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Cycling Anatomy features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Cycling Anatomy goes beyond exercises by placing you on the bike and into the throes of competition.

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Anatomically organized into muscle groups, illustrates muscles in action and provides step-by-step instructions that detail the perfect technique and form for each of the more than 70 cycling-specific exercises. In addition, the book explains how each exercise is directly linked to performance on the bike.

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