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The author of Zinn's Cycling Primer and The Mountain Bike Owner's Manual includes how to choose the right bike, instructions for regular care, proper installation of the newest ten- and eleven-speed chains, torque specifications for tightening delicate parts, and much more. Original.

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On state-of-the-art mountain bike components. 150 illustrations.

Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstopably fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus ' s guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their

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and job seeking Office issues Sports and recreation Entertaining at home and celebrations Weddings Invitations Loss, grieving, and condolences Table manners While they offer useful information on the practical—from table settings and introductions to thank-you notes and condolences—the Posts make it clear why good etiquette matters.

Etiquette is a sensitive awareness of the feelings of others, they remind us. Ultimately, being considerate, respectful, and honest is what 's really important in building positive relationships. "Please" and "thank you" do go a long way, and whether it 's a handshake, a hug, or a friend request, it 's the underlying sincerity and good intentions behind any action that matter most.

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Anyone can get into a fitness rut. You could be exercising regularly but feeling unmotivated about your current routine. Or you could be enjoying your workouts but not getting the results you really want. You can even be on health club hiatus and looking for a way to get back into exercise-mode. Whatever your situation, cross-training is a practical solution. Cross-training is a well-rounded way of approaching exercise. It allows you to vary your workouts so you can inject a little excitement into your fitness routine, while you receive better results out of your exercise plan. If you have a real thirst for fitness knowledge then Cross-Training For Dummies is for you. Whether you just want to use cross-training as a way to spice up a dull workout routine or you ' re

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- Assess your fitness level
- Set personalized exercise goals
- Have fun with individual and team sports
- Incorporate kickboxing, Pilates, spinning, and other cutting-edge workouts into your routine
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