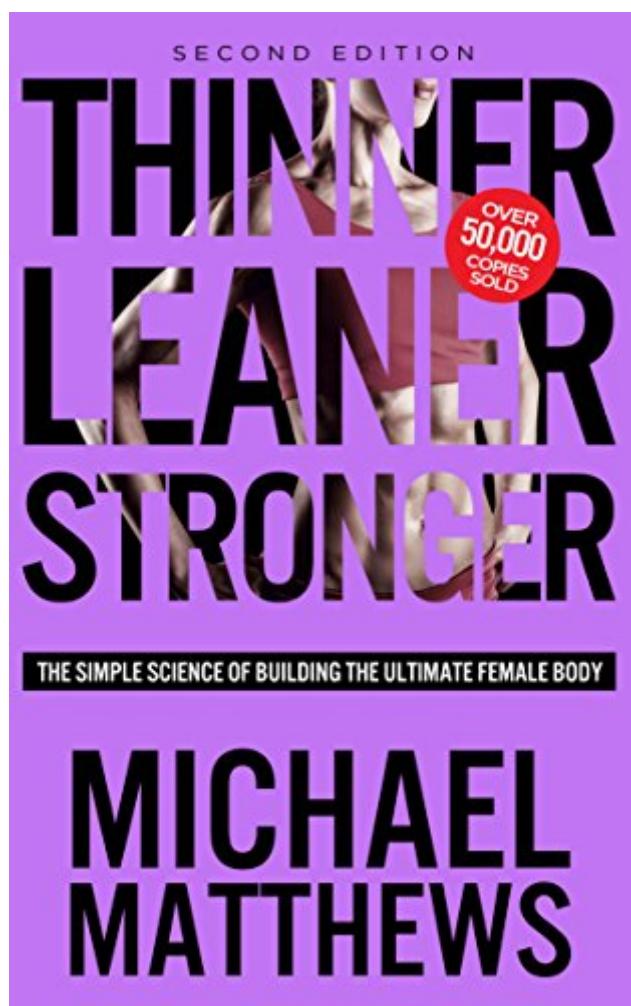


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Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body (The Muscle For Life Series Book 2)



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, Â“good 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 don't need to starve yourself with very-low-calorie diets to lose fat and keep it off. You don't need to spend hundreds of dollars per month on the worthless supplements and fat loss pills. You don't need to constantly change up your exercise routines to Â“confuseÂ• your muscles. You don'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. You don't need to completely abstain from Â“cheatÂ• 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. In this book you'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 Âœ 12 weeks. This book reveals things like...The 5 biggest fat loss myths & mistakes that keep women overweight, frustrated, and confused. How to build meal plans that allow you to build muscle, lose fat, and get healthy without ever feeling starved, deprived, or like you're Â“on a diet.Â•The lies women are told about how to Â“toneÂ• and Â“shapeÂ• their bodies, and what you REALLY need to do to have sexy, lean curves. 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 Â“inner 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 you'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 you're getting healthier every day. The bottom line is you CAN achieve that Â“Hollywood 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

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Customer Reviews

When I bought this book I weighed 180, and I was severely depressed that was almost 2 years ago. Today I am a happy for 57 year old woman. Mike is telling the truth when he tells you you can achieve the body of your dreams. I stuck to the program and ignored the naysayers. I am now 115lbs and only 14% body fat. Over 30 years of yoyo dieting and different exercise programs including running and I finally found what works, that is the program you will learn in "Thinner Leaner Stronger"

This book was extremely helpful to me in informing my body transformation over the past 8 months.

I appreciate that everything in it is researched and science based. I did my own workout plan but lifted according to the theory of the book. There are so many pros on why you should read this I won't enumerate them but the cons that knocked off a star are below: This book reads like the author took their book geared towards men and just did some basic editing to orient it to women. The job is sloppy, there are some pronouns wrong and examples that clearly come from a book written for men. Like he assumes your spotting partner will be a man. While women do benefit from training like men and that's the whole point of this book it feels like writing a book geared towards women was an afterthought and this is just bigger Leaner Stronger rebranded. I would have appreciated any inclusion of useful info that actually only applied to women like training during pregnancy, supplements during nursing, how to address your pelvic floor or abdominal weaknesses from childbirth, etc. My second complaint is the approach to dietary fat on his cutting macros. It is low, like dangerously low. After a month of wondering why I wasn't having bowel movements I finally made the connection and changed my macros. At my weight near the end of my cut it had me on 22 grams of fat a day, and I think there is just a basic amount an adult needs to function that's higher than that no matter how small you are. Just a slight rebalance to 30 grams solved my issues.

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. If you're wondering whether or not this book is for you, I would suggest reading Mike Matthews' website, "Muscle for Life." Most of the advice, except for the specific workout, are included on that website. The best thing about this workout is that Mike Matthews will answer your questions, either by email or on the website forum. I love this book so much that I want to tell everyone I know about it. I don't because that would just be annoying - but I can't help it. This book has converted me. I believe I've found the best way to be leaner, thinner, and stronger after 12 years of essentially wasting my time. And you'll notice no bigger theme in this review than that I hate wasting time. However, I want to point out that this book is not necessarily for everyone. That's why I suggested reading the articles on the website first. Here are some of the downsides of this fitness approach:- It's best for people who are already in decent shape and used to working out. People just starting to exercise regularly for the first time in their lives might want to adapt some of the exercises, such as less intense cardio to start and lifting in the 8-12 rep range for the first few weeks.- You'll need access to heavy weights and gym equipment, including a bench, olympic weights, bar, and power rack at a minimum. I priced this out and think it would cost around \$1000 to outfit a home gym, less if you can find equipment on craigslist. Your only other option is a gym membership. I've been working out at home lately and prefer home workouts to going to a gym because of the amount of extra time it takes (driving there, changing, showering afterwards, driving back home). But because of the startup cost, as well as the lack of space in my home, I got a gym membership. The downside to all this is that most people don't keep up with fitness routines despite their best intentions to lose weight and then they stop using their gym memberships or their home gym. So this is money down the drain if you can't keep up with it. Gyms are actually relying on people purchasing memberships and then just not going. It's their business model. I personally resent the extra time it takes to go to the gym, even though I've done it for years. Working out at home is my preference. Someday I will save the money to do so.- This workout is best for people who can devote 45-60 minutes 5-6 days a week to working out. That's just elapsed time doing the workouts, not the extra time I mentioned for getting to/from the gym. It's a little bit longer than fits comfortably in most working folks' schedules. More specifically, the workout requires lifting heavy weights for 3-5 days a week (the routines take about 45 minutes) and then doing 20-30 minutes of cardio 3-5 days a week. The author recommends separating the lifting and cardio by several hours. That isn't possible for me because of my job, and it isn't possible for most people. The alternative is to do the cardio workout right after the lifting workout, squeezing it into the 60 or so minutes if you're really disciplined about rest times and very organized with all the equipment you'll need. Otherwise it takes 15+ minutes longer. Or you could do the minimum 3 lifting days a week and separate 3

cardio days per week. I suspect the fitness improvement will be slower and/or less impressive this way, but it's technically possible. The reason this bothers me is that I've found that I can keep to a workout routine best if it's less than 60 minutes per day, which is a bit tight for this program if I lift 5 days/week with cardio right after.- I am struggling with the diet, which emphasizes a particular proportion of macro nutrients in addition to calorie deficit, specifically, 45% protein, 20% carbs, and 35% fat. Calorie deficit I can do, but somehow I have to eat 160 or so grams of protein per day and less than 70 grams of carbs, which I haven't managed to do so far. It seems that protein supplements more than once a day would be required. My natural diet of whole foods seem to be 33% protein, 33% carbs, and 33% fat. At the same time, this is a low carb diet, and I've found with willpower issues that it's easier just to reduce calorie intake than it is to worry about exactly what you're eating. I don't mind dieting so much if I can have a frozen lean cuisine pizza for dinner to calm my food cravings. This is not possible on the diet in TLS.- The supplements section is fairly informative, but I'll point out again the startup cost involved in purchasing supplements. Luckily, supplements are technically optional since they just don't help as much as diet and workouts. The reduced star to my review, despite the fact that I love this book, is due to the downsides to the program listed above as well as the fact that there is no quick reference guide to the major topics (workout, diet, supplements). Instead, you have to read through all the text to find the piece of information you're looking for. In other words, the information should be summarized more simply, since there are more than a few details to keep straight. I wrote the author about this and he mentioned it will be improved in a future edition of the book.

I bought this book because of all the great reviews and I honestly didn't even read the entire book because it was so repetitive and boring. I found the information mediocre at best. Maybe some information useful but not much. I think this book could've been written in one chapter had the author not cited a "study" or "research" every 4 sentences. I expected to see more about meal planning and types of workouts. ill save you 15\$ and tell you all you need to know from this book-Eat 1.3 grams of protein per lb of body weight you are and lift heavy 8-10 reps with 3 min rest between. 5 workouts a week an hr long, compound exercises vs targeting one muscle group.lift heavy . You just saved 15\$ Your welcome, go buy meal prep containers instead of this book,

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