

# 30 Ways to Get Stronger and Leaner

We present our 30 top tips for turning yourself into a lean, mean, brawny machine.



- ☐ Throw your weight around
- ☐ Go to bed with casein
- ☐ Squeeze, please
- ☐ Lighten up, will ya?
- ☐ Jump for greater muscle gains
- ☐ Consume creatine
- ☐ Gym it up, part 1
- ☐ Mind your performance
- ☐ Rest 3 to 5 minutes before a 1RM
- ☐ Gym it up, part 2
- ☐ Do cardio after lifting
- ☐ Gym it up, part 3
- ☐ Gear up
- ☐ Don't always train to failure
- ☐ Train with a gorilla
- ☐ Hit the sack
- ☐ Add in Vitamin E

- ☐ Spread out
- ☐ Gym it up, part 4
- ☐ Go for a spin
- ☐ Adjust for age
- ☐ Go for a spin
- ☐ Beg off the brews
- ☐ Rub it in
- ☐ Get pushy
- ☐ Get the band back together
- ☐ Bend the bar
- ☐ Down some joe
- ☐ Hang in there
- ☐ Rest longer

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