

MATT RABIN & ROBERT NICKS
Foreword by Sir Bradley Wiggins

THE PAIN-FREE CYCLIST

CONQUER INJURY & FIND
YOUR CYCLING NIRVANA

Prevention • Treatment • Rehab



ILLUSTRATION BY

Matt Rabin and

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



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It isn't (just) about the bike. Ride your bike long enough and you're likely to get injured. What do you do if you get hurt? Cycling is a rapidly growing sport, and while cyclists increase, so does the amount of injuries. It's not what cyclists want to hear, but it's the hard truth. This book takes you through the most typical cycling injuries, breaking down exactly what they are, why you have them, and you skill to eliminate them and reunite on your own bike pain-free. Continue steadily to ride? To avoid further problems and more harmful injuries resulting in substantial time off the bicycle, these queries need answering. Rest?



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Four Stars Nice layout, readable, good contents - very helpful! Four Stars OK. Well worth it!!



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