



Ripped 2: Lose Fat! Stay Lean! Gain Muscle!

Clarence Bass

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In "Ripped 2," the author reveals his secrets for staying lean, gaining muscle, peaking and training longevity. During the last five years, Clarence Bass reduced his body fat below 3% each year and only once let his body fat exceed 6%. During the last two years, he gained 8 pounds of muscle. He's been training for over 30 years, and at 44 [as of the writing of this book], he's still learning and improving. In "Ripped," thousands of people, men and women, found the path to a leaner, stronger, healthier body. "Ripped 2" continues the journey.

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