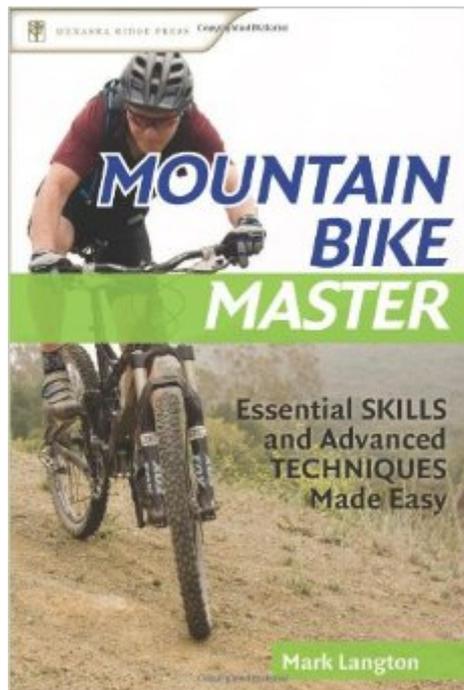


The book was found

Mountain Bike Master: Essential Skills And Advanced Techniques Made Easy



Synopsis

Ride faster, better, and stronger with professional mountain bike skills guide Mark Langton. Mountain Bike Master is a practical and inspiring guide that begins with the fundamental skills like shifting, braking, and climbing. Simple moves such as correcting seat-height adjustment and learning how to best-shift when engaging a steep ascent add tons of fun and efficiency to any ride. Intermediate skills, including riding technical terrain, power wheelies, and cornering, zip readers into the next level of riding competence. Now sporting a wide grin and the confidence of nailing the basic and intermediate skills, readers transition into advanced skills such as jumps, bunny hops, and counter steering. After reading and putting Langton's lessons to practice, what once was a thigh-quivering lap around the park should now feel and look more like an iron-saddled grind up a steep mountain path. Today's demanding trails and high-tech bikes meet needs for speed, bumps, and thrills. Veteran mountain biker Mark Langton expertly guides and instills the confidence needed to get out there and have a great time while minimizing injury to self and bike. Headed into his 22nd year as a mountain bike trainer and guide, Langton and Mountain Bike Master take the guesswork out of quickly and safely mastering the art and science of cleanly rounding banked mountain curves and getting the most pedal for the metal with efficient riding basics.

Book Information

Paperback: 160 pages

Publisher: Menasha Ridge Press (August 28, 2008)

Language: English

ISBN-10: 0897324358

ISBN-13: 978-0897324359

Product Dimensions: 6.7 x 0.4 x 8.8 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,521,069 in Books (See Top 100 in Books) #111 in [Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking](#) #2319 in [Books > Sports & Outdoors > Hiking & Camping > Instructional](#) #20685 in [Books > Sports & Outdoors > Outdoor Recreation](#)

Customer Reviews

The book is exactly what the cover says it is: Essentials Personally, I found the breadth of the content to be just about perfect. Not only did it include how to do something, but it also pointed out common mistakes and how to avoid them. The book was well formatted and edited with quite a few

good pictures that did a good job of illustrating the textual explanations. While this book would make a good cliff-notes of essential mountain biking skills, it definitely isn't the best or most complete book on the subject. I would have to recommend: *Mastering Mountain Bike Skills - 2nd Edition* My biggest complaint is the price. Based on current market offerings, I would expect to pay no more than \$6 for the content in this book. If the price doesn't matter and you are looking for a short intro or refresher on MTB skills, this book will be perfect for you!

The book should have been called "a brief introduction to advanced techniques." Despite the fact that the book is supposedly teaching "advanced technique," the author provides far too little description of the techniques discussed to be useful. Each "technique" is given little attention, and there is no discussion of common pitfalls, things to avoid, etc. Additionally, there are too many wasted pages on fluff like "how to set up your bike" and the outdated references to "modern clipless pedals." Also, the book does not explain when/why you would choose one technique over another--i.e. when to use a "manual wheelie" or "torque wheelie." I guess the "made easy" part of the title means "dumbed down to the point of uselessness." The other major drawback is pictures--or lack thereof. The pictures were black and white and there were not nearly enough of them to visualize the techniques being described. One of the pictures on "cornering" just showed the author on his bike with his wheel turned---no lines showing the different approaches through the turns, line of sight, etc....in fact, you could not even see the turn! Also, the author makes distinctions between off-camber cornering and other types of turns, but again, no pictures to show what he means. Most of the photos in the book are extreme close-up so you cannot get a feel for the context of the trail or set up for the move being described. The book may be useful for a teenager who is just getting into mountain biking and wants a very basic introduction with a taste of advanced technique. However, if you are a roadie switching over to offroad and know the basics of bike set-up/basic handling and are looking for a detailed skills manual, look elsewhere, as this book is not worth the money.

Intermediate rider here. I've read Brian Lopes' book which covers all disciplines. This book is targeted more towards the XC/ Technical XC rider. I'm an OK rider, not great, and learnt a few things from the book. Highly recommended. Content wise, the pictures were b/w which was disappointing for a book this price.

Difficult to understand! Too technical! It could have been a good book if the author had put an effort in using a less technical and boring description.

Good stuff here. I thought it would be longer. I still learned some things though. Well written and thought out.

[Download to continue reading...](#)

Mountain Biking: The Complete Guide To Mountain Biking For Beginners (Mountain Biking, Biking, Mountain Bike For Beginners, Mountain Bike Skills) Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books) Mountain Bike Master: Essential Skills and Advanced Techniques Made Easy Mountain Bike America Virginia: An Atlas of Virginia's Greatest Off-Road Bicycle Rides (Mountain Bike America Series) Mountain Bike! Washington (America by Mountain Bike) Mountain Bike America: Arizona (Mountain Bike America Guides) Mountain Bike Skills Manual: Fitness And Skills For Every Rider San Francisco Peninsula Bike Trails: 32 Road and Mountain Bike Rides Through San Francisco and San Mateo Counties The Girl On Bike: A Mountain Bike, A Mid-Life Adventure and Men in Shorts Bicycling Salt Lake City: A Guide To The Area's Best Mountain And Road Bike Rides (Where to Bike) Mountain Bike Action 2016 Bike Buyer's Guide Where to Bike Los Angeles Mountain Biking: Best Mountain Biking around Los Angeles Mastering Mountain Bike Skills - 2nd Edition Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Bike Fit: Optimise Your Bike Position for High Performance and Injury Avoidance Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Everyday Charisma: Techniques for Mass Appeal, Charm, and Becoming a Social Powerhouse (Social Skills, Communication Skills, People Skills Mastery) The Total Dirt Rider Manual (Dirt Rider): 358 Essential Dirt Bike Skills Mountain Biking: A Beginner's Essential Guide to Getting Started in the Sport of Mountain Biking (MTB)

[Dmca](#)