



# Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance

*Richard Wharton, Dr Robert S Neff PhD, Heidi Smith RD, Dr. Paul Smeulders PhD*

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## **Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance**

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This book describes how to best utilize your CompuTrainer Indoor Ergometer, through the use of Racermate's software package, and the Erg+ and Real3D and Crs+ software, from CyclingPeaksSoftware and TrainingPeaks.com.

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The feeling that you get from Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance is the more deep you rooting the information that hide in the words the more you get serious about reading it. It doesn't mean that this book is hard to recognise but Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance giving you joy feeling of reading. The article writer conveys their point in particular way that can be understood by anyone who read that because the author of this guide is well-known enough. That book also makes your vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this particular Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance instantly.

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