

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

Michael Matthews

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The Year One Challenge for Women is a workout journal companion to the bestselling book Thinner Leaner Stronger.

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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*.

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