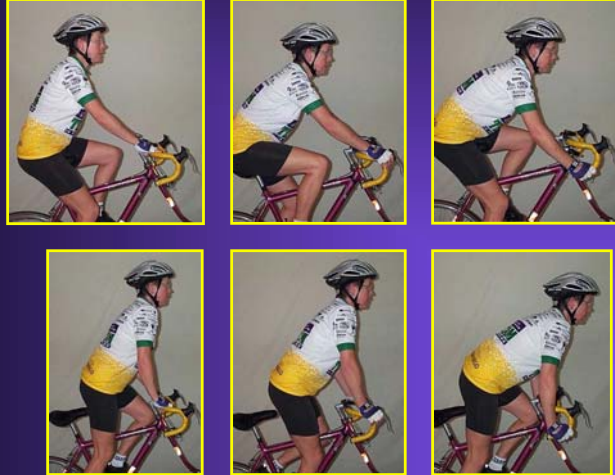


## 6 Climbing Positions



Climbing

ABC Slide Show

8

ABC Climbing & ACE Slide Shows.

Trainer allows one to practice all 6 road climbing positions.

Each position has its advantages.

Read more about these positions in the ABC handout *Road Cycling – 6 Climbing Positions*.