



Personal Bicycle Fitting Report Rider Information

Owen Robertson
Pinarello FP2

PRE-FIT NOTES

Posture:

Keep your chest up and away from stomach, maintain a longer flatter back (tuck chin down and back slightly).

Try and grow long and look over your bars for the front wheel skewer.

Relax the upper shoulders and pinch shoulder blades gently back and slightly down to open the chest and slightly bend in the arms.

Keep the pressure on each sit bone even throughout the pedal stroke to minimise hip movement.

Peddalling:

Relax your ankle into a slight toe down position on the up stroke.

Drive the knee forward from 9 O Clock position (horizontal back)

Pick foot into a toe up position at 12 O Clock (top dead centre) to land onto the ball of the foot.

Squeeze your glutes and push down with pressure on the 2nd ball of the foot (base of the second toe) throughout the stroke.

At horizontal forward (3 O Clock), pressure should be going straight down through the ball of the foot and not through the heel.

Scrape the feet through 6 O Clock (bottom dead centre) as if you are scraping mud off the bottom of the balls of your feet.

Continue to scrape backwards until the crank is at horizontal back (9 O Clock).

Keep your toes relaxed throughout.

DURING-FIT NOTES

Your cleats have been positioned so that the pedal axel is under the first and second metatarsophalangeal joint (balls of your feet). This is to give you maximum leverage without loading the toes. Following your body assessment, your cleats were rotated to work with your bodies current biomechanics. The goal is for the knee to freely track through a natural plane without the foot hitting the end of the available float. Try and push down through the second ball of your feet during the power stroke and keep your toes relaxed. The saddle was chosen to give the correct amount of support to match your pelvic structure in you riding position. This support should give greater pelvic stability and you should feel for an equal pressure on each of your sit bones. The saddle was positioned to allow you to spin over the top of the pedal stroke quickly and produce maximum power by engaging the glutes. The bars were positioned to allow you to maintain good posture for longer and be more comfortable towards the end of the ride by putting less strain on the lower back and neck. Using bars that match your shoulder width reducing strain on the upper body and will open up your chest.

POST-FIT NOTES

It is very important to verify the fit under real world riding conditions. The body will take a couple of rides to adapt to the new position and it is normal to experience different muscle usages during this period. We recommend that you reduce the duration and intensity of your rides while this adaption process occurs. We recommend that riders have follow up fits every 6 to 12 months, particularly in cases where there are soft tissue restrictions or weakness that is causing incorrect neuromuscular mechanics. As the body adapts, the bike position should also adapt to support the new body position. We also offer dedicated physio and exercise sessions that focus on body balance, cycling specific strength and pedalling technique. This will further develop the body towards a straighter, more powerful and efficient riding style.

SITE & SESSION INFO

NAME: Bespoke 2
OPERATOR: Helena Kvepa
PHONE: 020 7837 0647
DATE/TIME: 2013/11/25, 15:30

ADDRESS: 143-145 Farringdon Road
London, EC1R 3AB
UK
WEBSITE: www.bespokecycling.com

THIS BIKE FIT PERFORMED USING THE RETÜL SYSTEM

