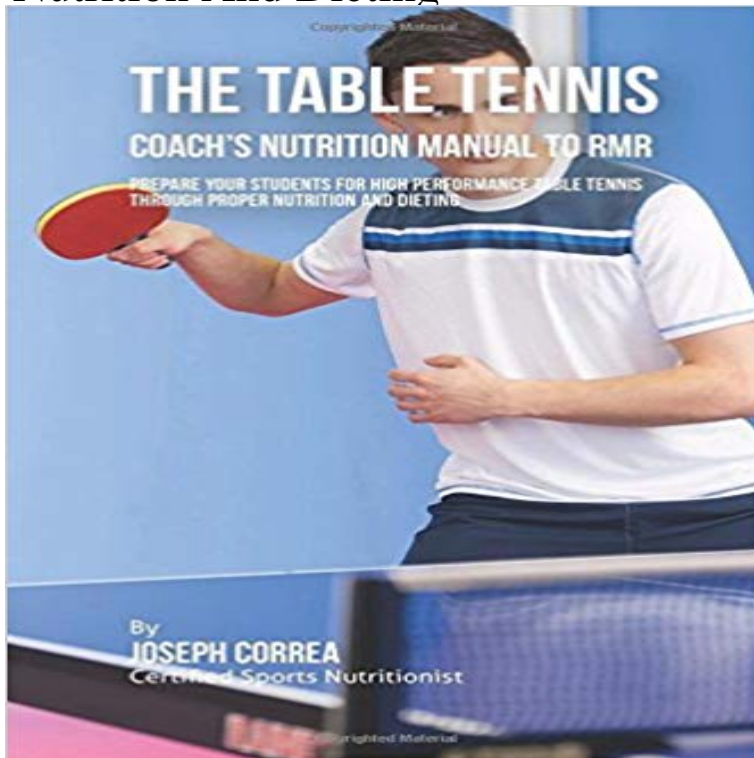


# The Ultimate Table Tennis Coaches Nutrition Manual To RMR: Prepare Your Students For High Performance Table Tennis Through Proper Nutrition And Dieting



The Table Tennis Coaches Nutrition Manual to RMR 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. By adding lean muscle mass you automatically increase your RMR which can lead to improved performance with long lasting results. 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. When you increase your RMR you will find you:

- Have more energy before, during, and after training or competing.
- Add more lean muscle mass.
- Reduce injuries and muscle cramps.
- Have more focus and are better able to stay concentrated for longer periods of time.
- Reduce fat at an accelerated rate.
- Look better and stronger.
- Can outlast the competition.

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