



Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!)

Selene Yeager, Leslie Bonci

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Given our struggling economy as well as the national struggle to maintain our waistlines, cycling is enjoying a renaissance as more than 57 million people in the United States use bicycles regularly. Now *Bicycling's* Fit Chick presents a brand-new, 12-week weight-loss and exercise plan for beginner and experienced cyclists alike.

Whether readers have just a little bit of weight to lose or a lot, *Bike Your Butt Off!* will help them meet their weight-loss goals in no time, thanks to its expert-tested food and exercise plans from authors Selene Yeager and Leslie Bonci. By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, *Bike Your Butt Off!* distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor.

With delicious nutritional information, tips, training plans, and fat-burning and heart-pumping exercises to help maximize workouts, readers will see the pounds melt off while having the time of their lives.

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From reader reviews:

Lillian Owensby:

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Heather Wade:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled *Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!)* can be excellent book to read. May be it is usually best activity to you.

Wanda Collins:

Reading can called brain hangout, why? Because when you are reading a book mainly book entitled *Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!)* your thoughts will drift away trough every dimension, wandering in most aspect that maybe mysterious for but

surely can be your mind friends. Imaging every word written in a guide then become one application form conclusion and explanation in which maybe you never get before. The Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!) giving you yet another experience more than blown away your mind but also giving you useful info for your better life in this particular era. So now let us demonstrate the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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