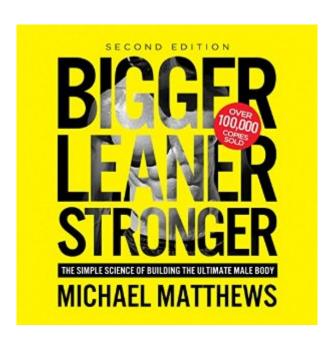
The book was found

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

Audible Audio Edition

Listening Length: 11 hours and 11 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Oculus Publishers

Audible.com Release Date: March 14, 2013

Language: English

ASIN: B00BUA0S10

Best Sellers Rank: #3 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #13 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #16

in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

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 Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female 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) The Warrior Diet: Switch on Your Biological Powerhouse for High Energy, Explosive Strength, and a Leaner, Harder Body A Photographer's Guide to Body Language: Harness the power of body language to create stronger, more meaningful portraits and create an experience your clients will rave about Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success by Shawn Stevenson | Book Summary Includes Analysis Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier YOU! Your Cat: Simple New Secrets to a Longer, Stronger Life The Male Body: A Physician's Guide to What Every Man Should Know About

His Sexual Health The Ultimate Bodybuilding Cookbook: High-Impact Recipes to Make You Stronger Than Ever Better Beekeeping: The Ultimate Guide to Keeping Stronger Colonies and Healthier, More Productive Bees Faster, Higher, Stronger: How Sports Science Is Creating a New Generation of Superathletes - and What We Can Learn from Them SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient - Powered by the Science of Games The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body Building Green, New Edition: A Complete How-To Guide to Alternative Building Methods Earth Plaster * Straw Bale * Cordwood * Cob * Living Roofs (Building Green: A Complete How-To Guide to Alternative) Index Funds: Index Funds Investing Guide To Wealth Building Through Index Funds Investing With Index Funds Investing Strategies For Building Wealth Including ... Guide To Wealth Building With Index Funds) A Bigger Message: Conversations with David Hockney

Dmca