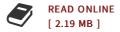


## Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Build Healthy Muscle Series)

By Matthews, Michael

CreateSpace Independent Publishing Platform, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: If you want to be muscular, lean, and strong 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:Getting into awesome shape 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 supplements that steroid freaks shill in advertisements.You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead.You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.)You don't need to grind out hours and hours of boring cardio to...



#### Reviews

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