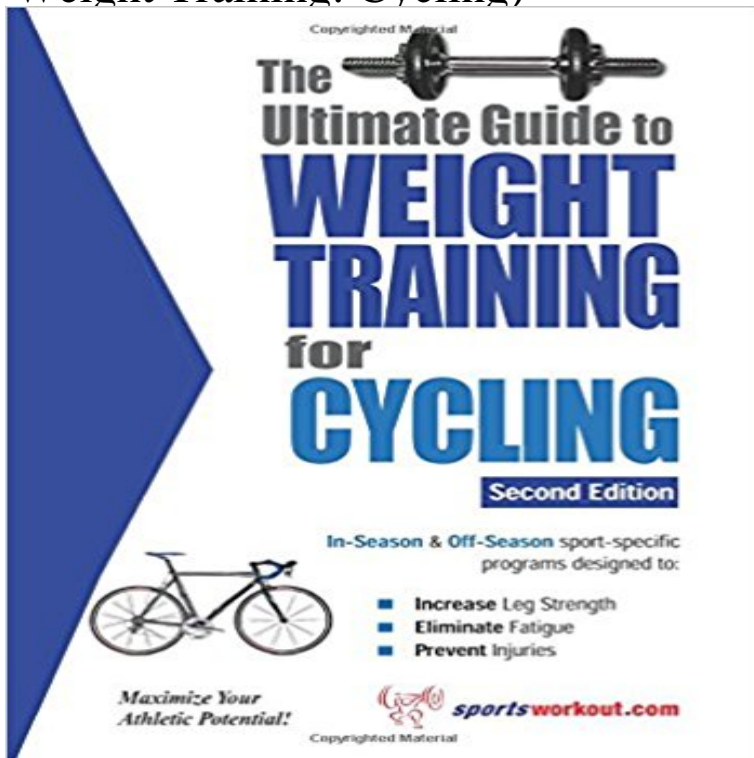


The Ultimate Guide to Weight Training for Cycling (Ultimate Guide to Weight Training: Cycling)



The Ultimate Guide to Weight Training for Cycling is the most comprehensive and up-to-date cycling-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round cycling-specific weight-training programs guaranteed to improve your performance and get you results. No other cycling book to date has been so well designed, so easy to use, and so committed to weight training. This book will have cyclists of all skill levels achieving quicker times with less of a chance of injury and more energy for going up hills and riding on tougher tracks. By following the programs in this book, you will increase your lower body strength, endurance, and overall speed dramatically. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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