

GET BIKEFIT

More and more people are taking up cycling. Regardless of whether you ride for performance or pleasure (or both!), it's really important to be set up correctly so you don't injure yourself. That's where a bike fit session with a bike fitting expert will come in handy.



COMFORT IS PERFORMANCE

For expert advice when it comes to your bike fit call us today on **(07) 3844 0226** or email **info@bikefitstudio.com.au**

SADDLE

Everyone's pelvises are different – males and females especially. Various saddles include anatomical and non-anatomical, cut-out saddles, plus others for mountain biking, triathlon, time trial or road riding/racing.

HANDLEBAR & BRAKE LEVER POSITION

Handlebar & brake lever position aren't made equally. They have different widths, drops and reach. If your reach is too far away, too close, too low or high, it can result in shoulder, neck, back or hand pain. The tilt of the handlebars and brake levers can also influence comfort and stability.

STEM

The stem plays a pivotal role in your overall comfort when riding and how the bike handles. Like the other elements of the bike, it needs to be set for each individual.

FRAME SIZE

Even a discrepancy of 1 cm in frame size can end in a world of pain, not to mention lowering your performance. Did you know there are many various sized frames, and depending on your bike model, there might be more than seven?

CRANK LENGTH

In our bike-fitting analysis we look closely at a number of factors to determine optimal crank length because if it's not correct, it can put unnecessary pressure on your knees, hips & lower back, which can result in sub optimal performance and efficiency.

INSOLES

We pay close attention to insoles with the set-up process. A quality footbed gives you a solid foundation, comfort and connection to your shoes and pedals, and when you ride, it helps you ride more efficiently.

PEDALS & CLEAT POSITION

Your style of riding, hip width or stance, Q angle (relationship between hips and feet) your unique riding style/goals and various other things are factored in. But we want to get this right for you so you don't end up with overuse injuries.