

# THE LEAN ADVANTAGE<sup>2</sup>

*The Second Four Years*

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

Fifty-one  
Installments of the  
*Muscle & Fitness*  
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Department

by Clarence Bass  
Author of **RIPPED**,  
**RIPPED<sup>2</sup>**,  
**RIPPED<sup>3</sup>** and  
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# The Lean Advantage 2 The Second Four Years

**Len Fulton**



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