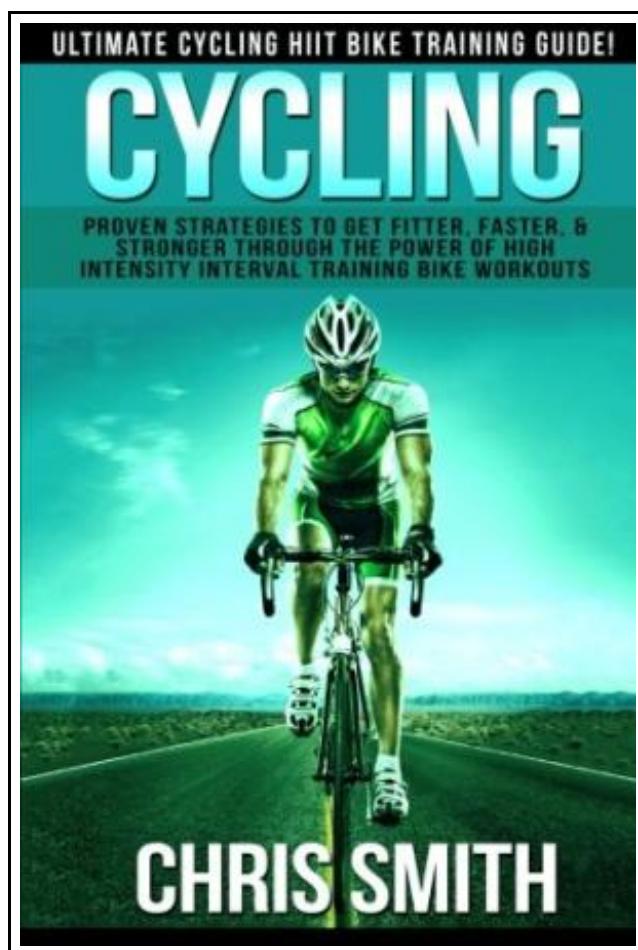


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.CYCLING HIIT BIKE TRAINING ULTIMATE GUIDE!This cycling book contains proven steps and strategies on how to exercise using revolutionary techniques that only take a few minutes on a stationary bicycle.Today only, get this Amazing Amazon book for this incredibly discounted price!This book was written with the average person in mind. We all know that people nowadays have trouble finding the time to stay fit while keeping their careers afloat. Not everyone has the luxury of becoming a fitness enthusiast like the people who work in the industry.Whether you are a businessman with a million things in mind or a career lady with a lot of things to look forward to, this book will be able to provide you with an easy to understand set of instructions to help you get started on an efficient and rewarding workout scheme that will hardly eat out your valuable time.Although HIIT has been around the block for quite some time, it has only come to the spotlight lately because of how much time it can save people. Those who chose to go with long and monotonous endurance training exercises have also found HIIT bike training to be a more exciting way to enjoy the time they devote to becoming healthier people. Each chapter in this manual has been designed to equip you with the necessary information to get started on a workout program that will give you the fastest results with the least time put on it, as long as you give it your best shot! That is the magic of HIIT. Even though you only spend at most 30 minutes on a workout, you will feel like you have done an...

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