

MICHAEL MATTHEWS

# THE YEAR ONE CHALLENGE

FOR MEN

BIGGER, LEANER AND STRONGER  
THAN EVER IN 12 MONTHS

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## The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months



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And that's; ARE YOU CONSIDERING NEXT?The Year One Challenge for Guys is a workout journal companion to the bestselling men's fitness publication Bigger Leaner Stronger. With this program, it is possible to gain up to 25 pounds of muscle tissue in all the right places on your own body, lose piles of fat--including stubborn belly and back fat--and double as well as triple your whole-body strength. THE PROGRAM HAS HELPED THOUSANDS OF MEN BUILD THEIR FINEST BODIES EVER. Therefore, if you're worthy of of Bigger Leaner Stronger exercises neatly organized so you can record, monitor, and review your progress toward the body you've always wished. Just yr one. re ready to build muscle and lose fat faster than you ever thought possible, buy this journal today and start your journey to a larger, leaner, and stronger you! This book contains a full year's;



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It provides a plan for anyone to follow, with programs that range from 5 gym sessions a week if you have time to just 3 sessions weekly if you don't. This is an excellent log for a year on the BLS program. I started this program 9 months back simply because a 64 yo dynamic and fit man. Most the webpages have a good deal of blank space because of this. I'll still compose it in, but some sort of layout could have been wonderful to at least record moments and meals with probably protein/fat/calorie consumption columns. It tells you how exactly to warmup, exercises, reps, sets, and you can very easily record it in this reserve. There is one caveat with the Amazon listing- the "Look inside" is useless. Really worth every penny. Excellent Evidence based system that works. I would have liked to have seen part of each page organized for a dietary log. The book won't tell you anything about these exercises either - what muscle tissue are used, etc. Together with Mike's B,L,S book I have gained 1 # muscle mass per month. I changed the squat with an individual leg squat and the deadlift is now a lunge variation. Strengths of the reserve - particular detailed week by week strategy that's easy to follow. Despite the fact that this workout journal helps to keep the same X number of exercises, it's amazing to watch yourself grasp those lifts and you can hold yourself accountable for getting better with this journal. Results speak for themselves. We have lifted on / off for years and also have tried almost anything. Only suggestions for improvement would be to: include the de-load week within the printed schedule with recommended exercises include alternative exercises that machines could substitute for. I've limited shoulder mobility therefore overhead barbell presses are fairly impossible. I use devices for these with very similar range of motion but much less discomfort. This book, Bigger, Leaner, Stronger and Mike's site are all excellent. Nice to find evidence based programs that are basic and effective. Can't state enough good things. Don't know the place to start? But, 5 years into my career I found that I slowly fell off the workout teach. It's a really log for you to . Also the insane quantity of super-sets and brief rest time that additional workouts perhaps you have do simply would burn me out in no time with little showing for it. This book gives you a great place to start again in case you are returning, a great place to begin in the event that you haven't before (my girlfriend loves this book as well), and a great direction if you just don't know where to go from your own current spot. An excellent starting place! Strongly suggested this for anyone thinking about achieving their fitness objective. Plastic Spiraling Great plan but the plastic material spiral starts to break apart half way through. Sucked in simply by the reviews I got sucked in by the reviews. The book does not provide any graphics showing the exercises, and you may have to go look for it yourself. The prior workout routines I've done kept switching the exercises around and I wasn't monitoring how much pounds I was lifting. Forget about searching the internet for a plan. This reserve makes my week of exercises as simple as possible. 225x4 Deadlift: 200x5 -> Bear in mind I've been training currently for 4 years right, so no newbie gains here :) Stats at beginning -> six months in: 5' 7" 151. I don't normally prefer to follow a completely laid out workout plan. 156 pounds 13% BF Bench: 170x5 -> Definitely browse the authors first book "Bigger, Leaner, Stronger" so that you can understand the workout routines and warm-ups within their entirety. 135x5 Squat: 155x5 -> I had been lacking pretty badly on my squats and deadlifts and I'm pleased to say that I'm doing a lot better today. 280x4 As far as the squat and deadlift goes, most of the progress can be attributed to my form getting a great deal better (plus I required it a bit much easier at the beginning to get accustomed to the lifts). Regularly performing these exercises helped me get much better at these lifts and helped me drive more weight just from improving my type alone. In summary, I like this journal since it holds you accountable, the workouts are consistent, and you can ensure you are progressing with your lifts. Love this... with

3,4,5 day w/o options you can tailor each week predicated on your available time. I would get workout routines from bodybuilding.com or Animalpak. They never seemed to be 100% their was usually something lacking whether it was legs, back again, or what perhaps you have. I couldn't do some of my aged exercises because I acquired lost all my strength, my older combo lifts required too much of my right now noticeably weaker knee, I was just kind of a mess honestly. I am currently in week 5 of this book. I love how the workouts are basic and is focused on building you up equally. I have seen an increase in nearly every weight so far that is a lot more significant than any various other magazine workout plan I've done. The perfect place to start I actually am someone who needs to be told how to workout. Therefore being older isn't a barrier. I'm only three weeks into my exercises, but this book offers been invaluable in conserving time! 205x5 Overhead Press: 105x5 -> Purchase this book today if you want a solid 12 months plan that wont enable you to down. It's VERY Helpful! I acquired the reserve and started looking through it. Stronger" is certainly packed with nearly everything one would want to know to accomplish these goals. But that is the problem- there's too much information to dig through when you're at the point of setting-up your recommended workouts. This text obviously plots our your suggested workout routines for a whole years-worth of period. The rep counts and amount of work devote are spot on. I experienced to tweek a few work outs to match me as I could no more squat and deadlift due to a bad back. After reading the reserve, I immediately order this book. This publication gives you a complete year's worth of workout routines to follow. With this lead I was self-confident that my body had been trained evenly and properly. Its like 5 web pages of ads for various other books and it doesn't give you any idea of what's in fact inside so I've included several pictures which are actually reflect this content a bit better. I am right now a regular at my gym and everyone has commented on my physique while I was carrying out Mike's program. Truly beneficial book. When you've hit a slump and require a bump, permit Michael guidebook your pump! 5 lbs 12% BF -> Personally i think like it tends to feel like work and I don't get enjoyment out of it. Start here. So, my pal recomended Michael's book, Bigger, Leaner, More powerful. Having no idea what to do in the gym actually deterred me from ever starting. I have been using this journal for approximately 6 months today and I've made considerable progress on my lifts. It is possible to decide if you need to workout 3, 4, or 5 times week for the week and the whole workout is laid out for you. Just a thought. For those who have hit a slump and want an easy workout to follow, understand this reserve. You forget how strong you can get if you are pressing yourself on every established. Very little value This book is a journal to help you to record your training - nonetheless it will not include any information regarding the training itself. For instance - the book will call for "barbell rear delt row" workout, but unless you know what that is - you will not think it is in the book. Helps keep yourself accountable and keeps track of your progress Having a good work out plan already written down makes it very easy to stick with your exercise routine and track your progress. Objective was to see if within my age I possibly could gain muscle mass. If you prefer a journal - conserve the money and get yourself a notebook. I plan on investing in a few copies for my close friends for the holidays. Michael Matthews book "Bigger, Leaner & It didn't seem to provide what was advertised just a couple of hype. This book was useless to me. I love how the workouts are simple and is targeted on . After a couple of knee surgeries that took me out of commission and out of shape I needed an excellent place to start again... Love this. It's really a log for you to write your lbs pushed and pulled but assists me stay on monitor and reminds me at what fat to start out my lifts at. I take advantage of it everyday Ideal for tracking your progress and building those great gains with Mikes program. Kindle version isn't the complete log! How come the

kindle version not include the linens to record reps and excess weight per set? That is just the bonus material that was incorporated with BLS book. I simply lost 4.99 for something I already have! I am incredibly disappointed!



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