



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

*Eric Schmitz*

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## **Weight Training for Cyclists: A Total Body Program for Power and Endurance** Eric Schmitz

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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