

**Cyclist Name:** Paul Prince**Bike Fit Session Date:****DoB:** **Weight:** 67Kg **Height:** 1720mm **Inseam:** 843mm**Overview**

Primarily the bike fit was to produce content for our websites. However Paul experiences some hip discomfort on longer rides and wanted to trial some shorter cranks to see what difference they might make..

Recommendations and Conclusions**Shoes, insoles, cleats, and flexibility**

Parameter	Left Foot		Right Foot	
Foot medial arch	Medium		Medium	
Forefoot Goniometer	Neutral	°	Neutral	°
Foot rotation	Straight		Straight	
Incoming shoe size	43			
Measured Shoe Size	43		Brannock	
Sidas Width (add 11mm for actual)	98		98	
Leg length difference	None			
Quad Flexibility	Nothing Noted			
Hip Flexor Flexibility	Both Tight			
IT Band Flexibility	Nothing Noted			
Hamstring Flexibility (Toe Touch)	Average			
Wedges Installed		None		None
Wedge Notes	n/a			
Cleat Longitudinal position	In line with midpoint of 1st and 5th metatarsal			
Cleat Lateral Position	Outboard Narrow		Outboard Narrow	

Saddle and Seat Post

Paul's sit bone width measured 113mm. A list of potentially suitable saddles is included in this report.

Bars and Stem

Paul's shoulder width measured 402mm and he preferred 400mm (C2C) width bars on the jig. Note most manufacturers measure centre to centre (C2C) whilst others, such as Deda, measure outside to outside. Consult their drawings to know for sure.

To get the current Dolan bars closer to the final jig position a 80mm stem in a +ve 8° and removing a further 5mm spacer from below the stem would get close.

Stem Comparison Tool

ENTER SOME DIMENSIONS

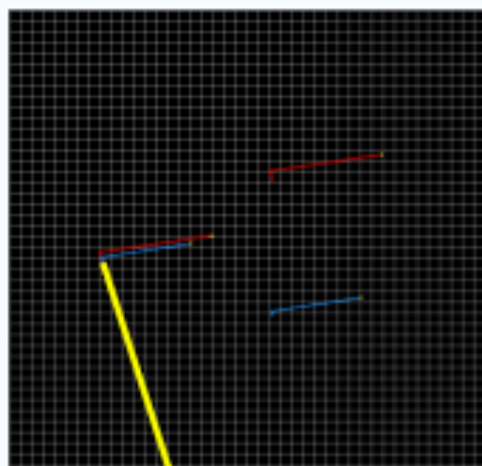
Bike
Fork Steerer/Head Tube Angle
 degrees

Red
Extension
 mm
Angle
 degrees
Height
 mm

Blue
Extension
 mm
Angle
 degrees
Height
 mm

CALCULATE

RESULTS



Red stem has 18mm more reach and is 7mm higher than Blue stem.

Crank Length

On paper, Paul's measurements suit 170 mm cranks. We quickly trialled some shorter lengths on the jig 170's and 165's. Paul noted the complete pedal stroke felt more connected on the 165's.

Brief explanation of the Pedalling Dynamic Report

3D effective force ratio ► good indicator of muscle coordination and efficiency ► below 30% is frequent for recreational cyclists ► over 60% is typical for professionals.

Effective force and ratio ► the longer the bar, the larger the applied force ► the darker the bar, the more effective the applied force

Brake force ratio ► over 30% indicates less efficient pedalling style ► below 10% indicates more efficient pedalling style.

Pedal force distribution ► average load point within +/- 15mm is considered as ok, so cleat setting and knee alignment is good ► wider distribution area means unstable load point

About the Technical Drawing Custom report

Setup Report 1 is an idealised frame based on the outcome of the fitting session. If you are looking to purchase a new bike for the Paule type of riding and power that the fit was based on, the stack and reach are useful numbers to compare frames against to find a suitable size for you. These are circled in the diagram below.

Also, you can use these numbers at the [GeometryGeeks](#) website search by numbers function to find frames that are a close match. [BikeInsights](#) is a useful website tool to compare a diagram of two bikes to see how they differ from one another. [XYBikeCalc](#) is another website that can be used for selecting bikes using XY data too.

Setup Report 3 is a suggested frame size for the make and model quoted in the header and is included if you have asked me to consider a particular bike that you are interested in. The stack and reach should be a close match to those in Setup Report 1 but are the actual manufacturers numbers.

Disclaimer -This is a guide and manufacturers actual measurements can differ to those quoted, so it is always worth, when possible, trying to find a demo bike to make sure the size is suitable.

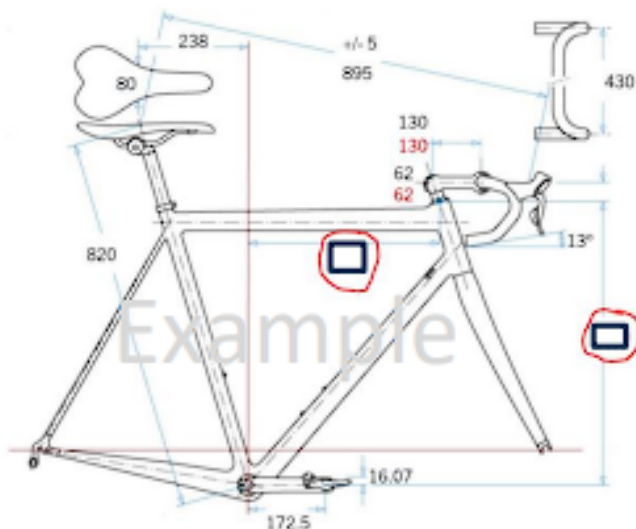


Figure Example of a frame drawing, not associated to this customer.

General

Following adjustments, it can take 3 to 6 weeks of regular riding to adapt to a new position. There should be no pain, but muscle use will feel different, and you won't be setting new KOM's immediately as you adapt! Please get in touch if you are unsure about anything that we have changed.

We torqued all bolts that we adjusted on the day, but it would be worth checking them again after a ride to ensure that they are still OK.

If you've found the fitting session useful and would care to leave me a review [here](#), that would be great.

I also undertake bike servicing, builds and repairs. More details can be found [here](#)

Regards Scott

Bike	Dolan GXA 52		Jig		Adjusted Bike							
Parameter	X (mm)	Y (mm)	X (mm)	Y (mm)	X (mm)	Y (mm)	X (mm)	Y (mm)	X (mm)	Y (mm)	X (mm)	Y (mm)
Handlebar* (centre)	465	617	446	609	Left as is							
Saddle* (at 80mm width)	198	718	205	714	205	714						
Approx. Headset Reach and Stack*	372	570										
Saddle Tilt	1.9° nose up		0.1° nose down		0.1° nose up							
Saddle height centre of BB to top of saddle	748											
Saddle tip to steerer stem bolt	392											
Crank Length	172.5		172.5									
Bar width (c2c)	420 T&B		400T									
Stem Length	100mm -ve 8°											
Spacer Stack	20 above 10 below											
Saddle	~135mm Serfas Vistoso											
General												

*Measured from the centre of the Bottom Bracket.



Strength and Flexibility

[Here](#) is a useful Yoga routine, the 'sun salutation' or 'Surya Namaskar' in Sanskrit. It's often performed at the beginning of a yoga class. This will move your full body and really aids flexibility and health in general. It's a sequence of 12 postures, easy to learn and doesn't take too long.

Regular stretching of your quads, hamstrings and hips can only help with your cycling. Organised classes such as Pilates or Yoga will make sure you are doing it properly. Have a go at the stretches shown below. As with all stretching, the muscles will need to be relaxed and the position held for at least 20-30 seconds.

Piriformis Stretch Cross right leg over left @ knee. Clasp hands behind bottom leg. Pull both legs toward chest. Repeat with opposite 	 Hamstring Stretch
 Hip Flexor Stretch	Glute Stretch 
 Quad stretch	 Quad and Hip Flexor stretch.

CUSTOMER DETAILS

FIRST NAME	Paul	LAST NAME	Prince
CUSTOMER ID	XTS24796583-GB	E-MAIL	p@p.co
BIRTHDAY		ADDRESS	
GENDER	Male	AGE	53
CITY	n/a	ADDRESS	n/a
ZIP CODE	-	COUNTRY/REGION	UNITED KINGDOM
PHONE NUMBER			

TYPE OF MEASURED BIKE

MAIN BIKE TYPE

CROSS AND GRAVEL SUB BIKE TYPE

GRAVEL

CURRENT BIKE DATA

BRAND

-

MODEL

-

MODEL YEAR

-

CURRENT SIZE

-

CURRENT BIKE SETUP

BIKE ADJUSTER COORDINATES XY

HANDLEBAR CENTER X

465

SADDLE CENTER X

198

HANDLEBAR CENTER Y

617

SADDLE CENTER Y

718

MY MEASUREMENT TOOLS

SADDLE HEIGHT

-

SADDLE-HANDLEBAR DROP

-

SADDLE-HANDLEBAR DISTANCE

-

ANTHROPOMETRY DATA

		MEASURED VALUE	CALCULATED VALUE	DIMENSIONS	AVERAGE VALUE	DIMENSIONS
HEIGHT		1720 mm	1720		1720	
TORSO HEIGHT		1410 mm	567		573	
INSEAM HEIGHT		843 mm	843		825	
LEFT ARM :	LEFT SHOULDER 1404 mm	LEFT HAND 765 mm	687		660	
RIGHT ARM :	RIGHT SHOULDER 1404 mm	RIGHT HAND 765 mm	687		660	
LEFT FOOT LENGTH		260 mm	260		260	
RIGHT FOOT LENGTH		260 mm	260		260	
SHOULDER WIDTH		402 mm	402		417	

SETUP REPORT - 1

BIKE TYPE

CROSS AND GRAVEL - GRAVEL

COMPANY

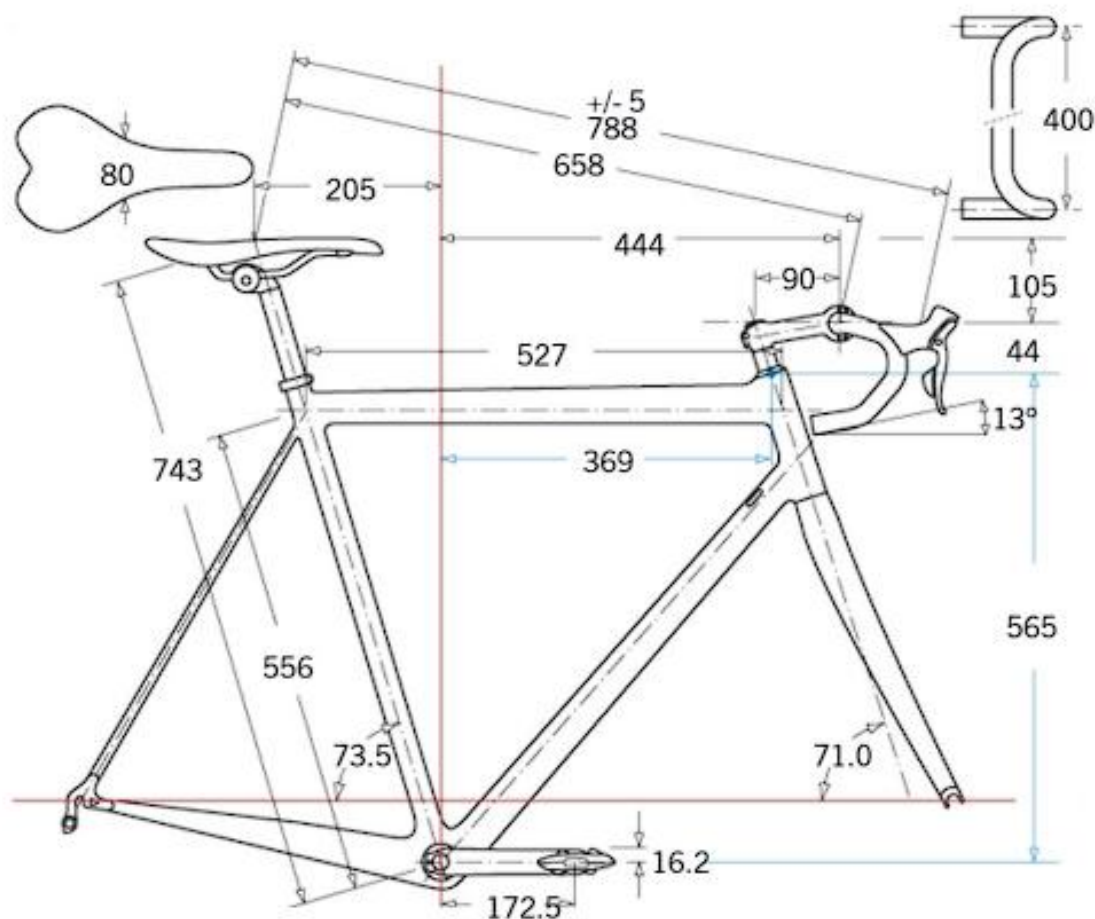
FIT MY BIKE

CUSTOMER
NAME

Paul Prince

NAME

DATE



SETUP REPORT - 2

BIKE TYPE CROSS AND GRAVEL - GRAVEL

COMPANY

FIT MY BIKE

CUSTOMER
NAME

Paul Prince

NAME

DATE

DESCRIPTION	ORIGINAL		BIKE SETUP		CRANK SELECT ¹		DIFF ^{1,2}	
	X	Y	X	Y	X	Y	X	Y
HANDLEBAR CENTER	465	617	446	609	448	607	-17	-10
SADDLE CENTER	198	718	205	714	203	712	+5	-6
SADDLE HEIGHT	-		743		743		0	
SADDLE-HANDLEBAR DISTANCE	-		659		659		0	
SADDLE-HANDLEBAR DROP	-		105		105		0	

¹ RESULT OF REVERSE XY, OR WHICHEVER VALUE IS TAKEN TO
GENERATE THE REPORT

² (FINAL-BIKE SETUP OR FINAL-ORIGINAL)

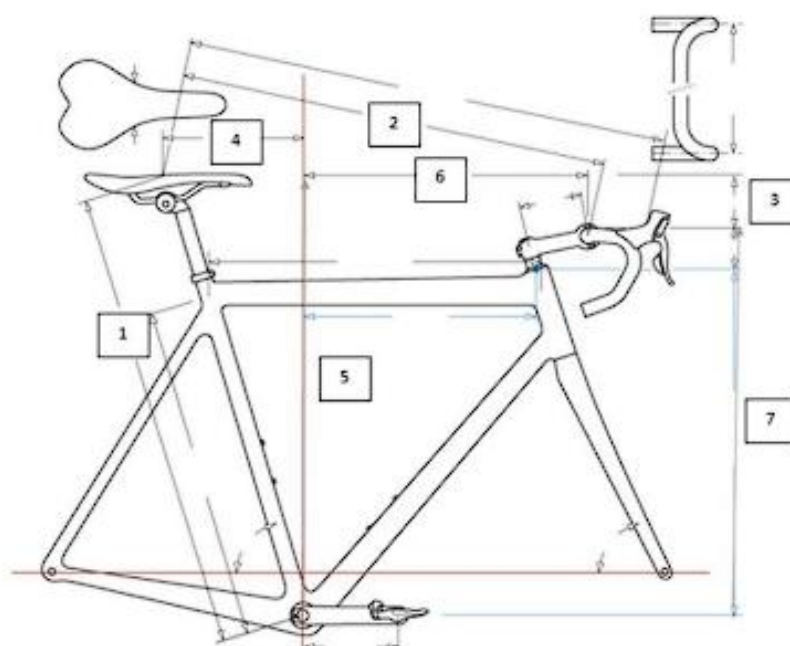


SHOP INFORMATION

DEALER ID	C38QTJ	COMPANY NAME	FIT MY BIKE
ADDRESS	Unit D2, Asfare Business Park, Hinckley Road	COMPANY WEBSITE	https://fitmybike.co.uk/
CITY	Wolvey	FIRST NAME OF BIKE FITTER	Scott
REGION/STATE/PROVINCE	Leicestershire	LAST NAME OF BIKE FITTER	Millns
PHONE	+447824493291	E-MAIL OF BIKE FITTER	scott@fitmybike.co.uk
COMPANY EMAIL	scott@fitmybike.co.uk	COUNTRY/REGION	UNITED KINGDOM
ZIP CODE	LE10 3JG		
VAT NUMBER	vat		

EXPLANATION OF BIKE SETUP TERMS

1. **Saddle height:** The distance from the center of the bottom bracket to the top of the saddle at the point where the saddle is 80mm wide (=saddle center).
2. **Saddle-handlebar distance:** The distance from the saddle center to the center of the handlebar stem.
3. **Saddle-handlebar drop:** The vertical distance from the saddle center to the center of the handlebar stem.
4. **Saddle X:** Horizontal distance from the center of the bottom bracket to the saddle center.
5. **Saddle Y:** Vertical distance from the center of the bottom bracket to the saddle center.
6. **Handlebar X:** Horizontal distance from the center of the bottom bracket to the center of the handlebar stem.
7. **Handlebar Y:** Vertical distance from the center of the bottom bracket to the center of the handlebar stem.



RESULT

Brand	Model	Width
WTB	ROCKET	130



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RESULT

Brand	Model	Width
SELLE SMP	CARBON	129
SQ LAB	612 ERGOWAVE	120



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Pedaling Report - 1

Bike Type

Customer Name

Paul Prince

Company Name

FIT MY BIKE

Date

OVERALL

Total Power	155	W
Both Legs Power Balance		
Right Leg	49	%
Left Leg	51	%

Total 3D Effective Force Ratio	39	%
Cadence	90	rpm
Heart Rate	0	bpm
Crank Length	172.5	mm

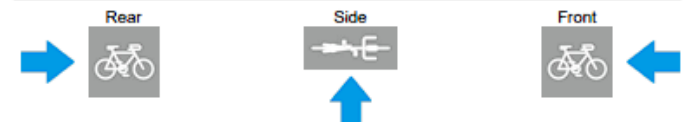
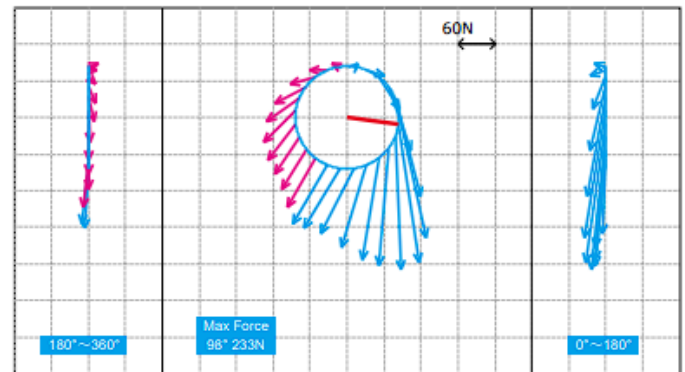
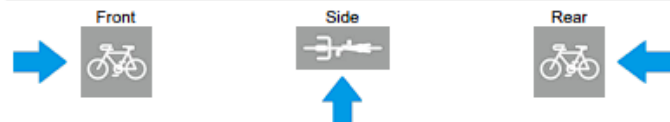
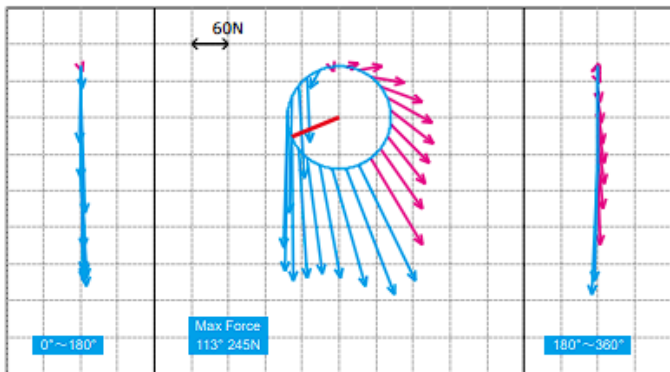
Average Pedalling Vector

L

R

Power	78	W
3D Effective Force Ratio	36	%

Power	76	W
3D Effective Force Ratio	43	%



Pedaling Report - 2

Bike Type

Customer Name

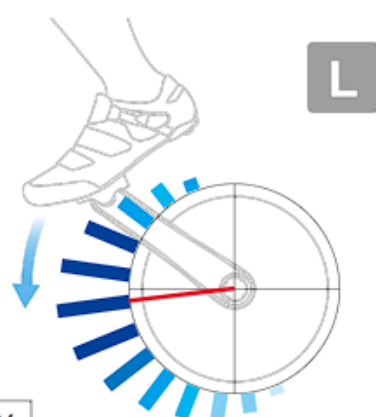
Paul Prince

Company Name

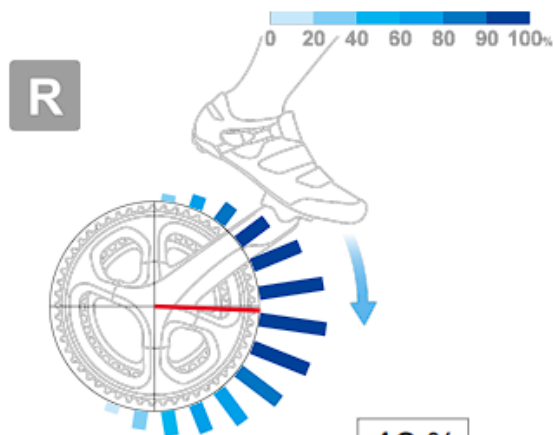
Date

FIT MY BIKE

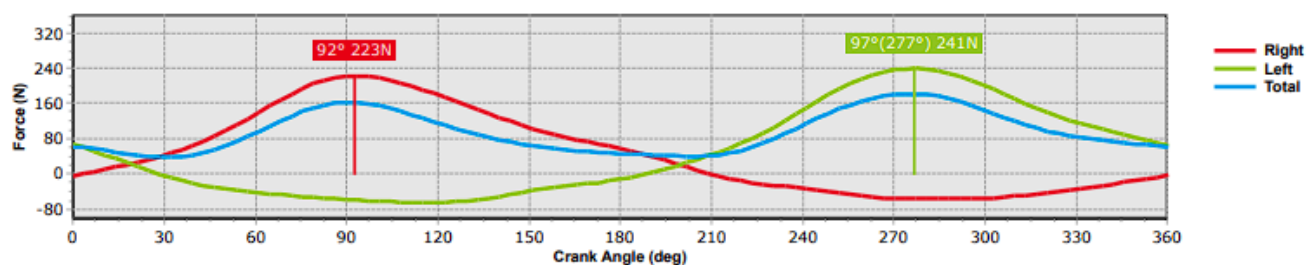
Effective Force and Ratio



36 %



43 %



Pedaling Report - 3

Bike Type

Customer Name

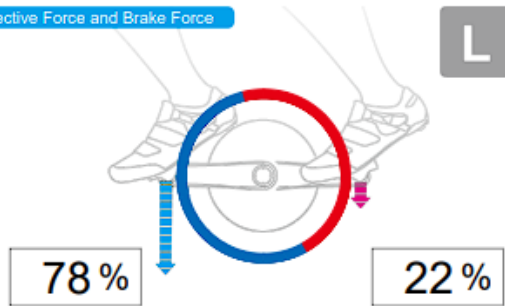
Paul Prince

Company Name

Date

FIT MY BIKE

Ratio of Effective Force and Brake Force



Force Distribution on the Pedal

