

***Bigger Leaner Stronger The Simple Science Of Building Ultimate
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Bigger Leaner Stronger The Simple

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Bigger Leaner Stronger by Michael Matthews is about the easier and simpler way to to get the nice, in shape, and toned body society wants us to have. The book breaks down all the need to know information that a person trying to get in shape would need to know.

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Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body. If you want to build muscle, lose fat, and look great as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements ... regardless of your age ... then you want to read this book.

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The Bigger Leaner Stronger Weight Training Method. "Third set is 4 reps with about 70% of your heavy weight, and it should be done at a moderate pace. You follow this with a 1-minute rest". "The fourth set is the final warm-up set, and it's very simple: 1 rep with about 90% of your heavy weight.

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Michael Matthews

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