



Anatomy of Cycling (Paperback)

By Jennifer Laurita

Hinkler Book Distributors, Australia, 2013. Paperback. Book Condition: New. 256 x 197 mm. Language: English . Brand New Book. To excel as a cyclist you need a well-rounded fitness approach one that strengthens a wide range of muscles and tones your whole body from head to toe. In Anatomy of Cycling, you will find an array of exercises selected to benefit the muscle groups cyclists use most.



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