

Extreme BMX Freestyle: Nailed It! The Ultimate Guide to Mastering the World's Most Thrilling Action Sport

If you're looking to take your BMX freestyle skills to the next level, then you need to check out Extreme BMX Freestyle: Nailed It! This book is the definitive guide to mastering the world's most thrilling action sport, written by world-renowned BMX freestyle champion Ryan Nyquist.



Extreme BMX Freestyle (Nailed It!) by Matt Christopher

★★★★☆ 4.6 out of 5

Language : English

File size : 13977 KB

Print length : 32 pages

Screen Reader : Supported



With over 300 full-color photos and illustrations, this book covers everything from the basics of the sport to the most advanced tricks and techniques. Whether you're a beginner just starting out or a seasoned pro looking to improve your skills, this book has something for you.

In Extreme BMX Freestyle: Nailed It!, you'll learn:

- The basics of BMX freestyle, including bike setup, safety gear, and riding fundamentals
- How to perform basic tricks, such as bunny hops, manuals, and 180s

- How to progress to more advanced tricks, such as flips, spins, and grinds
- How to develop your own unique style and signature tricks
- How to train and prepare for competitions

Extreme BMX Freestyle: Nailed It! is the perfect resource for BMX freestyle enthusiasts of all levels. With its clear and concise instructions, helpful tips, and stunning photography, this book will help you take your skills to the next level and experience the thrill of BMX freestyle like never before.

About the Author

Ryan Nyquist is a world-renowned BMX freestyle champion with over 20 years of experience in the sport. He has won numerous medals at the X Games and other major competitions, and is considered one of the greatest BMX freestyle riders of all time.

Ryan is also a passionate advocate for BMX freestyle and has worked to promote the sport around the world. He is the founder of the Ryan Nyquist Foundation, which provides grants to young BMX riders to help them pursue their dreams.

Free Download Your Copy Today

Extreme BMX Freestyle: Nailed It! is available now at your local bookstore or online. Free Download your copy today and start your journey to becoming a BMX freestyle master!

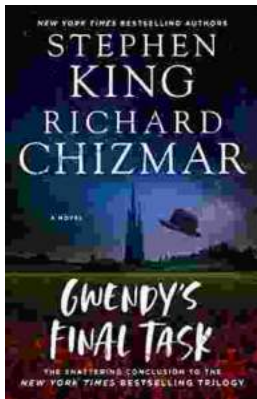
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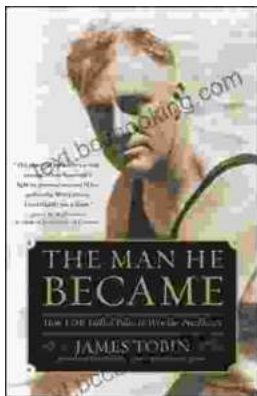


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