



The Rider's Fitness Guide to a Better Seat

Jean-Pierre Hourdebaigt

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With three full exercise routines for riders at beginner, intermediate, and advanced fitness levels, this guide helps you achieve a good basic riding position that is centered, aligned, balanced, and relaxed. There are clear explanations and photos of each exercise plus three tear-out workout guides, so you can exercise anywhere. An improved seat enhances your riding experience, helps eliminate back pain and post-riding soreness, lessens fatigue, minimizes the risk of injury, and improves your performance.

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