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The Wisdom Of Mike Mentzer: Art, Science And Philosophy Of A Bodybuilding Legend. New York: McGraw-Hill. ISBN 0-07-145293-1. Little, John B.; Mentzer, Mike (2003). High Intensity Training The Way Of MIKE MENTZER. Chicago, Malate: Contemporary Books. ISBN 0-07-138330-1. Heavy Duty 2 By Mike Me May 2th, 2024

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