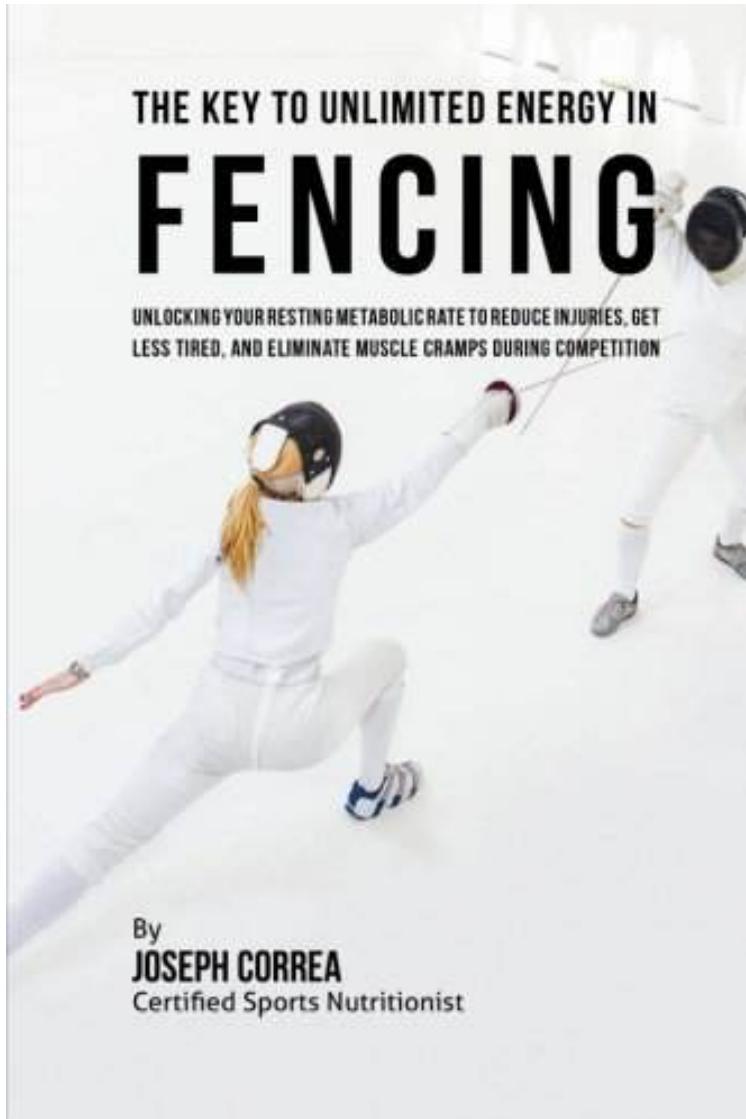


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# **The Key to Unlimited Energy in Fencing: Unlocking Your Resting Metabolic Rate to Reduce Injuries, Get Less Tired, and Eliminate Muscle Cramps during Competition**

*By Joseph Correa (Certified Sports Nutritionist)*  
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