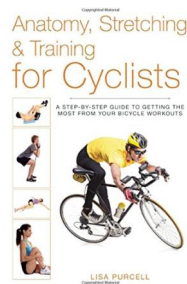


## Anatomy, Stretching and Training for Cyclists: A Step-By-Step Guide to Getting the Most from Your Bicycle Workouts



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