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strength and

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every movement.

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body, Cycling Anatomy will help you develop a training plan based on your individual needs and goals.

Whether you're training for an upcoming century ride or just want to top that killer hill with strength to

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Anatomy will
help you reach
top performance,
avoid injury,
and ensure you
get the most out
of every ride.

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true strength

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killer hill with
strength to
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ensure you get
the most out of
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performance by
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muscular
strength and
optimizing the
efficiency of
every movement.

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maximize cycling
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to be aware of
is that these
areas can
undergo
sustained
amounts of
pressure and
compression
which can cause
numbness, pain
and weakness.
Phases of Cyclin
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exercises, each

with clear step-

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descriptions, to

help increase

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your cycling
speed, strength,
and endurance.
Full-color
anatomical
illustrations
highlight the
active muscles
to increase your
understanding.

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Kinetics

Handlebars For many people the defining characteristic of a road bike are the drop handlebars. They facilitate a lower more aerodynamic riding style and give you the

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Anatomy choice of three hand positions. On the flat bar-tops is good for relaxed riding, climbing in the saddle or rough road surfaces.

Anatomy of a
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the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action.

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Cycling Anatomy

goes beyond exercises by placing you on the bike and into the throes of competition. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show

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you how the
exercises are
fundamentally
linked to
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performance.

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your cycling
training. It

uses stunning 3D
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illustrations to
guide you

through a

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complete range
of strengthening
exercises, each
highlighting
exactly which
muscles are used
and how.

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Anatomy addresses the issue of conditioning each muscle group to give you the best performance on the road. This book will help you meet your true cycling potential. The exercises were chosen to match

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Anatomy of
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