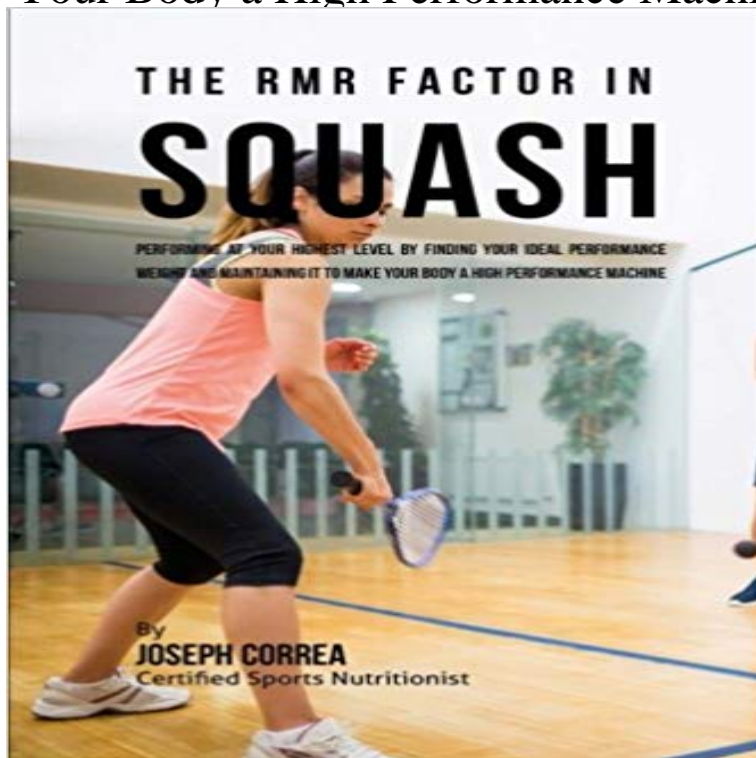


The RMR Factor in Squash: Performing At Your Highest Level by Finding Your Ideal Performance Weight and Maintaining It to Make Your Body a High Performance Machine



The RMR Factor in Squash will teach you how to add lean muscle mass in order to increase your RMR and accelerate your metabolism. This book will help you to have: Increased capacity to train for long periods of time Faster increase of lean muscle mass Reduced muscle fatigue Quicker recovery times after competing or training More energy throughout the day More confidence in yourself and what you are trying to achieve A better attitude towards nutrition Eating complex carbohydrates, protein, and natural fats in the right amount and percentages as well as increasing your RMR will make you better than youve ever been before. 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.

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