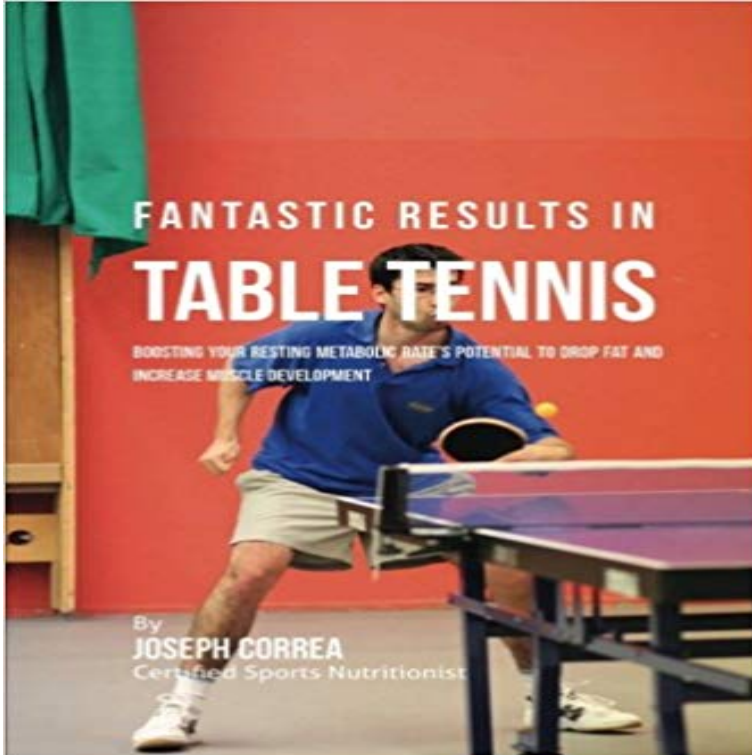


# Fantastic Results in Table Tennis: Boosting your Resting Metabolic Rates Potential to Drop Fat and Increase Muscle Development



Fantastic Results in Table Tennis will help you learn how to add lean muscle mass which will increase your RMR and accelerate your metabolism. This book will also show you how to increase your RMR (resting metabolic rate) to accelerate your metabolism and help you change your body for good. Your Resting Metabolic Rate measures the amount of energy used by your body in a resting or relaxed state. RMR is your greatest component of energy expenditure in your body and so it tells us just how much energy and fat your body burns on a daily basis. By adding lean muscle mass you automatically increase your RMR which can lead to improved performance with long lasting results. If you want to see long term results in a healthy and realistic manner, than this book will do that for you. Adding supplements or performance enhancers is a decision you have to make on your own. Always consider what side effects or long term changes your body will have before starting since that should be your primary concern. Finding organic and natural sources are always a better alternative. Athletes who increase their RMR will find they are able to:

- add more lean muscle mass.
- reduce injuries and muscle cramps.
- focus for longer periods of time.
- reduce fat at an accerated rate.

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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