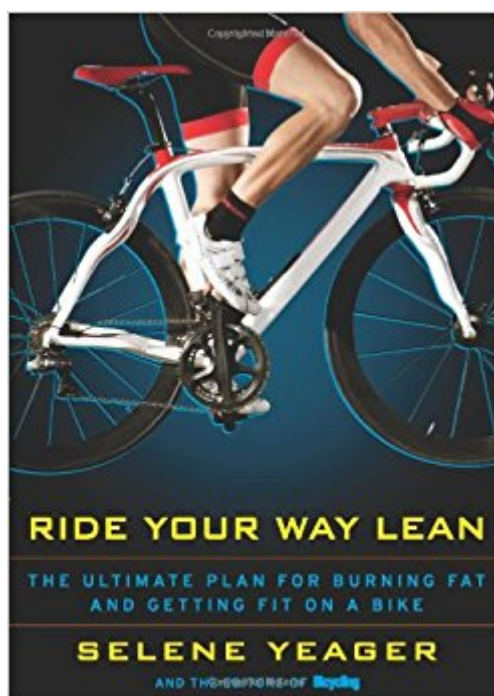


The book was found

Ride Your Way Lean: The Ultimate Plan For Burning Fat And Getting Fit On A Bike



Synopsis

Bicycling's resident Fit Chick delivers a weight-loss plan designed to help readers lose 30, 50, or even 100 pounds by riding a bike and eating sensibly. Forget gym memberships and running shoes. The best way to lose weight is on a bike. In *Ride Your Way Lean*, Bicycling magazine columnist Selene Yeager provides readers with a comprehensive cycling plan that allows them to shed fat, streamline their bodies, and hone their skills on a bike. Cycling is gentle on the joints, easy to do with friends and family, and burns literally thousands of calories without being a bore or cause for suffering. A weight-loss program for people who want to drop pounds of fat while learning a new sport, this book offers training plans that turbocharge metabolism along with complementary nutritional advice. Each chapter is seasoned with anecdotal tips, success stories, pitfalls, and other advice from real people who have ridden themselves lean.

Book Information

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Customer Reviews

SELENE YEAGER is a trusted authority on training, nutrition, and weight loss for Bicycling. She is the author of several books and writes regularly for *Runner's World*, *Prevention*, *Shape*, and *Self*. She lives in Emmaus, PA.

The author does a great job summarizing plans, reasoning, and workout routines based on personal experiences. She also provides examples of experiences from others and provides expert advice from others. This book was very informative to me and helped as a motivational reminder of several

things I had forgotten I knew. I recommend this book as a recreational biker who has put on a few extra pounds over the last couple of years. I doubted what I would get from this being a rider and an exercise advocate. I guess there is always the question of how much and how often when it comes to exercise and goals. This book provides answers to those questions and plans to get it done. I am very please with my purchase and I have shared this book with my wife.

I recently took up cycling because my knees won't allow much else aerobic. This book was decent, but very slow in parts. The whole first chapter was example after example of how cycling worked. At times, I found myself putting the book down after just a few pages tired by testimonial tedium. Once you get past that, there's actually some useful information including some off the bike workouts that should help your on-bike performance.

This book covers everything! A great way to start your weight loss journey! From bikes to indoor exercise bikes, Yeager covers it. Educates one on diet, nutrition, caloric intake, personal frame size & weight loss goals, motivation, weekly exercisr plans, long rides over distances vs short & fast rides. I am really glad I bought this book!

Well written for riders of all amature levels. Been riding for a year and was looking for training plans to advance my fitness. The author does an exceptional job of explaining how the body develops and adapts to training. I'm the kind of guys that like to know how and why. This book covers both.

A lot of good information in this book although I am not in a medical state to take advantage of some of these techniques. I have used some and was not able to lose the weight planned but I believe that is a medical issues. I rode 30 - 50 miles a week for about 4 months with not weight loss. I also look at my diet and it was fine with not overeating, indulging, and staying active. Some exercise are extreme at least for me right now physically but will continue to try the principles outlined.

Not only does Selene write in a way that keeps you engaged, but the information is inspiring. Before I completed reading the book I began implementation of her suggestions. A great read for women looking to not just Ride their way lean but to inspire other women to do the same. Thanks , this is one woman who is determined to now lose those pesky 15 pounds!

I am an avid rider as it is and I do know that riding lots gets you in great shape. I bought the book as

a validation I guess and it did that. I can see how it will be a great asset for novice rider and people overweight who are looking for an exercise outlet that they will enjoy and has the great benefits they are looking for! It is fun to read and has great references and stats.

Read through the book and doing some of the plans currently. Thought the book was great for beginning rider to get you a good foundation of riding miles. This is my 1st year riding and while I come from a running background some of the training does differ slightly. I wouldn't recommend it for an experienced cyclist. Probably too basic for that group. My only drawback is that some of the weekend workouts may be unrealistic for some unless you have an indoor trainer (I just got one since I love to ride). I would think most with a family could get out on Saturday OR Sunday for a 2+ hour ride but most likely not another 1.5 hour ride on the other day. You will also want to make sure you get a heart rate monitor too. Since most of us can't afford a power meter (preferred way of cyclist training) heart rate monitor is the next best thing that you can get for under \$100. It will make sure you stay in the proper zone so you get enough rest on your easy rides and work out hard enough on your harder rides. If you're a beginning rider and want to get into better shape then I would definitely recommend this book. Once I complete the plans in this book my plan is then go up to The Time-Crunched Cyclist by Chris Carmichael for more serious workouts with my compressed time.

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BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)
Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body)
Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert
Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat)
Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight)
The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals
Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED)

Running Lean: Iterate from Plan A to a Plan That Works (Lean (O'Reilly)) Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÂ© (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books) Fit to Ride in 9 Weeks!: The Ultimate Exercise Plan: Achieve Straightness, Suppleness, and Stamina In the Saddle If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Fearlessly Fit at Home: Your Personal Guide to Getting Fit Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) The Everything Guide to the Ketogenic Diet: A Step-by-Step Guide to the Ultimate Fat-Burning Diet Plan (Everything: Cooking) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.)

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