



# **The Comprehensive Guidebook to Using Your RMR in Weightlifting: Increase Your Resting Metabolic Rate to Drop Fat and Generate Lean Muscle While You Sleep**

*Joseph Correa (Certified Sports Nutritionist)*

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The Comprehensive Guidebook to Using Your RMR in Weightlifting by Joseph Correa Nutrition is very important and what you eat will result in who you can potentially become. 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. By increasing your resting metabolic rate you will: - 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 accerated rate. - Can outlast the competition.

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