



A Beginner's Guide: Mountain Biking

By Achim Schmidt

Meyer & Meyer. Paperback. Book Condition: new. BRAND NEW, A Beginner's Guide: Mountain Biking, Achim Schmidt, The clear information provided in this book regarding all aspects of mountain biking is guaranteed to turn every biking tour into a successful adventure from the very beginning. Any newcomer to the sport can find practical tips here for his new hobby, ranging from clothing and training up as far as cycling techniques, and this all from a very experienced biker. However this guidebook also offers other experienced bikers specific information on cycling techniques and sensible training planning. Particular attention is devoted to the themes health, nutrition and safety.



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