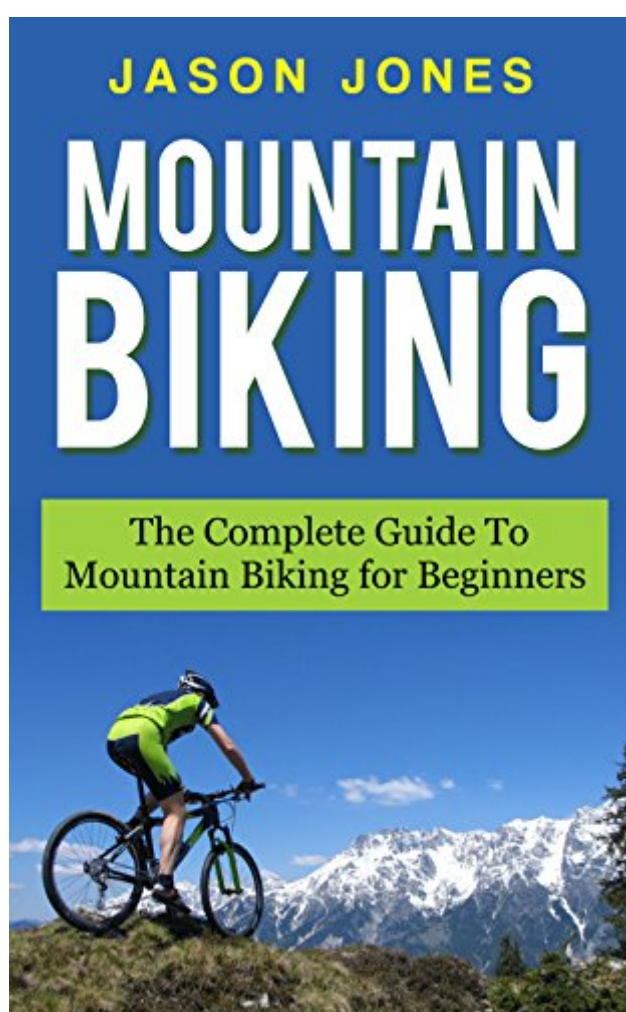


The book was found

Mountain Biking: The Complete Guide To Mountain Biking For Beginners (Mountain Biking, Biking, Mountain Bike For Beginners, Mountain Bike Skills)



Synopsis

Mountain Biking - The Complete Guide To Mountain Biking For Beginners

Would you like to know more about Mountain Biking? So you've seen some videos on YouTube where these guys flying down hills and mountains sides on their Mountain Bikes. They're able to make it look so effortless. Their movements are fluent and they seem to have no fear attempting high speed fancy tricks, and this has been peaking your curiosity to no end. How do they do that? Mountain Biking is a sport that requires mental focus, courage, physical fitness and balance, but it is also a sport that anyone can learn. The aim of this book is get a complete beginner up and running in the basic elements of Mountain Biking. This book will help to give you the confidence and basic skills you need to start participating in the sport. Here's a Preview of what's inside!

Introduction to Mountain Biking

Why Start Mountain Biking?

Which Mountain Bike is Right for You?

Maintenance and Basic Bike Set up

Guidelines

Basic Parts of a Bike

Equipment to Get You Started

Bike Handling Skills & Drills

Common Mistakes & How to Avoid Them

Tips to Avoid Injury

Mountain Biking Resources

and much more!

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Book Information

File Size: 673 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 5, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00Z0O0LKU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #344,713 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32 in Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking #67 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #153 in Books > Sports & Outdoors > Extreme Sports

Customer Reviews

Not enough real information to get anyone started. Not a guide at all. Find a different book to read, this one doesn't cut it.

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