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Bike Your Butt Off!: A Breakthrough Plan to Lose Weight ...

Bike your Butt Off is a
diet/exercise/health

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A breakthrough book capitalizing on the current popularity of biking. Written by author and Bicycling Magazine contributor Selene Yeager and Dr. Leslie Bonci, Director of sports nutrition at the University of Pittsburgh Medical Center, the book offers both a physical and nutritional plan for better health.

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A Breakthrough Plan
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Bike Your Butt Off!: A Breakthrough Plan; I like this book because it has a lot of useful information getting ready to ride and even the beginning stages of riding and it provides important guidelines for health issues, nutrition and exercise and making the bike ride a fun experience. .

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By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, *Bike Your Butt Off!* distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor.

Bike Your Butt Off!
by Selene Yeager,
Leslie Bonci ...

This article was
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adapted from the book,
**Bike Your Butt Off!: A
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Cycling (No Experience
Necessary!)** by Selene
Yeager and Leslie
Bonci (Rodale Books,
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March 18 2014 by
Selene Yeager
(Author), Leslie Bonci
(Author)

Experience
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The best cyclists use both their quads and glutes, or butt muscles, to provide power with each pedal stroke. You can't, however, just mentally direct your butt muscles to provide

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greater activation during your rides - you have to work hard in the gym and on the bike to maximize the use of your gluteus maximus during cycling.

Does Bicycling Work Your Butt Muscles? | Livestrong.com

Preventing a Sore Butt on a Bike. Sore butts are the No. 1 complaint with new bicyclists.

Seats seem too hard,

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too narrow or shaped wrong. Bikes and bike components are built for efficiency, and to some degree comfort. Almost everyone who gets on a bike will experience some pain. But there are simple ways to minimize ...

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this option is kinder to your joints, but it still provides a challenging and effective workout.

5. Strengthens legs and lower ...

Stationary Bike Workout Benefits and Exercise Plans

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Here's Why If your entire routine consists of hopping on the Peloton bike, you're

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really limiting the type
of changes you'll see in
your body ...

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Leslie Bonci und finden
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<p>Given our
struggling economy as
well as the national
struggle to maintain
our waistlines, cycling

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is enjoying a renaissance as more than 57 million people in the United States use bicycles regularly.

Now *Bicycling*'s Fit Chick presents a brand-new, 12-week weight-loss and exercise plan for beginner ...

Bike Your Butt Off! **von Leslie Bonci auf** **reinlesen.de**

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day. ... It's good to get your butt on a bike, but you don't always get a butt by riding. Here are ...

Selene Yeager "The Fit Chick"

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By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, *Bike Your Butt Off!* distills the core fundamentals of cycling so that any

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beginner can adopt it
as a lifelong endeavor.

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Selene Yeager;
Leslie Bonci ...**

Recumbent bikes are a
great option for people
interested in cycling
while sitting on their
ass, but they do put
you in danger of being
labeled a raging hippie.
3. Ride Wide. Finding a
comfortable...

6 Ways To Protect
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**Your Private Parts
While Riding a ...**

Bike your butt off! : a breakthrough plan to lose weight and start cycling (no experience necessary!). [Selene Yeager; Leslie Bonci] -- Given our struggling economy as well as the national struggle to maintain our waistlines, cycling is enjoying a renaissance as more than 57 million people in the United States use bicycles

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**Bike your butt off! :
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One of the best
benefits about cycling
is that it really does
make your ass look
better. Your glutes will
be stronger, more
toned, and those
stubborn fat deposits
will begin to melt off,
leaving you with a tight
butt that looks great in
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**How Cycling Makes
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Unlike an aerobic sport
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use the muscle groups
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