

Bigger Leaner Stronger The Simple Science Of Building The Ultimate Male Body Second Edition

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'Bigger Leaner Stronger is a super well-researched and practical guide to strength training that quickly cuts through the massive amount of BS and misinformation put out by the strength training, bodybuilding, weight gain and weight loss industries.

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

With Bigger Leaner Stronger, you can gain up to 25 pounds of muscle in just your first year while also dropping pounds of unwanted fat and greatly increasing your whole-body strength.

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It's simple, eat less if you're trying to lose weight and eat enough if you're trying to gain weight/build muscle and you will see results with this program. Bigger Leaner Stronger Bonus Material. When you purchase BLS, you get access to bonus material that he gives away to supplement the book.

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Bigger Leaner Stronger by Michael Matthews is about the easier and simpler way to to get the nice, in shape, and toned body society wants us to have.

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

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[Day 1 Chest and Abs Flat Bench Press: Warm-up sets and then 3 working sets \(4/6 reps per set\) Incline Bench Press: 3 working sets \(4/6 reps per set\) Dip \(Chest Variation, weighted if possible\): 3 working sets \(4/6 reps per set\) Cable Crunch: 3 sets \(enough weight to allow 10/12 reps per set\) ...](#)

[Book Summary: Bigger Leaner Stronger by Michael Matthews](#)

Bigger Leaner Stronger is a super well-researched and practical guide to strength training that quickly cuts through the massive amount of BS and misinformation put out by the strength training, bodybuilding, weight gain and weight loss industries.

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[Bigger Leaner Stronger is a super well-researched and practical guide to strength training that quickly cuts through the massive amount of BS and misinformation put out by the strength training, bodybuilding, weight gain and weight loss industries.](#)

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[Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body Audible Audiobook | Unabridged Michael Matthews \(Author, Narrator\), Oculus Publishers \(Publisher\) 4.6 out of 5 stars 6,614 ratings](#)

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

[Bigger Leaner Stronger](#) If your aim is to get Bigger, Leaner and Stronger in a healthy way, then this is the book for you. This book proposes some very radical ideas which go against all bodybuilding bro science. eg: "Pump is essential for size. Work out 7 days for best benefits. Confuse your muscles for best growth."

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

Hitting a new PR in the deadlift is surprisingly simple. Deadlift hard and heavy and then let your body rest and grow. There's no need for fancy techniques. While this program should result in at least a 20-50 pound increase in 1RM, one lifter experienced a 90-pound increase. ... [Bigger Stronger Leaner: 12 Tips From a Beginner \(At Heart\)](#)

[The Simple Deadlift Program | T Nation](#)

To get stronger while getting leaner, do cardio in short, intense bursts. Go to a moderately steep hill and sprint to the top, then walk back down. Go to a moderately steep hill and sprint to the ...

[Strength Training: 10 Strength-Building Strategies That ...](#)

[Bigger Leaner Stronger is a super well-researched and practical guide to strength training that quickly cuts through the massive amount of BS and misinformation put out by the strength training, bodybuilding, weight gain and weight loss industries. I highly recommend adding this book to your library and referring to it frequently.](#)

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

[Bigger Leaner Stronger](#) comes in three flavors--5, 4, and 3 days per week--and individual workouts range from 45 to 70 minutes. The bottom line is if you can dedicate 3 to 6 hours per week to Bigger Leaner Stronger, you can build the body you've always wanted.

[Bigger Leaner Stronger: The Simple Science of Building the ...](#)

Is this for me?A: Absolutely. With Bigger Leaner Stronger, you can gain up to 25 pounds of muscle in just your first year while also dropping pounds of unwanted fat and greatly increasing your whole-body strength. Moreover, you're also going to experience firsthand things most people will never know about effective diet and training, including how to perform key exercises with perfect form, ensure you keep progressing in your workouts, break through fat loss and muscle gain plateaus, prevent ...