



## Personal Bicycle Fitting Report Rider Information

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Retül Muve

### PRE-FIT NOTES

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#### Aero Posture:

To maintain an aero dynamic position on the aero bars, relax your upper shoulders, pinch your shoulder blades together and drop your chest down towards your elbow pads and your head out long towards your hands.

#### Pedalling:

A Tri/TT position is rotated forward and up in the saddle so on the power stroke, squeeze your glutes and push backward and down with pressure on the 2nd ball of the foot (base of the second toe).

At slightly below horizontal forward (4 O Clock), pressure should be going straight down through the ball of the foot and not through the heel.

Scrape the feet through the bottom of the stroke (7 O Clock) as if you are scraping mud off the bottom of the balls of your feet.

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

Continue to scrape backwards until the crank is slightly above horizontal back (10 O Clock).

Drive the knee forward from 10 O Clock position

Pick foot into a toe up position over the top of the stroke (1 O Clock) to land onto the balls of the foot.

Keep your toes relaxed throughout.

### DURING-FIT NOTES

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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

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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

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THIS BIKE FIT PERFORMED USING THE RETÜL SYSTEM

