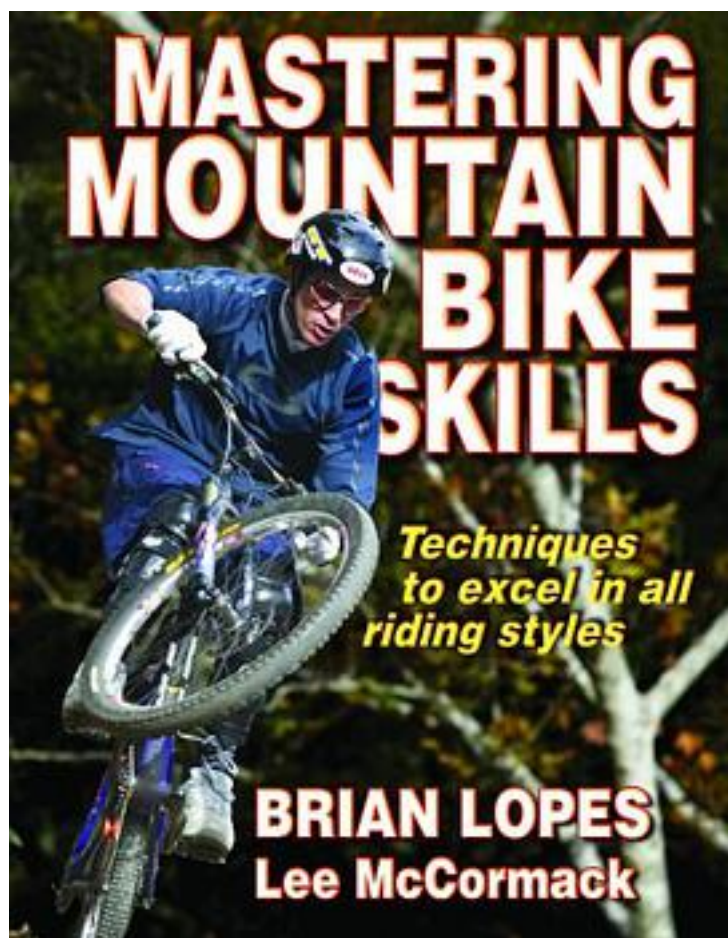


Mastering Mountain Bike Skills



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著者:Brian Lopes

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High quality, full-colour photo sequences combined with race stories makes this a must-have book for mountain bikers. "Mastering Mountain Bike Skills" is your guide for riding better, faster and more confidently on all terrain. World champion racer Brian

Lopes and renowned coach Lee McCormack provide you with key techniques and skills you'll need to take your ride to the next level. This new and improved edition provides detailed, technical instruction for every mountain biking discipline including, trail, gravity, aggro, racing and more. The high-quality photo sequences and demonstrations combined with race stories from Brian Lopes will give you the tools you need, whether you're a recreational rider looking to rock the trails with friends or a rider looking to beat the competition. Let "Mastering Mountain Bike Skills" help you ride with more confidence and have more fun.

作者介绍:

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