



Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

Michael Matthews

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THE #1 BESTSELLING NATURAL BODYBUILDING BOOK WITH OVER 200,000 COPIES SOLD

If you want to build muscle, lose fat, and look great 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:

Building muscle and burning fat 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 workout supplements that steroid-fueled bodybuilders "swear by."
- You don't need to constantly change up your weightlifting exercises to build muscle mass. Muscle building is much simpler than that.
- You don't need to spend a couple of hours every day doing tons of weight training sets, supersets, drop sets, etc. In fact, this is a great way to get nowhere.
- You don't need to grind out hours of boring cardio to shed ugly belly fat and get a six-pack. You probably don't have to do ANY cardio, actually.
- You don't need "clean eating" to get ripped and you don't need to avoid "cheat" foods. Flexible dieting is the real "secret" of effective bodybuilding nutrition.

Those are just a few of the harmful myths that keep guys like you from ever achieving the ripped, muscular, strong, and healthy bodies you truly desire.

And in this book you're going to learn something most people will never know...

The exact muscle building nutrition and training methods that make putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes a few months.

This book reveals things like...

- **The 7 biggest muscle building mistakes that keep guys small, weak, and frustrated.**
- How to lose fat and build muscle eating all the foods you love...without *ever* feeling starved, deprived, or like you're "on a diet."
- **An all-in-one bodybuilding routine that will give you a big, full chest...a wide, tapered back...bulging arms...and thick, powerful legs...in just 3 to 6 hours of exercise per week...doing weight training workouts that you actually look forward to.**
- A no-BS guide to bodybuilding supplements that will save you from wasting THOUSANDS of dollars each year on bunk science and marketing hype.
- **How to master the "inner game" of fitness and develop the self-discipline you need to build the body of your dreams. If you like bodybuilding motivation, this is for you!**
- What to eat before and after your workouts to build muscle fast. It's the "little" things like this that make

bodybuilding diet plans maximally effective.

- **How to burn fat and build lean muscle while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream.**
- And a whole lot more!

Imagine...just 12 weeks from now...being constantly complimented on how great you look and asked how the heck you're doing it...

Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day...

The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it.

SPECIAL BONUS FOR READERS!

With this fitness book you'll also get a free 98-page bonus report that contains a year's worth of Bigger Leaner Stronger bodybuilding workouts as well as Mike's personal product and supplement recommendations and more!

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