



## The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential

By Michael Matthews



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**ARE YOU READY TO SHATTER PLATEAUS AND SET NEW PRS?**

The *Beyond Bigger Leaner Stronger Challenge* is a workout journal companion to the bestselling book *Beyond Bigger Leaner Stronger*.

The Beyond Bigger Leaner Stronger program is meant for intermediate and advanced weightlifters that are looking to take their training and physiques to the next level.

This book contains a full year's worth of Beyond Bigger Leaner Stronger workouts, properly laid out so you can record and track your progress, as well as some of the author's favorite motivational quotes and recipes from his bestselling cookbooks, *The Shredded Chef* and *Eat Green Get Lean*.

**If you want to build extraordinary strength and muscle, while also staying lean, get started on the Beyond Bigger Leaner Stronger program today.**

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### Editorial Review

Review

*"At present, I'm down 40 lbs and have more muscle than I ever had in my life (I was a serial 3 sets of 10 lifter). Simply put, Mike Matthews has figured out a formula for success that works. No gimmicks, no BS."*

**-Brian (Amazon Verified Purchase)**

*"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. I have seen my strength in the gym skyrocket."*

**-Mike R. (Amazon Reviewer)**

*"My gains using Beyond Bigger Leaner Stronger are not just great because they are fairly large but also because I continually made gains most weeks."*

**-Jeremy W. (Amazon Verified Purchase)**

*"As a scientist I do a lot of my own research for my training/diet/supplementation just like Mike, and had come to many of the same conclusions about the best approach to a healthy lifestyle and gaining muscle."*

**-Ben M. (Amazon Verified Purchase)**

*"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."*

**-Mario R. (Amazon Verified Purchase)**

*"Now when somebody asks me for advice, I point them first to Bigger Leaner Stronger and then to Beyond Bigger Leaner Stronger. 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."*

**-Peter G. (Amazon Verified Purchase)**

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](http://muscleforlife.com).

Sincerely,

Mike

About the Author

MIKE MATTHEWS is an author and fitness enthusiast that has helped thousands of people build lean, strong, and healthy bodies.

## Users Review

### From reader reviews:

#### Stephen Louis:

Nowadays reading books are more than want or need but also work as a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The details you get based on what kind of reserve you read, if you want send more knowledge just go with knowledge books but if you want really feel happy read one using theme for entertaining including comic or novel. The particular The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential is kind of e-book which is giving the reader unforeseen experience.

#### Eric Fincher:

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#### Alan Castorena:

Reading can called head hangout, why? Because when you are reading a book especially book entitled The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential your mind will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can become your mind friends. Imaging each word written in a guide then become one web form conclusion and explanation this maybe you never get ahead of. The The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential giving you one more experience more than blown away your head but also giving you useful details for your better life within this era. So now let us show you the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

**Harrison Johnson:**

Reading a book to become new life style in this season; every people loves to read a book. When you learn a book you can get a lots of benefit. When you read guides, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, in addition to soon. The The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential provide you with new experience in reading through a book.

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