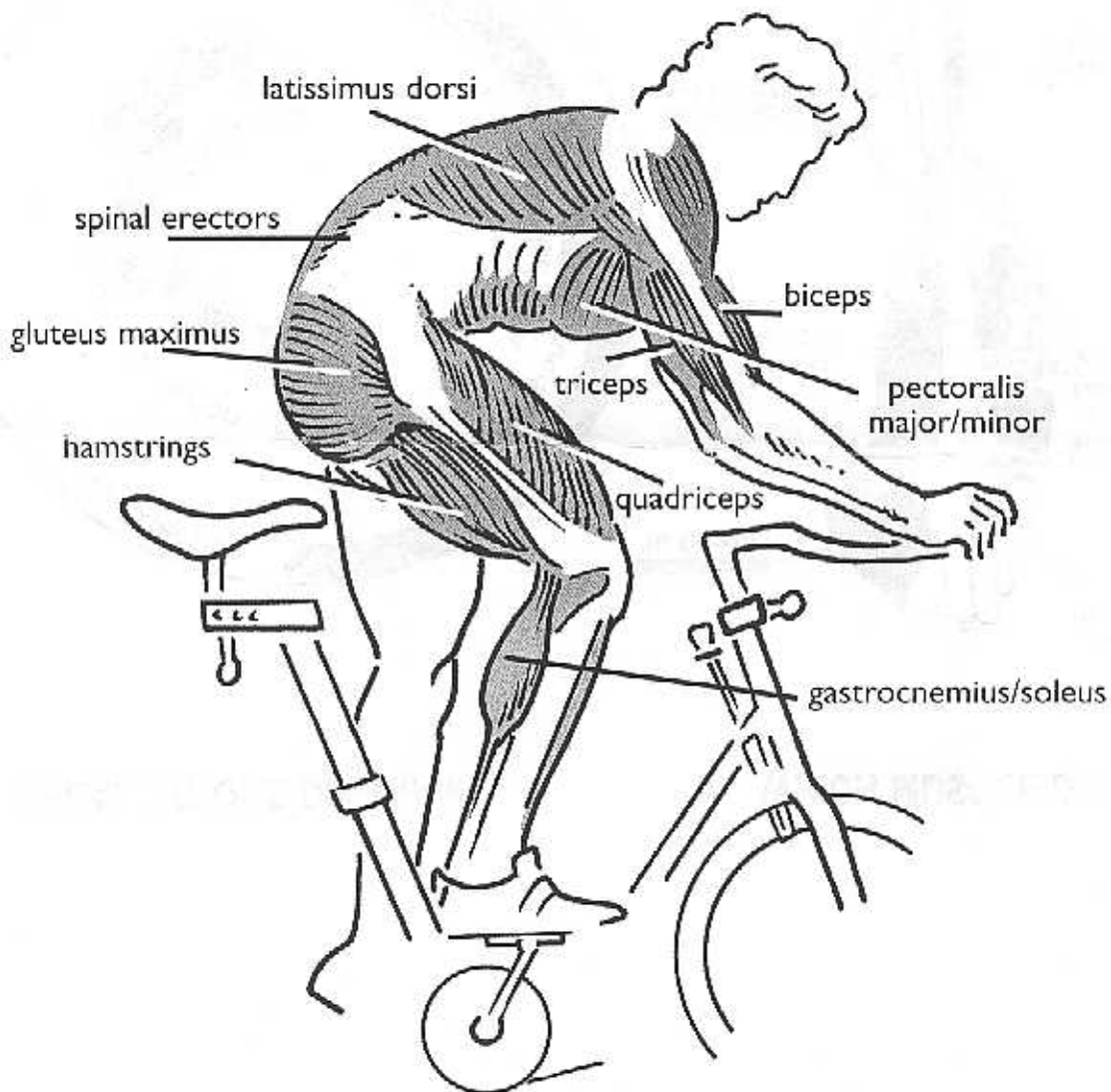




## Muscle Groups Used in Cycling

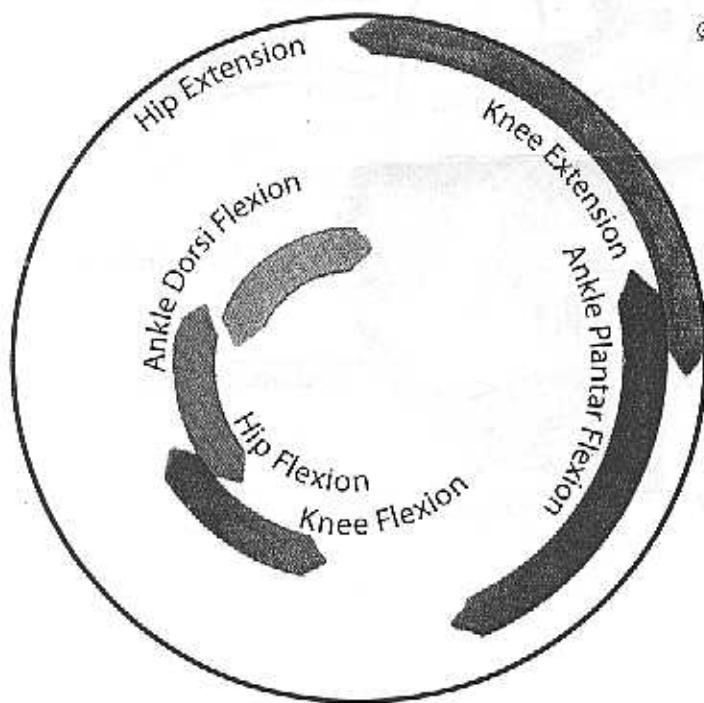


\* Drawing courtesy of Fred Koch



# Muscle and Joints Actions During Pedal Stroke

PEDAL STROKE DIAGRAM



WHICH MUSCLE DOES WHAT

