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# Mountain Bike Skills Manual: Fitness And Skills For Every Rider



## **Synopsis**

The complete guide to an exciting sport. From hardcore cyclists to those wanting to get involved in this cool pursuit, mountain biking is exploding in popularity and represents an ideal and exciting way to get outdoors. The Mountain Bike Skills Manual is the ideal all-around introduction to the sport, covering the history of mountain biking from the 1970s to the present day; cross-country riding, including where to ride and facilities; competitions, core skills and techniques; the lowdown on all the available equipment; and how mountain biking will develop in the future. Engagingly written by a true veteran, The Mountain Bike Skills Manual also features numerous stunning full-color photos of step-by-step biking trick shots. It is a must for beginner to intermediate mountain bikers.

## **Book Information**

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Average Customer Review: 3.2 out of 5 starsÂ  See all reviewsÂ (4 customer reviews)

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## **Customer Reviews**

My biggest disappointment with this book was all the extraneous stuff that I had to wade through before I actually got to any discussion of fitness or skills. Before we ever get to the subject listed in the title, we have to wade through chapters on history, types of bikes, equipment, racing, and recreational riding. There is good information in the skills section and if you follow the advice, it will help you to become a better rider, but there are definitely better books out there. Even in the skills and techniques chapter, the writing was somewhat ambiguous. I was able to figure out what the author was saying, but the descriptions and terminology may be difficult for some. I understand that it isn't easy to essentially do MTB coaching in text, but other books do it much better. Same applies to the illustrating photos. They are ok, but could be better. If you want all the minutiae and extraneous stuff along with some skills and techniques education, buy this book. If you are looking

for the best book about MTB skills, techniques, and fitness, buy Mastering Mountain Bike Skills - 2nd Edition.

The author talks about racing tips (very surface level) before talking about basic skills. In fact, we don't put feet to pedals until page 130 (out of 195). For a book with "Skills Manual" in the title, there is very little material relating to skills, and what there is, is not very informative. Stick with the Lopes, McCormick book.

I'm a french reader and a MTB racer, but I really love this book. A very good book to learn things with a different point of view to upgrade your skills...

decent book, ok pictures, lots of fluff in here. buy the pocket version, by the same author and save yourself a few hours.

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