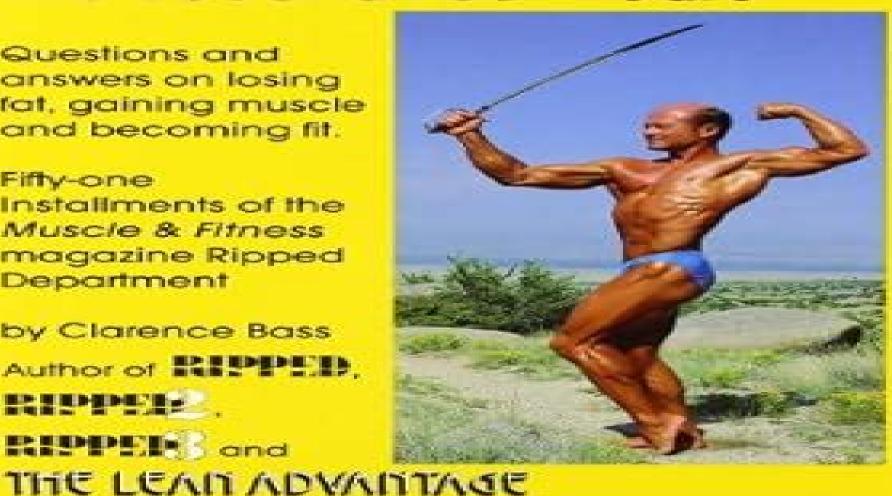
THE LEAN ADVANTAGE

The Second Four Years

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

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

by Clarence Bass Author of RIPPER and



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