



smart

cycling

**Successful
Training
and Racing
for Riders
of All Levels**

NATIONAL CHAMPION AND U.S. RECORD HOLDER
ARNIE BAKER, M.D.

FEATURING A **12-WEEK**
STATIONARY TRAINER WORKOUT

Smart Cycling Successful Training And Racing For Riders Of All Levels

John Wilcockson



Smart Cycling Successful Training And Racing For Riders Of All Levels:

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