

Biking - How To Ride Strong

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Attention Cycling Enthusiasts! Discover How To Buy The RIGHT Bike At The RIGHT Price Before You Get Snowed By The Salesperson! Biking - How To Ride Strong is your one-stop shop for everything biking! Dont spend a dime before you read this! Knowing the type of bike you need before you go shopping is half the battle! Dont rely on commission-hungry sales associates to make your decision for you! While you dont have to be a rocket scientist to know not to buy a mountain bike if youre just going to ride around the neighborhood, its important to know what the bike you select is capable of...and what it isnt! Utility bikes, Touring bikes, Racing bikes, Cruising bikes, Mountain bikes, Steel bikes, Aluminum bikes, Carbon bikes, Titanium bikes... YIKES BIKES! Gone are the days when you could simply run down to the bike shop and pick out a bike in a jiffy because you like the color or the cool seat. Try that today and youre liable to go uphill when youre trying to go downhill! Todays bikes, many of them anyway, are sophisticated machines constructed to perform great feats! There are just too many varieties to choose from without knowing ahead of time exactly what youre looking for. Just like you have options when you purchase a car, you have numerous options when purchasing a bike. This guide lays it all out for you in simple, straightforward language. Pay special attention to the chapters regarding childrens bikes and remember, safety first! CHOOSING THE RIGHT BIKE... * Before you select your bike, decide how you want to use it. Will you be biking to work, training for competition, or just tooling around the neighborhood? * Not all bikes are created equal. Learn what materials bikes are made of and which material most closely matches your lifestyle and needs. * Dont pay more than you should for your bike but dont skimp on quality either. Well show you what to look for. * Theres a plethora of sizes, prices, and materials on the bike market. Dont let pushy sales associates talk you into the wrong bike. Get the facts first. * Learn how to accurately measure your child for a bike to reduce the chance of injury and frustration. Biking - How To Ride Strong provides a wealth of information on biking accessories, such as safety equipment, locks, and cycling clothes and shoes. Biking - How To Ride Strong examines common bike injuries, how they occur, and most important, how to prevent them along with ideas on how to treat common injuries PLUS weve listed the must have ingredients for your cycling first aid kit! Biking - How To

Ride Strong takes a close look at mountain biking; what it is, the best bikes for mountain biking, mountain biking for fitness, and how to find mountain biking trails. Includes a special section on mountain biking safety. Biking - How To Ride Strong includes a handy guide to help you choose the age appropriate size bicycle for your child! This ebook is overflowing with awesome information and great tips! This guide covers the basics and beyond! You'll save hours of aggravation and frustration and tons of money just by knowing what you're REALLY in the market for! You'll learn how to choose among the different styles of bicycles, as well as how to choose the appropriate size. Biking - How To Ride Strong also provides extensive information on how to get the best out of cycling dates and vacations. Biking - How To Ride Strong doesn't just describe bicycles but delves deep into the cycling life, whether you're a serious competitor or plan on cycling with your family! And it doesn't stop there! Learn how to choose safety equipment, clothes, shoes and more! It's time to begin your biking adventures TODAY! PLEASE NOTE: This product is in PDF format, however, the download file is in ZIP format. Tags: cycling guide

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