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Cycling Anatomy: Your Illustrated Guide for Cycling Strength, Speed, and Endurance

By Shannon Sovndal

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Cycling Anatomy: Your Illustrated Guide for Cycling Strength, Speed, and Endurance, Shannon Sovndal, This book allows readers to see what it takes to maximise cycling power, speed and endurance! "Cycling Anatomy" will give readers the knowledge to improve their performance by increasing muscular strength and optimising the efficiency of every movement. "Cycling Anatomy" features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-colour anatomical illustrations highlighting the primary muscles in action. This book goes beyond exercises by placing with illustrations of the active muscles involved in cornering, climbing, descending and sprinting, detailing exactly the exercises which are fundamentally linked to cycling performance. From steep inclines to slick terrains, "Cycling Anatomy" will ensure cyclists are prepared for any challenge in the road ahead. Riders can learn how to modify exercises to target specific areas, reduce muscle tension and minimise common cycling injuries, finally learning ways to pull it all together to develop training based on the individuals needs and goals. Whether training for an upcoming century ride or just trying to best that killer hill with strength to spare, "Cycling Anatomy" will ensure every reader gets the...



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