

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

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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!) Paperback March 18, 2014

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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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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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