



Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series)

Michael Matthews

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Simply put, Beyond Bigger Leaner Stronger is nearly 300 pages of neatly organized dietary and training lessons, insights, and principles...backed by decades of anecdotal evidence and over 250 scientific studies...and 100% geared toward helping you push your body to its genetic potential in size, performance, and aesthetics.

SPECIAL BONUS REPORT FOR READERS!

With this book you'll also get a free 175-page bonus report from the author called *The Beyond Bigger Leaner Stronger Challenge*. In this bonus report, you'll find product recommendations, a full year's worth of workouts, recipes from the author's cookbooks, and more!

Buy this book today and learn what most guys will never know about building extraordinary amounts of muscle and tremendous strength while staying lean...and all without superhuman genetics, living in the gym, or using steroids.

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