



[Interview with High-Intensity Trainer Enrico Dell'olio](#)

Enrico Dell'olio is an Italian bodybuilder and trainer who teaches and trains in [the high-intensity tradition of the late Mike Mentzer](#). He is the author of three books: Protocollo Ibrido (Hybrid Protocol), La Dieta Fasica (Phasic Diet), and L'intensità Applicata alla Scienza dell'esercizio (Intensity Applied to the Science of Exercise), all of which you can download free from [his website](#).



Enrico's bio is [here \(in Italian\)](#).

We connected via our mutual friend [Pieter Christiaens](#), who first urged me to take a look at high-intensity training and who has trained with Enrico. Here we discuss the nature of high-intensity training, why it's a better method than conventional training, and how Enrico uses it for himself and for trainees.

PPS: [Check out my current supplement stack.](#)