

Mountain Bike Maintenance



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Whether readers are experienced or beginner mountain bikers, knowing how to keep their bike in peak condition is essential for enjoyment of the sport. Being able to recognise the early warning signs of trouble--and knowing what to do about them--means less time and money wasted getting a bike fixed and more time out on the trail. With color photographs throughout, this practical manual includes illustrated, step-by-step guides to repairing and maintaining every single part of a bike. It also includes advice on tools and workshop setup, how to avoid problems in the first place, and how to carry out emergency on-the-trail repairs. This is the essential companion handbook for any mountain biker.

作者介绍:

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