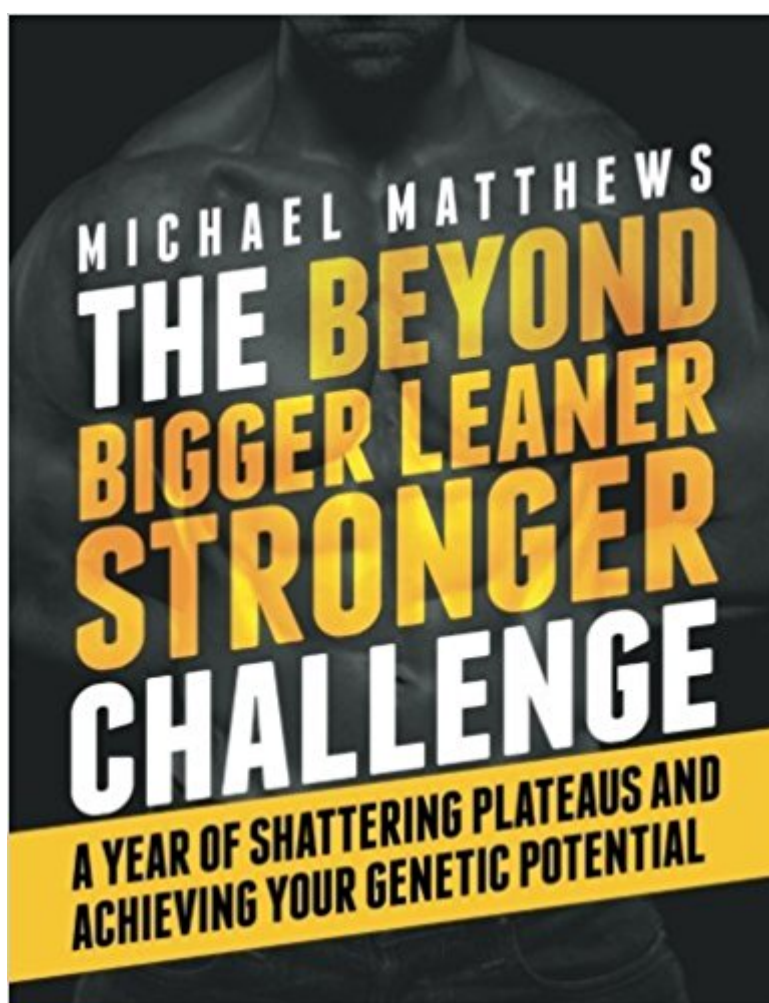


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The Beyond Bigger Leaner Stronger Challenge: A Year Of Shattering Plateaus And Achieving Your Genetic Potential



Synopsis

ARE YOU READY TO SHATTER PLATEAUS AND SET NEW PRS? The Beyond Bigger Leaner Stronger Challenge is a workout journal companion to the bestselling book Beyond Bigger Leaner Stronger. The Beyond Bigger Leaner Stronger program is meant for intermediate and advanced weightlifters that are looking to take their training and physiques to the next level. This book contains a full year's worth of Beyond Bigger Leaner Stronger workouts, properly laid out so you can record and track your progress, as well as some of the author's favorite motivational quotes and recipes from his bestselling cookbooks, The Shredded Chef and Eat Green Get Lean. If you want to build extraordinary strength and muscle, while also staying lean, get started on the Beyond Bigger Leaner Stronger program today.

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Customer Reviews

"At present, I'm down 40 lbs and have more muscle than I ever had in my life (I was a serial 3 sets of 10 lifter). Simply put, Mike Matthews has figured out a formula for success that works. No gimmicks, no BS."-Brian (Verified Purchase)"I have personally put on 10 pounds of lean mass while going from 15-16% BF to 9.5% BF in a little under 9 months following Mike's program and dietary guidelines. I have seen my strength in the gym skyrocket."-Mike R. (Reviewer)"My gains using Beyond Bigger Leaner Stronger are not just great because they are fairly large but also because I continually made gains most weeks."-Jeremy W. (Verified Purchase)"As a scientist I do a lot of my own research for my training/diet/supplementation just like Mike, and had come to many of the

same conclusions about the best approach to a healthy lifestyle and gaining muscle."-Ben M. (Verified Purchase)"All I can say is that if you actually read these books cover to cover, and actually listen to and do the things (including diet, folks...NO CHEATING), it is the best bodybuilding program ever put together."-Mario R. (Verified Purchase)"Now when somebody asks me for advice, I point them first to Bigger Leaner Stronger and then to Beyond Bigger Leaner Stronger. 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."-Peter G. (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.Sincerely, Mike

A few weeks into the program, it is a great follow up to the original 12 month challenge based on BLS book. It is a nice change of pace after 12 months of the 4-6 rep BLS program, but sticks to the same proven fundamentals. It's continuing to makes gains from where BLS 12 month left off.The power set is a fun addition, and sacro will test what you have left.The quick reference in the front is handy to remind you what the myo, sacro, etc are until you get into the rhythm of it.Summary:If you want to focus on being strong, and doing it naturally, have a go with this program. If you want a logical and systematic program that will challenge you week after week while at the same time provide data driven evidence of your gains, you will enjoy this program.If you want a program filled fad exercises and different stuff all the time, this isn't that program.For the little this costs, and the lot everything else fitness related costs (that IME is a waste of money), there isn't much to lose.

I'm a huge fan of Mike's products and his blog online, however, i think this product is a miss. I knew the dimensions of this product would be somewhat big, but carrying this item to the gym is psychologically embarrassing as it looks like you're bringing a textbook or flipout calender. Most of the content could be cut into a weekly planner with spiral bounding which would be more useful vs having to bend the pages all the time. Overall, this is a good idea to put all the workouts and breakdowns together, however the execution leaves me unsatisfied with the final product

Another great book in the Mike Matthews library! I jumped the gun on this one a little bit (I'm only 4 months in the original BLS book) but I can't get enough of these books. I have seen more results in the past 4 months than I have over the past 10 years! These books have taught me that even at 49 I can have a body I can be proud of, it's a good feeling to know that I have my next 2 years of exercise planning all set - Thanks Mike! And FYI if you can afford it jump over to the Muscle for Life website and spend the \$77 for the meal plan - it's well worth it and after only 4 months has gotten me closer to the body I never thought was possible!!

My son loves this book and uses it every day. He is really starting to bulk up and his stamina is improving daily. The book has been a great tool for workouts and nutrition,

My only question is where was this book back in 2007 when I started my fitness journey!? This is what I am using and have already got some amazing newbie gains. Two thumbs up!!

Probably the simplest log and exercise program to follow that really does give very good results

Great book. All your workouts laid out for a year. I am seeing good results. He has a good schedule for the natural lifter.

Great book. Organizes workouts well.

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The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months
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