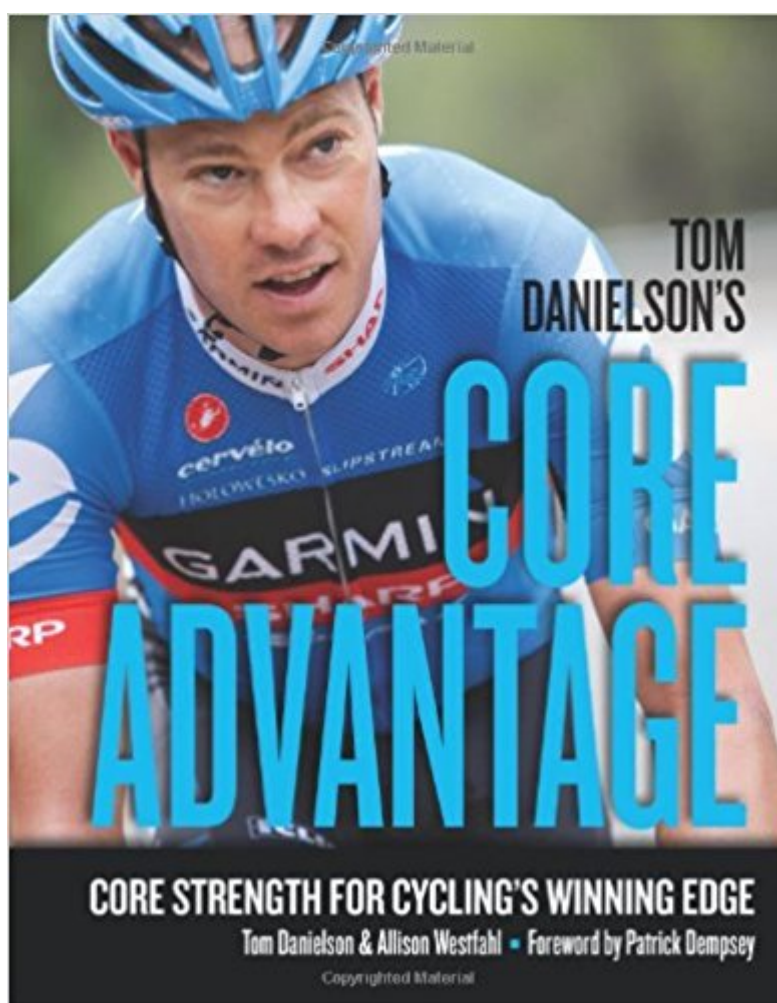


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# Tom Danielson's Core Advantage: Core Strength For Cycling's Winning Edge



## Synopsis

Tom Danielson's Core Advantage offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling--no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without adding unwanted bulk and without weights, machines, or a gym membership. Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike takes more than leg strength. Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer, faster rides.

## Book Information

Paperback: 224 pages

Publisher: VeloPress (January 1, 2013)

Language: English

ISBN-10: 193403097X

ISBN-13: 978-1934030974

Product Dimensions: 7 x 0.6 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 127 customer reviews

Best Sellers Rank: #139,940 in Books (See Top 100 in Books) #88 in Books > Sports & Outdoors

> Individual Sports > Cycling #285 in Books > Sports & Outdoors > Coaching > Training & Conditioning #1309 in Books > Sports & Outdoors > Outdoor Recreation

## Customer Reviews

"A strong midsection makes for a more efficient stroke. Try the 50 exercises in Tom Danielson's Core Advantage." -- Bicycling magazine  
"Tom Danielson's Core Advantage provides both a solid basis of theory and practical exercises for improving our cycling. Designed specifically for cyclists from the ground up to prevent cycling injuries and with the specific posture and motion of cycling in mind"  
"Holistic and progressive workouts"  
"Absolutely no equipment of any kind is needed." -- Pez  
"cyclingnews"  
"Tom Danielson's Core Advantage argues for a different kind of core training than the traditional parade of crunches"  
"The style of training works for everybody who exercises and especially for those who are getting older and are familiar with nagging back issues." -- Denver Post  
"Even if you're not suffering from back pain, [these 50 exercises] are a helpful, practical and surefire way to improve your riding." -- RoadBikeRider.com  
"In their book, Danielson and Westfahl discuss the importance of core training and offer plans for cyclists of all levels." -- The Olympian

**FIND YOUR CORE ADVANTAGE**  
Pro cyclist Tom Danielson used to have a bad back. He shifted in the saddle, was never comfortable, and often rode in pain. Core strength workouts fixed Tommy D's back pain, and core strength has become his cycling advantage. The strength routines in this book will help you build power and performance on the bike. You will improve your balance, coordination, and muscular endurance without adding unwanted muscle bulk. You don't need a gym. You don't need special equipment. With Tommy D's simple core exercise routines, you will eliminate muscle imbalances and lingering pain from injuries. You'll maintain power out of the saddle, climb stronger, and reduce fatigue at the end of a long ride. Tom Danielson's Core Advantage includes: 45 core strength exercises  
5 dynamic warm-up exercises  
Workout plans in 3 levels, beginner to pro  
Exercises to build strength, endurance, and balance  
Cures for back, shoulder, and neck pain  
Workouts to improve climbing and out-of-the-saddle power  
Tom Danielson's core exercises are essential for stronger riding. They are easy to master, and they don't take much time. Best of all, they will improve your performance on the bike and extend your cycling career.

So, when I first got this book I flipped through it, found the exercises, thought to myself "these look stupid, waste of money", closed it and stuck it on the shelf for a couple months. Now you see, I'm no stranger to the gym, workouts have been a part of my lifestyle since high school. But I've also had

persistent cycling back pain for a few years, as well as worsening back pain in everyday life too. Standard core routines (even 'functional' based core routines) haven't had much difference either in cycling or daily life, and often even leave me with worse back pain for a couple days after the workout. A few weeks back after a ride where my back really bothered me I decided to give the book another chance. I skipped all the wordy stuff, went to the exercise section, and picked out a few of the exercises that I thought looked 'good' to me. Did those for a couple weeks, and to my surprise there was a small, but measurable, difference in back strength and less back pain at the end of rides. Hip flexibility and daily back pain have made small improvements as well. Encouraged by the results, I read the book cover to cover (which has good info). I won't dismiss the other exercises anymore, if picking a few random exercises from the list has positive results, I have high hopes that the workouts will make a bigger difference. I am starting the workout plans from the beginning, Level 1 workout 1 and will progress through (hopefully) level 3. I'll check back in to update my review in a couple months to share how it is going.

Good read on a very important but often neglected part of cycling. The theory can become a bit dull as it's very medical (muscle groups in Latin and such, especially tricky when English is not your native language). The exercise plans are clear in instructions but I do really miss video demonstrations for some of the exercises (Quite a few here: [https://www.youtube.com/watch?v=a\\_Kfc0mp2Mw&list=PLUMQ5KNNAMhQ9qcEN2UvINuPTPnq620ij](https://www.youtube.com/watch?v=a_Kfc0mp2Mw&list=PLUMQ5KNNAMhQ9qcEN2UvINuPTPnq620ij)) And I must admit, starting is easy, but the hardest part is to actually stick with a core stability routine!

Tom Danielson's Core Advantage is an excellent book. Allison Westfall provides much of the material for this book, explaining the mechanics of bike riding and injury prevention. The first third of the book explains the importance of core strength both for injury prevention and improved riding ability. I've noticed a huge improvement personally. I can now do the weekly Shootout group ride (60 miles, 2.5 hrs) and my back feels fresh at the end. I used to have lots of tightness and a compressed/fatigue feeling all over my back. I also feel more stable during hard efforts and my upper body is steady without rocking. My power numbers are up a bit too. There are 3 sets of workouts that build on the last. The workouts start with dynamic stretching, then list exercises with # of sets and # of reps. Each exercise is explained with text and pictures. Easy to use.

As a mountain biker, I'm often loathe to purchase a cycling related book with a professional road

cyclist on the cover, but I'm certainly glad that I made an exception here. After hearing many people extolling the virtues and importance of core training and strength exercises, I started implementing them into my own workout routine and have already seen results. This book has given me the knowledge and exercises to take it to the next level. Fantastic, detailed explanations with great photos and illustrations. Highly recommended!

This has been the answer for my back aches that start when I start riding long distances. I've been doing the exercises for three months now and my back is stronger. As a bonus, I've also lost inches around my waist! Can't wait for longer rides (once the weather clears up and it quits snowing!) The level III exercises are challenging. If you are serious about riding, these exercises will undo some of the damage you create with long hours in the saddle.

There's a lot of essential background information here in one place - a comprehensive overview of the core with a good and understandable treatment of the many issues and the ways they manifest themselves. Those interested in such detail will find something they didn't know before and be able to link to what they already know. Tom's take on how this has worked for him and enabled him to improve are timely and thoughtful. Many of the exercises aren't necessarily new, but they're packaged and explained well; and they certainly address all of the core muscles and groups. The illustrations and handling of the how to are very helpful. Even the most experienced will find some detail or bit of info that can be added to his routine or help create another (i.e. - the placement of towels under the feet while doing mountain climbers or performing bicycle crunches slowly). I bought 3 books just to give to friends - what a great value for under \$12.00.

Lots of good information

I didn't know anything about Tom when I Purchased this book when it first came out, but was looking for something to help my core after having 13 years off the bike. I found the steps to follow easy and well thought out and being over 50 year old I have taken it slowly from chapter 1 to the final chapter and tastes. I did notice improvement in my riding style in time trailing and hill climbing, even through I am a sprinter. I would recommend this book to help with the next step in your training for cycling. Were you have good miles in your legs, it is the small things that matter and make the difference.

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