

A close-up photograph of a woman's arm and shoulder as she lifts a dark-colored dumbbell. The lighting is bright, highlighting the contours of her muscles. The background is a plain, light-colored wall.

THE YEAR ONE CHALLENGE

FOR WOMEN

THINNER, LEANER AND STRONGER
THAN EVER IN 12 MONTHS

Michael Matthews

The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months



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Or they begin incorporating extremely odd exercises that are just awkward and complicated. 3 different splits (5,4,3 days) to fit your schedule! I've recently been weightlifting for a few years.. I'm a total enthusiast of Mike's books. I've both his cook books, thinner leaner stronger (on audio) and his fitness myths book.. After fourteen days I am already viewing improvements. and it was so easy to follow. Simply don't forget you have to push yourself to make the progress and be ready to challenge bumping up the weights.. I've a home gym I've been slowly building and refuse to go back to the meat market where you can't obtain the nice stuff (due to all the Meatheads hogging it while acquiring selfies) A few of the exercises I simply don't have the equipment for and there isn't substitutions or modifications. I've tried to look some up but really. I lift in the mornings and have found that I am prepared to work out again in the evenings and there has been a time or two where I acquired to maintain myself from doing this. there isn't much I can find to become the equivalent to the leg press. I really like that I need not think about structuring my workout routines, he's done all the work for me personally. My only other beef is there isn't much in Max Rep. You need to know what that is definitely to learn where to start with his guide. Gross substance coating front cover. but I've got to get better at the eating component for that to occur ;I have had to come up with alternatives to fitness center machine exercises he's included. It's certainly helped me repair my strategy, and honestly simplify it.. I meal program, lesson plan, strategy appointments. remember the saying. My just beef with the book is that it's geared to people who have a gym membership. It focuses on the key compound exercises- squats, deadlifts, armed service presses- that work all of your body. Great Plan Love this plan and how it's all laid out to help me track my workouts. Actually, I wasn't training because it was one more thing I had to think about and plan. I like Mike Matthews--I've bought his Thinner, Leaner, Stronger book and his cookbook, both on my Kindle. After reading his blog for some time today, I trust what he says. But even so 90% of the exercises I CAN do! I'm only 14 days in, therefore i can't touch upon how effective it has been for me, but like I stated, I trust what he says and I'm sore, therefore i believe it's carrying out what it should be doing! Maybe I'm going to be a "before and after" success tale on his blog page someday... It's not difficult or not kinda the key to unlock the others of it.. I understand sometimes the author doesn't have choices in the different parts of a book--maybe Mike didn't with that one. Or perhaps it would have made it a lot more expensive. I had no idea where to start..com and look up "meal planning") but it all WORKS. Usually I recommend it for folks struggling on what on earth to carry out for a good work out. If your uncertain about it simply take the plunge and purchase the books. With weight lifting there are certain exercises where I will always have a limit in regards to what I can lift- increases are finite. I also use their website to watch the videos to make sure my form is right. **EDIT--I've been by using this reserve as my workout arrange for 9 weeks right now and I REALLY LIKE it. My just complaint is certainly that I'm dropping time every day from flexing in the mirror, lol! I didn't start working on the meals part until almost a month ago (browse his Thinner, Leaner, Stronger book OR head to his website MuscleForLife. At home it isn't as much a issue. I'm tracking my improvement in a Google Sheet and my weight/body fat is going down while I'm gaining muscle mass. I am seeing improvement I've never seen before with any plan I've ever done (mostly The Company and Cathe Friedrich tapes). I can't wait to see what goes on within the next 2 a few months. I didn't know how to separate muscles and combine to get the best result. I acquired this reserve and the thinner, leaner stronger book which helps explain this one. I finished the first one I bought, which this review was written for and then bought the newer edition with the spiral binding. Your books preserved me. I use the 5 day/ week option because I can match the workout into my morning hours routine, but sometimes it requires me longer than 5 days to complete weekly. I'm still viewing improvements on my altered version. This this past year I've done my consistency in working out and I'm finally in a location where I can say I am consistent (browse the book Mini Habits by Stephen Guise if you also struggle with this--helped a whole lot for me personally). I'm still working on the meals part, but I'm getting better with it. if you want to weight train but don't know how many reps or units or at what pounds or what exercises to

do with let's state bench presses. It's rare that I am happy once I start to see the pictures that are used on a beach holiday, but this year was the exception. This is a regular occurrence that whenever people discover out that I've kids within their twenties, they don't believe it. I credit Mike's assistance for that--when you are toned you look more youthful. Don't think that you have to lift impossibly weighty weights to find the body you wish either. If anyone saw what I'm gaining the bar they'd believe I was a wimp. But I'm a wimp who regularly gets beneath the bar and lifts it. I highly recommend this book! 5 Day Split and Personally i think so much better about myself I purchased this book simultaneously I bought Thinner, Leaner Stronger (TLS) as soon as I bounced about from chapter to chapter I dove right directly into lifting heavy. I started lifting (again) in early January and I did make some progress. I have been through two of the books already. I am only by the end of week two of Phase 1, 5 Day time Split and I feel so far better about myself. Smh. Lovin it!. Use bodybuilding. At 61 years old this hard work is already paying off. it says you need the other book so the neg evaluations that complain about the exercises not being clear. I really like having everything planned away! A years worth of workouts! Come on! That right there is incredible!Not long ago i purchased this book to start my one year challenge. It creates me excited to maintain the gym once again and be one of the buff ladies in the free weight area. I'm only a few a few months in and my outcomes have been magnificent!!.... But once I understood lifting "weighty" I was on a roll.. I've done CrossFit and run however when I made the decision to cut costs and quit CrossFit and start weight training at home. I wanted to essentially make some better improvement. Ultimately I am reviewing this in line with the content, and the content Personally i think is five stars..**EDIT #2 on the spiral bound edition-- I love this publication!. I was by no means in a class that taught this.. so..!.The workouts seem easy and pointless however the next day you feel the burn. Don't know the place to start? I didn't actually buy that first book for awhile and simply googled what I didn't know.. Super helpful!.. they didn't stick to those directions and therefor aren't also credible for me. I don't have to plan my workouts now I'm a wife, mother, and an elementary college instructor. it's like buying something blue and seeking it red.. seriously a few of these reviews are infuriating they are so ineffective..If you think about any of it.. I don't know about all of you, but I can't afford a personal trainer or fitness trainer- well Mikes books provide all the details needed to transform the body composition and become overall healthy!)I went back and forth about removing a star since it should be spiral-bound. I was really excited because of this book--and the contents inside.... provide a man to seafood and he eats for a day. buy this publication! teach a man to fish and he eats for a lifetime.. this is teaching women to workout! I really like the ease of devoid of to spend weeks discovering my very own programming and realizing that it's based on research.. I think the best testament to the potency of this workout program was our recent trip to Miami. This is a reserve that helps you track your progress, it's not as informative as the actual book.. Focus on a low pounds and keep adding.. You need this book First of all, anybody who's complaining about having less content in this reserve clearly hasn't ready the "Thinner Leaner Stronger" guide!. That being said, you can find cheat sheets in leading of this guide offering quick refreshers of content from the book— which I appreciate! After 10 months of training myself from watching YouTube videos and reading content articles online I'm incredibly grateful for Mikes books which challenge. Mostly, as the information you find online is effective but also EXTREMELY contradicting! \$13 or \$25 for both books for a calendar year compared to an individual trainer. Also, to the unfavorable responses about the "boring" or "same content in the ladies's book as the mens"- Do you all supply the program an intensive try? Or do you just bash the development before putting in enough time, PATIENCE, and CONSISTENCY that is needed to see results? Personally i think stronger, healthier from eating best and I am an already down a size in denim jeans..!I have really attempted to use the information he provided to change the way I eat more then I had, and to hone in my fitness regimen.. buy this book! EASILY were working out in a fitness center (I work out in our home gym) it would be a different story since it would make the book less user-friendly for me personally.... Mike- THANK YOU THANK YOU THANK YOU

BECAUSE OF THIS BOOK AND THE THINNER LEANER STRONGER Publication!! It got me a little while of research outdoors his book to really understand that. Ew. think about it. I received it unsealed within the deal, with a questionable material coating the front cover. It is all crusty and gross. I have no idea what it is. I have no idea whether I will make an effort to get it off or come back it. Ugh. Great up to now The workouts are easy and simple to keep an eye on because it is all written out and you just need to do it. My just frustration was the app suggested is only for apples missing 4 day split I love this book, and the accompanying text. ?Anyway. Great device for the TLS program Yet another tool in the TLS system. Which edition actually offers those? but I'm lacking the 4 day splits throughout this book. I've just started performing a 4 day time split- and I really like it. Thanks for getting this out there Mike! This is a big improvement both with the binding and how it really is organized with 5 day, 4 time, and 3 day a week workout plans. I DON'T need to plan my workouts. and life so it is nice to have All of the schedules 2 weeks of doing EXACTLY what he proposed (after tweaking for my height/weight) down 7 pounds. I've switched backwards and forwards from the 3/4 and 5 times splits because of work, issues, and lifestyle so it's nice to have All of the schedules. I probably don't warm-up long plenty of but no workout provides taken me over 60 moments, they usually run 40-50 a few minutes. Utilize this with the TLS reserve and change the body forever! Just what a resource- buy it now! I've lifted weights on / off for years- in the last year have done so consistently. But I usually tended to trail off a bit after 2 or 3 3 months- the programs I have used appear to either run out of usefulness or not really give enough guidance as to where to go next. The Home gym style I struggled between 4 and 5 superstars.com to look up alternatives. This reserve solves that problem. I've a year of workouts in one easy to use journal. I love the ease of the plans and clear cut info in the reserve. I really do what the book tells me, throw in a few HITT and I'm completed. in just over one hour 4x a week. The book offers you a year of workouts for 3, 4 or 5 5 days so that you can choose what works for your routine and preferences- 5 days of weight is just too boring for me so I picked the 4 split- works great. The exercises are progressive therefore they get more challenging through phases. And you also don't have to think about what your workout is going to be for a year. strategy, plan, plan. Its outstanding.



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