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Mastering Mountain Bike Skills by Brian Lopes

1. Start in attack position. 2. As you gradually squeeze both brakes, rotate your body down and back. Press into your feet, not your hands! 3. Gradually release the brakes and resume attack position. Lee McCormack : www.leelikesbikes.com. Drop your heels and push into your pedals.

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Mountain Bike Skills Coaching | Mastering Rocks and Roots

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