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Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Second Edition) [Michael Matthews] on Amazon.com. *FREE* shipping on qualifying offers. If you want to build muscle, lose fat, and look great as quickly as possible without steroids, good genetics Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Muscle for Life Series Book 1) Kindle Edition If that's what you're thinking, I totally understand. In fact, your skepticism is good. It will protect you from the thieves, liars, and shysters that run rampant in this industry (and in some cases, run this industry). If your legs are lacking and you want to get them bigger and stronger in just 30 days...and if you're ready to work for it...then you want to read this article.