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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