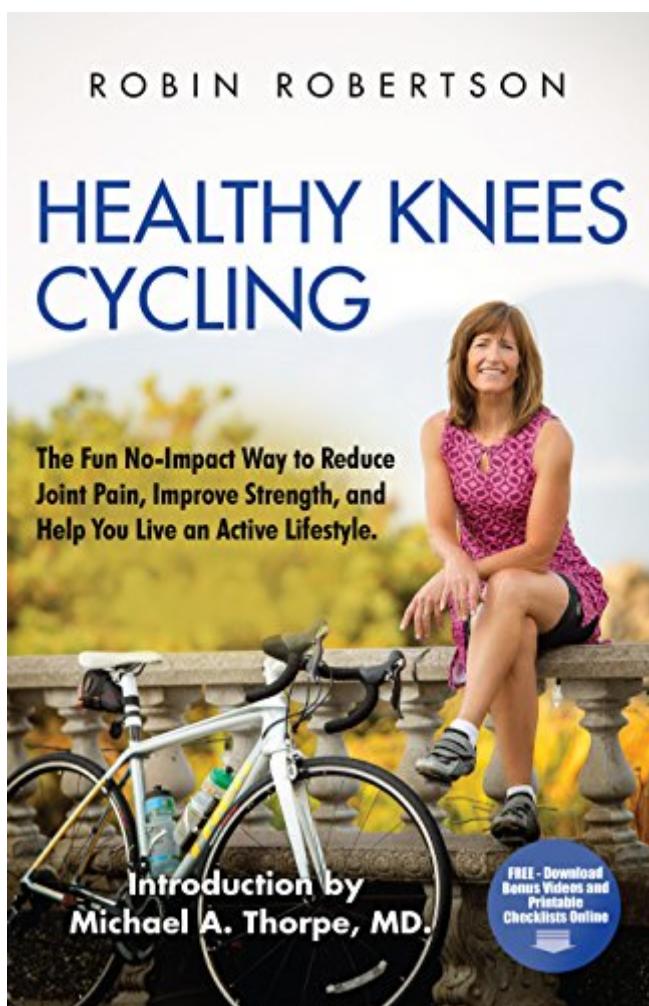


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# Healthy Knees Cycling: The Fun No-Impact Way To Reduce Joint Pain, Improve Strength, And Help You Live An Active Lifestyle



## **Synopsis**

Even your doctor has told you that bicycling is good for your aching knees and hips. But no one has told you how to do it, until now. There is so much more than just hopping on your bike. This easy to follow book from the creator of Healthy Knees Coach is the ultimate guide to explain everything you need to know about cycling to make it easy for you to get started. You'll unlock the mysteries of exactly how to set up your bike, secrets of sitting on it comfortably, and how fast and hard to pedal. The workouts show you what to do when you cycle plus bonus material for muscle and core strength and stretching. Whether you are new to cycling or have ridden many miles, you'll learn the simple methods to protecting and strengthening your knees and hips so that you can comfortably enjoy the activities you love.

## **Book Information**

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## **Customer Reviews**

I was fortunate enough to take Healthy knees cycling class with Robin for 2 sessions. I have never

been a big fan of stationary cycling but what I learned in her class has made it fun and informative for me to keep doing this at home. I learned so much about how to improve my knee health and feel so much better. I also found a love for cycling! I'm excited to be able to have a book to consult so I can continue with my workouts. I used to alpine ski, play competitive soccer, co ed ice hockey and alpine hiking all the time before my arthritis stopped me. Let me tell you, it is great to be back doing a sport as I have now taken what I learned with Robin and apply it to biking outdoors.

**FULL DISCLOSURE:** I helped edit this book before publication. I edit a lot of books, and some of them can be ... shall we say not so much fun? :-> This one is great, and it made me regret giving my bicycle to the Salvation Army several years ago. Everything from how to easily turn your road bike into a stationary one to rules to help you select the proper bike in the first place, it's all here. I especially like the blog-like chapter where we hear the travel stories. Thanks for a good read, Robin, including detailed instructions on how to ride AND help your knees at the same time. You rock!

Enjoyed the stories on various people who experienced knee pain from high impact activity and then switched to cycling to save their knees. I'm in the same situation now, just having arthroscopic surgery on my right knee for a torn meniscus and ACL. While my running career is now over, I'm excited to continue my cycling career. Healthy Knees Cycling gave me a jump start on this process.

Good, informative book from the perspective of someone who used cycling as a solution to her own knee pain. Her personal experiences were helpful in convincing me that this might be an option for my own knee pain. Descriptions of proper body alignment and pedaling techniques also were useful and made me more conscious of my cycling form.

Excellent info for beginners and seasoned cyclists. The authors own experience caught my attention from the beginning and her courage and perseverance is translated to the reader with encouragement and purpose. I began cycling due to knee issues and I'll keep pedaling my way to health!!! Get this book! You'll be glad you did!

I started taking Robin's class Healthy Knees Cycling and had a blast! Also my chronic knee pain started to subside and I was able to start doing my 3 mile walks again. Her book explained how the knee functions, how to set up your bike for riding (something one never realizes as being important), and how to get moving again.

I had cut way back on bike riding due to my gimpy knees, but Robin's book got me back on and doing great! Going uphill was difficult, but her trick of standing up while pedaling uphill allows me to position my knees for maximum force at the perfect angle.

Robin is very knowledgeable about cycling and knees and having her book really gave me ideas to use myself and with my clients who want to ride but suffer from different knee issues. Thank you, Robin, for taking the time to put all this together.

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