

Doug McGuff is an expert in High Intensity Training, emergency room physician, and best-selling author of *Body by Science*.

# Body

High-intensity training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure. The training takes into account the number of repetitions, the amount of weight, and the amount of time the muscle is exposed to tension in order to maximize the amount of muscle fiber recruitment.

# Science

The essence of Dr. McGuff's training protocol is to perform the "Big 5" exercises once a week, for a single set to muscular failure. These are basic, safe, and functional exercises (leg press, chest press, overhead press, pulldown, seated row) that allow you to focus on pure strength without being overly complex. Doing a single set to failure allows you to most safely train the complete spectrum of muscle fibers, from slow twitch to explosive non-oxidative fast twitch.

**A RESEARCH-BASED  
PROGRAM FOR  
STRENGTH TRAINING,  
BODY BUILDING, AND  
COMPLETE FITNESS IN  
12 MINUTES A WEEK**

I highly recommend that you follow Doug for his incredible insights and findings via [DrMcGuff.com](http://DrMcGuff.com) and his YouTube channel.



**DOUG MCGUFF, MD  
AND JOHN LITTLE**