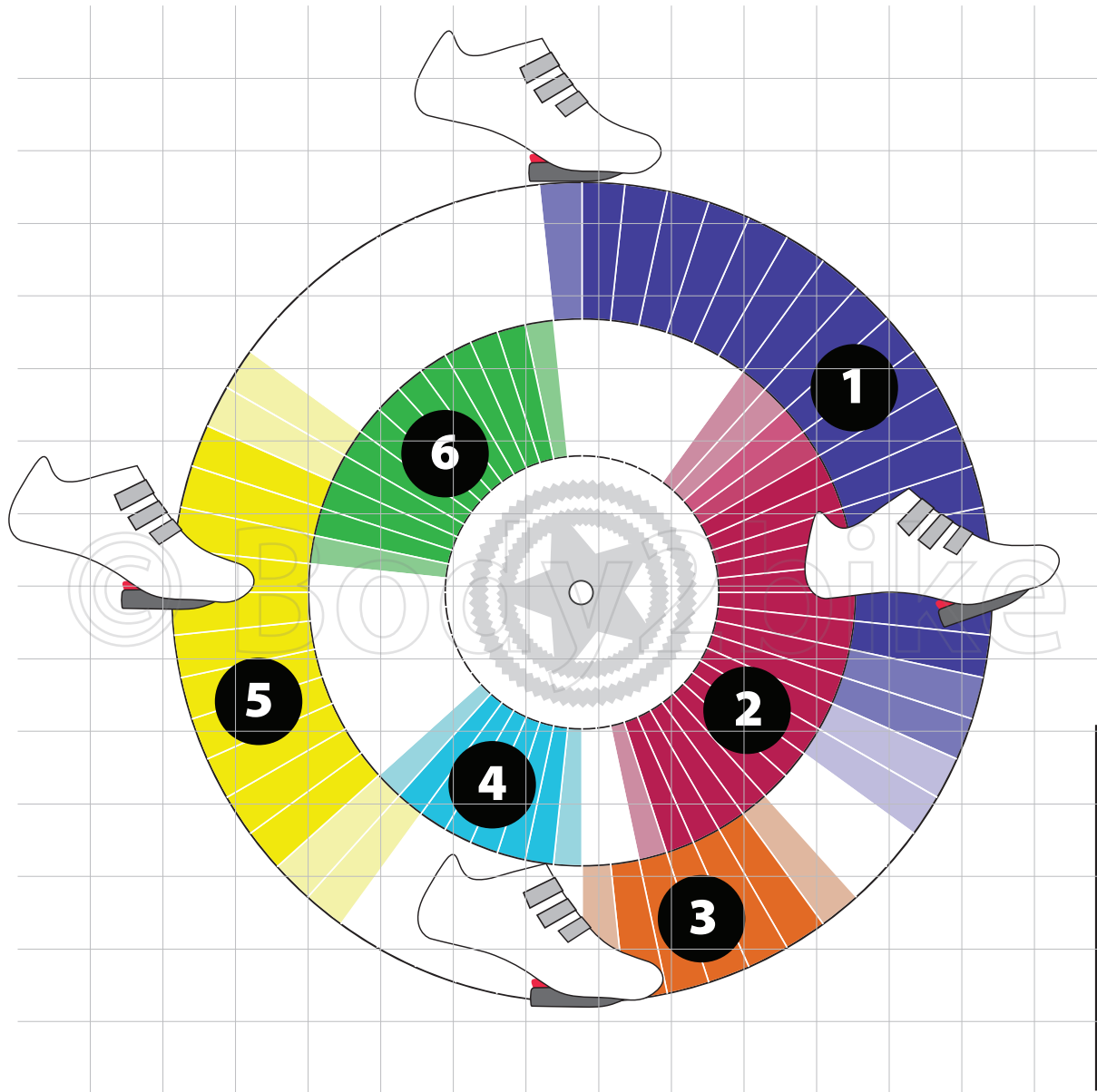
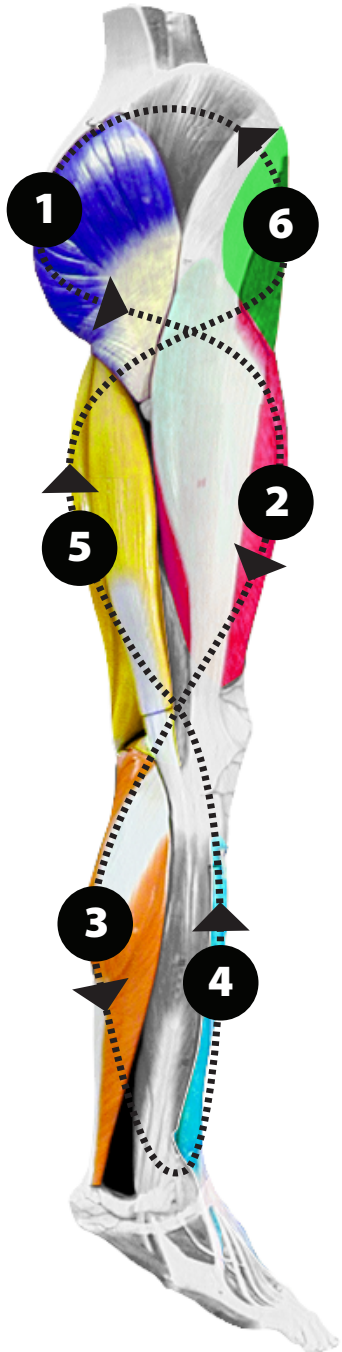


# THE PERFECT PEDAL STROKE



- 1. HIP EXTENSOR
- 2. KNEE EXTENSOR
- 3. ANKLE PLANTAR FLEXOR
- 4. ANKLE DORSIFLEXOR
- 5. KNEE FLEXOR
- 6. HIP FLEXOR