



# The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months

*Michael Matthews*

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**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*.

**With the Bigger Leaner Stronger program, you can gain 20 - 25 pounds of muscle and build an impressive amount of muscle and strength 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.**

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