



7-Week Cycling for Fitness (Paperback)

By Chris Sidwells

DK Publishing (Dorling Kindersley), United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. A cycling enthusiast explains how to use cycling as a foundation for a seven-week workout designed to promote fitness, health, and overall well-being, with a series of quick and easy exercises for all ages and fitness levels, a nutritional and supplementary program, and workouts for road, off-road, and indoor bikes. Original.



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