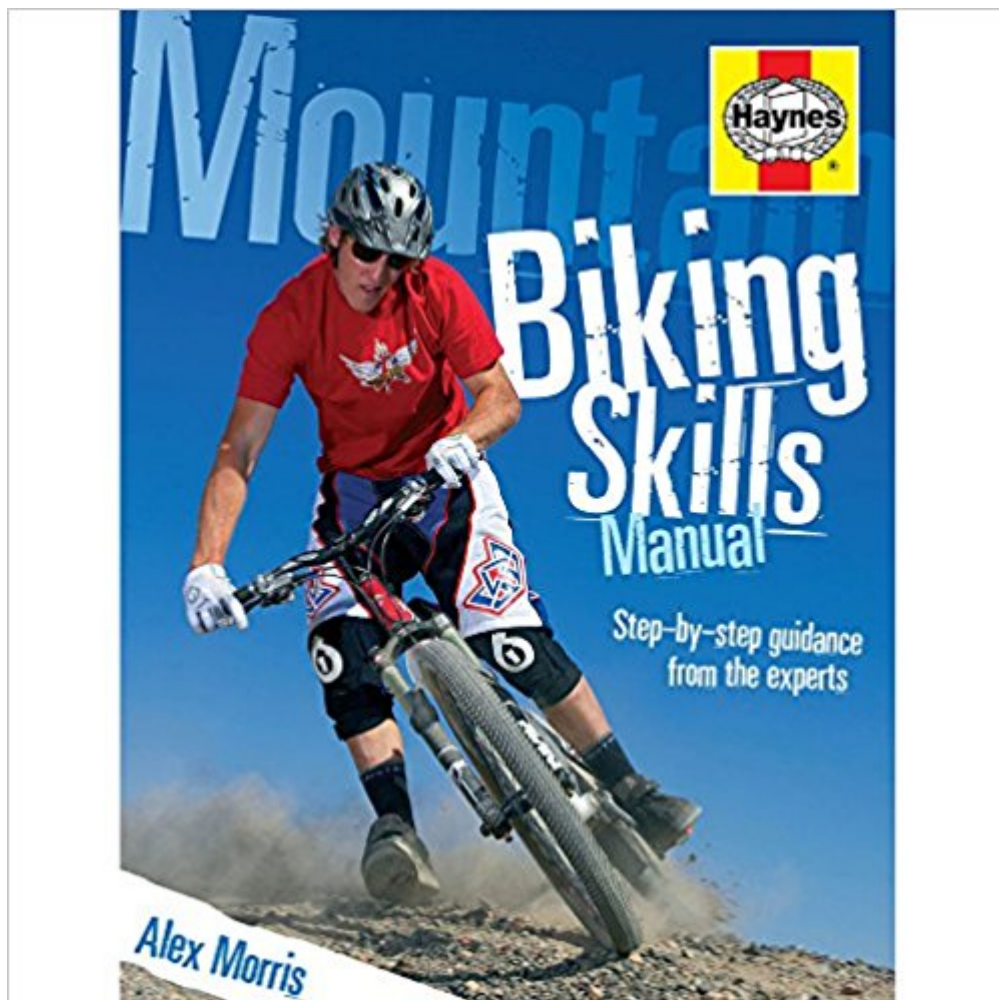




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Mountain Biking Skills Manual: Step-by-Step Guidance From The Experts



Synopsis

Extreme Mountain Biking Manual is one of a new range of techniques books targeted at the wild and exciting extreme sports market. This manual's contemporary styling and breathtaking photography combine to create a title rich in technical content and accessible to all levels of rider from the complete novice to the more advanced. A must-have book for anyone looking to improve their core riding skills or advance their abilities to the next level.

Book Information

Hardcover: 176 pages

Publisher: Haynes Publishing UK (April 15, 2011)

Language: English

ISBN-10: 1844254429

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Product Dimensions: 8.4 x 0.6 x 11 inches

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,616,704 in Books (See Top 100 in Books) #122 in Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking #20551 in Books > Sports & Outdoors > Outdoor Recreation

Customer Reviews

Author Alex Morris contributes practical skills and techniques features to the UK's leading mountain biking magazines and has been heavily involved in the sport for many years. Imagery is sourced from Steve Behr of Stockfile, one of the leading names in mountain biking photography.

This is a great book for anyone getting started in mountain biking. It's a quick read, written well with good illustrations. I found it very helpful getting started.

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