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Kick excitement into high gear with this extreme title! Short, easy-to-read text pairs with full-color, action-packed photos to introduce young adventurers to BMX bicycling. Readers will learn the history of bicycle motocross and about BMX bicycles, including the frames, wheels, cranks, seats, brakes, and sprockets. Clothing and gear is discussed, as is safety equipment such as helmets, pads, gloves, and shoes. National Bicycle League and American Bicycle Association competitions are examined including track specifications and rules, as are BMX styles such as flatland freestyle, vert freestyle, and BMX freestyle. Tricks such as Bunny Hop, Can Can, barspins, and wheelies are also covered. Extreme facts supplement the text, leaving future BMX riders excited about Action Sports! Aligned to Common Core Standards and correlated to state standards. A&D Xtreme is an imprint of ABDO Publishing Company.

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