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genetics or wasting ridiculous amounts of time in the gym and money on supplements regardless of your age then you want to read this book In this book you re going to learn something most women will never know The exact formula of exercise and eating that makes losing 10 15 pounds of fat and replacing it with lean sexy muscle a breeze and it only takes 8 12 weeks This book reveals things like The 5 biggest fat loss myths mistakes that keep women overweight frustrated and confused The real science of healthy fat loss that makes losing 1 2 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 **Beyond Bigger Leaner Stronger** Michael

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Matthews,2016-07-19 **Summary of Michael Matthews's Beyond Bigger Leaner Stronger** Everest

Media,2022-03-09T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The benefits of exercise go far beyond physiological and psychological improvements Achieving your fitness goals can fundamentally change you as a person and it can help you overcome your fears and weaknesses 2 We are creatures of habit and we all have deeply ingrained daily patterns of behavior These habits are useful but they can also be destructive They cut

both ways Thinking dim thoughts does not make things happen 3 The first benefit of staying fit is that it teaches you habit mastery It takes patience to establish new habits but once you do they become automatic and feel just as natural as the old ones 4 Effort is the key to success It takes hard work and dedication to achieve anything of value whether it s a good family a good career or a good social life

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Muscle Myths Michael Matthews,2012-03 If you ve ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn t what s scientifically true and what s

false when it comes to building muscle and getting ripped then you need to read this book Let me ask you a question Do any of the following claims sound familiar I have bad genetics I m a hardgainer You have to work your abs more to get a six pack When doing cardio you want your heart rate in the fat burning zone You have to do cardio for 20 minutes before your body starts burning fat Don t eat at night if you want to lose weight Steroids make you look great I m overweight because I have a slow metabolism You ve probably heard one or more of these statements before and the sad truth is lies like these have ruined many people s fitness ambitions There are many many more Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self styled gurus it s becoming harder and harder to get in shape Muscle Myths was written to debunk the most commonplace and harmful gimmicks fads myths and misinformation in the health and fitness industry Here are just some of the things you ll learn in this book Why you don t have to cut carbohydrates carbs or fat or eat weird combinations of food to lose weight The truth about supplements and why 99% of them are a complete waste of money and the few that are actually scientifically proven to work What it actually takes to tone up and it s not doing shaping exercises these don t exist or doing a million reps every workout Why women shouldn t be training differently than men if they want the lean toned and sexy type of body that they see in magazines TV shows and movies The scientific secrets of getting a six pack Forget 6 minute gimmicks doing endless crunches and hours of grueling cardio it s actually pretty easy when you know what you re doing Training and diet methods that will completely shatter any perceived genetic barriers that you think are holding you back from building a muscular lean physique that you love The proper way to stretch so you don t sap your strength and risk injury Most people do this wrong and suffer the consequences without even realizing it And much more With the information in this book you can save the money time and frustration of buying into misleading diet plans and products that promise unattainable results You can become your own personal trainer and start getting real results with your diet and exercise Scroll up and click the Buy button now to learn the no BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long grueling exercise routines

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