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Cycling: Bicycling Made Easy: Beginner And Expert Strategies For Performing Better On Your Bike (Cycling Training For Fitness & Sports Competition Beginners & Expert)



Synopsis

Are you tired of being out of shape and stuck inside all the time? Whether you want to (1) race as a professional, (2) get fit, or (3) just get away and enjoy the outdoors more, then this book will teach you everything you need to know. Are you ready to get more energy and start enjoying your exercise again? Cycling is an exciting competitive sport, a great form of transportation and an enjoyable form of exercise for people of all ages. Bicycling is easy to learn, a lot of fun, and if you really love it, you can even try to go professional! However, there is much more to cycling than just learning to balance yourself on two wheels. There is both an art and a science to cycling that can put you at a massive advantage if you have the right knowledge, whether you view cycling as a sport, a hobby, or as a form of transportation! If you love cycling and want to take your skills to the next level, then this is the book for you! Experience all the health benefits of cycling in the fresh air. Cycling provides one of the best cardiovascular workouts you'll find anywhere. It can strengthen every part of your body, improve your muscle tone, increase your core body strength, boost your circulation and enhance your respiration. In addition, the sun exposure and ionized air you inhale can increase your sense of well-being and boost your mood, leaving your mind as exhilarated as your body! Enjoy being outdoors while cycling with friends and family. Have fun as you ride along with friends and family members. Because all ages can ride together, this is one of the best activities you can share with your family and friends. You can bond together as you ride. Cycling can create some great memories! Take your cycling to the next level. If your friends are highly competitive, what better way to compete than on two wheels? One of the best ways to get and stay fit is to train with others. Use your competitive nature to spur each other on to ride faster and farther. At the same time, bicycling together gives the stronger rider an opportunity to help out those who are less experienced. Cycling is a true community sport that has the power to develop unity, teamwork, and massive health benefits in its participants. What Will You Learn About Cycling? How to choose the right cycling equipment. How to safely cycle on bike paths and roadways. How to perform at peak efficiency. How to use time trials to increase your skills. Specific strategies and workouts to help you get better. You Will Also Discover: How to make minor adjustments to maximize your comfort and cycling efficiency. The inspiring story of cyclist Marshall Taylor. How to stretch and warm up properly before riding. The best nutrition for fueling your ride. Get fit while enjoying one of the most pleasurable activities on the planet! Click the BUY NOW button at the top right of this page!

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Customer Reviews

I bought this for my daughter who really needs it, but I read it myself to see if it would be right for her; it definitely is! She started college last year and now is getting a bike and planning to use it everyday. I need her to learn how to ride safely and effectively. This is a good guide for beginners but also has advice for people who need advanced cycling level activities and fitness tips. I think that no matter what your skills level is, the book will help you reach your goals and more. It was a pleasant surprised to find some truly inspirational cycling stories at the end.

Cycling is a sport that many pick up, yet few have the knowledge to become masters at it. This book shows you what you've been missing, with valuable advice and step by step instructions for making the most out of your training. McCloud shows how becoming a great cyclist takes many things, including a great set of exercises and a strong diet. The book is incredibly important for anyone wanting to improve their abilities, whether they are a professional or beginner cyclist. No matter what your skills level is, this book will help you reach your goals.

Cycling also known as biking is a great and fun activity and a practical mode of transport. Cycling is a great sport as it provides a powerful form of cardiovascular exercise and it strengthens core

muscles as well as your legs. Bicycles are a convenient way of transport as they are easy to park and maneuver than cars. After gaining weight I decide to start cycling as I had a bicycle just lying around and hence decided to buy a book that will guide me. This book has been fantastic as it has helped me become prepared with the right equipments. One needs to have a helmet, proper footwear, the saddle, reflective clothes, weather gears, hydration pack and the bike. I have also gained knowledge on stretching, warm- up, and cool down techniques. This book also enlightened me on how to be a better cyclist. I have already recommended the book to my friends who are cyclist and I therefore highly recommend it! Thanks Ace

Cycling Made Easy by Ace McCloud is an incredible beginner's guide on how to get into cycling and you can use it as you grow into the sport/hobby with its amazing information on strength training, goal-setting and how to design your own workout. This book succinctly describes what gear and safety equipment you'll need, what stretches and warm up's you should do prior to cycling and it also includes 5 awesome strength workouts that you can work your way into as you become a more experienced cyclist. My favorite part of this book were the small stories that the author shared about his own experience on a bike. It definitely made this book unique and stand out from others. It was easy to read and follow. I would recommend this book to anyone who is interested in learning more about cycling.

Great fill-in-the-blanks book for anyone who wants to learn more about cycling. Covers the range from casual riding to competitive time trials. It gave me what I needed to know to train my body so I can ride longer. Stuff that used to be second nature when I was a kid, are some of the things that were covered here, now that I'm picking up cycling again and need to re-learn how to ride, safely, effectively, and with enjoyment. I was really impressed by the last of the inspirational cycling stories; you'll have to read it for yourself.

Cycling: Bicycling Made Easy is a great book for those who are beginners, novices, or performance riders. There are many people who think of biking as a great activity to spend time with family and friends. Some people use it as a way to get back and forth from a specific destination. No matter how you view bicycling, it is a fun and a great form of exercise. This book will give you the many strategies and ideas, that will also make riding a bike safe. Learn the perfect stretches to perform before and after a bike ride. Also, Ace gives the best advice on the proper diet to "help you maintain a healthy lifestyle with the right nutrition to keep up your strength, and keep you healthy." Many

people also take it extremely serious because they see it as a sport. This is the part of the book that will give you the inspiration to keep going, no matter the obstacles. These are the inspirational stories of "cycling greats Lance Armstrong, Greg LeMond, and Marshall Taylor. These are great people to emulate if you are serious about cycling.

I ride my bike to keep fit. I wanted to ride my bike to work but since I live in New York City, biking is a perilous adventure even if there are bike lanes for bikers like me. But I think I can use the strategies of biking from reading this book. I will not be biking professionally but I can use it to navigate the streets of New York. I want to try using the strategies found here to ride my bike from New York to Brooklyn and vice versa.

I was looking for something just like this. The book consists of all the info I needed to get started with cycling in a proper way and I'm glad that I downloaded it to my kindle. I found the book well written, interesting and extremely helpful. I also like the author's methods to explain things in a way that even a beginner like me can comprehend. 5 stars out of 5!

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