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# The Year One Challenge For Men: Bigger, Leaner, And Stronger Than Ever In 12 Months



## Synopsis

ARE YOU READY TO BUILD THE LEAN, MUSCULAR, STRONG, AND HEALTHY BODY YOU'VE ALWAYS DESIRED? The Year One Challenge for Men is a workout journal companion to the bestselling book Bigger Leaner Stronger.Â With the Bigger Leaner Stronger program, you can gain 20 - 25 pounds of muscle and build an impressive amount of muscle and strengthÂ in just one year. This book contains a full year's worth of workouts, properly laid out so you can record and track your progress, as well as some of the author's favorite motivational quotes and recipes from his bestselling cookbook,Â The Shredded Chef. If you're ready to build muscle and lose fat faster than you ever thought possible, buy this journal today, get started on the program, and watch your body transform week after week.

## Book Information

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## Customer Reviews

I started following Mike a few months ago when I did a search for some fitness-related books. I'd been lifting on and off and tweaking my nutrition for almost 10 years. I'd learned a lot, but was ultimately left confused by all the contradictory opinions, research and programs out there. It was frustrating because I wasn't getting the results I had dreamed of. I started with his Bigger Leaner Stronger book and was instantly pleased with his no bs approach. He made things simple, which removed stress and hurdles to my success. I then got his Shredded Chef cookbook, which has excellent recipes, especially the Mexican Meatloaf, Chicken and Vegetable Stir-Fry, Indian Curry Chicken, Sweet Potato Protein Pancakes & Muscle Meatballs. Every few weeks I try out a new recipe or two to add to my arsenal of tasty recipes. He also offered 1:1 support via email and

answered questions I had. At the start of 2014 I decided to take his Year 1 Challenge. I am into my second week of Phase 2 and am very impressed. I love the structure of the program and movements. It's really easy to follow and will leave you with a clear plan of attack to achieve success. By following his program everything is laid out for you to succeed if you stick with it. I have already seen great progress after completing Phase 1 and am really excited to be on Phase 2. Excitement about working out wasn't always the way I felt, but it definitely is on his program. The reason I took the time to mention more than just this book in my review is that it's not just about the exercises you do in the gym, what you eat or helpful guiding principles and insights on fitness; it's a combination of it all. Only when you look at fitness from all angles are you going to succeed.

This sure beats writing everything down yourself! I'm not sure I'll bring this to the gym for the same two previously mentioned reasons: (1) it's bulky size, and (2) the...well...um...picture that makes me a little self-conscious. I'm not sure how I'll go about it - probably write down everything the night before and memorize it or take a pic of the page on my phone. Maybe there's a smaller version out there???? I started my journey to weight loss and health on New Year's Day 2013 and am down about 165 pounds to date (from 350 to 185). At first it was diet only, and then I added more and more cardio as I was able. After a few more months I realized that I had better do some weight training or I'd end up weak with a lot of muscle loss in spite of all the hard work and discipline. As I asked around and started reading about exactly what to do and why to do it I found a lot of confusing and contradictory voices coming from all sorts of sources. Eventually I found Bigger, Leaner, and Stronger that cut through a lot of the malarkey and made a lot of sense. I felt the author brought a good balance of personal experience and research homework to the table and concluded that he is one of the good guys worth listening to. He confirmed many things I had already figured out but gave me several new things to try and corrected a couple of things I had been doing wrong. I'd rate my current weight training regimen as "adequate" so I'm going to take the plunge and change things up. When school's out this May I'm going to begin the year 1 challenge, peeling myself more away from the machines and make friends with the barbell (especially the dead lift and the squat).

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The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months  
Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1)  
How to Make Your...

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