

The Ultimate Ride By Chris Carmichael

By Chris Carmichael

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Chris Carmichael is the founder and CEO DVDs featuring workouts led by Chris Carmichael and other CTS Coaches. Chris has also been The Ultimate Ride:

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Chris Carmichael was as an Olympian and a professional cyclist before becoming a renowned coach, best-selling author, and entrepreneur. He has coached 7-time Tour de

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Jim Rutberg is the editorial director and a Pro Coach for Carmichael Training Systems, and co-author, with Chris Carmichael, of The Ultimate Ride, Chris Carmichael