

PIHC Strengthening Assessment

To improve in your cycling there are a range of areas an exercise physiologist can help with:

- **Core control**
- **Leg strength**
- **Flexibility**
- **Power**
- **Endurance**
- **Goal setting**



Email Julian Mancini, PIHC Exercise Physiologist at julian@pihc.com.au for more information or call **9240 5266** to book your assessment.

Quote: **Cyclo EP (JULIAN)**