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in obesity medicine, I truly appreciate Bigger Leaner Stronger. It's simple, science-based, and most importantly, it works, and that's why I recommend it to many of my patients. Drop whatever you're doing and read this book. It can change your life."

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Bigger Leaner Stronger comes in three flavors--5, 4, and 3 days per week--and individual workouts range from 45 to 70 minutes. The bottom line is if you can dedicate 3 to 6 hours per week to Bigger Leaner Stronger , you can build the body you've always wanted.

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Warm-up sets and then 3 working sets
(4-6 reps per set) Incline Bench Press: 3

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Book Summary: Bigger Leaner Stronger by Michael Matthews

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Bigger Leaner Stronger If your aim is to get Bigger, Leaner and Stronger in a healthy way, then this is the book for you. This book proposes some very radical ideas which go against all bodybuilding bro science. eg: "Pump is essential for size. Work out 7 days for

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It's simple, eat less if you're trying to lose weight and eat enough if you're trying to gain weight/build muscle and you will see results with this program. Bigger Leaner Stronger Bonus Material.

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Brief Summary of Book: Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body by Michael Matthews. Here is a quick description

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