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

Selene Yeager, Leslie Bonci

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Given our struggling economy as well as the national struggle to maintain our waistlines, cycling is enjoying a renaissance as more than 57 million people in the United States use bicycles regularly. Now *Bicycling*'s Fit Chick presents a brand-new, 12-week weight-loss and exercise plan for beginner and experienced cyclists alike.

Whether readers have just a little bit of weight to lose or a lot, Bike Your Butt Off! will help them meet their weight-loss goals in no time, thanks to its expert-tested food and exercise plans from authors Selene Yeager and Leslie Bonci. By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, *Bike Your Butt Off!* distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor.

With delicious nutritional information, tips, training plans, and fat-burning and heart-pumping exercises to help maximize workouts, readers will see the pounds melt off while having the time of their lives.

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