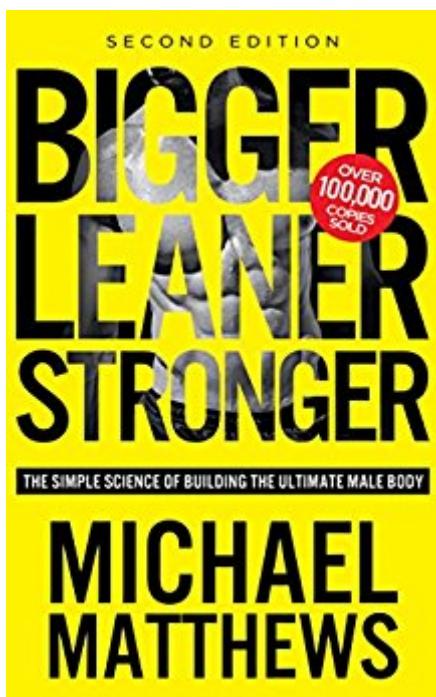


The book was found

# **Bigger Leaner Stronger: The Simple Science Of Building The Ultimate Male Body (The Muscle For Life Series 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 à œswear 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 à œsecret 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 à œa wide, tapered back à œbulging arms à œand 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 à œlittle à œthings 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. A 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 Mikeâ™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: 7748 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

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #4,059 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #1 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## **Customer Reviews**

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 in terms of not losing weight, or getting stronger. I was feeling confused my muscles, because I thought that's 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.

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

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Muscle for Life Series Book 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Beyond Bigger

Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Muscle for Life Series Book 2) Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Men's Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Muscle for Life Series Book 5) Intermittent Fasting 101: A Simple Guide to Losing Fat, Building Muscle and Becoming an Alpha Male The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You! The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)