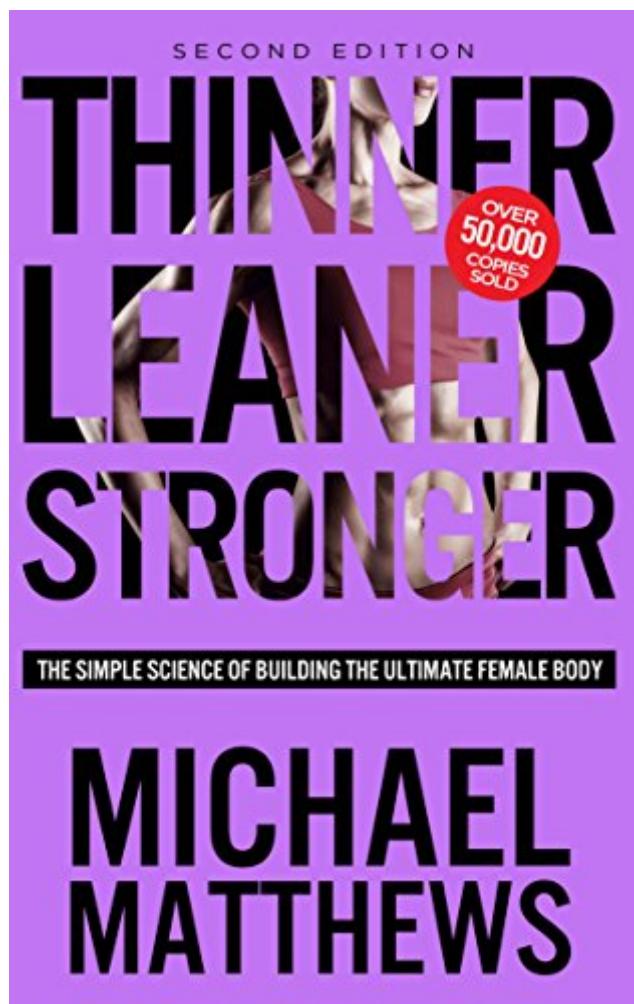


The book was found

Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body (The Build Muscle, Get Lean, And Stay Healthy Series)



Synopsis

INTRODUCING MICHAEL MATTHEWS' #1 BESTSELLER WITH OVER 50,000 COPIES SOLD!If you want to be toned, lean, and strong as quickly as possible without crash dieting, à œgood genetics,â • or wasting ridiculous amounts of time in the gym and money on pills and powders...regardless of your age... then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You donâ™t need to starve yourself with very-low-calorie diets to lose fat and keep it off.Â You donâ™t need to spend hundreds of dollars per month on the worthless supplements and fat loss pills. You donâ™t need to constantly change up your exercise routines to à œconfuseâ • your muscles.â • You donâ™t need to grind out hours and hours of boring cardio every week to shed ugly belly fat and love handles and get the body you desire.Â You donâ™t need to completely abstain from à œcheatâ • foods while bringing your body fat percentage down to ideal levels. Those are just a few of the harmful lies and myths that keep women from ever achieving the lean, toned, strong, and healthy bodies they truly desire.Â In this book youâ™re going to learn something most women will never knowâ |The exact formula of exercise and eating that makes losing 10 to 15 pounds of fat while building lean, sexy muscle a breezeâ |and it only takes 8 â “ 12 weeks. This book reveals things like...The 5 biggest fat loss myths & mistakes that keep women overweight, frustrated, and confused.â • How to build meal plans that allow you to build muscle, lose fat, and get healthy without ever feeling starved, deprived, or like youâ™re à œon a diet.â • The lies women are told about how to à œtoneâ • and à œshapeâ • their bodies, and what you REALLY need to do to have sexy, lean curves.Â A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year on products that are nothing more than bunk science and marketing hype. How to master the à œinner gameâ • of fitness and develop the self-discipline and willpower it takes to build the body of your dreams (and actually enjoy the process!). 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! Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck youâ™re doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that youâ™re getting healthier every day. The bottom line is you CAN achieve that à œHollywood babeâ • body without having your life revolve around itâ "no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach.Â SPECIAL BONUS FOR READERS! With this book you'll also get a free 119-page bonus report where you'll not only find an entire year's worth of workouts for the program but also Mike's personal product and supplement recommendations and

recipes from his bestselling cookbooks! Scroll up, click the "Buy" button now, and begin your journey to a thinner, leaner, and stronger you!

Book Information

File Size: 5328 KB

Print Length: 352 pages

Simultaneous Device Usage: Unlimited

Publisher: Waterbury Publications, Inc.; 2 edition (January 6, 2014)

Publication Date: January 6, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B0098PYV7Q

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #5,119 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #2 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training

Customer Reviews

A lot of other reviewers comment that this book is not for experienced weightlifters and gave it negative reviews for that. This book ("Thinner, Leaner, Stronger," or TLS) wasn't written for them - it was written for people like me. I've been a regular (4-6 times/week) gym rat for at least 12 years. I started doing conditioning for varsity sports in college, but after I quit sports, I continued working out quite regularly in an attempt to lose/maintain weight and stay healthy. I'm sad to say I've mostly been doing it wrong. The good thing about TLS is that it convinces you that the best way to achieve fitness and lose fat is to lift heavy weights, high intensity cardio, and diet. I was missing the heavy weights part. I'd lifted weights for conditioning in sports but soon stopped after I quit sports. Since then, I had done basically every kind of exercise out there, including group fitness classes and a boutique boxing gym, in order to stay motivated. Many of these mix cardio and strength training (sometimes with weights, sometimes with body weight) into the same 30-60 minute exercise. I

always felt like I was getting a good workout but had trouble looking leaner even though I'd sit on the elliptical or treadmill for almost an hour a day. I've now been following TLS for a little more than 2 weeks. It's not enough time to prove the theory, but it's enough to let me know that this is a great way to work out. It isn't as difficult as some cardio-heavy routines I've done in the past, and I feel like I'm already looking leaner and losing weight. I like that the author goes to great lengths to prove that the workout he suggests, the diet, and the supplements are the best proven ways to achieve lean fitness.

I am a long distance triathlete marathoner that was sidelined due to a running injury and was looking for a good book on weight training. I did a search on and this book stood out among the rest because it was specifically written for women beginning strength training/body building and few good books exist. What surprised me the most was when I received an email from the author asking me if I had any questions about the book or training. At first I thought this can't be a real person but it was. Michael Matthews is a very generous person who really wants to help you by teaching you the most effective method to get leaner and stronger. Mike's straight forward no-nonsense nuts and bolts approach to weight training appealed to me. Through his personal trials and errors with his own journey in body building, Mike tells you what you should do. He gives you a training menu, supplement advice and a diet guideline. 5 days of less than one hour per day of weight training and 3 hours of cardio per week is all you need. I am new to this whole world of body building and it's my first week, but the program and eating is so far easy for me to follow. Eating right and lifting heavy weights seems to be the important key to reach success. I am enjoying the gym for the first time after I quit going years ago because I got bored and saw no results. I have a specific goal to transform my body and see the same gym members from 9 years ago doing the same routines with no visible results. My target is to build upper body strength and muscle, make my legs stronger, get rid of my mini muffin top on my backside and have a power butt.

[Download to continue reading...](#)

Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) Intermittent Fasting:

Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Stay on Target: Build Muscle, Lose Fat, and Get the Motivation to Succeed Using a Military-Proven Nutrition and Exercise Plan Anyone Can Do Intermittent Fasting: 6 effective methods to lose weight, build muscle, increase your metabolism, get ketogenic, and get healthy Get inside Her: The Female Perspective: Dirty Secrets from a Woman on How to Attract, Seduce and Get Any Female You Want Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints and Glowing Skin

[Dmca](#)