



The Fencing Handbook to Powerful Muscle Developing Nutrition: Prepare Like the Pros by Escalating Your RMR to Create More Muscle, Reduce Fat, and Improve Muscle Reaction

Joseph Correa

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The Fencing Handbook to Powerful Muscle Developing Nutrition will help you: have more energy before, during, and after training or competing, add more lean muscle mass, reduce injuries and muscle cramps, reduce fat at an accelerated rate, look better and stronger, outlast the competition, stay concentrated for longer periods of time. Learning how to prepare your body and adapt your nutrition to make it perform to its maximum potential is what this book aims to do. This nutrition manual will teach you how to add lean muscle mass in order to increase your RMR and accelerate your metabolism. When you add lean muscle mass you automatically increase your RMR which can lead to improved performance with long lasting results. 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.

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