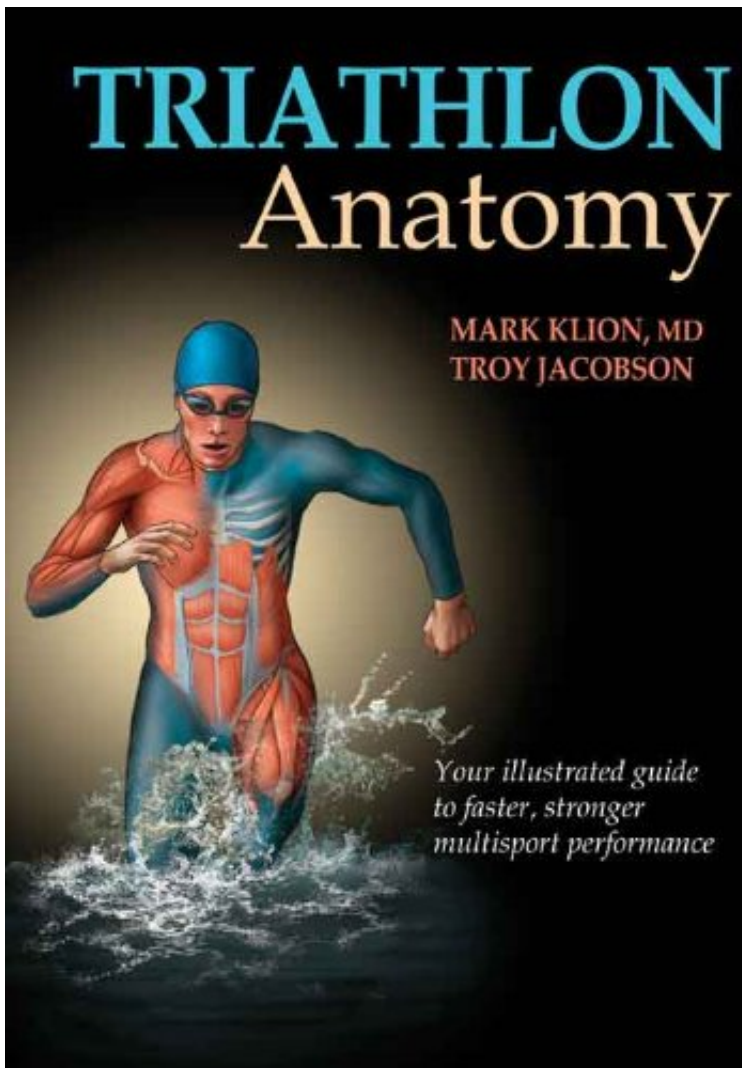


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# Triathlon Anatomy



*Par Mark Klion, Troy Jacobson*  
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## Description :

Prsentation de l'diteurHuman Kinetics bestselling anatomy series helps triathletes maximize performance with effective multisport programming. Step-by-step instructions for 82 exercises, depicted with more than 177 full-color anatomical illustrations, provide an inside look at developing muscles essential for swimming, biking, and running.Prsentation de l'diteurHuman Kinetics bestselling anatomy series helps triathletes maximize performance with effective multisport programming. Step-by-step instructions for 82 exercises, depicted with more than 177 full-color anatomical illustrations, provide an inside look at developing muscles essential for swimming, biking, and running.Biographie de l'auteurMark Klion, MD, is a board-certified orthopedic surgeon and sports medicine specialist. He serves as the medical co-director for the New York City Triathlon and Toughman Half Ironman and is the orthopedic consultant for the US Triathlon Academy and Foundation bicycle team. Troy Jacobson has been a leader in the field of triathlon coaching since 1992.

He is the owner of Lifesports, Inc., an endurance multisport coaching company and is recognized as a pioneer in developing and marketing online coaching services.