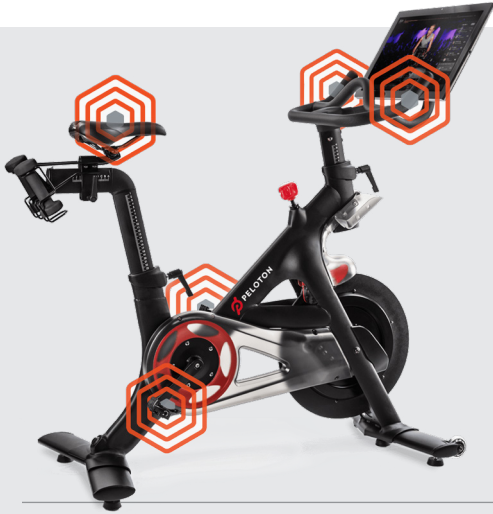


A VIRTUAL BIKE FITTING COMPARISON



OTHER Virtual Fits

45 Minutes



ESSENTIAL

60 to 75 Minutes



ULTIMATE

Minimum of
2 x 45 Minutes



EMAIL: AN INTRO

- An introduction to the Fit Journey process



EMAIL: PRE-FIT QUESTIONNAIRE

- Pre-fitting Questionnaire & request for Photos/Videos



INITIAL FITTER REVIEW:

Review of submissions. The fit begins here, you may have a few pre-adjustments recommended



EMAIL: TOOLS LIST

- for bicycle specific tools that may be needed



FIT SESSION



The 4

CLEAT ADJUSTMENTS:

- foundational fit adjustments to achieve comfort, power and injury prevention



1. Fore/back
2. In-Out
3. Tilt
4. Rotational



1. Fore/back
2. In-Out
3. Tilt
4. Rotational



POST-FIT ADJUSTMENTS:

- fitting specific products (wedges & screws) may be needed



FIT SESSION #2

- optimize your bike to you



QUALIFIED, EXPERIENCED

- You know who you're getting as your fitter



Paul Swift
Master Fit Instructor,
Fitness Industry
Pioneer, &
Champion Athlete



Paul Swift
Master Fit Instructor,
Fitness Industry
Pioneer, &
Champion Athlete