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Time Crunched Cyclist 3rd Edition

Fitness k ARMICHAEL RUTBERG - VeloPress

Because I am the definition of a "time-crunched cyclist" As a single father of twin boys and with an office an hour from home, workouts are often the first victims of my lifestyle This is why when Chris and Jim reached out to me for a few good words on the latest edition of The Time-Crunched Cyclist, I jumped at the chance to contribute

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