



Weight Training for Cyclists: A Total Body Program for Power and Endurance

Eric Schmitz

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In addition to the powerful quads and chiseled calves they're known for, cyclists need strong core muscles and solid upper-body strength to use their power efficiently. *Weight Training for Cyclists* is the only book available that shows cyclists how they can get stronger to ride stronger.

This revised second edition presents new information on core strength, nutrition, stretching and warm-up. Now comprehensively illustrated with easy-to-follow drawings, the authors explain in clear terms how strength training in the weight room translates to endurance and power on the bike.

With the latest research on strength building buttressed by the most recent and effective equipment innovations, *Weight Training for Cyclists* presents a series of training plans that require only a fraction of the time that cyclists spend in the saddle. For newcomers and veterans alike, *Weight Training for Cyclists* will become their fundamental guide to better performance.

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From reader reviews:

Quentin Ryan:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity here is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent all day every day to reading a reserve. The book Weight Training for Cyclists: A Total Body Program for Power and Endurance it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book through your smart phone. The price is not too costly but this book possesses high quality.

Shad Broussard:

Is it you actually who having spare time then spend it whole day by means of watching television programs or just lying on the bed? Do you need something totally new? This Weight Training for Cyclists: A Total Body Program for Power and Endurance can be the reply, oh how comes? It's a book you know. You are thus out of date, spending your time by reading in this brand new era is common not a geek activity. So what these publications have than the others?

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