

### Services at Athlete's Circle

#### Bike-fit

##### **Quick-fit (30mins)- \$35**

- Combining expert manual body measurement and the Fit Kit Pro Bike Fit Programme, this simple procedure generates the most important measurements (Saddle to peddle distance, Effective Top-Tube length and Cockpit Combination) for a proper bike fit. The programme takes into account important body-aspect ratios (torso: Leg-length, Femur: Leg length) as well as human factors such as flexibility and riding style preference, to determine the ideal measurements on any road/ mountain bike. It is the ideal procedure before buying any new bike/ frame, especially if you are new to cycling, as it takes the guesswork out of a comfortable bike fit. Bike NOT required for this session. Quick-Fit print out provided at the end of the session.

##### **Quick-fit + Recommendation (1 hr)- \$65**

- As above, but with expert *recommendations* on how best to tweak your bike based on measurement from your bike setup and rider feedback. Your bicycle is required for this session. This is a useful session for those who know how to adjust their bikes, but are struggling to find that elusive balance of comfort and power.

##### **Full Bike fit (1.5- 2hrs)- \$165**

- The full Bike Fit comprises of a Quick-Fit plus all the actual corrections to your bike setup based on real-time riding feedback from the bike trainer. Adjustments include, handlebar height & tilt, Saddle fore-aft & tilt, Saddle- Peddle distance, Aero-bar positioning. This session is useful for those that are new to riding in an Aero/ Road position and may be experiencing discomfort/ loss of power. You will need your bike, bib shorts and jersey and cycling shoes for this.

##### **Cleat Rotational Alignment (1- 1.5hr) -\$90**

- For the cyclist that wants perfect cleat alignment for improved pedal stroke dynamics and efficiency: Every individual's foot hangs naturally at a different angle; some may be more "toe-out" while others "toe-in". Cleats mounted without taking this natural variance into account could cause inefficient pedal stroke and worse still, pain and injury to the knee. The Rotational Alignment Device (R.A.D) highlights any irregular rotation of the rider's ankle and knee compared to the "perfect circle" that the rider is aiming for. From here, the rider's cleats are adjusted to achieve a pedal stroke as close as possible to this. This procedure is recommended for all cyclist that experience excessive lateral knee movement and knee pain while riding.

##### **Complete ( 1.5- 2hrs)- \$220**

- Discounted rate for the rider that would like a Full Bike Fit and Cleat Rotational Alignment.