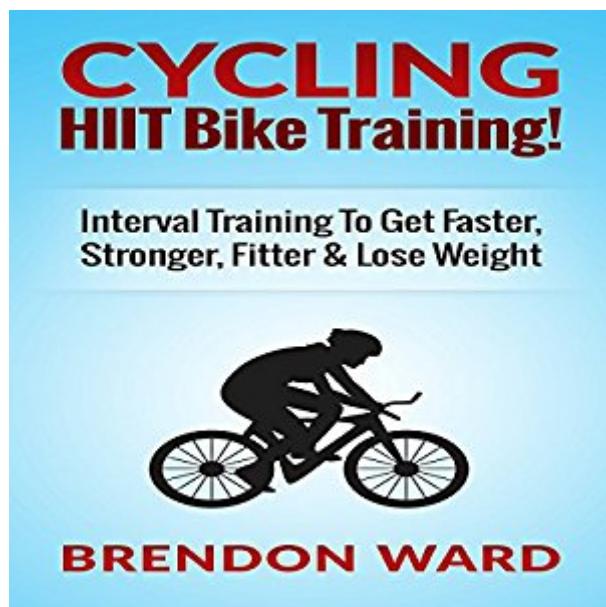


The book was found

# Cycling: HIIT Bike Training!: Interval Training To Get Faster, Stronger, Fitter & Lose Weight



## Synopsis

Get faster, leaner and stronger with HIIT bike training! Are you ready to increase speed and agility while losing weight and feeling great? If so, you've come to the right place. Presenting Cycling by best-selling author Brendon Ward. 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!

## Book Information

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#175 in Books > Sports & Outdoors > Individual Sports > Gymnastics #1131 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

I have a very busy schedule with work and meetings but I also understand the importance of staying healthy. Since the first of the year I have been trying to find a way to incorporate some exercise into my already hectic schedule. Thanks to this book, I have found a training I can do that will give me high impact and not take 2hrs at the gym to do it. I got this book and it saved me not only time but a monthly gym membership. You can read the practical information inside but the results will be shown when you apply what you have learned from this book. Easy to read and it won't take you a long time to learn the exercises.

We all know that exercise has so many benefits, be it health benefits, psychological benefits, or sexual benefits - but most of us don't seem to get enough of it. Cycling is such a great option, especially for those with joint issues. This book provides very helpful information on how to get the best out cycling and different options you have for cycling. I definitely will be following the advice in this book and would recommend it to anyone.

Nothing specific, poorly written and edited! A waste if money.

Great Kindle book with a lot of great information that every cyclist should know. I love this book!

Good information on HIIT training and why it's important in any endurance or high aerobic activity.

This will help any type of cyclist get faster in a short period of time This can be done outdoors or indoors.

Not informing

Goodness, what a bunch of hype. Zero advice that you could not already get from a P.E. teacher. No magic, no miracles here.

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Cycling: HIIT Bike Training!: Interval Training to Get Faster, Stronger, Fitter & Lose Weight HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) HIIT: The Fastest Way to Get Ripped and Maximize Your Workout (HIIT Training) (Volume 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger The Fastest Way to Lose Weight: Beginnerâ„¢s Guide to HIIT & Rapid Weight Loss - Lose Up to 25 Pounds in 3 Weeks! HIIT - High Intensity Interval Training Explained High-Intensity Interval

Training for Women: Burn More Fat in Less Time with HIIT Workouts You Can Do Anywhere Carb Cycling: The 7-Day Carb Cycle Transformation → Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Bicycling Complete Book of Road Cycling Skills: Your Guide to Riding Faster, Stronger, Longer, and Safer Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat))

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