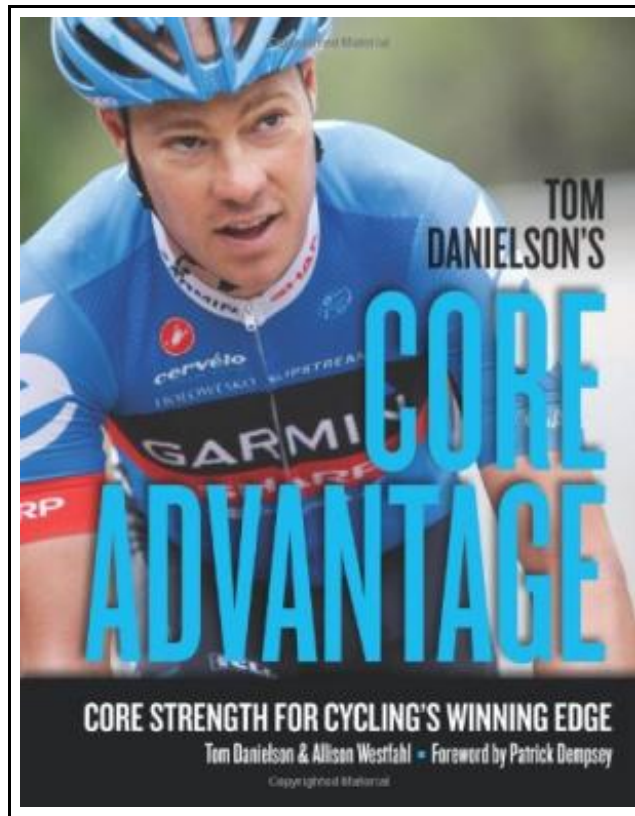


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VELOPRESS, United States, 2013. Paperback. Book Condition: New. 226 x 178 mm. Language: English . Brand New Book. Tom Danielson s Core Advantage offers cyclists a core strengthening programme to make every bike ride faster and painfree. This comprehensive approach shows the 50 essential core workout routines that will build strength and endurance in the key core muscles for cycling - no gym membership required. For years, professional cyclist Tom Danielson battled back pain that hurt his race performance and made riding his bike painful. Personal trainer Allison Westfahl cured Danielson s back problems with a core training programme that has become Danielson s secret weapon for climbing and time trialing. Rather than focusing on leg strength alone, Danielson s total-body strength routine boosts his performance, helps him recover from injuries, and gives him an edge in the peloton. Tom Danielson s Core Advantage shares three core strength plans so any cyclist can enjoy faster, longer rides. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to stabilise the upper body, improving cycling efficiency and reducing the fatigue that can cause back and neck pain. Cyclists will use their own body weight during exercises for the lower back, hips, abs, chest, and shoulders to build strength in these critical areas. Danielson models each exercise in clear photographs. Diagrams of key muscle and bone structures explain the goals of each workout. Riding a bike takes more than leg strength. Now Tom Danielson s Core Advantage lays out the core strengthening routines that enable longer, faster rides.



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