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## **Michael Matthews Bigger Leaner Stronger**

"Matthews has  
masterfully distilled  
many years of research  
into the essence of  
what makes guys  
bigger, leaner, and  
stronger. His training

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methods have worked better than anything else I've tried for improving my strength and physique. Get this book right now."

--Stephen Guise,  
international  
bestselling author of  
Mini Habits

## **Bigger Learner Stronger: The Simple Science of Building the ...**

The Bigger Learner  
Stronger Workout Plan

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calls for five days of weightlifting, as much cardio as you'd like to do based on your goals and what you now know, and two days of rest from the weights, and one day of complete rest (no exercise whatsoever).  
Day 1 Chest and Abs  
Flat Bench Press:  
Warm-up sets and then  
3 working sets (4-6 reps per set)

**Book Summary:**

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Leaner Stronger

**Bigger Leaner  
Stronger by Michael  
Matthews**

Bigger, Leaner, Stronger is full of great material and doesn't waste any time with useless fluff. If you consider all the material in the book, as well as what he provides in the bonus report, it is well worth the cost. Out of all the fitness books I have read over the years, this one really laid

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everything out clearly  
without any confusion.

## **Bigger Learner Stronger: The Simple Science of Building the ...**

Bigger Learner 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. The  
book breaks down all  
the need to know  
information that a



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person trying to get in  
shape would need to  
know.

## **Bigger Leaner Stronger: The Simple Science of Building the ...**

Michael Matthews book  
"Bigger, Leaner &  
Stronger" is packed  
with nearly everything  
one would need to  
know to achieve these  
goals. But that's the  
problem- there's too  
much information to

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sift through when you're at the point of setting-up your recommended workouts. This text clearly plots our your recommended workout routines for an entire years ...

## **The Year 1 Challenge for Men: Bigger, Leaner, and Stronger ...**

Quotes by Michael  
Matthews "you're as  
tough as you think you

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are, and you can exert as much self-control as you think you can.” —  
Michael Matthews,  
Thinner Leaner  
Stronger: The Simple  
Science of Building the  
Ultimate Female Body  
1 likes

## **Michael Matthews (Author of Bigger Leaner Stronger)**

Mike Matthews  
encourages you in  
Bigger Leaner Stronger  
to do full-form, clean

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reps. That means, don't perform 6 half-reps then try to move up weight. That's how you get hurt. Always move your reps with control.

## **Bigger Leaner Stronger Results and Workout Routine**

See Full Disclosure  
Thinner Leaner  
Stronger is a workout  
program focused on  
developing aesthetics

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for women. In other words: lose weight, build muscle, look better naked, etc. It was written by Michael Matthews, a trainer who has written extensively on nutrition and aesthetics for both men and women.

## **Thinner Leaner Stronger Workout Program Spreadsheets (2020**

...

Mike Matthews is the

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founder and CEO of Legion as well as a bestselling fitness author of several books, including Bigger Learner Stronger, Thinner Learner Stronger, and The Shredded Chef.

## **This Is the Best Macronutrient Calculator on the Net**

Bigger Learner  
Stronger: The Simple  
Science of Building the

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Ultimate Male Body -  
Ebook written by  
Michael Matthews.  
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Stronger: The Simple  
Science of Building the  
Ultimate Male Body.

**Bigger Leaner  
Stronger: The**

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**Simple Science of  
Building the ...**

by Christian Pinedo  
Yes, the Michael  
Matthews Bigger  
Learner Stronger book  
is worth your time and  
money. Its how I first  
started my fitness  
journey and it has  
saved me, and  
thousands of others, a  
lot of time and effort. If  
you want to learn why  
and how, keep reading  
this Bigger Learner  
Stronger Review.



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## **Bigger Leaner Stronger Review [2020 Update and Comparison]**

Mike Matthews is a bestselling fitness author of Bigger Leaner Stronger, Thinner Leaner Stronger, and The Shredded Chef, as well the founder of Legion Athletics.

## **Bigger Leaner Stronger by Michael**

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## Book ...

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

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it frequently.

**Bigger Leaner  
Stronger - Free  
Bonus Material**

Michael Matthews is a bestselling author and the creator of Muscle for Life. After his first book, Bigger Leaner Stronger, made him an instant fitness superstar in 2012, he went on to author a number of related books, including a book for women ( Thinner

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Leaner Stronger ), a  
“flexible dieting”  
cookbook ( The  
Shredded Chef ), and a  
motivational book (  
The Little Black Book of  
Workout Motivation ).

## **Thinner Leaner Stronger Summary - Michael Matthews | 12min ...**

While Mike dives into  
the exact science in his  
book Bigger, Leaner,  
Stronger, if you want a  
better body, then

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follow these principles. Lift 3-5 times a week for an hour each. Train 4-6 reps per set with 3 working sets. Shoot for 9-12 heavy sets per work out.

## **Michael Matthews: A Simple Science to Building the ...**

Discover Bigger Leaner Stronger as it's meant to be heard, narrated by Michael Matthews. Free trial available!

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Stronger by Michael  
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by Michael

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want to get bigger,

leaner, and stronger

without steroids, good

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dieting, or wasting

ridiculous amounts of

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