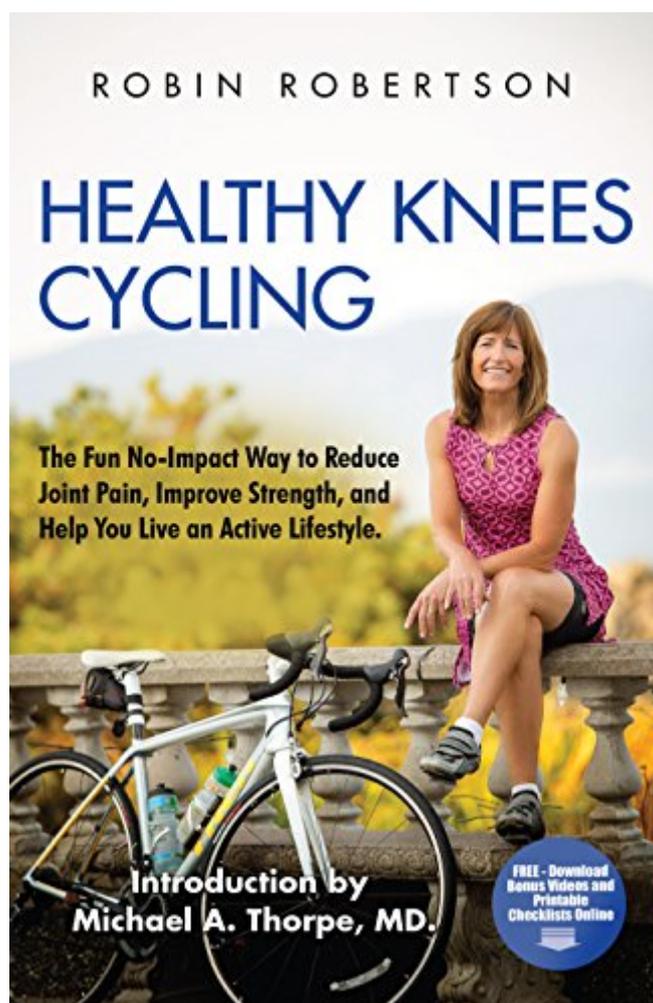


The book was found

# 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. Youâ€™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, youâ€™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

File Size: 3253 KB

Print Length: 162 pages

Simultaneous Device Usage: Unlimited

Publisher: Bellingham Tennis Club (January 3, 2016)

Publication Date: January 3, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01A5Q746G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #498,285 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Osteopathy #90

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Physical Impairments #116 in Books > Medical Books > Medicine > Internal Medicine >

Osteopathy

## Customer Reviews

I was fortunate enough to take Heathy 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.

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.

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!

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.

The Healthy Knees Cycling book provides clear and concise information regime for improving my arthritic knees. I found the information on fitting a bike very helpful plus the cycling workouts have been great.

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.

Robin Robertson has been immensely passionate and involved with cycling and physical fitness. After sending her first child to college, she started cycling competitively for a number of years and

had the opportunity to partake in the grueling Leadville 100 trial run, one most physically demanding mountain biking events in the country. To say the least, she is an expert on body health as it relates to staying mobile as a person gains wisdom through time. Healthy Knees Cycling takes Robin's years of personal experience with both her own knees and those of the members of her fitness club, and condenses it into a easy-to-read and enjoyable guide to cycling for all levels, be it finding your way back onto the bike saddle, or how to turn your commute to work into a rehabilitative exercise. Despite my young age (early 20's), this book provides information on how to stay healthy and avoid injury for my younger joints.

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!

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

Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) Anti Inflammatory Diet: Guide

to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) CARB CYCLING: Recipes for Beginners! - The Ultimate Carb Cycling Guide to Weight and Fat Loss Tino Tabak - Dreams and Demons of a New Zealand Cycling Legend (New Zealand Cycling Legends Book 5) Cycling: Bicycling Made Easy: Beginner and Expert Strategies For Performing Better On Your Bike (Cycling Training For Fitness & Sports Competition Beginners & Expert) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition

[Dmca](#)