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# CLEAN & LEAN WARRIOR: YOUR BLUEPRINT FOR A STRONG, LEAN BODY



Kyle Books. Paperback. Book Condition: new. BRAND NEW, Clean & Lean Warrior: Your Blueprint for a Strong, Lean Body, James Duigan, James Duigan's philosophy is that your body can never be Lean unless it's Clean of toxins. This simple but effective message has helped thousands to lose weight and get fit. He has now turned his attention to men who have busy lives and need to fit their training and diet around their lifestyle without spending hours at the gym....

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- Authored by James Duigan
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