

TRIATHLON ANATOMY

Alissa Keyton

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Triathlon Anatomy demonstrates that for the cyclist, the shoulders are the key to climbing performance, and for the runner, toned shoulder muscles equate with strong rhythm and balance. He is the owner of Lifesports, Inc. Back and Neck; Chapter Triathlon Anatomy.

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He has completed 10 Ironman triathlons, including Hawaii Ironman in and See

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