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The Tennis Instructors Book to Exceptional Nutrition: Teach Your Students How To Boost Their Resting Metabolic Rate to Enhance Their Performance Quickly and Naturally

Joseph Correa

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The Tennis Instructors Book to Exceptional Nutrition by Joseph Correa This book will teach you how to add lean muscle mass in order to increase your RMR and accelerate your metabolism. Eating complex carbohydrates, protein, and natural fats in the right amount and percentages as well as increasing your RMR will make you faster, stronger, and more resistant. If you want to make a serious change on your body and how it performs on a daily basis, you need to read this book and start applying it in your daily life. Not knowing where to start or when to start is not an excuse. Take your nutrition seriously and see just where it takes you. Increasing your RMR will cause these results: more energy before, during, and after training or competing, increased lean muscle mass, less injuries and muscle cramps, etc.

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