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# THE YEAR ONE CHALLENGE FOR MEN: BIGGER, LEANER, AND STRONGER THAN EVER IN 12 MONTHS



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...

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- Authored by Michael Matthews
- Released at 2015



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