



The book was found

The Year One Challenge For Women: Thinner, Leaner, And Stronger Than Ever In 12 Months



Synopsis

ARE YOU READY TO BUILD THE LEAN, STRONG, AND TONED BODY YOU'VE ALWAYS DESIRED? The Year One Challenge for Women is a workout journal companion to the bestselling book *Thinner Leaner Stronger*. With the Thinner Leaner Stronger program, you can lose 30 to 35 pounds of fat and build muscle 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, *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

Spiral-bound

Publisher: Waterbury Publications, Inc.; 2 edition (July 19, 2014)

Language: English

ISBN-10: 1938895320

ISBN-13: 978-1938895326

Package Dimensions: 11.1 x 8.5 x 0.7 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 205 customer reviews

Best Sellers Rank: #5,008 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #3 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #13 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

"I have been doing the author's (Mike) outline as written and I have dropped down to 18% body fat rather quickly."-D. Bohrer (Verified Purchase)"Up to now, I've lost 5 kg (13,4 pounds). My arms are already starting to be toned, I'm losing fat, specially in the abs and hips, I feel more energetic, my hair, skin and nails are healthier and more beautiful."-Renata Franca (Verified Purchase)"I'm getting stronger all the time. I've lost 27 lbs,I look& feel great at 5'5" 140."-Alison R. (Verified Purchase)"I lost 4 pounds and dropped 2% fat. My work outs are more effective, even though they are shorter, they are far more intense."-L. Duff (Verified Purchase)"I lost 3 lbs my first week and the weight continues to come off. I have always worked out

but for once it's actually paying off and I am seeing the weight melt while my muscles get stronger."-Liana Depew (Verified Purchase)"I've only been following his workouts and eating guidelines for two weeks and I already feel tighter, leaner and better. I swear I am already seeing results."-Gina Rosellini (Review)"I've lost almost 10 pounds, lost 5% body fat and dropped two pants sizes."-"Laxkat" (Review)"It's simple and finally seeing results I want by following his advice, even with hypothyroidism."-Karmell Johnson (Verified Purchase)"After two weeks, I'm already feeling stronger and no more plateau - I'm losing pounds AND inches!"-A. Webb (Verified Purchase)"I have been following the nutrition plan for 3 weeks (but vegetarian-ized) and the weight lifting plan for 1 week and am already seeing great results."-Katrina Lynn (Verified Purchase)"I've only been on the program a couple weeks, but I'm already lifting more weight and losing fat."-"CHERRYBOMB" (Verified Purchase)"I have made amazing gains with the advice from Mike Matthews and I continue to return to the books just to remind me why I am following Thinner Leaner Stronger."-"EFWATERS" (Verified Purchase)"I'm just getting started, but I'm seeing changes in my body already."-Lisa Lloyd (Verified Purchase)"I've been using it for 2 weeks now and starting to see some improvements in my arm and legs already."-"jpaysour" (Verified Purchase)"My son and I are doing Mike's program now and I can see the results already (it's only been 2 weeks). I also like the fact that Mike answers all your questions by email!"-Esther Bravo-Mozo (Verified Purchase)

Hi,I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.Sincerely,Mike

First, PLEASE ignore the reviews that are complaining about the lack of detail in this book. This is a companion training guide to THINNER, LEANER AND STRONGER. This book lays out a complete year long training plan and functions as a notebook to log your progress if you like. You should definitely look at THINNER, LEANER AND STRONGER before starting this training plan.I bought this book for my wife who was looking to change up her workout this year. I had recently read Mike

Matthew's book for men and have really been enjoying and finding success with his suggested training program. I loved how simple and straightforward the workouts are. This is all stuff that you should be able to do in an hour at the gym, and there isn't any silly, confusing nonsense. Strength training is really not that complicated. As Matthews explains, so many people are just confused by all of the misguided, contradictory information we're bombarded with. My wife has been going to the gym fairly regularly for the past few years, but her time there hasn't been very organized or focused. Occasionally she would ask me to write out "something to do" at the gym, and she would do that routine for a while. Its good that she has been going, but at some point you need practical advice and a program like Mike Matthews offers here to really get the most out of your time. i.e. Do these things on this day, this number of times, this many weeks, etc; I was really impressed by this book. She won't be asking me to write out "something to do at the gym" anytime soon. The day's training plan is written out clearly, page by page here for the entire year. She is set! More importantly, I was happy to see that she read through THINNER LEANER STRONGER and seems to have picked up a better understanding of both WHAT she is doing and WHY she is doing certain things. Fair warning: I kind of laughed during the first week when she was complaining how tired she was at the end of the day. She couldn't understand it. I had the exact same reaction when I first started Mike's program last year. For a week or so, I was incredibly wiped out at the end of the day. It was very disconcerting because we're both pretty active people and no strangers to the gym. Don't let it slow you down or worry you. My body adjusted and caught up to the new training, and I haven't felt that level of exhaustion since. I can't recommend this book highly enough. Every day I see people at the gym paying \$50/hour to have a personal trainer do goofy, not especially effective exercises. For about \$20, you can get the two THINNER, LEANER books, save yourself hundreds of dollars through the year and get way more out of your time at the gym. Be patient, follow the advice here and good luck!

I'm a wife, mother, and an elementary school teacher. I meal plan, lesson plan, plan appointments...plan, plan, plan. I DON'T want to plan my workouts. In fact, I wasn't working out 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 now, I trust what he says. I really like that I don't have to think about structuring my workouts, he's done all the work for me. I'm only 2 weeks in, so I can't comment on how effective it's been for me, but like I said, I trust what he says and I'm sore, so I believe it's doing what it should be doing! Maybe I'll be a "before and after" success story on his blog someday...but I've got to get

better at the eating part for that to happen ;)I went back and forth about taking off a star because it should be spiral-bound. I know sometimes the author doesn't have choices in components of a book--perhaps Mike didn't with this one. Or perhaps it would have made it way more expensive. In the end I am reviewing this based on the content, and the content I feel is five stars. If I were working out in a gym (I work out in our home gym) it would be a different story because it would make the book less user-friendly for me. At home it's not as much a problem.I have had to come up with alternatives to gym machine exercises he's included. Use bodybuilding.com to look up alternatives. I also use their website to watch the videos to make sure my form is correct.**EDIT--I've been using this book as my workout plan for 9 weeks now and I LOVE it. I am seeing progress I've never seen before with any plan I've ever done (mostly The Firm and Cathe Friedrich tapes). I didn't start working on the food part until almost a month ago (read his Thinner, Leaner, Stronger book OR go to his website MuscleForLife.com and look up "meal planning") but it all WORKS. I'm tracking my progress in a Google Sheet and my weight/body fat is going down while I'm putting on muscle. My only complaint is that I'm losing time each day from flexing in the mirror, lol! I can't wait to see what happens in the next 2 months.

I am overweight and started at the gym about 2 months ago. I have been losing weight and after reading the book that goes with this, I started to lift weights (which I love way more than cardio). I can honestly say that I am sore but I feel everything that is being worked and I am starting to see and feel the muscle building while also losing weight. This schedule can fit into anyone's lifestyle. I absolutely love this book already and can't wait to see what the next year brings to me and my "mommy body"

I am in my first week of the challenge and I'm loving it! I hurt all over! It's fantastic! lol Keep in mind this book GOES WITH the "Thinner, Leaner, Stronger" book by the same author.

I'm still reading it , the nutrition section is interesting, sometimes a little boring .However it is necessary to understand that your diet is the MAJOR part of being fit and healthy

Just a few weeks into this, but I love it. This is just a workbook that you record your results in, but it helps me in telling me exactly what exercises to do every day. As a weightlifting novice, it takes the guessing game out and make some feel comfortable in what I am doing. Less than a month in, I have lost 5 pounds and can already see more muscle definition. Yeah!

After having read 'Thinner, Leaner, Stronger' I'm so excited to start using this, but... it's huge! Too big for me to want to lug around the gym. I'll have to write my numbers in my phone and transfer them to the book later. I'd recommend making the format a little smaller.

I love everything I have read and I've increased my squat by 20 lbs, which has been super amazing. I was stuck in a rut for quite a while and this makes things really simple. I hired a personal trainer for a while and this book helped me more than my trainer ever did.

[Download to continue reading...](#)

The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Muscle for Life Series Book 2) The Beyond Bigger Leaner Stronger Challenge: A Year of Shattering Plateaus and Achieving Your Genetic Potential Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Muscle for Life Series Book 1) The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You! Men's Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! Baby Food Recipes - From 4 months to 12 + months: Baby Food Cookbook full of homemade baby recipes suitable from 4 to 12 + months Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) The Ultimate Bodybuilding Cookbook: High-Impact Recipes to Make You Stronger Than Ever The Greatest Beer Run Ever: A True Story of Friendship Stronger Than War You Are Smarter and Stronger Than You Realize Notes (Advice from My 80-Year-Old Self): 20 Notecards & Envelopes

Contact Us

DMCA

Privacy

FAQ & Help