

The Pain-Free Cyclist: Conquer Injury and Find Your Cycling Nirvana



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(Leslie Reinger)

THE PAIN-FREE CYCLIST: CONQUER INJURY AND FIND YOUR CYCLING NIRVANA



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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Pain-Free Cyclist: Conquer Injury and Find Your Cycling Nirvana, Matt Rabin, Robert Hicks, Bradley Wiggins, It's not (just) about the bike. Ride your bike long enough and with an optimal bike fit you're likely to get injured. It's not what cyclists want to hear, but it's the hard truth. Cycling is a rapidly growing sport, and as numbers increase, so do the amount of injuries. What do you do if you get injured? Rest? Continue to ride? These questions need answering - to avoid confusion, further complications and more harmful injuries, resulting in substantial time off the bike. We want more riders out on the road, enjoying their cycling, pain free. This book takes you through the most common cycling injuries, lets you know what exactly they are, why you get them and what you can do to do get rid of them and get you back on the bike pain free. * Foreword by Sir Bradley Wiggins and featuring interviews with pro-cyclists including Cadel Evans, Carlos Sastre, Dan Martin, Tyler Farrar and Andrew Talansky.



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