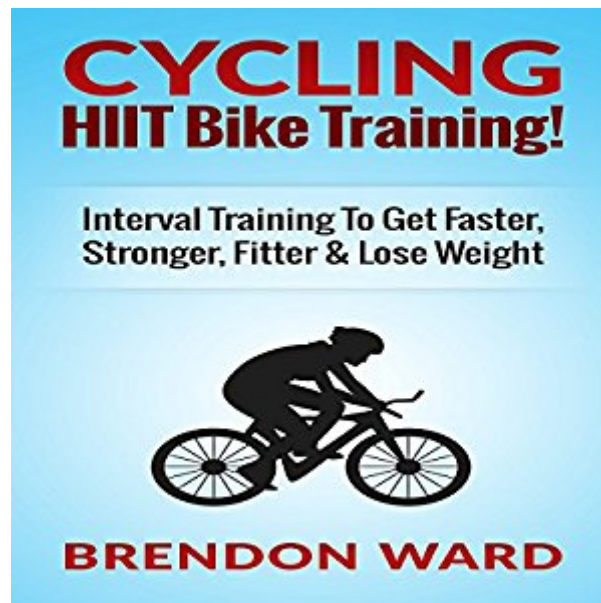


The book was found

Cycling: HIIT Bike Training!: Interval Training To Get Faster, Stronger, Fitter & Lose Weight



Synopsis

Get faster, leaner and stronger with HIIT bike training! Are you ready to increase speed and agility while losing weight and feeling great? If so, you've come to the right place. Presenting Cycling by best-selling author Brendon Ward. Cardio doesn't have to be time consuming, mind numbing, and ineffective. Allow me to show you how you can shock the system (your body!) with high intensity interval cycling - proven to help you shed that unwanted fat, build muscle, and have you feeling great all in a fraction of the time you'd spend doing a conventional workout. Here's a preview of what you'll learn when you download your copy today. An introduction to HIIT training Benefits of HIIT workouts An assortment of different HIIT workouts to get your blood pumping HIIT bike training explained - why you need to get on your bike! Training plans for cyclists HIIT workouts for road racing, track racing, mountain biking, stationary bike training And much, much more!

Book Information

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#175 in [Books > Sports & Outdoors > Individual Sports > Gymnastics](#)

#1131 in [Books > Audible Audiobooks > Nonfiction > Sports & Recreation](#)

Customer Reviews

I have a very busy schedule with work and meetings but I also understand the importance of staying healthy. Since the first of the year I have been trying to find a way to incorporate some exercise into my already hectic schedule. Thanks to this book, I have found a training I can do that will give me high impact and not take 2hrs at the gym to do it. I got this book and it saved me not only time but a monthly gym membership. You can read the practical information inside but the results will be shown when you apply what you have learned from this book. Easy to read and it won't take you a long time to learn the exercises.

We all know that exercise has so many benefits, be it health benefits, psychological benefits, or sexual benefits - but most of us don't seem to get enough of it. Cycling is such a great option, especially for those with joint issues. This book provides very helpful information on how to get the best out cycling and different options you have for cycling. I definitely will be following the advice in this book and would recommend it to anyone.

Nothing specific, poorly written and edited! A waste if money.

Great kindle book with a lot of great information that every cyclist should know. I love this book!

Good information on HIIT training and why it's important in any endurance or high aerobic activity.

This will help any type of cyclist get faster in a short period of time This can be done outdoors or indoors.

Not informing

Goodness, what a bunch of hype. Zero advice that you could not already get from a P.E. teacher. No magic, no miracles here.

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