

deda
ELEMENTI

SUPERLEGGERA



SUPERLEGGERA

- RHM RAPID HAND MOVEMENT
- HR40 CARBON FIBER
- 42-44-46 CM (O-TO-O)
- 180 GRAMS



SUPERLEGGERO

- 7050 ALLOY
- 82° ANGLE
- 80 TO 140MM
- 99 GRAMS



SUPERLEGGERO RS

- UD FULL CARBON
- 27.2 & 31.6 MM DIAMETER
- 12MM SETBACK
- 176 GRAMS

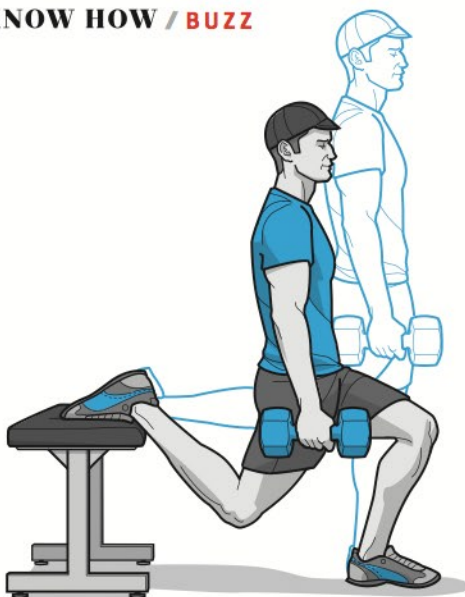


LIGHTNESS IS PERFORMANCE.



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KNOW HOW / BUZZ



TRAINING

ACTIVATE YOUR MUSCLES

Lifting weights can train your riding muscles to last longer and work harder. When you do sport-specific exercises such as squats and leg presses for eight to 12 weeks in the off-season, the muscle fibers you use for short, hard efforts become more resistant to fatigue, according to a report published in the *Scandinavian Journal of Medicine & Science in Sports*. Your brain also becomes more adept at recruiting the muscles you need to keep riding. Try this move from Douglas Lentz, director of fitness and wellness for Results Therapy and Fitness, in Chambersburg, Pennsylvania. It targets your quadriceps but also activates just about every other muscle in your lower body. Do three sets of five repetitions two days a week.

Dumbbell Bulgarian Squat

Grab an eight- to 10-pound dumbbell in each hand. Stand about 2 feet in front of a bench and reach your right foot back, resting the top of it on the bench. Bend your left leg until your thigh is parallel to the floor, then press back to the starting position. Switch legs. That's one rep.



News and views from Selene Yeager, our health and fitness expert.

WEIGHT LOSS

Protein Plus

If you count calories to drop pounds and continue to ride hard, you could be losing the wrong kind of weight. According to a study published in *The FASEB Journal*, 39 men and women who were put on a three-week diet of either the recommended daily intake of protein (54 grams for a 150-pound adult) or two or three times that amount all lost about seven pounds. But those who ate the higher amounts of protein mostly trimmed fat, while the ones who consumed less lost more than half the weight in the form of muscle. If your body starts to break down protein faster than it can make more, says Donald K. Layman, PhD, a professor emeritus of nutrition at the University of Illinois, you'll experience loss of muscle mass, strength, and endurance, and reduce your ability to recover. He recommends getting 30 grams of protein at all three meals.

READ SELENE'S BLOG AT BICYCLING.COM/FITCHICK.

MY NEW FAVORITE

Recovery Aid

The first time I stuck the Marc Pro Muscle Conditioning Device's electrodes to my legs and watched my quads contract, I was skeeved out. Then I used it nightly during a grueling stage race and found my muscles felt fresher each day. The portable, rechargeable device uses electrical stimulation to increase bloodflow and promote recovery. The cost of fresher legs: \$650.



Portrait: Kagan McLeod; Charlie Layton; Courtesy