



Hidden Horsepower: The Off Road Racer's Guide to Better Performance

Tyler Coody CSCS

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Hidden Horsepower is a revolutionary approach to strength and conditioning for off road motorcyclists. Hidden Horsepower is the ultimate guide for those who want to increase performance on and off the motorcycle. This wholistic approach to improving pre and post race nutrition, mobility, and strength and conditioning is perfect for riders of all ages and skill levels. Hidden Horsepower also contains a two week training template to get you started!

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