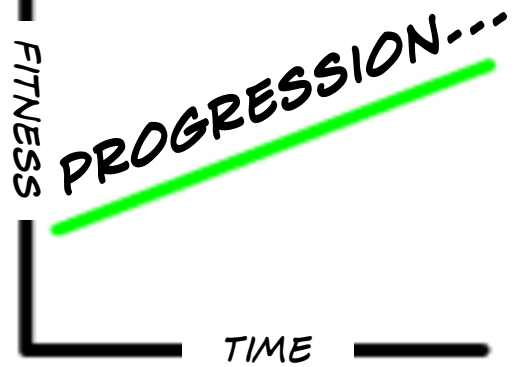


PRINCIPLES OF TRAINING

SPECIFICITY...



I NEED TO STRENGTHEN MY LEGS TO GAIN POWER WHEN I'M CYCLING!



OVERLOAD...



BY INCREASING...

...FREQUENCY...
...INTENSITY...
...TIME!

**S
P
O
R
T**

...TEDIUM!



THIS IS BORING...I CAN'T BE BOTHERED ANYMORE!

use it or
lose it

REVERSIBILITY