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## **Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1)**

*By Michael Matthews*



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**Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) By Michael Matthews**

### **THE #1 BESTSELLING NATURAL BODYBUILDING BOOK WITH OVER 200,000 COPIES SOLD**

**If you want to build muscle, lose fat, and look great as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book.**

Here's the deal:

Building muscle and burning fat isn't nearly as complicated as the fitness industry wants you to believe.

- You don't need to spend hundreds of dollars per month on the worthless workout supplements that steroid-fueled bodybuilders “swear by.”
- You don't need to constantly change up your weightlifting exercises to build muscle mass. Muscle building is much simpler than that.
- You don't need to spend a couple of hours every day doing tons of weight training sets, supersets, drop sets, etc. In fact, this is a great way to get nowhere.
- You don't need to grind out hours of boring cardio to shed ugly belly fat and get a six-pack. You probably don't have to do ANY cardio, actually.
- You don't need "clean eating" to get ripped and you don't need to avoid "cheat" foods. Flexible dieting is the real “secret” of effective bodybuilding nutrition.

Those are just a few of the harmful myths that keep guys like you from ever achieving the ripped, muscular, strong, and healthy bodies you truly desire.

And in this book you're going to learn something most people will never know...

**The exact muscle building nutrition and training methods that make putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes a few**

months.

This book reveals things like...

- **The 7 biggest muscle building mistakes that keep guys small, weak, and frustrated.**
- How to lose fat and build muscle eating all the foods you love...without *ever* feeling starved, deprived, or like you're "on a diet."
- **An all-in-one bodybuilding routine that will give you a big, full chest...a wide, tapered back...bulging arms...and thick, powerful legs...in just 3 to 6 hours of exercise per week...doing weight training workouts that you actually look forward to.**
- A no-BS guide to bodybuilding supplements that will save you from wasting THOUSANDS of dollars each year on bunk science and marketing hype.
- **How to master the "inner game" of fitness and develop the self-discipline you need to build the body of your dreams. If you like bodybuilding motivation, this is for you!**
- What to eat before and after your workouts to build muscle fast. It's the "little" things like this that make bodybuilding diet plans maximally effective.
- **How to burn fat and build lean muscle while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream.**
- And a whole lot more!

Imagine...just 12 weeks from now...being constantly complimented on how great you look and asked how the heck you're doing it...

Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day...

**The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it.**

## **SPECIAL BONUS FOR READERS!**

With this fitness book you'll also get a free 98-page bonus report that contains a year's worth of Bigger Leaner Stronger bodybuilding workouts as well as Mike's personal product and supplement recommendations and more!

**Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!**

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## **Editorial Review**

### **Review**

*"After 7 months of following the Bigger Leaner Stronger program, I am fitting easily into 36" jeans and with 35lbs of weight lost. I'm fitter, healthier and with better muscle definition than in my entire life and I am easily stronger than I've been in 20+ years."*

**-J. Williams (Amazon Verified Purchase)**

*"I've been on the program 3 weeks now and I've dropped 10 lbs, 2.5% Bodyfat, while still getting stronger each week."*

**-Tyson G. White (Amazon Verified Purchase)**

*"I am in my 5th week of doing the weight routines and eating methods and I have lost 11 pounds to date and my strength has sky rocketed."*

**-Chris McAuliffe (Amazon Verified Purchase)**

*"After following this plan for only 5 weeks, I have already lost 13 lbs of body fat while continuing to build muscle mass and strength at 47 years old."*

**-John W. Bellmore (Amazon Verified Purchase)**

*"I've been following my program for 10 weeks now and am incredibly happy with my results - I've lost 8 kg and made great strength gains."*

**-"somewhatangry" (Amazon Verified Purchase)**

*"I have been cutting for about 5-6 weeks and have lost about 13lbs so far. I went from a 35 in waist now down to a 31 1/2 in waist, and have gone up in weight in almost of my lifts."*

**-Andrew (Amazon Verified Purchase)**

*"After following Mike's plan for 2 months now I have lost 13 pounds and am seeing huge gains in muscle definition already."*

**-"Samwell54" (Amazon Verified Purchase)**

*"I've already added 2 lbs every week during the past few weeks while increasing my lifts by 5 or 10 lbs every time I lift."*

**-Mitch (Amazon Verified Purchase)**

From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, [muscleforlife.com](http://muscleforlife.com).

Sincerely,

Mike

From the Inside Flap

## **BOOKS BY MICHAEL MATTHEWS**

*Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body*

*Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body*

*Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making*

*The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy*

*Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy*

*CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape*

## **Users Review**

### **From reader reviews:**

#### **Chad West:**

Reading can be called mind hangout, why? Because if you find yourself reading a book specially book entitled Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) your head will drift away through every dimension, wandering in most aspect that maybe mysterious for but surely will become your mind friends. Imaging every word written in a e-book then become one web form conclusion and explanation in which maybe you never get just before. The Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished reading through it, like winning an activity. Do



you want to try this extraordinary paying spare time activity?

**Effie Peoples:**

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to get every word into delight arrangement in writing Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) although doesn't forget the main stage, giving the reader the hottest and based confirm resource information that maybe you can be among it. This great information can drawn you into fresh stage of crucial contemplating.

**Michael Ogden:**

You are able to spend your free time to study this book this publication. This Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) is simple to develop you can read it in the playground, in the beach, train in addition to soon. If you did not have got much space to bring often the printed book, you can buy typically the e-book. It is make you much easier to read it. You can save the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

**Jessie Adams:**

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