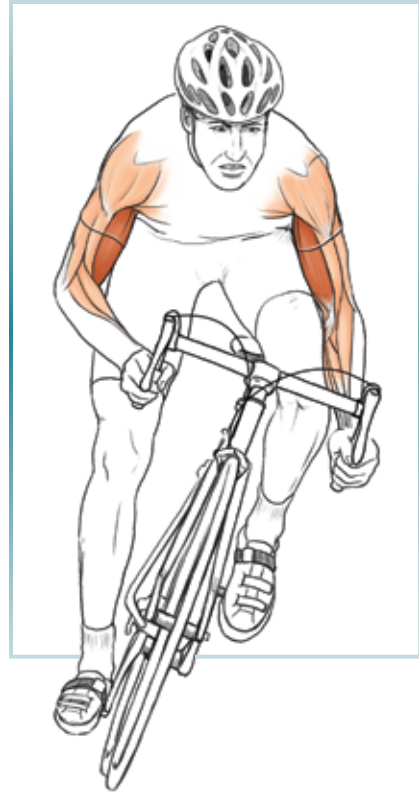
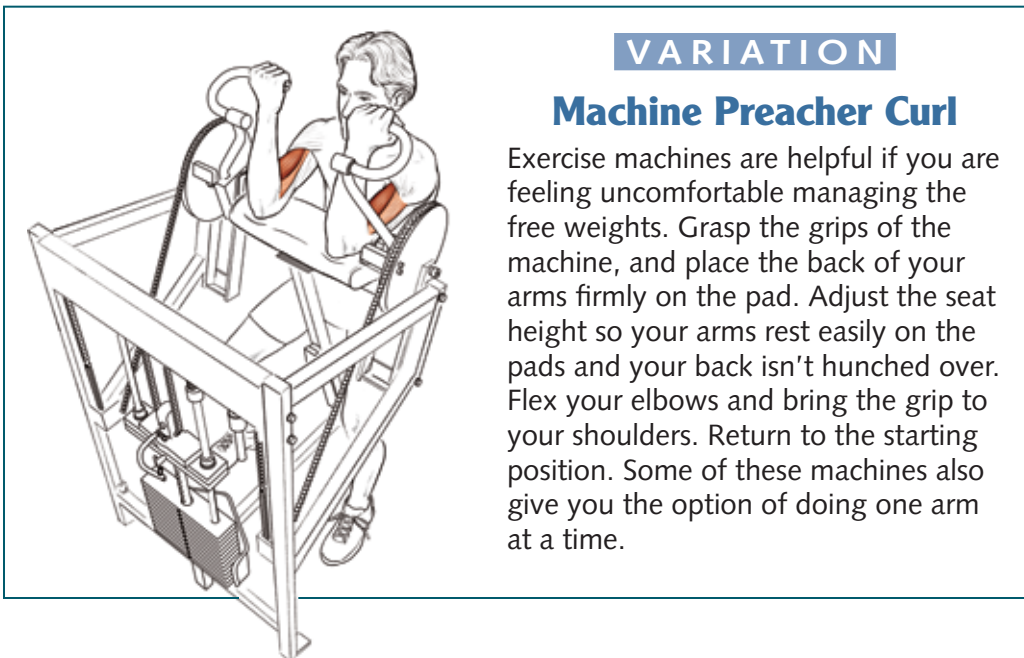


Cycling Focus

I'll never forget the day Greg Lemond beat Sean Kelly in the final sprint to win the 1989 World Championships. If you ever see a photograph of this event, you'll note not only the elation on Greg Lemond's face but also his prominent biceps muscles. As previously mentioned, squeezing the maximal performance out of your bicycle requires your entire body to contribute. The pull on the handlebars can be immense, and the preacher curl will help hone your biceps strength. For this exercise, try to position your grip width similar to your handlebar position. Imagine yourself sprinting for the line as you slowly bring the weight to your shoulders. With each repetition, feel yourself closing in on the final victory. Remember that form is everything. Don't lift your butt or torque your back to try to complete a repetition. Even when you're fatigued on your bicycle, you want to be smooth and fluid with your motion. The same applies to lifting in the gym. Maintain good control and form throughout the exercise.



SAFETY TIP Always keep a slight bend at the elbows during the extension phase of the exercise. Overextension can cause ligament strain and injury.



VARIATION

Machine Preacher Curl

Exercise machines are helpful if you are feeling uncomfortable managing the free weights. Grasp the grips of the machine, and place the back of your arms firmly on the pad. Adjust the seat height so your arms rest easily on the pads and your back isn't hunched over. Flex your elbows and bring the grip to your shoulders. Return to the starting position. Some of these machines also give you the option of doing one arm at a time.