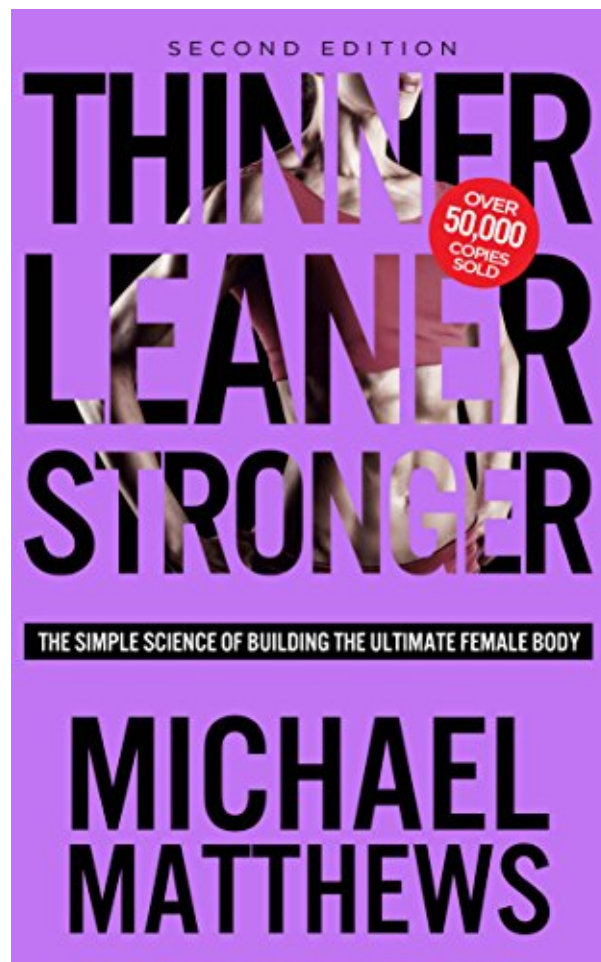


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THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE FEMALE BODY

MICHAEL MATTHEWS

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Review

"I have been doing the author's (Mike) outline as written and I have dropped down to 18% body fat rather quickly.

-D. Bohrer (Amazon Verified Purchase)

"Up to now, I've lost 5 kg (13,4 pounds). My arms are already starting to be toned, I'm losing fat, specially in the abs and hips, I feel more energetic, my hair, skin and nails are healthier and more beautiful."

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From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give

everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

Sincerely,

Mike

From the Inside Flap

BOOKS BY MICHAEL MATTHEWS

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Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

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*****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, “good genetics,” 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 “confuse” 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 “cheat” 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 know...

The exact formula of exercise and eating that makes losing 10 to 15 pounds of fat while building 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.?
- 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 “on a diet.”
- The lies women are told about how to “tone” and “shape” 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 “inner game” 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 "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 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!

- Sales Rank: #5806 in eBooks
- Published on: 2014-01-06
- Released on: 2014-01-06
- Format: Kindle eBook

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CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape

Most helpful customer reviews

336 of 344 people found the following review helpful.

This book will change your life

By Lori Wilson

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"

300 of 312 people found the following review helpful.

This book probably contains the best approach for a great physique. It still might not be for everyone.

By C. Bertoncini

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.

191 of 203 people found the following review helpful.

Buy this first!

By Brioche

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 Amazon 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. Don't let your husband, trainers or hulks at the gym intimidate you from trying to use the men's machines at the gym which women often are afraid to use fearing that they will bulk up with big muscles which is nonsense. It's never too late to try something new at any age. I am 50 years old and it has been a personal dream of mine to do some sort of body building like this since I was a teenager. Since I bought this book, I am having fun doing something new and different from what all the other women here in Japan are doing at my gym.

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THINNER LEANER STRONGER: THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE FEMALE BODY (THE BUILD MUSCLE, GET LEAN, AND STAY HEALTHY SERIES) BY PDF

The e-books **Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body (The Build Muscle, Get Lean, And Stay Healthy Series) By**, from straightforward to complicated one will certainly be an extremely beneficial works that you could take to change your life. It will certainly not offer you unfavorable statement unless you don't obtain the definition. This is definitely to do in checking out a publication to get over the meaning. Frequently, this book qualified **Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body (The Build Muscle, Get Lean, And Stay Healthy Series) By** is checked out since you actually similar to this kind of book. So, you can obtain simpler to comprehend the perception and definition. Again to constantly keep in mind is by reviewing this e-book **Thinner Leaner Stronger: The Simple Science Of Building The Ultimate Female Body (The Build Muscle, Get Lean, And Stay Healthy Series) By**, you could fulfil hat your inquisitiveness beginning by finishing this reading publication.

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Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

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