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Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike

By Selene Yeager

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike, Selene Yeager, Forget gym memberships and running shoes. The best way to lose weight is on a bike. Every year, "Bicycling" magazine's weight-loss issue features the stories of new cyclists who have dropped serious pounds. The annual reader response is always huge and filled with questions about how to start a cycling weight-loss program. Now, in "Ride Your Way Lean", "Bicycling" columnist Selene [yen]eager provides readers with a comprehensive cycling plan that allows them to shed fat, streamline their bodies, and hone their skills on a bike. Cycling is gentle on the joints, easy to do with friends and family, and burns literally thousands of calories without being a bore or cause for suffering. A weight-loss program for people who want to drop pounds of fat while learning a new sport, this book offers training plans that turbocharge metabolism along with complementary nutritional advice. Each chapter is seasoned with anecdotal tips, success stories, pitfalls, and other advice from real people who have ridden themselves lean.



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