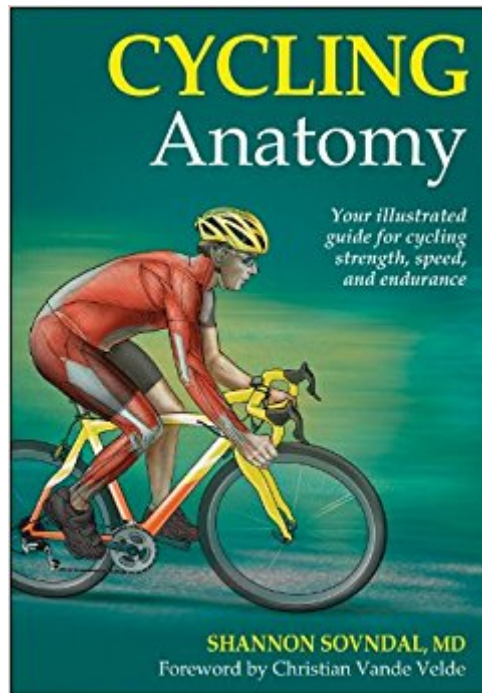




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Cycling Anatomy (Sports Anatomy)



Synopsis

See what it takes to maximize cycling power, speed, and endurance! Cycling Anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement. Cycling Anatomy features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Cycling Anatomy goes beyond exercises by placing you on the bike and into the throes of competition. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show you how the exercises are fundamentally linked to cycling performance. From steep inclines to slick terrains, Cycling Anatomy will ensure you're prepared for any challenge that comes your way. You'll also learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common cycling injuries. You'll also learn ways to pull it all together to develop a training based on your individual needs and goals. Whether you're training for an upcoming century ride or just want to top that killer hill with strength to spare, Cycling Anatomy will make sure you get the most out of every ride.

Book Information

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Customer Reviews

"Cycling Anatomy answers the basic and complex questions and gives you an array of options for improving your training both on and off the bike." Connie Carpenter Phinney 1984 Olympic Champion

Shannon Sovndal, MD, is the owner and founder of Thrive Health and Fitness Medicine (Thrive

HFM), an elite team of physicians, exercise physiologists, and athletes who provide clients with the highest level of personalized health care, life management, and fitness training. Most recently, he serves as a team physician for the Garmin-Slipstream professional cycling team. He also works as a board-certified emergency medicine physician at Boulder Community Hospital in Colorado and as a physician at the General Clinical Research Center at the University of Colorado. Before becoming a physician, Sovndal raced road bikes in the United States, winning the California/Nevada District Championship and many other road races and criteriums. Sovndal is a coauthor of *Fitness Cycling* and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York, completed his residency at Stanford University in California, and now lives in Boulder, Colorado.

This book is an excellent reference for cyclists looking to add strength training to their routines. It is very well organized into sections showing the different sections of the body the exercises are for. Each exercise itself is documented to show you exactly what it will be working and how it helps your cycling form. It also shows you variations of each exercise which are often easier versions of the original exercise. The one area that could possibly be improved on is that it does not have a section that really gives you a workout program and the author calls this out in the first chapter and that the goal of the book is to help show you proper exercises and how to do them. This is good, but I find that, for beginners it might be helpful to have a small section showing how to use all these exercises in a routine to get maximum benefit. It is important to note that I said "for beginners" in that last sentence since this book is really for more advanced cyclists and as such the missing prescribed workouts section is not something I really miss that much. Personally I am looking at using these in a hybrid/modified version of the P-90X program combined with the *The Cyclist's Training Bible*. Buy this if you are a cyclist looking on taking your training up a notch. Particularly if you are looking to add exercises you can do in a gym, off the road, out of the dark in a season like the winter. Don't buy this if you are a beginner looking for a book to help you get started in cycling or to get started on training a bit more seriously since this book is aimed at more serious cyclists.

It is sectioned off into regions of the body. Each page shows an isolated muscle exercise with an illustration of the activated muscle. It was like being in anatomy class again. A greater focus on anatomy rather than cycling. It lacked the connection of anatomic manipulation to improving your performance as a cyclist. There are basic exercises with nice illustrations, but definitely not what I was looking for.

I actually take this book to the gym with me in my gym bag. I refer to it so that I can visually match machine to the right muscle groups. I have done full and metric centuries, and the first to go is shoulders and lower back. The book breaks down these areas as they match the motion you make on the bike. Core work, from shoulders to hip flexors is essential - something I did not realize before, until I referred to this book. It would be neat if there was a digital version so that I could load the diagrams on my cell phone. Otherwise, I look like a bookworm with the book lying open on the ground as I am doing the rowing machine. :-)

Dr. Sovndal explains in concise language how the muscle groups work together to make cycling a full-body exercise, and the illustrations are helpful in showing where the muscles are and how to strengthen them. A friend in my Pilates class recommended this book to me and I recommend it, too, to any casual or performance cyclist. After a month of doing the exercises, I ride a one-day, 200-mile course with 16,500 feet of elevation gain and had far less body pain than on many way less difficult rides I made before my new awareness of my physiology.

The Sports Anatomy books (in general) are all very good. I see my husband referring to this and his other two books (Running Anatomy and Swimming Anatomy) on a regular basis. He is an avid marathoner who used to swim in high school. He is now branching into training for an Iron Man. As a physician, he believes knowledge about proper, sport-specific mechanics and training is your best defense against sports injury. I would recommend these books to anyone who is serious about learning the proper way to train and move in their sport of choice.

Cycling Anatomy is my go to book for work out references on or off the bike. I really like the way it references work outs to actual riding.

This book is great for people like me 1) want to get specialized guidance for their off-the-bike training (lifting, etc) and 2) who always want to know WHY they are doing something. Each page gives great diagrams of a rider using specific muscle groups, then an exercise in the gym that works the same muscles. It's great! The only weird thing is the name of the book. I initially looked at it not expecting a training book. But, I love it.

Well written. This book gives me exactly what I need to know about which muscles are involved in

cycling. Good tips and suggestions on workouts. Shannon did quite well in explaining the physiology and mechanics of riding. Definitely a keeper and I highly recommend this book as you prepare for your rides and subsequent workouts.

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