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Mastering Mountain Bike Skills



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Mastering Mountain Bike Skills

Increase your speed, control, and versatility on the bike. Mastering Mountain Bike Skills provides detailed technical instruction for all mountain biking disciplines: Cross-country Downhill Mountain cross Free riding Dirt jumping Urban terrain With top pro mountain biker Brian Lopes as your teacher, you'll learn how to handle the bike better than ever, in any conditions, across all types of terrain. Key tips and special photo sequences throughout the book add insight to Lopes' world-class instruction.

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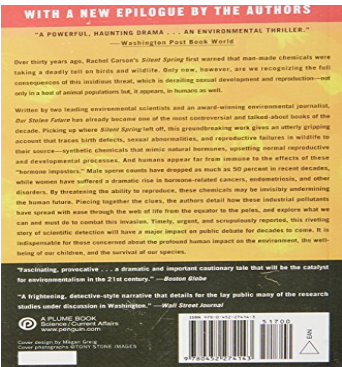


Joy Bauer's Food Cures: Eat Right to Get Healthier, Look Younger, and Add Years to Your Life

Comprehensively updated with cutting-edge research and expertise from one of the country's foremost nutritionists, Joy Bauer's Food Cures shows you how common health concerns- from beauty issues to life-threatening diseases- can be managed, treated, and sometimes even cured by the foods you eat. In

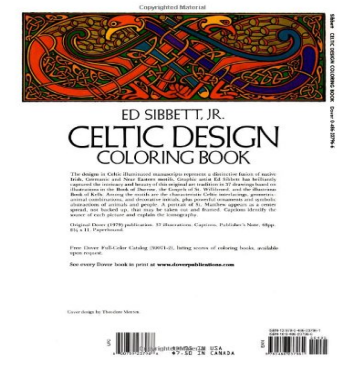
George W. Bushisms 2004 Day-To-Day Calendar

It's not easy being the leader of the free world. Sometimes, the pressure is so intense that such verbal gaffes as "I understand small business growth. I was one" or "More and more of our imports come from overseas" come spilling out faster than a presidential handler can staunch them. George W.



Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival?--A Scientific Detective Story

"A critically important book that forces us to ask new questions about the synthetic chemicals that we have spread across this earth."—Al Gore.



Celtic Design Coloring Book (Dover Design Coloring Books)

The designs in Celtic illuminated manuscripts represent a distinctive fusion of native Irish, Germanic, and Near Eastern motifs. Graphic artist Ed Sibbett has brilliantly captured the intricacy and beauty of this original art tradition in 37 drawings based on illustrations in the Book of Durrow, th

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Mountain Bike Skills amazon

What others say about this ebook:

Review 1:

Excellent book on mastering basic and advanced skills needed to safely use a mountain bike. I bought this book for my twelve year old son and he has barely put the book down which is amazing because he normally doesn't like to read. He said that the book is very organized and easy to follow along with. In addition, there are plenty of illustrations. Not a bad price for the book either! My son is definitely happy with the book!

Review 2:

This book was chosen as a gift for a young mountain biker (15). He has had it for about a month and loves it. It is extremely practical - well illustrated and with expert explanations. A winner! I am sure he will use it for many years to come.

Review 3:

I read it all the time! Well written, photographed, edited, and designed, this is by far the best book of it's kind. Nice job Brian!

Review 4:

Perfect introduction for beginners, some instruction and/or theory is a must for anyone who wants to push their limits but do so as safely as possible.

The section on hardware is a little out-dated at this point but the rest on technique is still spot on. Lots of pictures and diagrams to help with physics concepts.

Review 5:

Great book. Very thorough. Complete with everything you need to help you get started from beginner to expert. The new edition comes with a glossary of terms, as some of the language used is colorful from the racing circuit crowd. Most beginners will not know what things like pumping and railing mean, so turing to the glossary will explain it. Perfect.

Mastering Mountain Bike Skills

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Mastering Mountain Bike Skills – Second Edition - Pinkbike

2 Nov 2011 ... Each article has created much discussion and induced requests for the beta on other skills, so I thought I would review a product that may answer those questions - a book called Mastering Mountain Bike Skills by Brian Lopes and Lee McCormack. I do realise as do many of you that the book was released ...

Brian Lopes » Book

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