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# BIGGES STRONGER STRONGER

THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE MALE BODY

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The bottom line is you CAN achieve that Hollywood babe body without having your life revolve around it no long hours in the gym no starving yourself no grueling cardio that turns your stomach SPECIAL BONUS FOR READERS With this book you ll also get a free 75 page bonus report from the author called The Year One Challenge In this bonus report you ll learn exactly how to exercise eat and supplement to make the most of your first year of training By applying what you learn in the book and in this report you can make more progress in one year than most women make in three four or even five seriously Buy this book now and begin your journey to a thinner leaner and stronger you Bigger Leaner Stronger Michael Matthews, 2019-04-27 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 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 exercises that deliver MAXIMUM results for your efforts helping you build a big full chest a wide tapered back and bulging biceps A no BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would ve wasted on products that are nothing more than bunk science and marketing hype How to get shredded while still indulging in the cheat foods that you love every week like pasta pizza and ice cream And a whole lot more The bottom line is you CAN achieve that Hollywood hunk body without having your life revolve around it no long hours in the gym no starving yourself no grueling cardio that turns your stomach Imagine just 12 weeks

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