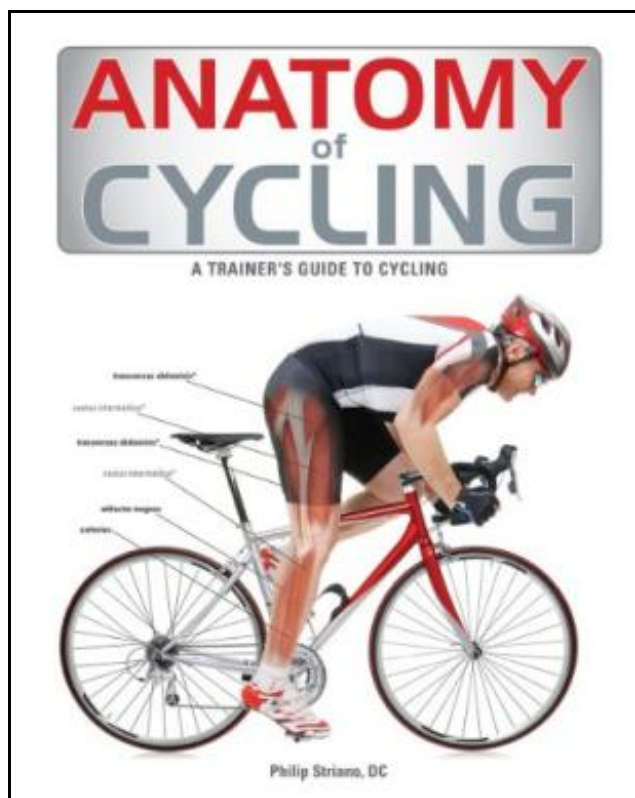


## Anatomy of Cycling



Filesize: 7.88 MB

### ***Reviews***

*This book may be worth purchasing. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.  
(Esta Price)*

## ANATOMY OF CYCLING



Firefly Books. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.9in. x 8.7in. x 0.5in. Avid cyclists ride on average 150-200 days per year for up to 3-4 hours a day. With its low impact on the joints and high caloric burn rate, cycling is a great choice for anyone wanting to get (and stay) in shape. It is accessible to all fitness levels and allows for easy progression. At all levels, cycling demands extreme physical effort and stamina to power the bicycle and to maintain correct form and speed, especially if for an extended time. Most of the work is in pushing down on the pedal, which uses all of the muscles in the leg. Equally important are the supporting muscles, which support the upper body, provide balance, reduce fatigue and increase endurance. Anatomy of Cycling addresses all of these needs. The exercises are designed to work the wide range of muscles that come into play when cycling. All of them can be done at home using just seven items: a mat, a chair, a Bosu ball, a small medicine ball, a large Swiss Ball, a small roller and a large roller. The exercises are organized into four units: Flexibility Exercises: Mostly stretches, these help to counteract stiffness and increase blood flow. Leg-Strengthening Exercises: Legs power the bicycle and by pedaling faster, gain speed. Strength is essential to sprinting and hill-climbing skills. These weight-bearing exercises are also beneficial to bones, a benefit that a cycling-only regimen lacks. Core-Strengthening Exercises: A strong core contributes to a fluid pedal stroke, energy efficiency and overall stability. Balance and Posture Exercises: These exercises, including swimming, help to build back strength and improve stability, both helpful in counteracting the shoulder and lower back problems that trouble cyclists. Anatomy of Cycling also includes three pre-designed workouts...



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