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Cycling Anatomy Sports Shannon Sovndal

Before becoming a physician, Sovndal raced road bikes in the United States, winning the California/Nevada District Championship and many other road races and criteriums. Sovndal is a coauthor of *Fitness Cycling* and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York, completed his residency at Stanford University in California, and now lives in Boulder, Colorado.

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Anatomy and Fitness Cycling). He founded Thrive HFM (Health-Fitness-Medicine) in 2005, an elite-level training business through which he offers personalized and interactive sports training and wellness management.

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In Cycling Anatomy, Shannon Sovndal addresses the issue of conditioning each muscle group to give you the best performance on the road. This book will help you meet your true cycling potential. The exercises were chosen to match the needs of cyclists. Try these out in your workouts, and you'll see improvements in your performance on the bike.

CYCLING ANATOMY - Fitness Professionals

Sovndal has also worked at the Clinical & Translational Research Center at the University of Colorado as a staff physician, and was the team physician for the Garmin Professional Cycling Team, Slipstream Sports. He is the author of Cycling Anatomy, Fitness Cycling, and his new book, Fragile. He lives in Boulder, Colorado with his family.

About | Dr. Shannon Sovndal

Sovndal is a co-author of Fitness Cycling and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York and completed his residency at Stanford University. Page 1

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Cycling Anatomy (Sports Anatomy): Amazon.co.uk: Shannon ...

From customized workouts to authoritative advice, Fitness Cycling provides the most effective workouts for achieving peak physical conditioning. As a cyclist and physician for one of the sport's leading teams, author Shannon Sovndal provides a detailed approach to cycling that will help you increase strength, speed, stamina, and overall fitness.

Cycling Books | Dr. Shannon Sovndal

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