



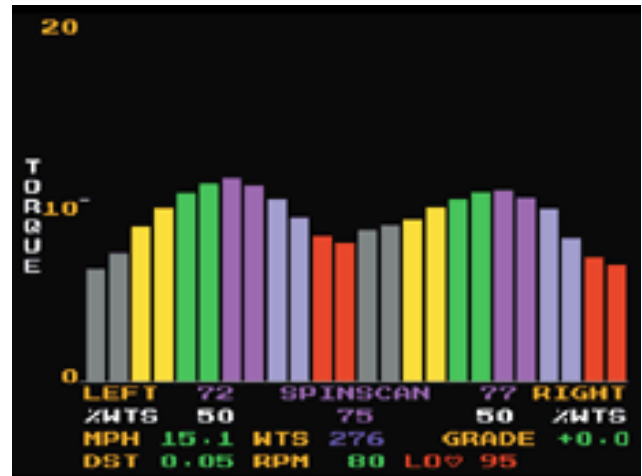
Per4mance Bike Fit & Spin Scan

Professional Fittings

Many bike shops and advanced cyclists can provide you with a proper fit in terms of standard biomechanical requirements. Seat height, seat positioning, brake lever positioning, handlebar angle, and stem size and angle are all imperative components of an effective bike fitting. Addressing these basic issues is adequate for a good portion of the population.

However, a basic fitting does not address your effectiveness in the various positions (hands on brake levers, in the drops, or in aero position). Basic fitting lacks the ability to identify your unique biomechanical limitations. For example, many cyclists have biomechanical imbalances, whereas one leg is shorter than the other. Also cyclists with flexibility issues certainly have limiters and may need their bikes adjusted as a result.

In order to address biomechanical limiters, a cyclist needs to receive instant feedback while they perform. Such performance needs to simulate moves and factors prevalent on rides or races (such as changing positions, climbing, sprinting, and endurance). By utilizing the CompuTrainer, our coaching staff can simulate these factors, while capturing your power wattage. You can instantaneously see what adjustments provide positive results and what adjustments produce negative results. Often our professional fittings result in making adjustments to your bike, your physical positioning on the bike, the incorporation of a "wedge" in your shoes to correct imbalances, or outside referrals to medical practitioners. Once these adjustments and recommendations are made, cyclists are amazed at their power increase.



Spin Scan Analysis

Purpose: A spin scan analysis can be used to determine training goals and to make necessary bike fitting adjustments. SpinScan Pedal Stroke Analyzer is an exclusive CompuTrainer feature that helps you increase power and efficiency. It will identify "flat" or "dead" spots in the pedal stroke where optimal power is not transferred to the drive train. To become more efficient, we may prescribe single leg drills. The spin scan can also be used to determine optimal positioning on the bike. By looking at your power wattage at various positions we can tweak your bike or your positioning on the bike to produce the most power possible.



Method: We hook you and your bike up to the CompuTrainer, utilizing RacerMate's state of the art "Coaches Software." The equipment and hardware enable us to analyze power wattage, cadence, pedal efficiency, and power distribution.

