

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

Michael Matthews - pdf download free book



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Description:

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.

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