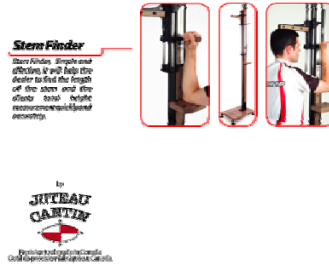


Various aspects of a Professional Bike Fit

1. Proportion Analysis - Rider

Elements involved:

- a. Femur-Tibia proportion
- b. Torso-Height proportion
- c. Fore arm measurement
- d. Leg length analysis
- e. Foot analysis
- f. Shoe size recommendation
- g. Frame and size recommendation
- h. Time required is approximately 60 minutes



Note: Cycling shoes can be acquired after this session

2. Rider positioning and riding stance using Argon Fit System (AFS) – AFS Bike tool (Ideal for those without a bike)

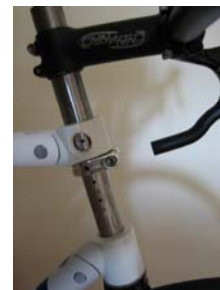
Elements involved:

- a. Ergonomic fitting employing goniometers
- b. Frame size based on selected manufacturer
- c. Stem length and angle recommendation
- d. Seat post setback determination
- e. Saddle setback determination
- f. Top-tube clearance
- g. Crank length recommendation
- h. Handlebar width selection
- i. Handlebar drop approximation
- j. Techniques employed by podiatry
- k. Dummy/adjustable bike fit for rider to test out the fitted position
- l. Time required is approximately 60 – 90 minutes



Note: A more accurate calculation is achieved with the use of cycling shoes and clip-less pedals

Benefit: We can precisely inform the rider to purchase a precise stem/seat post/saddle height for use in irrespective of the brand of frame. When the bike is built up, the bike will be already fitted to you.



at your service

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3. Rider Positioning and riding stance using the Platform – Road/Triathlon
(Ideal for those with a bike)

Elements involved:

- a. ergonomic fitting employing goniometers
- b. techniques employed by podiatry
- c. accuracy to the millimeter using the Platform
- d. handlebar drop recommendation
- e. handlebar adjustment
- f. saddle height adjustment based on LFS
- g. saddle fore-aft position
- h. saddle tilt adjustment
- i. pedaling technique correction
- j. aero-bar positioning (if any)
- k. time required is approximately 60 – 90 minutes

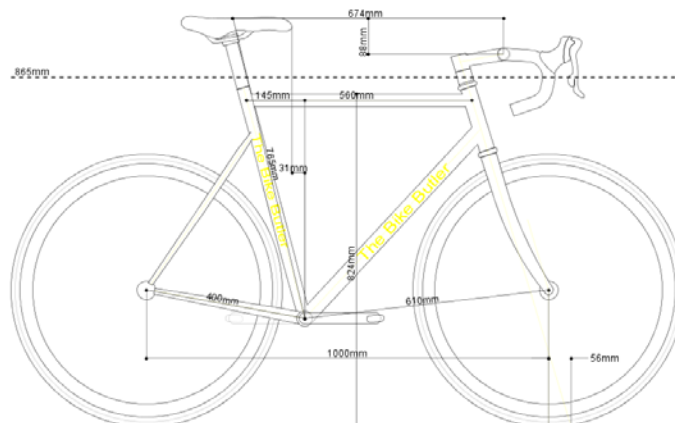
Note: Items that must be brought along with this session will include bike with clip-less pedals, cycling tights, cycling shoes with cleats



4. Scalar drawing of positioned bike

Elements:

- a. PDF proportional drawing of fitted base position
- b. inclusive of details of all of items from either section 1 or 2 of the previous page
- c. delivery time via email is 48 hours



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5. PowerFoot® Cleat Alignment

Elements:

- a. fore-foot measurement for cant determination
- b. leg length analysis using techniques borrowed from podiatry
- c. wedge insertion
- d. cleat centralisation
- e. rotational adjustment of cleat using Fit Kit's RAD a.k.a. Chopsticks
- f. pedal width adjustment with respect to rider
- g. vertical stroke correction
- h. pedaling technique correction
- i. time required is approximately 60 minutes

Note: Compulsory items to be brought along with this session will include bike or pedals, cycling tights and cycling shoes with cleats

Benefit: The force from the leg muscles generated will be efficiently transmitted via the ball of the foot. Maximum pedaling efficiency is thus achieved. Lateral knee movement will also be eliminated.



Y2008 Pricing structure			Estimated time required
1)	Rider proportion analysis	S\$ 150	60 minutes
2)	Positioning and riding stance	S\$ 250	60 – 90 minutes
3)	Positioning and riding stance (with bike)	S\$ 250	60 – 90 minutes
4)	Scalar drawing of fitted base position	-	48 hours delivery time
5)	PowerFoot® Cleat Alignment	S\$ 170	60 minutes



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