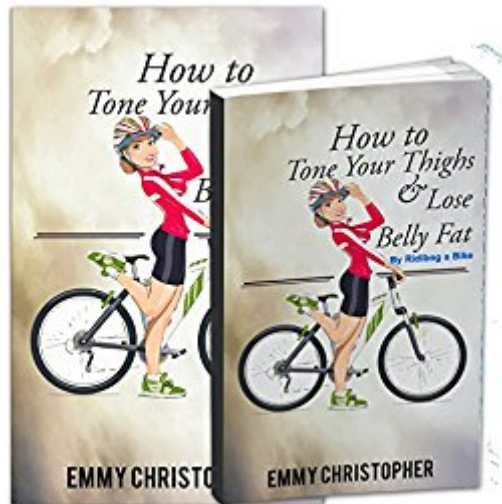


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How To Tone Your Thighs And Lose Belly Fat By Riding A Bike!



Synopsis

A detailed and realistic outline of information, training and meal plans to get prepared to transform your life in a whole new way... By riding a bike! This eBook contains fresh, yet innovative ideas on how you can make the most of your bike riding enjoyment through cycling cadence techniques, teaching you how to build your endurance, how to tone up your body and lose that belly pouch and giving you the best food options to get you toned quicker! And the most exciting part of this eBook is that I will help you understand how riding a bike can help you lose weight safely so you can apply yourself today!

Book Information

File Size: 283 KB

Print Length: 28 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 11, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01KA7IKFY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #210,776 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

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