



**VELO PERFECTION**

# **BIKE FITTING REPORT**

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Peter Dupond



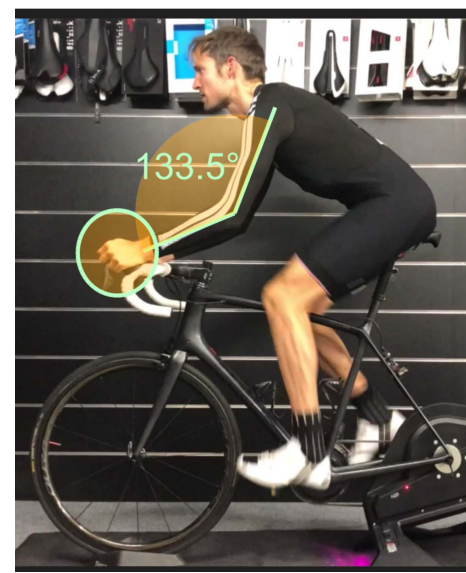
## Maximum Leg Extension

We are looking for a leg extension between 140 and 150 degrees. Because you have a lot of experience and are very flexible, raising the saddle will allow for more recruitment from the posterior chain of the leg, and thus you will benefit from having more power and efficiency. Remember to keep the heel low as you are currently doing in the position to maximise this effect.



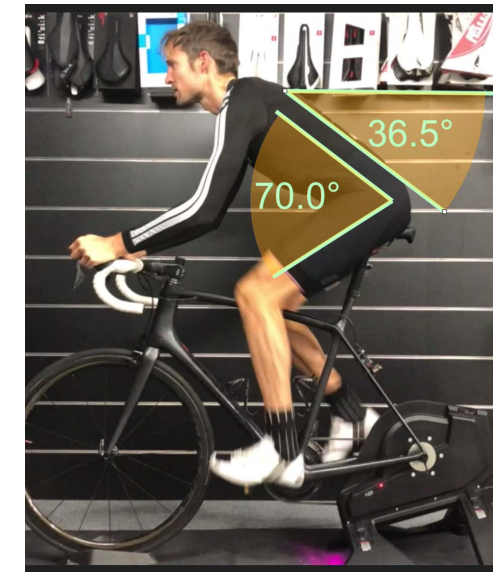
## Knee Position

The two lines represent the front of the shoe and the pedal axle. It is important for the front of the knee to be between these lines to maximise the force you can apply on the pedal during this position - which is the moment of the pedal stroke when you apply the most power. There is room for your knee to advance forward to be better positioned to apply more force on the pedal. Lifting your heel slightly in the position will also allow for more leverage over the pedal while also moving the knee forward.



## Reach

The distance from the saddle to the shifters is determined by a number of factors. Firstly, it is clear that you are able to reach the shifters easily with your hands firmly in control of them. Secondly, it is important to be comfortable with the arms bent between 135 and 90 degrees, which you are. Finally, there is little tension around the shoulders and neck which shows that you are not over reaching.



## Drop

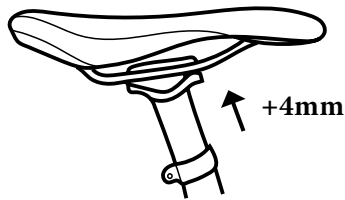
The vertical distance between the saddle and shifters is called the drop. Too much drop can be uncomfortable but not enough causes you to have too much weight on the saddle. The top measurement represent shows that you are too upright and are not benefiting from an aerodynamic position. The lower measurement shows that there is room to go to a possible 45 degrees in order to maintain efficiency while benefiting from an aerodynamic position.

# RECCOMENDED ADJUSTMENTS



Source : <https://road.cc/content/news/86892-scott-launch-addict-s-video>

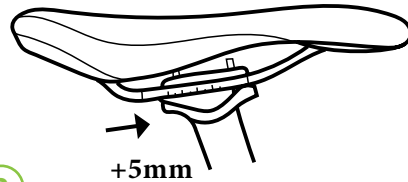
## 4 key adjustments !



1

### Saddle Height

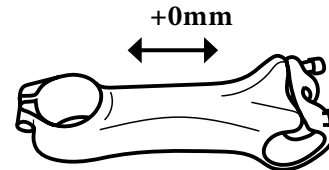
The saddle must be moved up by 4mm.



2

### Saddle Setback

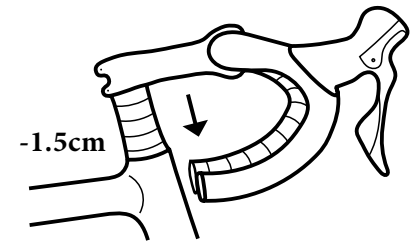
The saddle must be moved backwards by 5mm. Measure this distance using a point on the saddle rails.



3

### Stem

It is not necessary to change the current stem. Keep this stem length and stem angle as it is.



4

### Handlebar height

The stem must be lowered by 1.5cm. Remove 1.5cm from the spacers that rest below the stem.



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