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 vegetables. Nothing  
 Earth-shattering. Fruits  
 were eaten in  
 moderation. Almonds

were eaten as well. He avoided dairy for the most part but ate some cheese every day for calcium. He did strive to eat one gram of high quality protein per pound of body weight. Frank Zane Supplements The Frank Zane Workout Routine for Lean Gains and an ... Frank Zane was born in Kingston, Pennsylvania. He developed an interest in bodybuilding at a young age, taking up weight training as a teenager. He made amazing progress in just a few years, transforming his body from 130 lbs (59 kg) at 14 years old to 160 lbs (72.5 kg) at 17 years old. Frank Zane - Complete Profile: Height, Weight, Biography ... 0 track album Frank zane high def body скачать |

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were eaten as well. He  
avoided dairy for the  
most part but ate some  
cheese every day for  
calcium. He did strive  
to eat one gram of high  
quality protein per  
pound of body weight.  
Frank Zane  
Supplements

### **Frank Zane High Def Body**

This is a review of  
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For those of you who  
do not know who he is,  
Frank Zane is a 3 time  
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