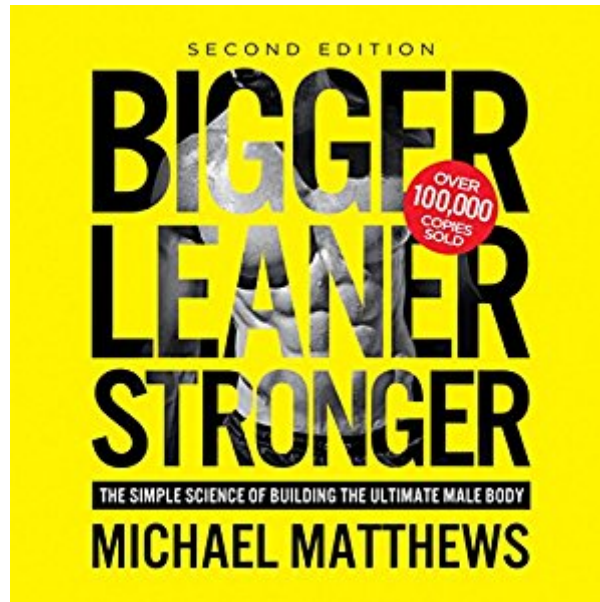


The book was found

Bigger Leaner Stronger: The Simple Science Of Building The Ultimate Male Body



Synopsis

If you want to be muscular, lean, and strong 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 listen to this book. Here's the deal: Getting into awesome shape 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 worthless supplements. You don't need to constantly change up your exercise routines to "confuse" your muscles. You don't need to burn through buckets of protein powder every month. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets. You don't need to grind out hours and hours of boring cardio to get a shredded six-pack. You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. In this book you're going to learn something most guys will never know: the exact formula that makes putting on 10 to 15 pounds of quality lean mass a breeze... and it only takes 8-12 weeks. This book reveals secrets like... The six biggest myths of building muscle that stunt 99% of guys' muscle gains. How to get a lean, cut physique by spending no more than five percent of your time each day. The four laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. How to develop a lightning-fast metabolism. The carefully selected exercises that deliver maximum results for your efforts. A no-BS guide to supplements. How to get shredded while still indulging in "cheat" foods. And a whole lot more! Special Bonus: "The Year One Challenge". In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training.

Book Information

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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.

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