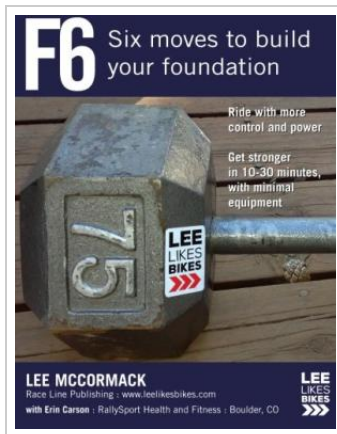




F6: Six Moves to Build Your Foundation (Paperback)

By Mr Lee McCormack

Race Line Publishing, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.An off-bike training program to help you: - Ride with more control and power - Get stronger in 10-30 minutes per session, with minimal equipment WHAT IS THE F6? The F6 is a six-move circuit to help you: - Stay more balanced in gnarly terrain. Both up and down. - Carve corners tighter and faster. - Pump, manual and jump better. - Sprint and climb more powerfully. - Ride longer and faster on crazier terrain - with less fatigue and injury. - While you're getting stronger on the bike, you'll also be getting stronger for moving day, the airport and other real-life adventures. The F6 is: - Simple. But not easy. - Quick. Do it in 10, 20 or 30 minutes. - Scalable. Anyone can adjust the program to his or her needs. - Made for real people who love to ride. Spend a little time learning great movement. Spend the rest of your time shredding! Ebook is available here: //.



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Reviews

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