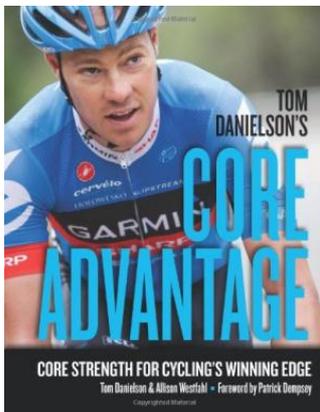


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# TOM DANIELSON S CORE ADVANTAGE: CORE STRENGTH FOR CYCLING S WINNING EDGE (PAPERBACK)



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...

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- Authored by Tom Danielson, Allison Westfahl
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## Reviews

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