



Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike

Selene Yeager

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Bicycling's resident Fit Chick delivers a weight-loss plan designed to help readers lose 30, 50, or even 100 pounds by riding a bike and eating sensibly

Forget gym memberships and running shoes. The best way to lose weight is on a bike. In *Ride Your Way Lean*, Bicycling magazine columnist Selene Yeager provides readers with a comprehensive cycling plan that allows them to shed fat, streamline their bodies, and hone their skills on a bike. Cycling is gentle on the joints, easy to do with friends and family, and burns literally thousands of calories without being a bore or cause for suffering.

A weight-loss program for people who want to drop pounds of fat while learning a new sport, this book offers training plans that turbocharge metabolism along with complementary nutritional advice. Each chapter is seasoned with anecdotal tips, success stories, pitfalls, and other advice from real people who have ridden themselves lean.

Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike Details

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Author : Selene Yeager

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From Reader Review Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike for online ebook

Linda says

Can't give it a 5 just yet, I need to see how practical the schedules are to my real life. It was a very quick read, can't wait to get out and try the interval plans. Nice to know I am doing some things right, but just need to tweak.

Mark says

Simple examples, motivational stories and good advice make this a great companion for losing weight on a bike. Not a diet plan, but good information for making better food choices. Cycling can burn calories fast. Improve your results with the tips and information from this book.

Penni Higgins says

Very good for new riders...get tips

Wayne says

Straight up and practical

I am very overweight and want that to change. This book lays everything out, even with the struggles for beginners like me. Love this book. Have already dropped 30 pounds

Gregory Boyce says

This book had all the answers to my question, because I want to lose more weight and buy a bicycle for next season. The book went into strength training, nutrition, indoor training for the winter months, buying clothes, bicycle and component selection for the heavy weights like me.

Nancymcpeak says

Lots of good tips for riding and for nutrition. I especially liked the different cycling plans with day by day activities depending on your specific goals. Even the experienced rider would learn a few things, I am sure. The book ended with a discussion of maintenance. I think it was well done and it was definitely readable.

Lynne Plessinger uutinen says

Very informative for a beginner, like myself

David says

Despite the picture on the cover of a fit cyclist on a Pinarello road bike, this book is not aimed at cyclists looking to lose 5-10 kilos.

It is more of a primer for people who may never have ridden a bike as an adult, who are looking to lose a lot more weight (10+ kilos, a couple of dress sizes). Goes over a wide variety of topics (diet, weight training, bike intervals) and explains them well.

Krista Park says

The sort of thing w/ an awkward layout for a fitness book. Good, well rounded covering of topic w/o getting into any bad science or bad body-view psychology problems.

David says

Good book for beginning cyclists with a goal of weight loss. No aha moments for experienced cyclists but a pretty comprehensive guide to someone with little to no fitness, diet, and/or cycling knowledge. A good primer.

Georgia says

I would like to won this book. Good reference materials.

Amy says**Great and up to date**

The book was really up to date when it came to nutrition, which is always a nice surprise. The weight training exercise descriptions and pictures were good. The book as a whole is very helpful, informative, current, and well written. My only suggestion would be to have a link for Kindle purchasers to be able to download copies of the training plans so they can have a hard copy and be able to write on them.

Pat Loughery says

Ride Your Way Lean advocates cycling as an exercise and lifestyle choice to lean up. It begins with very basic information: why cycling, how to buy a bike, equipment - and my fear was that it would be too simplistic for my needs. It gets a bit more helpful though, with good discussions of basic nutrition, eating plans, ride plans, indoor trainer exercises, off-bike exercises and other goodies.

I would recommend this book to somebody who's considering or just getting into cycling. For more seasoned riders wanting more depth of content, see Base Building for Cyclists by Chapple, or The Time Crunches Cyclist by Carmichael.

Cesar Trujillo says

Good book if you're a bike beginner and want to lose weight

This book is great if you're looking for reducing your weight with the use of a bicycle, in the context of a broader plan. This also includes eating habits, biking principles, setting up your bike, complementary exercises for stretching and strengthening, and a lot of tips that can enable you to have a healthier life. Highly recommended if you are a beginner in biking. Not so recommend if you are more advanced cyclist, because for you probably the content of this book could be somehow basic.

Monica says

really enjoying this book...lots of great tips & suggestions...a must-read for anyone interested in the cycling...reading more of it while on vacation
