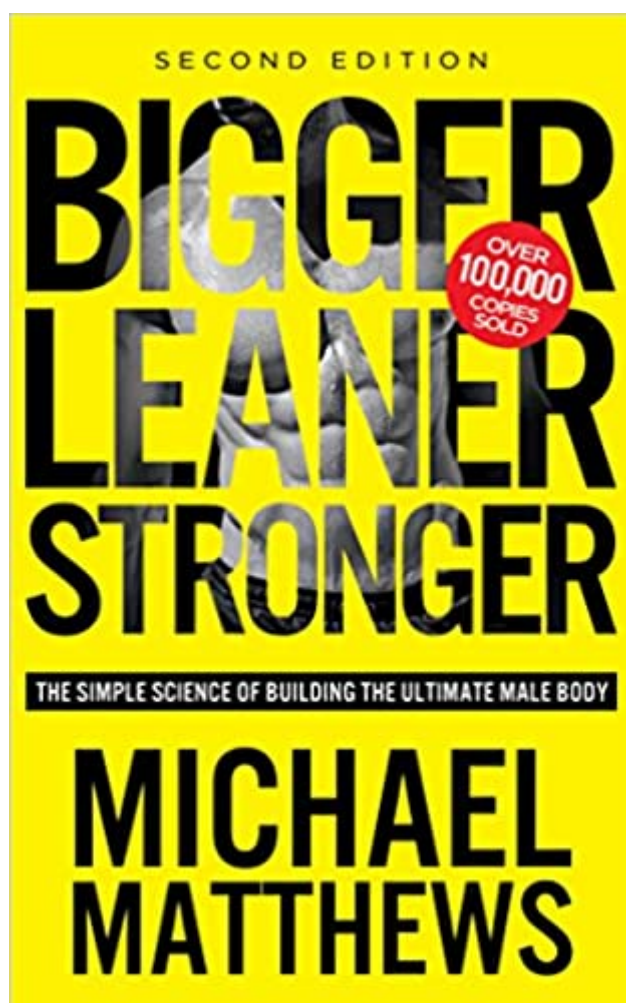


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# Bigger Leaner Stronger: The Simple Science Of Building The Ultimate Male Body



## Synopsis

\*\*\*INTRODUCING MICHAEL MATTHEWS'S #1 BESTSELLER WITH OVER 200,000 COPIES SOLD!\*\*\* 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 read 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 the worthless supplements.
- You don't need to constantly change up your exercise routines to confuse your muscles.
- You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc.
- You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and get a shredded six-pack.
- You don't need to obsess over eating clean to get ripped, and you don't need to completely abstain from cheat foods while getting down to single-digit body fat percentages. Those are just a few of the harmful lies and myths that keep guys from ever achieving the lean, muscular, strong, and healthy bodies they truly desire. And in this book you're going to learn something most guys will never know...The exact methods of diet and training 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 myths and mistakes that keep guys small, weak, and frustrated.
- How to build muscle, lose fat, and get healthy eating foods you love and never feeling starved, deprived, or like you're on a diet.
- An all-in-one training system that delivers MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, thick, powerful legs, and bulging arms...spending no more than 3 to 6 hours in the gym every week...doing workouts that energize you, not wipe you out.
- A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year on products that are nothing more than bunk science and marketing hype.
- How to master the inner game of fitness and develop the self-discipline and willpower it takes to build the body of your dreams (and actually enjoy the process!).
- The 3 simple laws of muscle growth that, when applied, literally force your body to grow bigger and stronger.
- How to get shredded 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 you look and asked what the heck you're doing to make such startling gains...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 book you'll also get a free

119-page bonus report where you'll not only find an entire year's worth of workouts for the program but also Mike's personal product and supplement recommendations and recipes from his bestselling cookbooks! Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

## Book Information

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## Customer Reviews

"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 ( 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 ( Verified Purchase) "I've gone from squats with just the bar to 180 lbs. in just 8 weeks." - eljacobito ( 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" ( 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 in waist, and have gone up in weight in almost all of my lifts." - Andrew ( Verified Purchase) "I gained 10 pounds of muscle in 3 weeks good for me after a short plateau." - Adam D. ( 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" ( 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 ( Verified Purchase) "I implemented his workout routine

the next day and lost 11LBS the first week and I feel strong!"-"LoeJawson" ( Verified Purchase)"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 ( 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 ( Verified Purchase)"I was surprised to see fat literally fall off me (I lost 20lbs of fat in under 2 months) and muscle mass build up faster than I had ever seen it."-Jeff K ( Verified Purchase)"After six weeks of successful, satisfying, and motivating workouts, (and seven pounds lean mass gain, plus 20-45 pounds added to my lifts, across the board)."-ACM" ( Verified Purchase)"I've put on about 7 pounds in just 4 weeks without much noticeable gain in fat."-Chad ( Verified Purchase)

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

I've been back in the gym for 3 years now. The 1st year I got strong again, but was frustrated that I wasn't losing weight. My Dr. suggested a slow carb diet. I got some good results from that, but hit a wall. I hit a wall it in terms of not losing weight, or getting stronger. I was "confusing my muscles", because I thought that was, what I was supposed to do, but I was stuck in a rut. While I enjoyed cheat days for said diet, I not seeing any significant changes. Someone turned me on to BLS. After reading the book I was a little skeptical because, at 45 - doing heavy always seemed to hurt. I was shocked to see my bench go from sets of 4 @ 265 to sets of 4 @ 295. After three knee surgeries, I was squatting 275. After BLS I'm doing sets of 4 @ 355. I've also lost 20+ lbs in 3 months. I'm absolutely amazed at the results; more importantly everyone around me is amazed at the transformation I've experienced. There are no short cuts in this book, but it will transform the way you eat and the way you work out. It will truly transform your body, and get you over any plateau you stock on.

This is the book I've been waiting for. I've slowly (through much trial and error) discovered what works for me through years and years of lifting. And, no surprise, it's pretty much what Mike said in his first book. And then I started to slowly change my workouts for various reasons. And again, my workouts that I've come up with are really similar to what he's teaching in his new book here. This new book, *Beyond Bigger Leaner Stronger*, delves into so much more than just hitting weights and diet. He has some pretty nice information about flexibility and mobility - stretching and foam rolling. There's also a few chapters towards the end that go over some of the fad diet types floating around right now - Intermittent Fasting, Carb Cycling, and Paleo. He's got tips on getting your fat percentage under 10% and maintaining it there for extended periods. And there's also a great chapter on traveling that I may be returning to soon as I get closer to a vacation I've been planning. I wish that these two books had been around when I first started lifting almost 20 years ago. I would say that I wasted almost 15 of those years following the BS programs in magazines promoted by supplement companies and 'juicers.' Adding muscle and getting lean isn't as difficult or complicated as they would have you believe. Now when somebody asks me for advice, I point them first to *Bigger Leaner Stronger* and then to *Beyond Bigger Leaner Stronger*. I know that they really don't need much else besides those two books to keep the gains coming for years. Whether you want to get a six pack or add a ton of weight to your squat or bench, these are the books you should be picking up. I was compelled to write this review because I want people to buy these books - not because I care that Mike Matthews sells a lot of books (though he seems like a really great guy), but because I feel that these books will help people get into the shape that they've always wanted to be in and get much healthier while doing it.

I am 37 years old now, 5'6" and 157.8 lbs as of this morning. My waist measurement is 32.75" and my body fat is roughly 16-17%. Some of my history: I always yo-yoed in my adult life anywhere between 220 and 175 lbs. About a year and a half ago, I started running and cutting calories. I succeeded in getting down to about 160 lbs and 34" on my waist, which I managed to keep off by "somewhat" maintaining my diet. I have always wanted to be lean enough to see my abs but I never found a diet/workout routine that got me there, so I genuinely believed I just didn't have the genetics for it. After Christmas, my weight was back up to almost 168 lbs so I decided to start tracking my calories and being more adamant about lifting. Shortly after the new year, I came across [muscleforlife.com](http://muscleforlife.com) (the author's website) and loved what he had to say about cutting calories, as it was a method I had seen the most success with. After reading several of his articles, I decided to

buy the ebook. I wasn't disappointed. Everything I needed to know was right there in the book. I wasn't a huge fan of the way things were laid out... it took 3 days to read the entire book (a few hours reading/day) and I was dying to get to the specifics of the workouts and meal planning but once I did, I incorporated everything as closely as possible. I'm about 3 1/2 weeks into the program and I have dropped 3.6 lbs and 1.25" from my waist at the navel. I have dropped from ~20% body fat to between ~16-17%. Every morning I look in the mirror and can't believe how quickly I am progressing. I'm also getting stronger with my lifts. Coworkers have commented that they can see more cut and definition in my arms and my wife is as surprised as I am with how much body fat I've dropped so quickly. If you're considering picking up the book, I'd highly recommend it. You WILL see results if you follow Mike's advice. Also, I did have a few email exchanges with Mike about what I could realistically expect in terms of progress and he always responded to me within 48 hours. That's outstanding!

This book has a lot of great information in it for losing weight and building the muscle or body you've wanted. Mike goes over the science behind all of his decisions and why he talks about what he does in the book, which is great to read in a book. He also includes 3 4 and 5 day exercise programs along with how to eat properly to get the success you've always wanted. I just started the program, but am feeling great about it and myself. I had been under-eating for a little while, so my energy levels had gone through the floor, but with dialing in the macros (Fat, Carbs, Protein) using the formula he provides (also on his website) I was able to figure out what my body needed and haven't looked back. If you are looking to get healthy and eat better or just get fit, read this book. It'll change your view on how you look at bodybuilding, eating and general health.

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