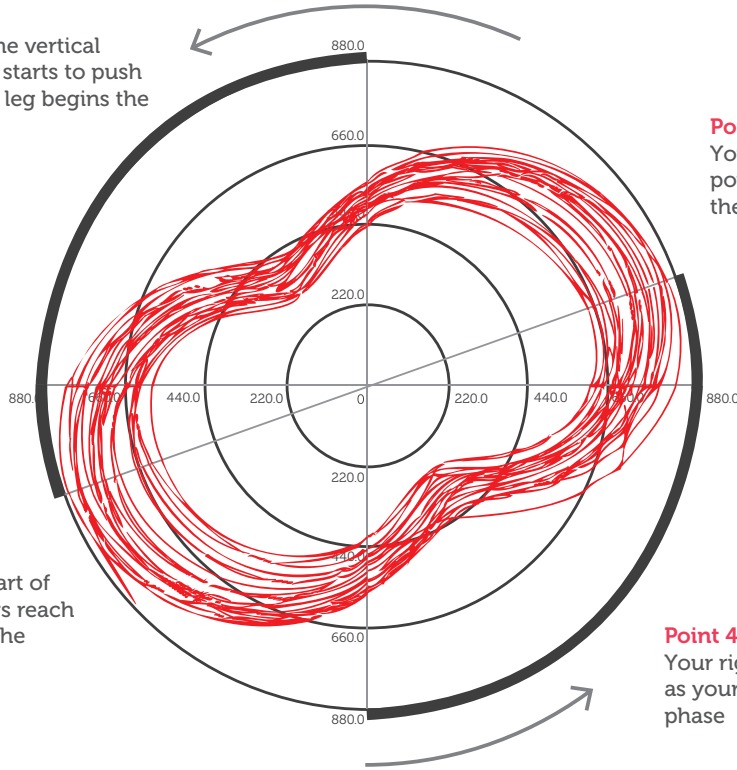


**Point 1**

As the cranks leave the vertical position your left leg starts to push down while the right leg begins the recovery



**Point 5**

Your right leg is at its most powerful while your left leg is in the recovery phase

**Point 2**

This is the most powerful part of the left-leg drive. Most riders reach their peak power just after the cranks are horizontal

**Point 4**

Your right leg starts to push down as your left leg starts the recovery phase

**Point 3**

As the cranks approach the vertical position again the power begins to come off as there is a transition between drive phase and the recovery. It is important to minimise that power loss by maintaining pedal momentum