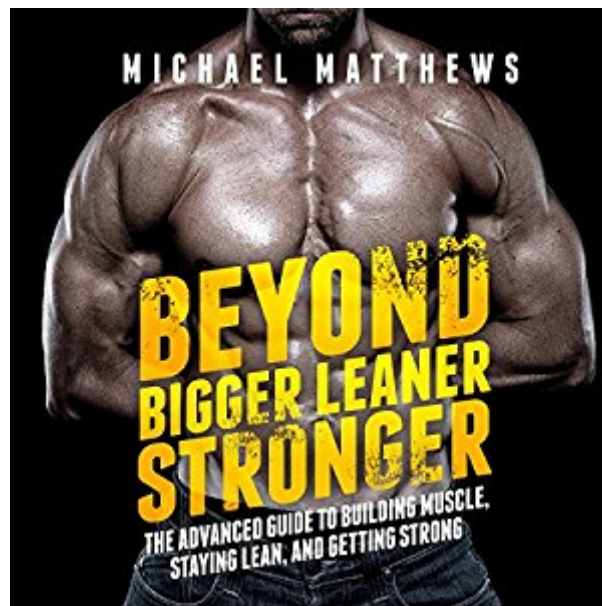


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Beyond Bigger Leaner Stronger: The Advanced Guide To Building Muscle, Staying Lean, And Getting Strong: (The Build Muscle, Get Lean, And Stay Healthy Series)



Synopsis

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 Beyond Bigger Leaner Stronger... 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

Book Information

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Customer Reviews

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.

Even if you are an advanced bodybuilder, I would read *Bigger, Leaner, Stronger* first. I ran across Michael Matthews's site by accident, just researching something about working out when I was trying to put a program together for myself. Of course, when reading the articles on his site, his books are advertised. At first, I'd just close them all and continue looking at different stuff. The thing is, I read so many people's rants about how great his books were, I finally just said what the hell and bought BLS. I'm fifty one and figured I've spend so many thousands of dollars on books, magazines, equipment, supplements and flat out bulls*** over the years, what was another ten bucks, right? Another thing was that he answers questions pretty quickly and I was impressed by this. All I can say is that if you actually read these books cover to cover, and actually listen to and do the things (including diet, folks...NO CHEATING), it is the best bodybuilding program ever put together. Yeah, strong words for sure, but after three and a half decades of failure, I was ready to blindly follow what looked to be the most sensible and complete thing I'd ever read about bodybuilding. Even then, I still farted around just picking and choosing what I wanted from his teachings for a few weeks until

one Sunday I sat down and just said "screw it...I'm all in." I sat for nearly an entire day and worked out my diet, sodium levels and all, and I have basically eaten the exact same thing every day since. Now that doesn't mean that YOU have to do that, but I can deal with it. The first eight weeks have been incredible. I've doubled and tripled my strength on every single lift, and while the scale is still saying the same thing, I've went down a whole size in clothing.

I discovered Bigger Leaner Stronger roughly a year ago and am at a point now where I will soon be ready for this advanced program. I have personally put on 10 pounds of lean mass while going from 15-16% BF to 9.5% BF in a little under 9 months following Mike's program and dietary guidelines (through a bulk and then a cut). I have seen my strength in the gym skyrocket. I can't say enough good things about Mike and Muscle for Life, so I was certainly excited when his new book finally released. This is excellent work once again from Mike. If you have read his previous books and kept up with his website, then you realize that this guy gets it. He understands what it takes to be successful in the gym and in life as well. This sequel answers most of the main questions you will have after following the Bigger Leaner Stronger workout plan for 1-2 years and elaborates on all of the concepts with more science and experience. He makes it very clear that he is no guru or fitness mastermind, just someone who has put the time and work in to remove the BS from training and dieting and exposed what has actually been proven to work. Although he clearly has spent hundreds to thousands of hours researching and testing to make this plan effective and credible, Mike presents the information in a way that anyone can understand, regardless of the level of their fitness background. Also received a variety of bonus features, including a digital copy of BBLS and several minibooks from other reliable fitness authors. With the BBLS program, Mike dives into the true science of muscle building in more detail than you will find anywhere else. Every aspect of his program is supported with in-depth information as to why it is the most effective way to build muscle and strength.

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