



It's a Chain Reaction
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Why Perfect The Pedal Stroke?

- Efficiency
- Economy

The Breakdown While in Seated Position

1. Push-through
 - Leverage and fulcrum
 - Stretching the chain-ring
 - Muscles used
2. Power phase
 - Foot to pedal connection
 - Muscles used
3. Unloading phase
 - Un-weighting
 - Foot placement
 - Muscles used
4. Pull-through
 - When to pull
 - Foot placement
 - Muscles used

Putting it all together

- The chain reaction
- Demonstration

Cleat Placement

- Canting
- Fore and aft

The Breakdown While Climbing Off Saddle

- How it changes
- Foot position
- Body position/alignment
- Gravities effect

Putting it All Together

- The chain reaction
- Demonstration

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