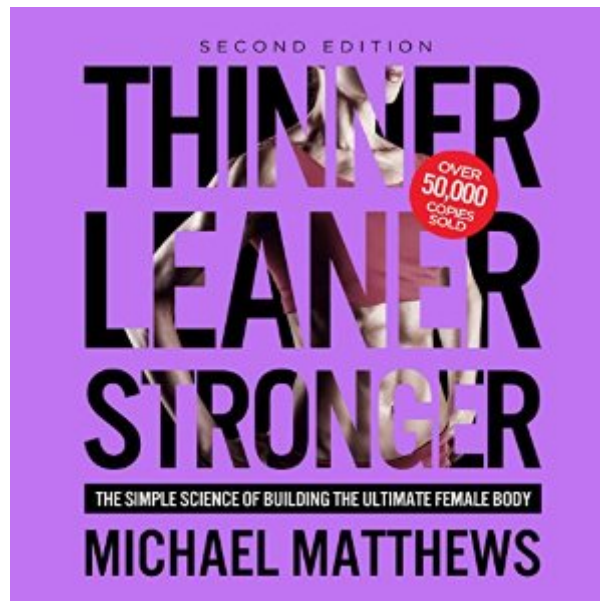


The book was found

Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body



Synopsis

If you want to be toned, lean, and strong as quickly as possible without crash dieting, "good genetics", or wasting ridiculous amounts of time in the gym and money on supplements...regardless of your age...then you want to listen to this audiobook. Getting into great 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 worthless supplements. You don't need to constantly change up your exercise routines. You don't need to starve yourself or do weird cleanses to get thin. You don't need to toil away in the gym for a couple of hours per day, doing a bazillion reps. You don't need to completely avoid "cheat" foods This book reveals things like... The five biggest fat loss myths and mistakes that keep women overweight, frustrated, and confused. The real science of healthy fat loss that makes losing one to two pounds 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. (Hint: Doing a ton of reps with light weights to "tone your muscles" is a waste of your time.) 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. Imagine, just 12 weeks from now, being constantly complimented on how you look. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. Special Bonus for Listeners! With this audiobook you'll also get a free 75-page bonus report: "The Year One Challenge". You'll learn exactly how to exercise, eat, and supplement to make the most of your first year of training. Download the accompanying reference guide. SECOND EDITION! UPDATED JANUARY 2015!

Book Information

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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.

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