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Rippetoe and Michael Matthews discuss lifting for aesthetics, nutrition, supplements, and the , book , publishing business.

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[Why You Should Not Be Running \(Audio Only\)](#)

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Lifting vs Cardio by Renaissance Periodization 17 hours ago 35 minutes 18,522 views Submit your questions to Mike on the weekly RP webinar:

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5 Books That'll Change Your Life | Book Recommendations | Doctor Mike by Doctor Mike 3 years ago 9 minutes, 29 seconds 2,262,350 views Hey guys! This week I'd like to share with you the top 5 , books , you should read in 2018, basically, this is my own little , book , review.

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Mark Rippetoe coaches attendees at a Starting Strength
Seminar during the deadlift platform session. Information
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[Stronger - Mike Matthews](#)

Mark Bell's Power Project EP. 520 - Bigger, Leaner, Stronger - Mike Matthews by Mark Bell's Power Project 5 days ago 2 hours, 30 minutes 4,568 views Mike Matthews is the bestselling author of the , books , , “, Bigger , , , Leaner , , , Stronger , ”, “, Thinner , , , Leaner , , , Stronger , ”, and “The Shredded

[How Luke “Recomped” on my Bigger Leaner Stronger Program](#)

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Improving 9 months ago 3 minutes, 59 seconds 2,233 views Below is a list of the , books , I HIGHLY recommend with links to each one: 1. Rich Dad Poor Dad by Robert Kiyosaki:

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**Bigger Leaner Stronger Diet Plan - Calories and Macros by Chris Pinedo 2 years ago 9 minutes, 35 seconds 4,867 views Bigger Leaner Stronger , Diet Plan: (this video) BLS Lean Bulk Calories:
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