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There are 3 points of contact in cycling. Meaning 3 points of the body that make contact with the bike: Pelvis on the saddle ; Hand on the handlebars ; Foot on the pedal; Something 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 Cycling/Pedalling

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Cycling Anatomy

"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.

Cycling Anatomy (Sports Anatomy): Amazon.co.uk: Shannon ...

Using tried-and-true strength training principles for all parts of the 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 spare, Cycling Anatomy will help you reach top performance, avoid injury, and ensure you get the most out of every ride.

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Cycling Anatomy includes 89 of the most effective cycling exercises, each with clear step-by-step descriptions, to help increase your cycling speed, strength, and endurance. Full-color anatomical illustrations highlight the active muscles to increase your understanding.

Cycling Anatomy-2nd Edition - Human 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 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 road bike - British Cycling

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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.

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In Cycling Anatomy,Shannon Sovndal 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 the needs of cyclists. Try these out in your workouts, and you'll see improvements in your performance on the bike.

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