



Anatomy of Cycling: A Cyclist's Guide to Strength, Flexibility and Conditioning (Paperback)

By -

Bloomsbury Publishing PLC, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Anatomy of Cycling is a unique aid to your cycling training. It uses stunning 3D colour illustrations to guide you through a complete range of strengthening exercises, each highlighting exactly which muscles are used and how. This is an ideal resource for everyone interested in cycling - from those new to the sport who are looking for clear and simple guidance to students and health and fitness professionals looking for a detailed guide to anatomy. There is a logical progression through training and every exercise is fully supported with a detailed written description, photograph of the exercise being performed by a leading personal trainer and a 3D anatomical illustration to show which muscle groups are being used. Beginners, intermediate and advanced - whatever your level, Anatomy of Cycling will help you find your perfect training routine on and off the bike.



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