

Bike Your Butt Off!: A Breakthrough Plan To Lose Weight And Start Cycling (No Experience Necessary!) By Selene Yeager

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Author Information. Selene Yeager is a trusted authority on training, nutrition, and weight loss for Bicycling. She is the author of several books and writes

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Whether you're longing for the open road or lusting after a new cycling class, our guide will get you rolling to a fit, hot body

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"Bike Your Butt Off" is perfect book for spinning smoothly into cycling. It lays out a 12-week plan to to a happier, healthier, leaner self.

Bike your butt off: 12 miles | getting fit |

Are you ready to kiss your girdle goodbye? Say hello to Bike Your Butt Off (BYBO): 12 Miles my four week plan that ll take you (and your buns!) from flabby to firm.

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Indeed, to prepare for RAGBRAI I restarted Bike Your Butt Off by Selena Yeager and.Leslie Bonci. It is 12 week program that will peak July 4.

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Bike your butt off!

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Bike your butt off!: a breakthrough plan to lose

Bike Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Cycling (No Experience Necessary!) Selene Yeager Leslie Bonci

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You've dusted off your bike and gone out with your kids for your first family ride of the season, but now your butt hurts. I wish I could promise that, after you been