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THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE MALE BODY

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Michael Matthews

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genetics or wasting ridiculous amounts of time in the gym and money on supplements then you want to read this book Summary of Bigger Leaner Stronger Instaread Summaries, 2016-04-18 Bigger Leaner Stronger by Michael Matthews Summary Analysis Preview Bigger Leaner Stronger outlines a complete plan for any man looking to lose fat build muscle and create an overall healthier lifestyle through better diet and exercise Often the fad diets workout regimens and endless supplements touted by many fitness magazines and ripped gurus on TV have failed men looking to build their ideal body These fitness strategies are often not based on hard science and don't deliver on their promises The Bigger Leaner Stronger plan on the other hand is a regimen based on scientific studies and methods that have proven to be effective for men and women across age groups The secret to the plan is its simplicity PLEASE NOTE This is key takeaways and analysis of the book and NOT the original book Inside this Instaread Summary of Bigger Leaner Stronger Overview of the book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread you can get the key takeaways summary and analysis of a book in 15 minutes We read every chapter identify the key takeaways and analyze them for your Bigger Leaner Stronger Michael Matthews, 2019-04-27 If you want to be muscular lean and strong as convenience 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 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 the worthless supplements that steroid freaks shill in advertisements You don't need to constantly change up your exercise routines to confuse your muscles I m pretty sure muscles lack cognitive abilities but this approach is a good way to just confuse you instead You don t need to burn through buckets of protein powder every month stuffing down enough protein each day to feed a third world village You don't need to toil away in the gym for a couple of hours per day doing tons of sets supersets drop sets giant sets etc As a matter of fact this is a great way to stunt gains and get nowhere You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six pack How many flabby treadmillers have you come across over the years You don't need to completely abstain from cheat foods while getting down to single digit body fat percentages If you plan cheat meals correctly you can actually speed your metabolism up and accelerate fat loss In this book you re going to learn something most guys will never know The exact formula of exercise and eating 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 6 biggest myths and mistakes of building muscle that stunt 99% of guys muscle gains These BS lies are pushed by all the big magazines and even by many trainers How to get a lean cut physique that you love and that girls drool over by spending no more than 5 percent of your time each day The 4 laws of muscle growth that when applied turn your body into an anabolic muscle building machine You ll be shocked at how easy it really is to get big once you know what you re doing How to develop a lightning fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long The carefully selected

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healthier lifestyle through better diet and exercise Often the fad diets workout regimens and endless supplements touted by
many fitness magazines and ripped gurus on TV have failed men looking to build their ideal body These fitness strategies are
often not based on hard science and don't deliver on their promises The Bigger Leaner Stronger plan on the other hand is a
regimen based on scientific studies and methods that have proven to be effective for men and women across age groups The
secret to the plan is its simplicity PLEASE NOTE This is key takeaways and analysis of the book and NOT the original book
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