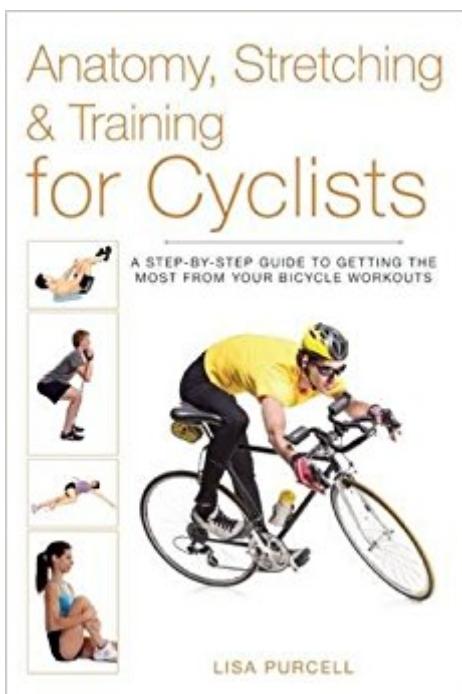


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# Anatomy, Stretching & Training For Cyclists: A Step-by-Step Guide To Getting The Most From Your Bicycle Workouts



## Synopsis

Full of Exercises, Training Tips, and Injury Remedies That Every Cyclist and Coach Should Have! Every year, more and more people take up cycling to get in shape and stay fit. Thousands of people are buying new bikes with the latest technology, entering races, and even forgoing rush hour traffic and crowded public transportation to ride to work. But the joy and thrill of cycling are often marred by injuries that can bother you for a few weeks or for years. That's why every cyclist needs to have *Anatomy, Stretching & Training for Cyclists*. Lisa Purcell includes a detailed exercise program that is designed for cyclists from beginner to advanced levels and that is devised to strengthen and stretch the major muscle groups used in cycling. She provides answers and tools for training, including: Step-by-step photos; Tests to assess your form; An assessment of cycling gear; Exercises to improve your core; The truth about stretching; And much more! Featured are targeted stretches to increase flexibility and a wide-ranging selection of exercises that thoroughly strengthen the legs and arms and build both core strength and stability, as well as hone your balance and posture on the bike. A handy guide lets you know which muscles are the main targets of each exercise, as well the exercise's benefits and cautions, along with tips on perfecting your form. With a series of sample workouts that show you how to devise a training program to suit your unique goals, *Anatomy, Stretching & Training for Cyclists* is the ultimate reference for anyone wanting to achieve optimal cycling fitness.

## Book Information

Series: Anatomy, Stretching & Training

Paperback: 160 pages

Publisher: Skyhorse Publishing (May 6, 2014)

Language: English

ISBN-10: 1628736348

ISBN-13: 978-1628736342

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #626,969 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #518 in Books > Sports & Outdoors > Individual Sports > Cycling #919 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

Jennifer Laurita is a League of American Bicyclists instructor and national-level coach, training and certifying instructors in all aspects of cycling. In addition to consulting on the development of cycling programs, curricula, and event implementation, Laurita also presents lessons to school districts and conducts staff development. An avid year-round cyclist, she regularly participates in charity events. Laurita lives in New Jersey.

i had gotten this book out of the library and decided it was a good resource.

For such a well presented, detailed and professional book, why the goofiest picture on the front cover? Complete turnoff for anyone serious about the sport and body well-being. That said, once you open it up, it is a superb presentation. Has immediately enhanced my understanding of the where and why of what is going on with stretching and exercises. The anatomy of the muscles being targeted in each stretch or exercise is just excellent. It has also given me a greater understanding of any injuries or niggling things I've got going on, and therefore how to care for them better. Highly recommend this book. Really simple, yet very professional and helpful. Unbelievably poor choice in cover photo! Hence 4 stars.

Great photos, descriptions and portable size. Comprehensive and understandable.

This is a great book with photo illustrations showing clearly how to perform all the exercises. It is an excellent compilation of exercises for the novice cyclist as well as the advanced cyclist.

Good book.

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