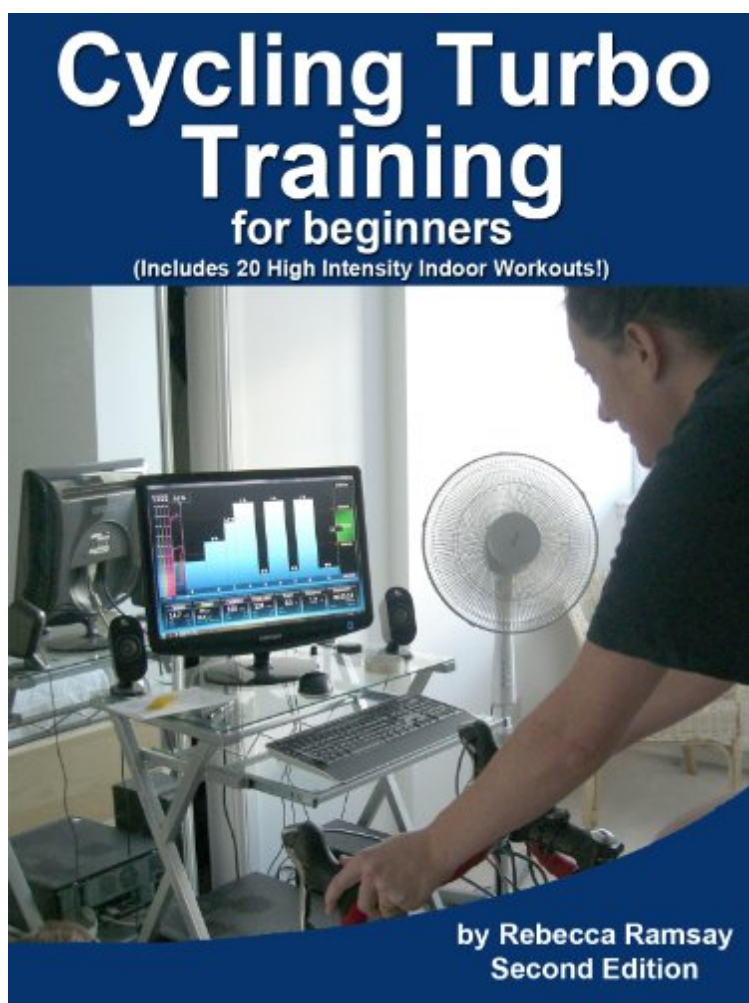


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# Cycling Turbo Training for Beginners - a quick start guide to cycling indoors to Explode your fitness FAST. (20 interval workouts included). (English Edition)



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## Description :

Prsentation de l'diteurCycling Turbo Training for Beginners is a quick start guide to getting you up and running quickly and efficiently with turbo training so you can maximise your fitness when you can't get outdoors for cycling training. The guide takes you from the beginning, helping you decide what kit you need including what turbo to buy. The guide also introduces the reader to the technique of pedalling correctly, as well as how to go about an effective indoor workout to get the best out of yourself - by training less. Near the end of the guide you will find 20 high intensity turbo training workouts. The advantage of these

workouts over others you may find is the author shows you exactly how to progress the workout over time so you are unlikely to reach stagnation with your fitness. This is a highly recommended read if you're new to indoor cycling, or have been turbo training a short while but want professional guidance on how to take your indoor cycling fitness to the next level. Presentation de l'diteur Cycling Turbo Training for Beginners is a quick start guide to getting you up and running quickly and efficiently with turbo training so you can maximise your fitness when you can't get outdoors for cycling training. The guide takes you from the beginning, helping you decide what kit you need including what turbo to buy. The guide also introduces the reader to the technique of pedalling correctly, as well as how to go about an effective indoor workout to get the best out of yourself - by training less. Near the end of the guide you will find 20 high intensity turbo training workouts. The advantage of these workouts over others you may find is the author shows you exactly how to progress the workout over time so you are unlikely to reach stagnation with your fitness. This is a highly recommended read if you're new to indoor cycling, or have been turbo training a short while but want professional guidance on how to take your indoor cycling fitness to the next level.