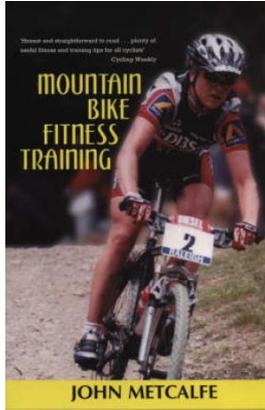


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## MOUNTAIN BIKE FITNESS TRAINING



Paperback. Book Condition: New. Not Signed; Mountain Bike Fitness Training is a comprehensive manual for recreational or competitive mountain bikers wishing to enhance their performance in off-road riding. It is also a valuable resource for those who, wanting to improve their general fitness, have chosen the sport of mountain biking as a fun way to develop better health. This book includes in-depth guidelines on every aspect of mountain bike fitness training. Readers will learn how to assess their fitness; develop training...

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