

A cyclist wearing a black long-sleeved jersey, black shorts, a white helmet, and reflective sunglasses is riding a road bike. The cyclist is in a dynamic, forward-leaning position. The background is a blurred city street with cars and buildings.

THE BICYCLING GUIDE TO

The Perfect Bike Fit

Max Workout Manual

Yan Bai

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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