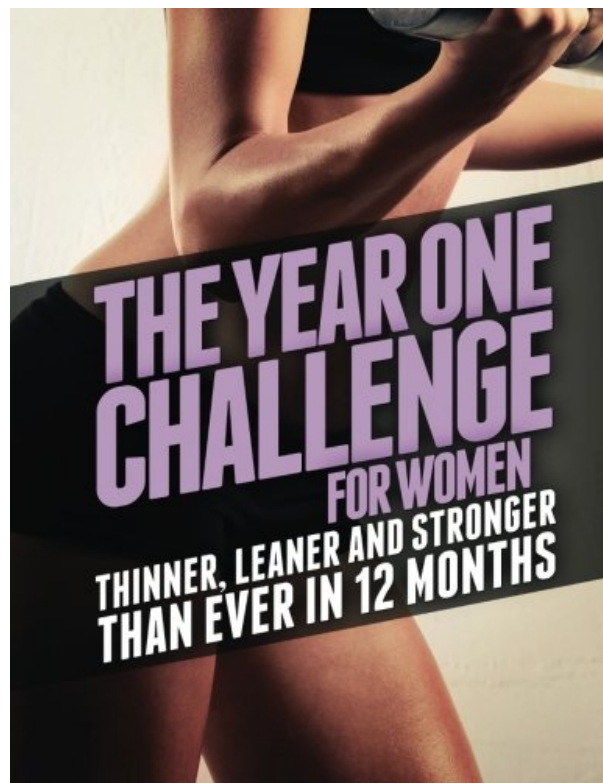
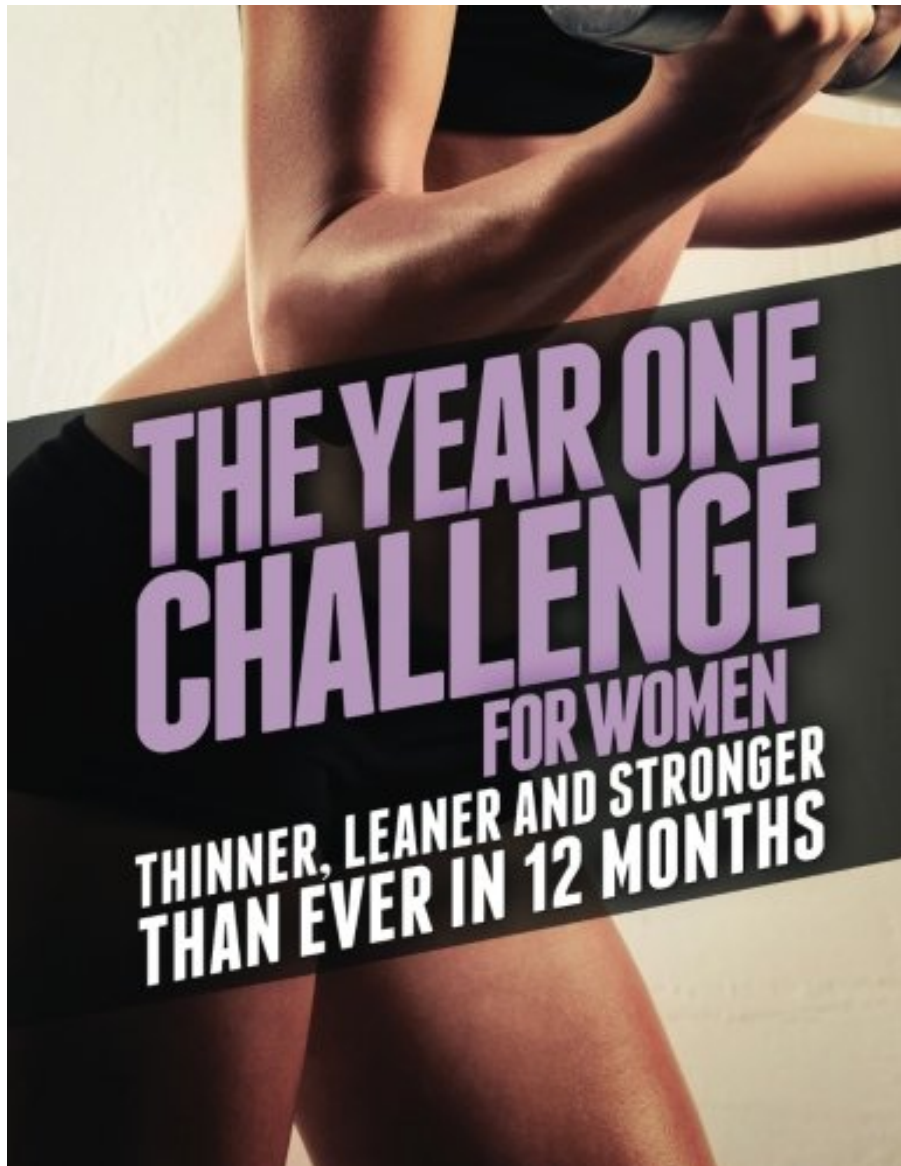


**THE YEAR ONE CHALLENGE FOR WOMEN:
THINNER, LEANER, AND STRONGER THAN
EVER IN 12 MONTHS BY MICHAEL
MATTHEWS**



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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.

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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.

- Sales Rank: #7399 in Books
- Published on: 2015-01-15
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .31" w x 8.50" l, 1.06 pounds
- Binding: Paperback
- 136 pages

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Most helpful customer reviews

97 of 101 people found the following review helpful.

buy. this. book. period.

By bionichands

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!

68 of 74 people found the following review helpful.

I don't have to plan my workouts now

By Kristen

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.

54 of 60 people found the following review helpful.

Best program EVER!!

By Brandy

I'm a little embarrassed to say, but I have been lifting weights for around 20 years (gasp!!) and have not seen any results compared to those I have seen while doing this program for the past 4 weeks. I'm truly amazed that I did not figure any of this out on my own however, so very happy that Michael figured it out and shared it with me!

I took the book in to Kinkos and had it spiral bound so it lays flat while I'm doing my workout and it's easy to write in and keep track of what page I'm on. I don't mind the size of the book at all, I rock that book all over the gym! I am looking forward to this entire year one challenge and find myself excited every day to get in and get it done knowing that no ridiculously long cardio awaits me and I have a clear plan of what to do from the moment I walk in to the second I walk out. Talk about motivation to go to the gym!! Way easier to talk yourself out of it when you don't have a plan. I'm in love!! It's so exciting when people see changes in your body and ask what you're doing!

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