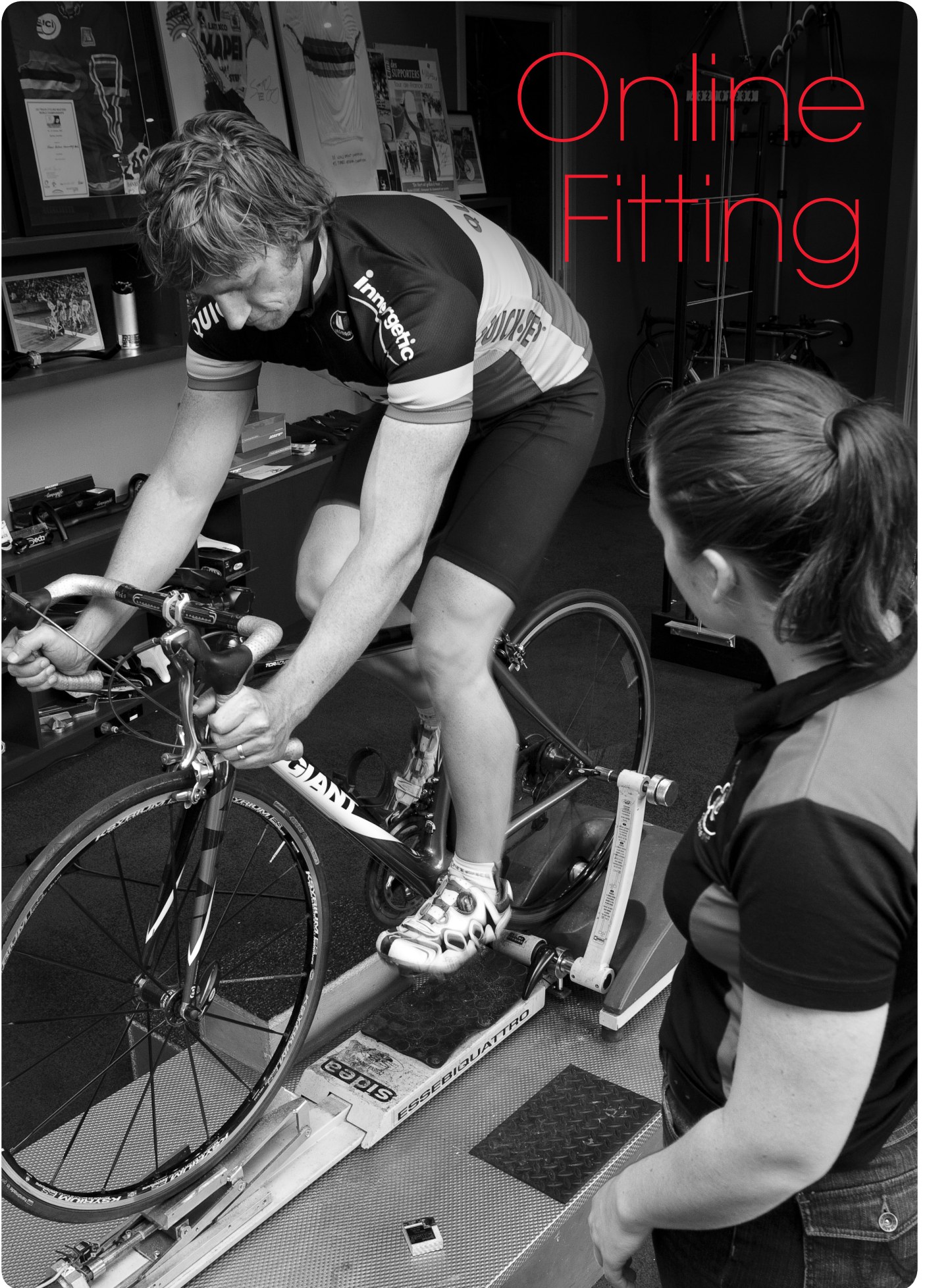


## Online Fitting



## Online Fitting

So we can make the best position for you on your bicycle, you will need to set up your bike in front of the camera.

### Here is a list of what you will need

- Your bicycle
- A cycle trainer, rollers are also ok.  
If using a cycle trainer a phone book under your front wheel or similar
- Spirit level
- The shoes you cycle in
- Well lit area, with ventilation
- A 3m (or similar) measuring tape

### Optional but still important

- Some one to assist with filming and measuring

### Taking personal measurements

- Distance from camera
- Measure tape
- Measurements required
- Specific movements in front of camera
- Accurately recording measurements

### Setting up your bicycle

- Distance from camera
- Angle of bicycle to camera
- Time in certain angle
- What gear to use when pedalling

### Procedure

Fill in the basic personal information sheet, name, address, email, Skype, phone, type of riding and existing problems with position. Also list the best time and date for you to be contacted for fitting. Give two options. Submit and response will return with the .pdf instructions and link to video that demonstrates how to set up video.

In your own time follow the instructions and record individual video files for each area.

- Personal measurements and movements
- Measurement of bicycle
- Over view of bicycle and shoes
- Riding side on, easy gear 20sec, harder gear 20secs, front on 20secs, rear 20secs.

Email these files through using your name as file name with numerical jones1, jones2, and jones3 and so on.

We then analyse and review the footage and measurements taken.

We then contact you with the results.

### Your choice of contact

- Phone, Skype, in store, email or video link
- The problems with the current position
- They strategy to implement the solutions
- Any parts that are required
- The new settings or adjustments that are required
- The review process

## Personal Details

### Details

Full Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_

Phone Mobile \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Facebook \_\_\_\_\_

Skype \_\_\_\_\_

Twitter \_\_\_\_\_

### Measurements

Height \_\_\_\_\_ Shoe size \_\_\_\_\_

Frame size \_\_\_\_\_ Top tube length \_\_\_\_\_

Seat tube length \_\_\_\_\_ Stem size \_\_\_\_\_

Bar size \_\_\_\_\_ Crank length \_\_\_\_\_

Give us an overview of your bike \_\_\_\_\_

\_\_\_\_\_

Detail your riding style (commuting, racing, touring) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How often do you ride and what distances \_\_\_\_\_

\_\_\_\_\_

Are you experiencing any current issues (Pain, soreness, discomfort) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_