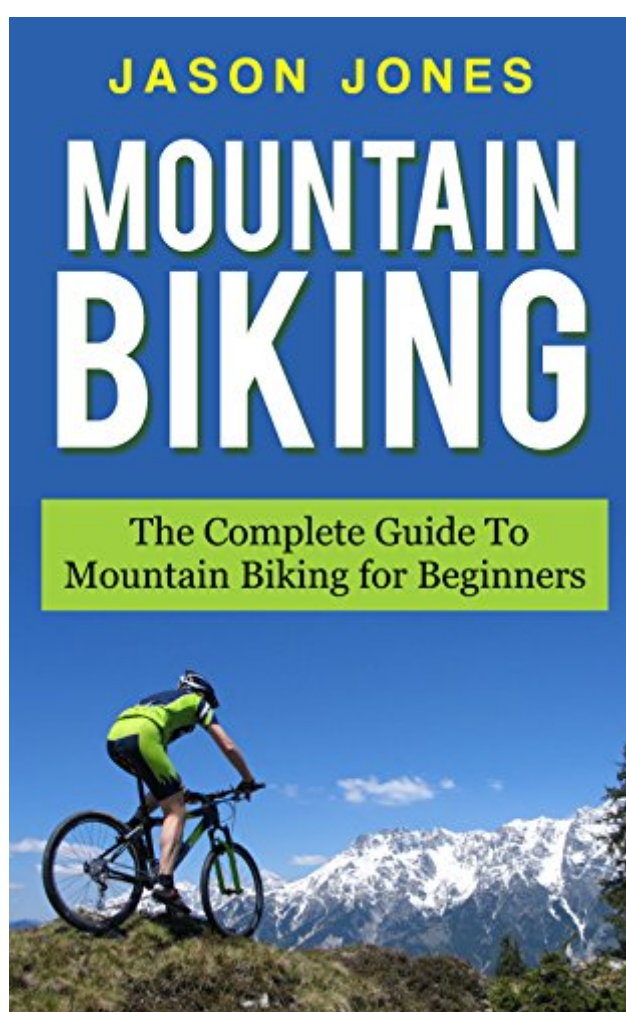


The book was found

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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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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