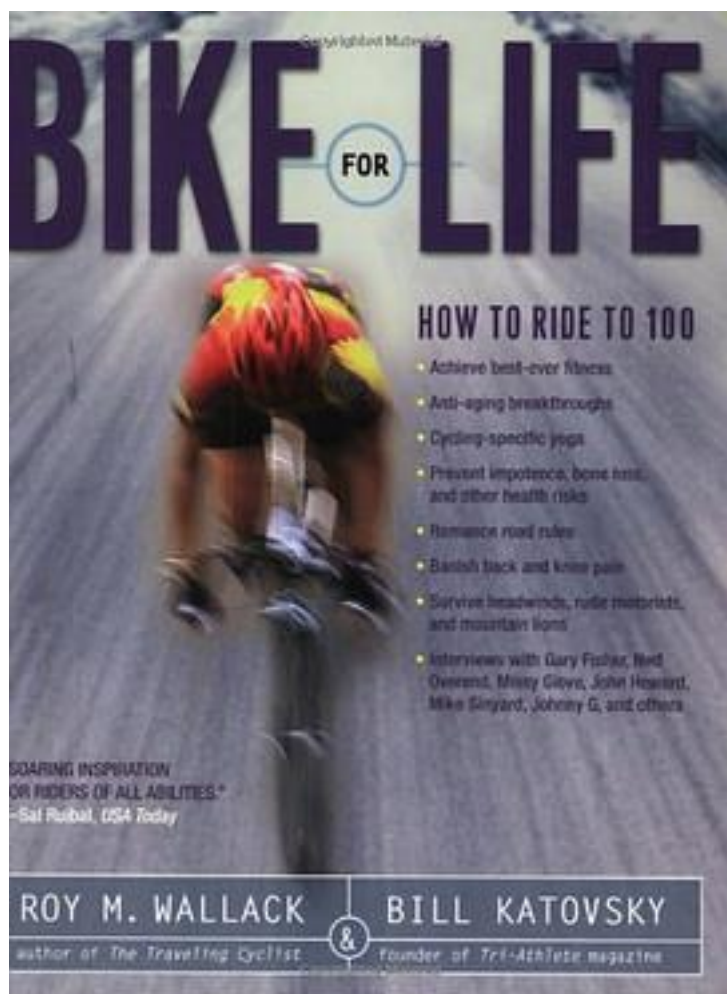


Bike for Life



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著者:Wallack, Roy M./ Katovsky, Bill

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Do you want to ride to 100? Bike for Life! Ride a century when you turn a century. That's the promise offered by nationally-known bicycle journalists Roy M. Wallack

and Bill Katovsky in Bike for Life, a blueprint for using cycling to achieve longevity, fitness, and overall well-being. America's largest participatory sport combines physical and mental challenges, relaxation, achievement, adventure, and social interaction as it unifies different generations and demographics in fitness and fun. To get the most out of your riding time, steer clear of the sport's potholes, and enjoy a long lifetime of fitness, Bike for Life's comprehensive plan includes:

- Cutting-edge training strategies for best-ever fitness at any age
- An anti-aging strength plan to revive muscularity and reaction time
- An exclusive 10-step cycling-specific yoga routine
- How to beat common injuries like Cyclist's Knee and Biker's Back
- Famous coaches' climbing, cornering, handling and eating tips
- A cure for cycling-related sexual problems in men and women
- 16 ways to stop the scary cycling-osteoporosis connection
- List of must-do hill climbs, mass city rides, and cross-state events
- Rx for Relationships: Reconciling cycling and significant others
- How to survive mountain lions, bike-jackers, poison ivy, headwinds, & more

作者介绍:

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