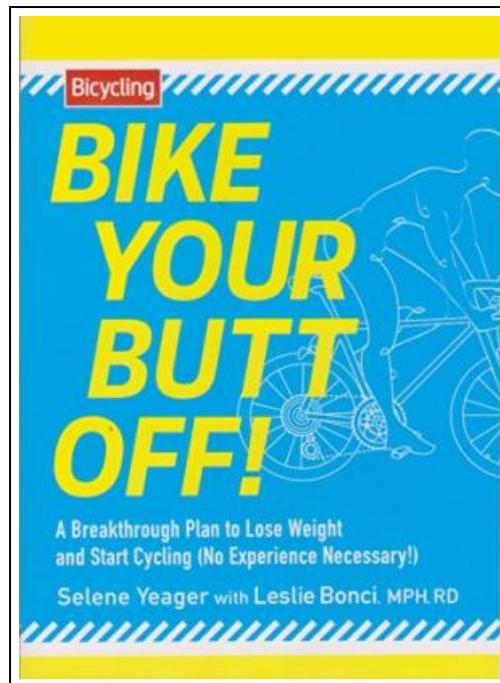


Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!)



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*Completely among the best pdf I actually have possibly read through. It is probably the most awesome pdf we have read. You wont really feel monotony at whenever you want of your time (that's what catalogs are for about in the event you ask me).
(Prof. Martine Lesch)*

BIKE YOUR BUTT OFF!: A BREAKTHROUGH PLAN TO LOSE WEIGHT AND START CYCLING (NO EXPERIENCE NECESSARY!)



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RODALE PRESS, United States, 2014. Paperback. Book Condition: New. 230 x 164 mm. Language: English . Brand New Book. Given our struggling economy as well as the national struggle to maintain our waistlines, cycling is enjoying a renaissance as more than 57 million people in the United States use bicycles regularly. Now Bicycling s Fit Chick presents a brand-new, 12-week weight-loss and exercise plan for beginner and experienced cyclists alike. Whether readers have just a little bit of weight to lose or a lot, **Bike Your Butt Off!** will help them meet their weight-loss goals in no time, thanks to its expert-tested food and exercise plans from authors Selene Yeager and Leslie Bonci. By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, **Bike Your Butt Off!** distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor. With delicious nutritional information, tips, training plans, and fat-burning and heart-pumping exercises to help maximize workouts, readers will see the pounds melt off while having the time of their lives.

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