

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

By Michael Matthews

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**'my review of thinner leaner stronger the fitnessista**

june 2nd, 2020 - i m actually doing t1s and counting macros and i love it i didn t get through the whole book because like you said it was hard to read really and seemed to ramble but i have the panion 1 year challenge which lays out all the workouts for you in 3 4 and 5 day splits i do the 4 day split and do otf 3 days'

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june 1st, 2020 - now jump ahead i ve decided that i want to start lifting heavier and incorporate more dead lifts barbell squats and such to my routine i bought these two books by michael

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matthews thinner leaner stronger and the accompanying book with the full workout routine the year one challenge soooo much information wow'

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