-15 reps to failure

Full stretch at the bottom — do not bounce. Hold the peak contraction for 2 seconds on every rep. Calves respond well to a slow, deliberate tempo.



Situps / Ab Machine

Target: Rectus abdominis (isolation) | 2 warm-up + 1 working set | 12-20 reps to failure

Exhale fully on contraction. Full range of motion. Controlled return. If bodyweight situps become too easy, add resistance with an ab machine or cable crunch.

Rest Periods Within Sessions

- Between warm-up sets: 60-90 seconds
- Between final warm-up and working set: 90-120 seconds
- Between exercises: 2-3 minutes
- Total expected session time: 30-45 minutes

> *The HIT Tracker app tracks which day you are on, enforces the 48-hour rest period, and tells you exactly when your next session is ready. Every working set is logged automatically with weight, reps and date.*
> **Start your first session at hit-tracker.app**

Chapter 4 | Exercise Technique Guide

Correct technique in Heavy Duty training matters more than in most systems because every working set is taken to absolute failure under maximum load. There is no safety margin in sloppy form when the weight is at its heaviest and the muscle is fully fatigued.

The eccentric (lowering) phase of every rep is where the greatest muscle damage occurs. Most people rush through it. In Heavy Duty training, every lowering phase should take 2-4 seconds. A rushed negative is a wasted rep — the most productive part of the movement is being discarded.

Universal Technique Principles

- Never use momentum, swing, or body movement to complete a rep — if you cannot complete it strictly, the set is over
- Lower the weight under full muscular control on every rep, every set
- Focus on the target muscle initiating and controlling the movement throughout
- Breathe out on the concentric (lifting) phase, breathe in on the eccentric
- Maintain a stable, fixed base — no unnecessary movement anywhere in the body

Dumbbell Flys

Lie on a flat or slight incline bench. Hold dumbbells directly above the chest, palms facing each other, slight bend in the elbows. Lower the weights in a wide arc, feeling a full stretch across the chest at the bottom. Drive the weights back to the top by squeezing the chest — not by pressing. The elbows maintain the same angle throughout. Think of hugging a large tree rather than pressing a weight.

Incline Press

Set the bench to 30-45 degrees. A grip slightly wider than shoulder width on a barbell, or dumbbells with palms facing forward. Lower to the upper chest in a controlled arc, elbows at approximately 45 degrees to the torso — not flared out to 90 degrees. Drive through the upper chest to return to the start. Avoid shrugging the shoulders at the top.

Underhand Pulldowns

Supinated (palms facing you) grip on the pulldown bar, hands shoulder-width apart. Sit upright or lean very slightly back from the hips — not a significant lean. Drive the elbows down toward the hips, squeezing the lats at the bottom. The bar should come to upper chest level. Return slowly to full stretch at the top. Focus on initiating every rep with the lat, not the bicep.

Deadlifts

Stand with feet hip-width apart, bar over mid-foot. Hinge at the hips, shins vertical, grip the bar just outside the legs. Neutral spine — engage the core before lifting. Drive the floor away through the heels. The bar travels in a perfectly vertical line. At the top, stand fully upright. Return the weight under control to the floor. Reset your spine position before each rep.

Side Raises

Stand upright, dumbbells at the sides. Raise the weights in a lateral arc to shoulder height, leading with the elbows rather than the wrists. At the top, elbows should be at or very slightly above wrist height. Lower slowly over 3-4 seconds. The side delt is a small, difficult muscle to fully fatigue — do not allow momentum to do the work, and do not use a weight too heavy to control.

Bicep Curls

Stand with a barbell or dumbbells, arms fully extended at the start of each rep. Curl the weight by flexing the elbow, keeping the upper arm fixed at the side throughout. Squeeze the bicep at the top. Lower slowly to full extension — the full stretch at the bottom is as important for growth as the peak contraction. No forward lean, no hip drive, no swinging.

Tricep Press Downs

Cable stack with a bar or rope. Grip at approximately chest height, elbows fixed at the sides throughout the movement — they must not travel forward or backward. Press down to full lockout, squeezing the triceps hard at the bottom. Return slowly, allowing a full stretch at the top where the elbows are bent to approximately 90 degrees.

Leg Press

Feet shoulder-width apart on the platform, toes pointing slightly outward. Lower the platform under control until thighs are at parallel to the footplate or below — full range of motion. Drive through the heels and midfoot to full extension. Do not lock out the knees completely. Never release the safety catches during a set. Control every rep on the way down.

Leg Extensions

Adjust the machine so the pad rests just above the ankle. Sit upright. Extend fully at the top — a pause at full extension for 1-2 seconds increases the time under tension significantly. Lower under full control over 3-4 seconds. The leg extension is used before the leg press specifically to pre-exhaust the quadriceps so the quads, rather than secondary muscles, limit the press.

Chapter 5 | Progressive Overload — The Only Metric That Matters

Progressive overload is the biological mechanism that produces muscle growth. Without it, no training produces adaptation. The body only rebuilds stronger when it has been given a specific reason to do so — and that reason is the demand that the previous session could not fully meet.

The Double Progressive Method

Heavy Duty uses a target rep range — typically 6 to 10 repetitions per working set. The progression rule is straightforward:

- Complete fewer than 6 reps: the weight is too heavy — reduce it slightly
- Complete 6-9 reps: same weight next session, aim for one more rep
- Complete 10 reps: add the smallest available increment (typically 2.5kg) and aim for 6 reps again
- Never leave a session without recording the result and setting a specific target for the next one

The Logbook is Non-Negotiable

"Felt hard" is not a training record. The only meaningful data is the exercise, the weight, the reps achieved and the date. A logbook entry showing 80kg x 7 reps progressing to 80kg x 10 reps over five sessions, followed by 82.5kg x 6 reps, is the signature of a programme that is working. Without this data, you are guessing.

> *HIT Tracker logs every working set automatically and displays your strength progression as a graph for each exercise. It is immediately visible when you are progressing and when you have stalled — and the app shows your strength gains between training cycles.*
> **Track your progress at hit-tracker.app**

When Progress Stalls

A plateau — the same weight and reps across two or more consecutive sessions — almost always has one of three causes:

- Insufficient recovery: the muscle has not fully supercompensated. Add a rest day, reduce training frequency, or take a complete week off
- Inadequate nutrition: insufficient protein or total calories to support muscle repair and growth
- Stopping short of genuine failure: the full growth stimulus was never delivered

Chapter 6 | Rest, Recovery and Frequency

Recovery is where muscle growth occurs. Training is the stimulus. Sleep, nutrition and rest are the response. Optimising the response is as important as delivering the stimulus — and for most natural lifters, it receives far less attention.

The 48-Hour Minimum

Heavy Duty enforces a minimum of 48 hours of rest between sessions targeting the same muscle group. This is a minimum, not a target. For more advanced lifters performing genuinely intense sessions, 72 to 96 hours is more appropriate. For very intense sessions involving heavy compound movements, five to seven days may be optimal.

The 48-hour rest rule is built into the HIT Tracker app. The app will not schedule a new session on the same muscle group until the required rest period has elapsed.

Sleep

Growth hormone is secreted primarily during deep sleep. Protein synthesis peaks during the overnight recovery window. For a natural athlete training to genuine failure, sleep is not a lifestyle preference — it is a physiological requirement for the training to work.

- Target: 7-9 hours per night with consistent sleep and wake times
- Avoid training within 3-4 hours of sleep — elevated cortisol and adrenaline impair sleep quality
- Short naps of 20-30 minutes can meaningfully supplement overnight recovery on heavy training days

Stress, Cortisol and Training

Psychological stress elevates cortisol — a catabolic hormone that directly inhibits protein synthesis and muscle repair. A demanding workload, relationship stress or poor sleep all compete with training recovery for the same biological resources.

When life stress is high, reduce training frequency rather than pushing through. Training to failure during a high-cortisol period adds demand without adding recovery capacity. The result is stagnation or regression.

Active Recovery

Low-intensity movement between sessions — walking, gentle cycling, swimming — can improve blood flow and accelerate metabolic waste removal without meaningfully adding to recovery debt. The intensity must remain genuinely low. If your breathing is elevated, it is not active recovery — it is additional training.

Planned Rest Weeks

Every 8-12 weeks, consider taking a complete week off from all structured training. Strength does not decrease during a rest week — for most lifters, it increases. The rest allows accumulated fatigue to dissipate fully and supercompensation to complete. Most athletes return from a planned rest week noticeably stronger and significantly more motivated.

> *HIT Tracker shows you exactly when your next workout is due after each completed session. No manual calculation, no second-guessing — the app tracks your rest period from the moment you finish.*
> **Let HIT Tracker manage your recovery at hit-tracker.app**

Chapter 7 | Nutrition Guide for HIT Athletes

Nutrition does not drive muscle growth — training does. But nutrition provides the raw materials without which no growth is possible. Regardless of training quality, a body that lacks sufficient protein and total calories cannot rebuild damaged muscle tissue into a larger, stronger structure. The two are not interchangeable, but both are required.

Caloric Requirements

- Muscle-building phase: bodyweight (kg) x 33-36 kcal per day
- Maintenance / recomposition: bodyweight (kg) x 30-33 kcal per day
- Track intake for at least two weeks to establish your actual baseline before adjusting
- Aim for steady bodyweight gain of 0.25-0.5kg per month during a building phase

Protein

Protein is the only macronutrient that directly contributes to muscle repair and growth. Prioritise hitting your protein target before any other nutritional consideration.

- Target: 1.6-2.2g of protein per kilogram of bodyweight daily
- Distribute across 3-5 meals for consistent amino acid availability throughout the day
- Prioritise complete sources: chicken, beef, fish, eggs, dairy, legumes with rice or quinoa
- Post-workout protein is beneficial but not uniquely so — total daily protein is the key variable

Carbohydrates

Carbohydrates replenish glycogen stores depleted during training and blunt cortisol release in the post-training window. They are not essential in large quantities, but they support recovery and working set performance meaningfully when included appropriately.

- Target on training days: 3-5g per kilogram of bodyweight
- Prioritise complex sources: oats, rice, potatoes, wholegrain bread, pasta
- Reduce intake on rest days if managing total caloric intake for body composition goals

Dietary Fat

Fat supports testosterone production, joint health and fat-soluble vitamin absorption. Do not reduce fat intake below 0.8g per kilogram of bodyweight. Prioritise unsaturated fats from olive oil, avocado, nuts, seeds and fatty fish. Saturated fat from whole food sources is fine in moderate quantities.

Meal Timing

- Pre-workout (60-90 min before): light meal with protein and carbohydrates
- Post-workout (within 2 hours): protein-rich meal to initiate the repair process
- Avoid training fasted if it compromises working set performance or focus
- Meal frequency matters less than total daily intake — eat consistently, not obsessively

Evidence-Based Supplements

Two supplements have consistent research support for benefit in resistance training. Everything else is largely marketing:

- Creatine monohydrate: 3-5g daily. Increases high-intensity performance and recovery. Inexpensive and thoroughly researched.
- Protein powder: useful if hitting protein targets through whole food is impractical. Not superior to food sources.

Pre-workouts, fat burners, BCAAs, testosterone boosters and most other marketed supplements are not supported by meaningful evidence. The money is better spent on food quality.

> *The HIT Tracker meal plan generator creates a personalised daily nutrition plan based on your bodyweight, goal and dietary preferences — with complete macro breakdowns and a ready-to-use shopping list. Free, no account required.*
> **Generate your personalised meal plan at hit-tracker.app/meal-plan**

Chapter 8 | Frequently Asked Questions

Q: Is one working set per exercise really enough?

Yes — provided it is performed to genuine muscular failure. The growth stimulus is delivered at the moment of true failure. Additional sets after that point add fatigue without adding to the growth signal. Research supporting multi-set training typically involves sets that stop short of failure. One true failure set is not comparable to one comfortable set.

Q: How do I know if I have reached genuine failure?

Genuine failure is the point at which another full repetition is physically impossible — not difficult, not uncomfortable, but impossible. Your form will often deteriorate in the final one or two reps — this is normal and expected. If you can complete another clean rep after resting for three seconds, you did not reach genuine failure.

Q: What if I cannot feel the target muscle working?

This is a technique issue. Slow the rep speed, particularly the eccentric phase. Reduce the weight if necessary. Focus mentally on initiating the movement with the target muscle before any other body part moves. If a compound movement consistently fails to stimulate the target muscle, consider adding an isolation pre-exhaust set immediately before it.

Q: Can I add cardio to the programme?

Light cardio for cardiovascular health is compatible with Heavy Duty training provided it does not impair recovery. 20-30 minutes of low-intensity cardio two to three times weekly adds minimal recovery cost. High-intensity cardio (intervals, hard running) competes directly with strength training for recovery resources and should be minimised during muscle-building phases.

Q: Why am I not getting stronger?

The most likely causes are: insufficient recovery time between sessions, poor sleep quality, inadequate caloric or protein intake, or stopping working sets short of genuine failure. Review recovery quality first. Adding more training is almost never the correct response to a strength plateau.

Q: How long before I see results?

Strength increases are typically measurable within two to three weeks. Visible changes in muscle size take six to twelve weeks of consistent training and adequate nutrition. The logbook and progress graphs in HIT Tracker will show your real trend over time far more reliably than the mirror.

Q: Is Heavy Duty suitable for beginners?

Yes. The programme is straightforward, the exercise selection is safe and the low volume is manageable without prior experience. The most important early skill to develop is the ability to genuinely push to failure — this takes practice and deliberate effort. Beginners typically see rapid early strength gains due to neuromuscular adaptation.

Q: Can I train more than three days per week?

You can, but additional sessions should target different muscle groups and must not violate the 48-hour rest rule for any muscle. Many experienced Heavy Duty practitioners find that reducing to two sessions per week — or one every five to seven days — produces better long-term progress than three. When in doubt, rest more.

Chapter 9 | Getting Started with HIT Tracker

You now have the complete framework: the science, the programme, the technique, the recovery principles and the nutritional foundation. The only thing that remains is implementation — and implementation requires tracking.

Why Tracking Is the Difference

The difference between athletes who make consistent long-term progress and those who stagnate is almost never training intensity or programme quality. It is tracking. Without records of previous performance, progressive overload cannot be implemented systematically. Without session history, patterns in stagnation cannot be identified. Without progress graphs, it is impossible to evaluate whether training is working over a meaningful time horizon.

What HIT Tracker Does

- Guides you through each session with the complete 3-day programme
- Enforces the 48-hour rest rule automatically — never train too soon
- Logs every working set: exercise, weight, reps and date
- Displays strength progression as a graph for each exercise over time
- Detects strength gains between training cycles and celebrates them
- Sends push notifications when your rest period has elapsed and you are ready to train
- Works on any browser — no app store download required

The HIT Finder Tool

Not sure whether the standard 3-day split is right for you, or whether a more consolidated routine would suit your recovery and lifestyle better? The HIT Finder tool at hit-tracker.app/hit-finder generates a personalised programme recommendation based on your training experience, goals, bodyweight and weekly schedule. It takes two minutes and produces a downloadable PDF.

> *Get your personalised Heavy Duty programme recommendation at hit-tracker.app/hit-finder — free, no account required.*
> **Find your programme at hit-tracker.app/hit-finder**

Your Nutrition Plan

The meal plan generator at hit-tracker.app/meal-plan creates a complete daily nutrition plan based on your bodyweight, goal (muscle gain, maintenance or fat loss) and dietary preferences. Each plan includes macro targets, full daily meal breakdowns and a shopping list.

> *Generate your free, personalised meal plan at hit-tracker.app/meal-plan. No account required.*
> **Get your meal plan at hit-tracker.app/meal-plan**

Register and Start Today

Registration at hit-tracker.app takes sixty seconds. The three-day programme is loaded automatically. Complete your first session, record your starting weights, and begin building the logbook that will track your progress for years.

Start Training — Free

hit-tracker.app

No app download required. Works on any device.

This guide is published by HIT Tracker for educational purposes. Mike Mentzer's Heavy Duty principles are referenced from publicly available training literature. HIT Tracker is not affiliated with, endorsed by, or officially associated with the estate of Mike Mentzer or any related entities. Always consult a qualified fitness professional or physician before beginning a new exercise programme.