



Weight Training for Cyclists (The Ultimate Training Series from VeloPress)

Eric Schmitz, Ken Doyle

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Written from the premise that optimum cycling performance demands total body strength, this book informs the serious cyclist on how to increase strength with weight training, as cycling alone cannot completely develop the muscle group used while riding. The authors identify and simplify the most current scientific information on strength training, answer questions about exercise and technique, and explain how to design a year round training program.

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