

MIKE LIPOWSKI

Mike Lipowski is a competitive Natural Bodybuilder, Author of *PURE PHYSIQUE: How to MAXIMIZE Fat-loss and Muscular Development*, writer for *Natural Bodybuilding & Fitness* magazine as well as having written for other health and fitness publications and is the owner of PURE PHYSIQUE PERSONAL TRAINING STUDIO in Westchester, NY.

Training Philosophy

My training philosophy is quite simple; **Train with INTENSITY, Train with INTELLIGENCE.** Only through an intelligent, planned and creative use of intensity can you maximize the effect of each workout and your program as a whole. This also means knowing when to ease back and lower your training demands in order to properly balance the stress of exercise with recovery ability.



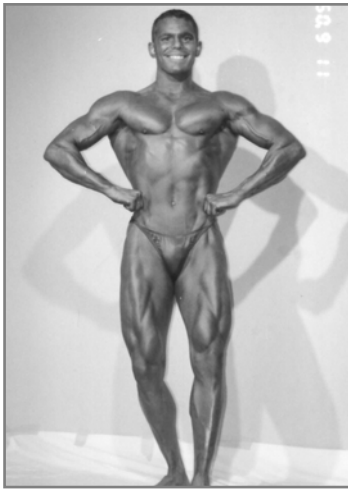
Influences

Without question the biggest influence on my approach to training is Brian D. Johnston of the IART, followed by Dr. Ellington Darden, and Arthur Jones.

Other past training influences include Mike Mentzer, Clarence Bass, and the Super Slow Guild.

Where nutrition is concerned Dr. Joe Klemczewski and the advice of WNBFF Pro Craig Yarnall has had the most impact on my contest dieting.

Training



My training method of choice is Zone Training/JReps www.zone-training.net

My training is very much cyclical in nature. I often mix periods of increased frequency and/or volume with periods of lower frequency and volume as well as adjust intensity (though it usually remains high because I have trouble holding back once I get in the gym) in order to balance the demands of my training with my recovery ability.

My maintenance or non-cyclic routine finds me training 3 times per week on a 3 ways split. This typically consists of training Chest/Delts/Tri's for one workout, Legs/Abs for another and Back/Rear Delts/Bi's for the last. These workouts normally last 30 minutes or less.

Nutrition

Whether in-season or off-season I usually adhere to a high protein/low carb/moderate to low fat. The only thing that changes is the amount of food I consume. I eat clean year round with the exception of 1-2 meals each week in the off-season.