

the RIDES SERIES - VIRTUAL INDOOR CYCLING



RIDES VIRTUAL INDOOR CYCLING TRAINING SERIES

Produced for indoor bike training, RIDES provides an inspirational and motivational workout set to a groovin' soundtrack. It is a revolutionary training series that puts the viewer in actual group rides with some of the best cyclists and triathletes on the planet. The workout is presented with on-screen graphics, pop-up video style training tips, and picture-in-picture testimonials to keep you alert and focused. RIDES is the ultimate windtraining rush!

- VOLUME 1: THE ROCKIES - BOULDER PEAK
- VOLUME 2: LAS VEGAS - VALLEY OF FIRE
- VOLUME 3: SOUTHERN CALIFORNIA - ORANGE COUNTY
- VOLUME 4: NORTH CAROLINA - CARRBORO CLASSIC
- VOLUME 5: HILL COUNTRY - KENTUCKY / INDIANA

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INDOOR CYCLING - PERFORMANCE SERIES

CYCLING FITNESS RESULTS SERIES INDOOR CYCLING TRAINING SERIES with JOE FRIEL

3 workouts per DVD...Over 21 hours of cycling specific training!
Cycling Fitness Results is a functional back-to-basics workout series with proper warm-up and cool-down periods, cycling specific stretching exercises, and contains novice, intermediate, and advanced workouts. Conforms to Joe Friel's "Training Bible" philosophies.



- VOL. 1: PEDALING TECHNIQUE
- VOL. 2: PEDALING STRENGTH
- VOL. 3: VO2 MAX TRAINING
- VOL. 4: LACTATE THRESHOLD
- VOL. 5: ANAEROBIC POWER
- VOL. 6: CLIMBING ACCELERATION

INDOOR CYCLING - PERFORMANCE SERIES

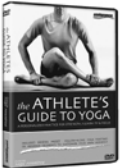
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PERFORMANCE ENHANCEMENT



ATHLETE'S GUIDE TO YOGA

Yoga makes good athletes better. This time-honored discipline imparts flexibility, balance, and whole-body strength, creating improvements in an athlete's form, efficiency, and power.

Choose from 7 preset routines or create your own workout lasting 2 minutes to 2 hours!



PERFORMANCE STRETCHING

Informative, motivational sport specific stretching routine designed to enhance athletic performance and, reduce recovery time post workout and prevent nagging or acute injuries.



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ENDURANCE NUTRITION

Gain top advice on how you can dramatically improve your training, racing and health through a simple, well thought out endurance nutrition plan. Brought to you by the experts at Hammer Nutrition.



TRIATHLONCORE DVD/eBook

A Strength and Conditioning System for Triathletes from Newbie to Elite in a comprehensive DVD and 100 page eBook combo. Program specific from sprint to Ironman distance.



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TRIATHLONCORE DVD/eBook SRP: \$39.95

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ENDURANCE CORE

This follow along core strength and conditioning program for endurance athletes is the key to maximizing power, preventing injury and significantly enhancing performance.

Includes several sport specific routines designed for runners, cyclists and triathletes.



TRIATHLETES 1.0 & 2.0

Triathletes™, founded by Coach Kelly of Energy Fitness Coaching, LLC, utilizes several basic mat Pilates movements and various other core conditioning and balance exercises to create a workout specifically to improve muscular imbalances of triathletes and endurance athletes while sharpening mental focus. Triathletes™ positions stretch and strengthen the muscles of the body that often become imbalanced by triathletes.

- TRIATHLETES 1.0 - FUSION AND FUNCTION
- TRIATHLETES 2.0 - BALANCE AND STABILITY



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