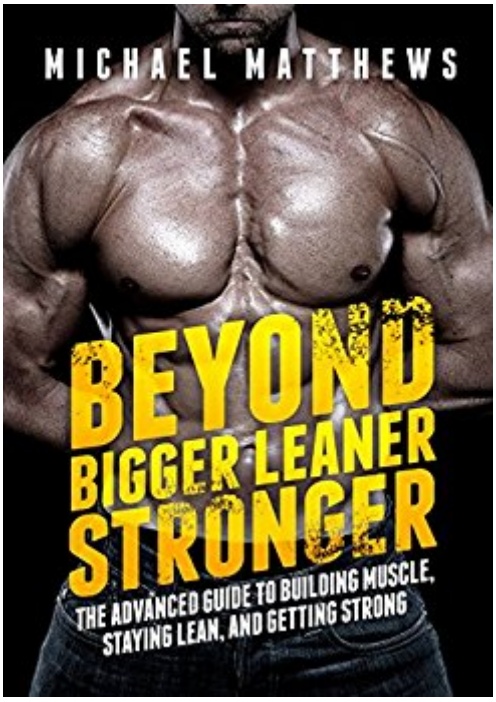
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# Beyond Bigger Leaner Stronger: The Advanced Guide To Building Muscle, Staying Lean, And Getting Strong (The Build Muscle, Get Lean, And Stay Healthy Series Book 4)




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## Synopsis

INTRODUCING THE BESTSELLING SEQUEL TO THE #1 BESTSELLER BIGGER LEANER STRONGER!If you want to build as much muscle as naturally possible...be able to bench press, squat, and deadlift gargantuan amounts of weight...and maintain a ripped, beach-ready physique year round...then you want to read this book.If you've been lifting weights for any period of time, you've probably wondered... What does it really take to make the jump from a "good" physique...from being "kinda strong"...from looking "athletic"...to having an outstanding looking, extraordinarily strong, ripped body that just makes people say "WOW"? You know...the type of body that makes people wonder if you're on steroids or just a genetic freak. The type of body that fills you with self-confidence and pride of achievement. The type of body that most of us guys dreamt of having before we ever touched a weight. Well, this book was written to show you exactly how to make it through the "intermediate lifter" phase smoothly, with an incredible physique to show for it, and then continue to make gains and enjoy your training as an advanced lifter. Furthermore, this is not an updated version or rehash of Bigger Leaner Stronger. It's a true sequel--it builds on the principles taught in Bigger Leaner Stronger and takes your knowledge to the next level. Here's a "sneak peek" of what you'll find inside this book... How to accurately pinpoint the weak points in your physique that, when corrected, dramatically improve your proportions and overall aesthetics.The science of proper training periodization with a program specifically built for intermediate and advanced weightlifters.Whole-body mobility routines that will not only help prevent injury, but improve performance as well.8 scientifically proven ways to break through weightlifting plateau.Exactly how to get shredded (6 to 7% body fat) without frying your muscles or sanity. How to maintain single-digit body fat percentages year-round with ease...and still make gains in the gym. In-depth guides to various popular dieting styles like intermittent fasting, carb cycling, and Paleo. And more... Simply put, Beyond Bigger Leaner Stronger is nearly 300 pages of neatly organized dietary and training lessons, insights, and principles...backed by decades of anecdotal evidence and over 250 scientific studies...and 100% geared toward helping you push your body to its genetic potential in size, performance, and aesthetics.SPECIAL BONUS REPORT FOR READERS!With this book you'll also get a free 175-page bonus report from the author called The Beyond Bigger Leaner Stronger Challenge. In this bonus report, you'll find product recommendations, a full year's worth of workouts, recipes from the author's cookbooks, and more!Buy this book today and learn what most guys will never know about building extraordinary amounts of muscle and tremendous strength while staying lean...and all without superhuman genetics, living in the gym, or using steroids.

## Book Information

File Size: 1892 KB

Print Length: 299 pages

Simultaneous Device Usage: Unlimited

Publisher: Oculus Publishers, Inc.; 1 edition (August 20, 2014)

Publication Date: August 20, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00MXE63MA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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## Customer Reviews

I've been back in the gym for 3 years now. The 1st year I got strong again, but was frustrated that I wasnÃƒÂ¢Ã â ¬Ã â„¢t losing weight. My Dr. suggested a slow carb diet. I got some good results from that, but hit a wall. I hit a wall it in terms of not losing weight, or getting stronger. I was ÃƒÂ¢Ã â ¬Ã Å“confusing my musclesÃƒÂ¢Ã â ¬Ã Â•, because I thought thatÃƒÂ¢Ã â ¬Ã â„¢s what I was supposed to do, but I was stuck in a rut. While I enjoyed cheat days for said diet, I not seeing any significant changes. Someone turned me on to BLS. After reading the book I was a little skeptical because, at 45 - doing heavy always seemed to hurt. I was shocked to see my bench go from sets of 4 @ 265 to sets of 4 @ 295. After three knee surgeries, I was squatting 275. After BLS IÃƒÂ¢Ã â ¬Ã â„¢m doing sets of 4 @ 355. IÃƒÂ¢Ã â ¬Ã â„¢ve also lost 20+ lbs in 3 months. I'm absolutely amazed at the results; more importantly everyone around me is amazed at the transformation IÃƒÂ¢Ã â ¬Ã â„¢ve experienced. There are no short cuts in this book, but it will transform the way you eat and the way you work out. It will truly transform your body, and get you

over any plateau you stock on.

This is the book I've been waiting for. I've slowly (through much trial and error) discovered what works for me through years and years of lifting. And, no surprise, it's pretty much what Mike said in his first book.And then I started to slowly change my workouts for various reasons. And again, my workouts that I've come up with are really similar to what he's teaching in his new book here.This new book, Beyond Bigger Leaner Stronger, delves into so much more than just hitting weights and diet. He has some pretty nice information about flexibility and mobility - stretching and foam rolling. There's also a few chapters towards the end that go over some of the fad diet types floating around right now - Intermittent Fasting, Carb Cycling, and Paleo. He's got tips on getting your fat percentage under 10% and maintaining it there for extended periods. And there's also a great chapter on traveling that I may be returning to soon as I get closer to a vacation I've been planning.I wish that these two books had been around when I first started lifting almost 20 years ago. I would say that I wasted almost 15 of those years following the BS programs in magazines promoted by supplement companies and 'juicers.' Adding muscle and getting lean isn't as difficult or complicated as they would have you believe.Now when somebody asks me for advice, I point them first to Bigger Leaner Stronger and then to Beyond Bigger Leaner Stronger. I know that they really don't need much else besides those two books to keep the gains coming for years. Whether you want to get a six pack or add a ton of weight to your squat or bench, these are the books you should be picking up.I was compelled to write this review because I want people to buy these books - not because I care that Mike Matthews sells a lot of books (though he seems like a really great guy), but because I feel that these books will help people get into the shape that they've always wanted to be in and get much healthier while doing it.

I am 37 years old now, 5'6" and 157.8 lbs as of this morning. My waist measurement is 32.75" and my body fat is roughly 16-17%.Some of my history: I always yo-yoed in my adult life anywhere between 220 and 175 lbs. About a year and a half ago, I started running and cutting calories. I succeeded in getting down to about 160 lbs and 34" on my waist, which I managed to keep off by "somewhat" maintaining my diet. I have always wanted to be lean enough to see my abs but I never found a diet/workout routine that got me there, so I genuinely believed I just didn't have the genetics for it.After Christmas, my weight was back up to almost 168 lbs so I decided to start tracking my calories and being more adamant about lifting. Shortly after the new year, I came across muscleforlife.com (the author's website) and loved what he had to say about cutting calories, as it

was a method I had seen the most success with. After reading several of his articles, I decided to buy the ebook.I wasn't disappointed. Everything I needed to know was right there in the book. I wasn't a huge fan of the way things were laid out... it took 3 days to read the entire book (a few hours reading/day) and I was dying to get to the specifics of the workouts and meal planning but once I did, I incorporated everything as closely as possible.I'm about 3 1/2 weeks into the program and I have dropped 3.6 lbs and 1.25" from my waist at the navel. I have dropped from ~20% body fat to between ~16-17%. Every morning I look in the mirror and can't believe how quickly I am progressing. I'm also getting stronger with my lifts.Coworkers have commented that they can see more cut and definition in my arms and my wife is as surprised as I am with how much body fat I've dropped so quickly.If you're considering picking up the book, I'd highly recommend it. You WILL see results if you follow Mike's advice. Also, I did have a few email exchanges with Mike about what I could realistically expect in terms of progress and he always responded to me within 48 hours. That's outstanding!

This book has a lot of great information in it for losing weight and building the muscle or body you've wanted. Mike goes over the science behind all of his decisions and why he talks about what he does in the book, which is great to read in a book. He also includes 3 4 and 5 day exercise programs along with how to eat properly to get the success you've always wanted.I just started the program, but am feeling great about it and myself. I had been under-eating for a little while, so my energy levels had gone through the floor, but with dialing in the macros (Fat, Carbs, Protein) using the formula he provides (also on his website) I was able to figure out what my body needed and haven't looked back.If you are looking to get healthy and eat better or just get fit, read this book. It'll change your view on how you look at bodybuilding, eating and general health.

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