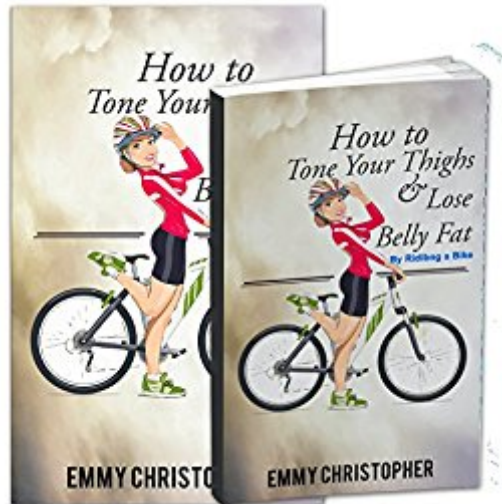




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How To Tone Your Thighs And Lose Belly Fat By Riding A Bike!



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

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