



Challenge Yourself - Leanness, Fitness & Health - At Any Age

Clarence Bass, Clarence Bass

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A guide to intelligent training by bodybuilding's foremost proponent of the all-round fitness lifestyle: motivation, no-hunger dieting, new routines, athletic-type strength training, high-intensity aerobics, longevity and health, and exciting personal profiles. After winning the Past-40 Mr. America, this book explains the approach that allowed the author to look even better at 60.

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