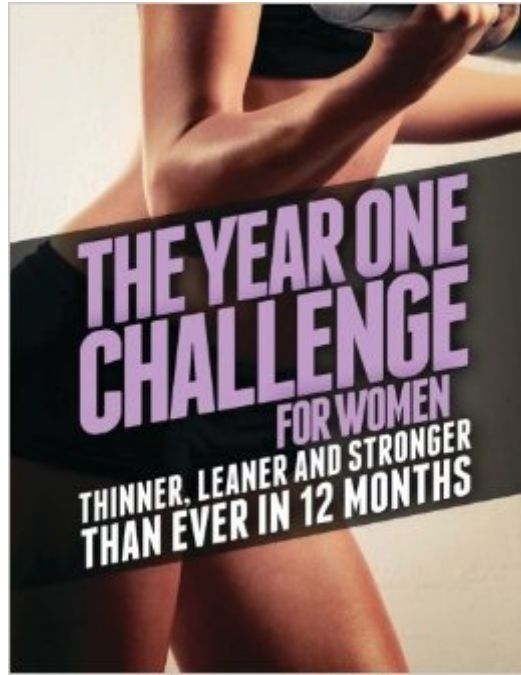


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# The Year One Challenge For Women: Thinner, Leaner, And Stronger Than Ever In 12 Months



## 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

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Best Sellers Rank: #5,149 in Books (See Top 100 in Books) #9 in Books > Sports & Outdoors > Coaching > Training & Conditioning #14 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## Customer Reviews

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 Matthews'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!

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](http://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).

This wasn't at all what I had expected when I purchased the book. I was hoping for a reference guide of sorts to help me become more knowledgeable of how to build my own workouts and the benefits of doing so in each way. Since there were no previews of the content I suppose the blame falls on me. I've attached a few photos to help others out who are curious what the contents actually are so there is no confusion. The book is essentially a WORKOUT JOURNAL (Which is great if

that's what you're looking for), but it is MISSING CONTENT! (Explained in depth below)I had to do some digging because I apparently I just bought book "version 1.0" according to a forum response by Michael Matthews. The daily programs list calf workouts A, B, and C at the end of each segment. However, the workouts are NOT listed in the book at all. Which is apparently updated in "version 2.0". In order to complete the workouts you have to go to

<http://www.muscleforlife.com/calves-workout/> to find them listed about halfway down a lengthy post. Another portion that was missed are the Ab Circuits. Same reasoning was given, that it's an earlier version of the book. (An entirely different conversation) The Ab circuits can allegedly be found at: <http://www.muscleforlife.com/how-to-get-six-pack-abs/>. BUT What you actually see are 9 photos of men sporting killer abs, 1 woman, and a few favorite exercises and examples, no definite list to follow for the circuits mentioned in the book. If you want the CORRECT version of the book, which I do not have yet you need to purchase "Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body" ....

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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 (The Build Muscle, Get Lean, and Stay Healthy Series)  
Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever  
Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner  
Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body  
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)  
The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats in Minutes a Day from Home  
The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular YOU!  
Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)  
The Challenge of Democracy: American Government in Global Politics (with MindTap™ Political Science, 1 term (6 months) Printed Access Card) (I Vote for MindTap)  
How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,)  
The Must Have 2016 Sudoku Puzzle Book: 366 puzzle daily sudoku book for the leap year. A challenge for every day of the year. 366 Sudoku Games - 5 levels of difficulty (easy to hard)  
The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15

Minutes a Day! How To Thin Legs: Get Thinner Thighs And Slim Calves Fast Younger (Thinner)  
You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging,  
and Fight Disease The right way to have the herpes talk: What you need to learn so that "the talk"  
can make your relationships even stronger than before. (Guides Book 3) 30 Day Whole Food  
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(Volume 1) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating  
Challenge - 35 Approved Recipes for Rapid Weight Loss)

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