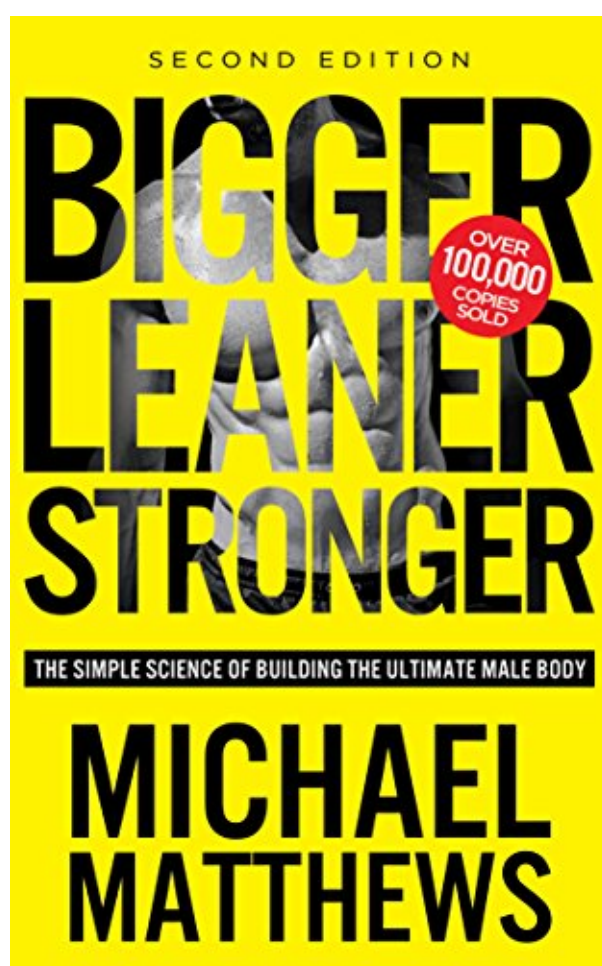


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THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE MALE BODY

# MICHAEL MATTHEWS

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## Review

"After 7 months of following the Bigger Leaner Stronger program, I am fitting easily into 36" jeans and with 35lbs of weight lost. I'm fitter, healthier and with better muscle definition than in my entire life and I am easily stronger than I've been in 20+ years."

-J. Williams (Amazon Verified Purchase)

"I've been on the program 3 weeks now and I've dropped 10 lbs, 2.5% Bodyfat, while still getting stronger each week."

-Tyson G. White (Amazon Verified Purchase)

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"After following this plan for only 5 weeks, I have already lost 13 lbs of body fat while continuing to build muscle mass and strength at 47 years old."

-John W. Bellmore (Amazon Verified Purchase)

"I've been following my program for 10 weeks now and am incredibly happy with my results - I've lost 8 kg and made great strength gains."

-"somewhatangry" (Amazon Verified Purchase)

"I have been cutting for about 5-6 weeks and have lost about 13lbs so far. I went from a 35 in waist now down to a 31 ½ in waist, and have gone up in weight in almost of my lifts."

-Andrew (Amazon Verified Purchase)

"After following Mike's plan for 2 months now I have lost 13 pounds and am seeing huge gains in muscle definition already."

-"Samwell54" (Amazon Verified Purchase)

"I've already added 2 lbs every week during the past few weeks while increasing my lifts by 5 or 10 lbs every

time I lift."

-Mitch (Amazon Verified Purchase)

From the Author

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](http://muscleforlife.com).

Sincerely,

Mike

From the Inside Flap

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Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

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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!

Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

- Sales Rank: #4434 in eBooks
- Published on: 2014-01-05
- Released on: 2014-01-05
- Format: Kindle eBook

### Review

"After 7 months of following the Bigger Leaner Stronger program, I am fitting easily into 36" jeans and with 35lbs of weight lost. I'm fitter, healthier and with better muscle definition than in my entire life and I am easily stronger than I've been in 20+ years."

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"I've been on the program 3 weeks now and I've dropped 10 lbs, 2.5% Bodyfat, while still getting stronger each week."

-Tyson G. White (Amazon Verified Purchase)

"I am in my 5th week of doing the weight routines and eating methods and I have lost 11 pounds to date and my strength has sky rocketed." -Chris McAuliffe (Amazon Verified Purchase)

"After following this plan for only 5 weeks, I have already lost 13 lbs of body fat while continuing to build muscle mass and strength at 47 years old."

-John W. Bellmore (Amazon Verified Purchase)

"I've been following my program for 10 weeks now and am incredibly happy with my results - I've lost 8 kg and made great strength gains."

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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](http://muscleforlife.com).

Sincerely,

Mike

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CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape

Most helpful customer reviews

194 of 211 people found the following review helpful.

Excellent! No BS advice

By Chris McAuliffe

This book is an excellent manual on how to build a better body. While there maybe thousands of ways to skin a cat in terms of exercise programs if your looking to build muscle and loose fat Bigger Leaner Stronger has all the information you need.

Michael Matthew's gives a nice brief history about why you can't go by what the major muscle magazines advise and why not to follow the Mr. O pro's. The book is backed by plenty of studies proving many of

Michael's points and backing his knowledge of bodybuilding and fitness.

I started following only a few of the principles he outlined in this book 3 weeks ago and I have already lost 4 pounds and my strength has gone up every week by at least 10 pounds an exercise consistently. This week I decided to adopt the entire weight regiment outlined in the book and I can't wait to see what kind of positive changes ensue. Excellent no nonsense information about building the body you want!!!!

Update, I am in my 5th week of doing the weight routines and eating methods and I have lost 11 pounds to date and my strength has sky rocketed. This book cuts through all the confusion of workout programs out there and gives you what works to build a great physique. If you like most people who don't want to hear the hype and just want to get to a sensible workout and nutrition program that works then this book is for you.

Some of the sections that explain exercise and terminology might be a bit basic for people who have experience with exercise but they are great reference sections. Great material and the workout routine is producing great results for me and I am working out in my basement with just free weights. I would probably be doing even better if I went to a gym!

60 of 63 people found the following review helpful.

This book is well done!

By PJK

Clear great fundamentals for my workout program. Best \$10 ever spent. Also love Supple Leopard but I think that one cost me over \$30. I have made great gains with the suggested 4-6 rep range instruction. Also great info about diet Thanks Mike Matthews

50 of 54 people found the following review helpful.

It may not be easy, but getting BLS is simple.

By Peter C.F.

I rarely write reviews, but this is going to be a long one, because I think this book deserves it.

I work as a business consultant and university professor, which means I usually don't have time to hit the gym. My past few years have been fueled by pizza, McDonald's and all kinds of junk and/or unhealthy food. On top of that, I spent the last 6 years doing absolutely no physical exercises whatsoever. Then I hit 30, and decided to change this.

I went back to the gym and started spending 2 hours a day there. It was gruesome, boring and ultimately unsustainable, as I usually don't have 2 hours to spend.

So I scoured the internet looking for different ideas on how to train. I read a bunch of studies, a few blogs and books by fitness "gurus", and accidentally stumbled upon Mike Matthews' blog, Muscle for Life.

After reading a few of his articles, I decided to try his book, Bigger Leaner Stronger. At first glance, it seemed too good to be true, like he was trying to be the next fitness "guru" out there, providing simplistic guidelines to something that's usually presented as a much more complex endeavor. As a scientist, I noticed that his ideas were well researched and were supported by scientific literature... Still, it couldn't be that "easy".

But my 2 hour training routines were so boring that I decided to try Mike's plan. I have been following it almost to the letter. Except for cardio, which I don't have time to do and hate doing, and for the fact that I usually cheat on my diet more than I should, I have been following BLS for the past 3 months.

And I have to confess that it changed my life. I am visibly bigger, leaner and stronger. I have good genetics, meaning I don't put on a lot of fat even when I eat a lot. But since I've been doing nothing and eating junk for 6 years, I was at the 25% body fat range. So I started with a cut (as instructed by Mike) and I'm following it until I hit 10% B.F.

Mike's program is simple, but it's not easy. It's simple because, if you follow it properly, you really don't need to spend more than 45-60 minutes in the gym. It's not easy because you have to lift really heavy weights to see results. If you can do 7 reps with that weight, then you need to add more so you hit the 4-6 reps limit. And you have to keep pushing -- ideally, you have to add weight every week. This is not easy and not for everyone. But I love it.

Another thing is dieting. Despite what Mike says (that you don't need to stop eating what you like, and you don't need to starve), well... you do. I have changed the way I eat and, for the most part, eating is now something that I do because I have to, not something I do for pleasure. Come on, I used to eat pizza everyday, there's no way eating tuna with salad and a teaspoon of olive oil is going to be something that I love. But I got used to it, and now I do it almost everyday. Every now and then I cheat, but I'm keeping it under control. Also, Mike's advise on supplements is really, as he says, "no BS". I love it.

To follow BLS you have to be disciplined and you must trust the author. If you train, eat and rest as Mike advises, you'll notice visible changes in 1 month.

Within these 3 months, here is what happened: I have gained muscle (friends say "wow, you're getting big", shirts are getting tighter around the shoulder). I have lost 10 pounds (I was at 195 pounds, now I'm 185, pants are getting loose around the hips). I'm feeling better, more energetic and overall happier.

So I give this book 5 stars because I thank Mike Matthews for his work. I'm following his blog and I hope to be able to follow "Beyond BLS" soon. Thanks and congratulations, Mike. Keep up the good work.

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## Review

"After 7 months of following the **Bigger Leaner Stronger** program, I am fitting easily into 36" jeans and with 35lbs of weight lost. I'm fitter, healthier and with better muscle definition than in my entire life and I am easily stronger than I've been in 20+ years."

-J. Williams (Amazon Verified Purchase)

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