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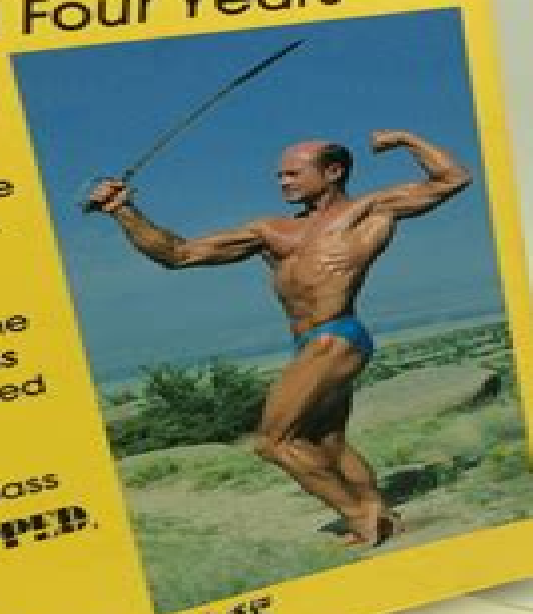
The Second Four Years

Questions and
answers on losing
fat, gaining muscle
and becoming fit.

Fifty-one
Installments of the
Muscle & Fitness
magazine Ripped
Department

by Clarence Bass
Author of **RIPPED**,
RIPPED² and

RIPPED³ and
THE LEAN ADVANTAGE



THE LEAN ADVANTAGE² by Clarence Bass
The Second Four Years

The Lean Advantage 2 The Second Four Years

Emilie Sanchez



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