

THE LEAN ADVANTAGE²

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,
RIPPED³ and
THE LEAN ADVANTAGE



The Lean Advantage 2 The Second Four Years

Ian Pickup



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