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



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...

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- Authored by Matt Rabin, Robert Hicks, Bradley Wiggins
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