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The success of any athlete depends highly on his/her nutrition

Each athlete knows about the importance of nutrition. A training session will be worthless unless we eat properly. A well-balanced diet is the main factor for maximum fat-burning and musclebuilding.

There should be a perfect balance in our food between the carbohydrates, the faty acids and the protein in order to keep our body in full shape and power - never eat too much or too less.