

## *Rp Diet Templates Renaissance Periodization*



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### **Rp Diet Templates Renaissance Periodization**

We're very proud of our RP Diet Templates and we stand by their effectiveness. If you like them too but would like to experience the benefits of direct consultation by an incredibly qualified industry expert, please browse through our 1:1 coaching plans. We currently have room for new clients!

### **RP Diet Templates - Renaissance Periodization**

At Renaissance Periodization, formulas, calculations, and literature reviews replace gurus, hunches, and attachments to tradition. We know what works and we want to help you reach your goals.

### **Renaissance Periodization | Diet Templates**

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This article is created in cooperation with Renaissance Periodization, a company that worked with 4 of the top 21 female athletes last year at the 2017 CrossFit Games™. They also created the nutrition program for Sara Sigmundsdottir that powered her to a 4 th place finish in the same year, and they fuel Rich Froning and The CrossFit Mayhem Team.

### **How to Shed Fat and Completely Transform your Body | BOXROX**

In 2016, Stacy started her weight-loss journey with Renaissance Periodization (RP). "I was going to CrossFit five days a week and running three to four days a week and still not getting the ...

### **20-Pound Weight-Loss Story | POPSUGAR Fitness**

PS: How did you do it? Did you follow a specific diet? HH: RP has templates, as well as one-on-one coaching options. I bought the fat-loss templates the previous year but hadn't used them. On Jan ...

### **30-Pound Weight-Loss Before-and-After | POPSUGAR Fitness**

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