

***Ride Your Way Lean The Ultimate Plan For Burning Fat And  
Getting Fit On A Bike Selene Yeager***

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About Ride Your Way Lean. Bicycling magazine's resident Fit Chick delivers a weight-loss plan designed to help readers lose 30, 50, or even 100 pounds by riding a bike and eating sensibly Forget gym memberships and running shoes. The best way to lose weight is on a bike.

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Bike your way to the body you've always wanted. Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike is a new book written by Selene Yeager and the editors of Bicycling Magazine. Yeager currently serves as a columnist for Bicycling Magazine. Using this program, you can lose any amount of weight by simply implementing...

### **Ride Your Way Lean - Diet Review**

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