



# The Mountain Bike Skills Manual: Fitness and Skills for Every Rider

*Clive Forth*

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## **The Mountain Bike Skills Manual: Fitness and Skills for Every Rider** Clive Forth

More riders than ever are heading to the country on their mountain bikes. It's a sport that has exploded over the last twenty years, as people of all ages and walks of life are drawn to the thrill of the ride.

Written by rider, racer and trainer Clive Forth, *The Mountain Bike Skills Manual* is the best resource for anyone who wants to know more about the sport and develop their abilities. It covers all the major disciplines including dirt biking, trail riding, cross country, 4X, enduro and slalom and is suitable for pleasure-seekers as well as the more competitive rider.

Illustrated with excellent step-by-step biking trick shots and covering everything from equipment and core skills to competitions and recreational riding, it's a book no rider will want to be without.

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