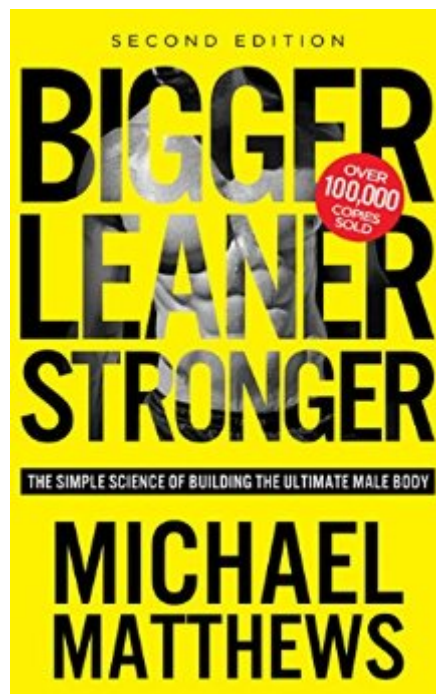


The book was found

# **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)**



## Synopsis

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!

## **Book Information**

File Size: 6878 KB

Print Length: 357 pages

Simultaneous Device Usage: Unlimited

Publisher: Waterbury Publications, Inc.; 2 edition (January 5, 2014)

Publication Date: January 5, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B006XF5BTG

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #4,234 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #6 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## **Customer Reviews**

I rarely write reviews, but this is going to be a long one, because I think this book deserves it. I work as a business consultant and university professor, which means I usually don't have time to hit the gym. My past few years have been fueled by pizza, McDonald's and all kinds of junk and/or unhealthy food. On top of that, I spent the last 6 years doing absolutely no physical exercises whatsoever. Then I hit 30, and decided to change this. I went back to the gym and started spending 2 hours a day there. It was gruesome, boring and ultimately unsustainable, as I usually don't have 2 hours to spend. So I scoured the internet looking for different ideas on how to train. I read a bunch of studies, a few blogs and books by fitness "gurus", and accidentally stumbled upon Mike Matthews' blog, Muscle for Life. After reading a few of his articles, I decided to try his book, Bigger Leaner

Stronger. At first glance, it seemed too good to be true, like he was trying to be the next fitness "guru" out there, providing simplistic guidelines to something that's usually presented as a much more complex endeavor. As a scientist, I noticed that his ideas were well researched and were supported by scientific literature... Still, it couldn't be that "easy". But my 2 hour training routines were so boring that I decided to try Mike's plan. I have been following it almost to the letter. Except for cardio, which I don't have time to do and hate doing, and for the fact that I usually cheat on my diet more than I should, I have been following BLS for the past 3 months. And I have to confess that it changed my life. I am visibly bigger, leaner and stronger. I have good genetics, meaning I don't put on a lot of fat even when I eat a lot.

[Download to continue reading...](#)

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)  
BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength

Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight ... ... Guide to Weight Training for Sports, 18) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)

[Dmca](#)