



Cycling: Hiit Bike Training! Interval Training to Get Faster, Stronger, Fitter Lose Weight (Paperback)

By Brendon Ward

Createspace, United States, 2015. Paperback. Book Condition: New. 192 x 120 mm. Language: English . Brand New Book ***** Print on Demand ******.Get Faster, Leaner And Stronger With HIIT Bike Training! Are You Ready To Increase Speed And Agility While Losing Weight Feeling Great? If So You ve Come To The Right Place Presenting Cycling by Amazon Best Selling Author Brendon Ward ***Exclusive Bonus Content At The Back of The Book!*** 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! be...



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