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Bigger Leaner 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 person trying to get in shape would need to know.

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Bigger Leaner Stronger - The Simple Science of Building the. July 20, 2020 SONAD E-book. Bigger Leaner Stronger - The Simple Science of Building the Ultimate Male Body ... The 3 scientific la of muscle growth and fat loss that literally force your body to get bigger, leaner, and stronger.

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Day 1 Chest and Abs Flat Bench Press: Warm-up sets and then 3 working sets (4-6 reps per set) Incline Bench Press: 3 working sets (4-6 reps per set) Dip (Chest Variation, weighted if possible): 3 working sets (4-6 reps per set) Cable

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Crunch: 3 sets (enough weight to allow
10-12 reps per set) ...

**Book Summary: Bigger Leaner
Stronger by Michael Matthews**

It's simple, eat less if you're trying to lose weight and eat enough if you're trying to gain weight/build muscle and you will see results with this program.

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Bigger Leaner Stronger Bonus Material. When you purchase BLS, you get access to bonus material that he gives away to supplement the book. His bonus material includes:

Bigger Leaner Stronger Review [2020 Update and Comparison]

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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 it frequently.

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Michael Matthews (Author, Narrator),
Oculus Publishers (Publisher) 4.6 out of 5
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Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Muscle for Life Book 1) Michael Matthews. 4.6 out of 5 stars 5,871. Kindle Edition. \$7.99. The Year One Challenge for Women: Thinner, Leaner,

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(Muscle for Life Book 8) Michael
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Thinner Leaner Stronger comes in three flavors--5, 4, and 3 days per week--and individual workouts range from 45 to 70 minutes. The bottom line is if you can dedicate 3 to 6 hours per week to Thinner Leaner Stronger, you can build the body you've always wanted.

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