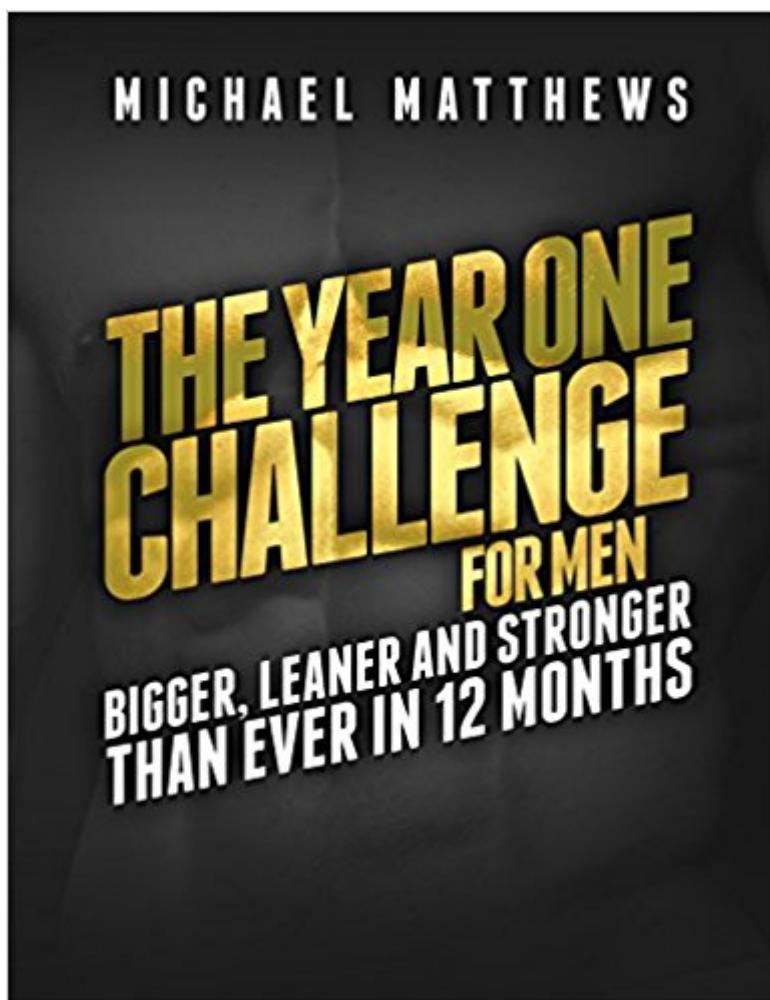


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The Year One Challenge For Men: Bigger, Leaner, And Stronger Than Ever In 12 Months



Synopsis

ARE YOU READY TO BUILD THE LEAN, MUSCULAR, STRONG, AND HEALTHY BODY YOU'VE ALWAYS DESIRED? The Year One Challenge for Men is a workout journal companion to the bestselling book A Bigger Leaner Stronger. With the Bigger Leaner Stronger program, you can gain 20 - 25 pounds of muscle and build an impressive amount of muscle and strength in just one year. This book contains a full year's worth of workouts, properly laid out so you can record and track your progress, as well as some of the author's favorite motivational quotes and recipes from his bestselling cookbook, A The Shredded Chef. If you're ready to build muscle and lose fat faster than you ever thought possible, buy this journal today, get started on the program, and watch your body transform week after week.

Book Information

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Customer Reviews

"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 (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 (Verified Purchase)"I've gone from squats with just the bar to 180 lbs. in just 8 weeks." -eljacobito (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" (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 (Verified Purchase)"I gained 10 pounds of muscle in 3 weeks good for me after a short plateau."-Adam D. (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" (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 (Verified Purchase)"I implemented his workout routine the next day and lost 11LBS the first week and I feel strong!"-LoeJawson" (Verified Purchase)"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 (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" (Verified Purchase)"I was surprised to see fat literally fall off me (I lost 20lbs of fat in under 2 months) and muscle mass build up faster than I had ever seen it."-Jeff K (Verified Purchase)"After six weeks of successful, satisfying, and motivating workouts, (and seven pounds lean mass gain, plus 20-45 pounds added to my lifts, across the board)." -"ACM" (Verified Purchase)"I've put on about 7 pounds in just 4 weeks without much noticeable gain in fat."-Chad (Verified Purchase)

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. Sincerely, Mike

This book helps me prepare for the day's workout. I go strictly by this day to day fitness journal to do my workouts. So far, so good. It complements well with his other book, "Bigger, Leaner, Stronger". I use this everyday and it has not let me down. If it wasn't for this book, I would be lost with what to do and how to do it.

I really dig the layout of this book. It makes tracking my weights and reps easier for me. Plus, it keeps me on track. I'm a big fan of Mike Matthews books.

great book lots of friends used it and I can see the results

Books amazing. Easy to use and work outs arnt time consuming. It's splits u by the days u work out. Five days a week or three days. As with all things Michael Matthews the book is no bs. Fact checked all over the place and easy to read. It's not the work out book. It's the man doing the work out book. It's not the gun it's the man holding the gun.Change your life.Thanks muscleforlife.com

I'll start by saying that I've been following the Bigger, Leaner, Stronger program since December of 2012. I was already an advanced weightlifter when I started the program weighing in at a lean 185lbs (I was 160lbs when I started weight training at 18 years old) but i still didn't have that finished look that I wanted and I still felt like some muscles, namely my shoulders, back, calves, and abs weren't anywhere near their ceiling in terms of genetic potential.I ended up buying the first edition of BLS after reading great reviews on and I've never looked back. I'm now 196lbs at a little less than 10% body fat. My shoulders, back, upper chest, calves, and abs are now way more developed than before and now I can actually could tell you what's legit and what's not in the world of fitness all thanks to Mike. He's literally done all the work so we don't have to. What a stud! So in keeping in line with taking care of all the know how part Mike has put together a whole years worth of workouts, nutrition / supplement recommendations, and recipes to again take all the guess work out for you. You simply cannot go wrong listening to this guy or purchasing his products. I'm usually extremely skeptical of supplements and was concerned when Mike started selling his own supplement product line but even then he's put out the best supplements out there and to which I consider to be the gold standard, period. To sum it up the man is legit so if you think you might need some help after reading BLS, and some things were a bit over your head, do yourself a favor and toss this in your purchase cart and do exactly what it says. I promise you won't regret it.

I have committed so much time and energy googling false information and inconsistant training advise that i was only become more and more confused by so much conflicting information.I stumbling across the Mike Matthews Bigger Leaner Stronger program by chance on facebook promoting the Beyong Bigger Leaner Stronger book on so i thought id give it a go. Upon receipt of the book i realised this was the second book of the series and i was that impressed with the content i immediately went searching for part 1 Bigger Leaner Stronger and then followed with the BBLS 12mth challenge. The degree of information, tips and techniques covered in these books is just

amazing, it truely is a one stop shop for all the scientifuc facts you need to know about gaining lean muscle and shredding fat. Mike does all the hard work for you by providing dietry and workout plans and i am seeing amazing results following this book. Awesome!!!MykSydney, Australia

As with all of Mike Matthews products, I am very happy with this book. The only reason I'm giving it 4 stars is because the old paperback copy that I bought about a year ago (bought this new one because I wanted to start over with a blank copy) has specific block for logging warm-up sets and the hard back copy doesn't. It would be nice to have that bit of course I make do. Other than that, great product.

Had to buy book to go with the workbook....but overall seems good!

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