



The Lean Advantage

Clarence Bass

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The first in Clarence Bass' Lean Advantage series, which is an organized collection of his Ripped columns in Muscle & Fitness magazine. The Ripped Department was the longest running column in the world's leading bodybuilding magazine. Usually in question-and-answer form it constituted essentially an encyclopedia of bodybuilding, covering losing fat, getting fit, healthy lifestyle, aging, or anything relating to diet and exercise.

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