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Keith Klein and Lee Labrada

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Written by IFBB Pro Bodybuiling Hall of Famer Lee Labrada and his nationally acclaimed nutritionist Keith Klein. Get Lean provides everything you need to get more ripped and muscular than you ever thought possible. Stop dreaming of getting lean and start making single-digit body fat your reality! The best-selling how-to book on getting lean and achieving the lean, muscular body you've always desired. Get Lean is the product of over 50 years of combined experience in Sports Nutrition. No other system shows you how to achieve single digit body fat levels with such step-by-step instructions. Get Lean covers everything you absolutely need to get that lean, muscular look that both men and women admire. You will learn how to shed pounds of unwanted body fat while building muscle without starving; how to avoid the common nutritional land mines and dietary pitfalls that can sabotage your hard work in the gym; learn exactly which foods to eat, when to eat them, and why; how to avoid physique-destroying food binges; how to manipulate metabolism; learn how to keep yourself motivated and fired-up to GET LEAN!



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