



Mountain Biking: The Complete Guide to Mountain Biking for Beginners (Paperback)

By Mr Jason Jones

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 BikingWhy Start Mountain Biking?Which Mountain Bike is Right for You?Maintenance and Basic Bike Set up GuidelinesBasic Parts of a BikeEquipment to Get...



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