

# Michael Matthews Bigger Leaner Stronger

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lbs of fat per week not only easy but guaranteed the horrible lies women are told about how to tone and shape their bodies and what you really need to do to have sexy lean curves 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 this is how you quickly get a firm round butt toned legs a flat stomach and sculpted arms 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 lean 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 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

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the advanced guide to building muscle staying lean and getting strong by michael matthews

a follow up to the author s earlier book bigger leaner stronger

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