

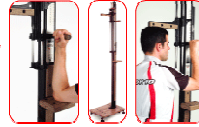
# Various aspects of a Full Bike Fit

## 1. Proportion Analysis - Rider

Elements involved:

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

**Stem Finder**  
Stem Finder: Simple and accurate system to help you determine the length of the stem and the angle based on your measurements.



Note: Cycling shoes can be acquired during or 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. Symmetry assessment
- m. 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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Rider Positioning and riding stance using the Platform – Road/Triathlon/Time-Trial  
(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
- g. saddle fore-aft position
- h. saddle tilt adjustment
- i. pedaling technique correction
- j. aero-bar positioning (if any)
- k. symmetry assessment
- l. 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



### 3. Knee Alignment Procedure

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

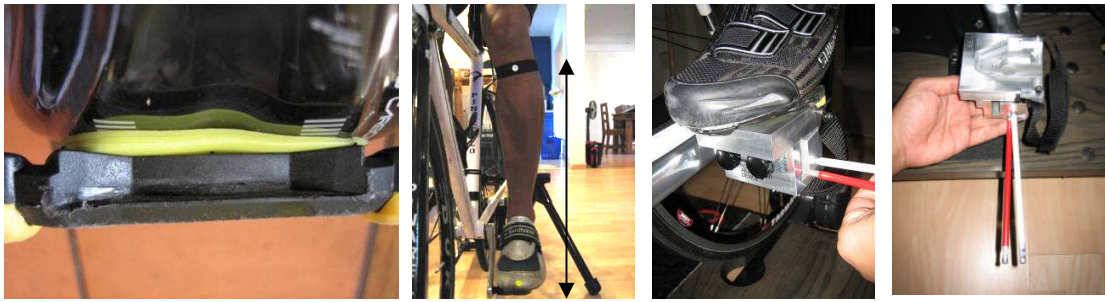
Note: Compulsory items to be brought along with this session will include bike or pedals, cycling tights and cycling shoes with cleats

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.



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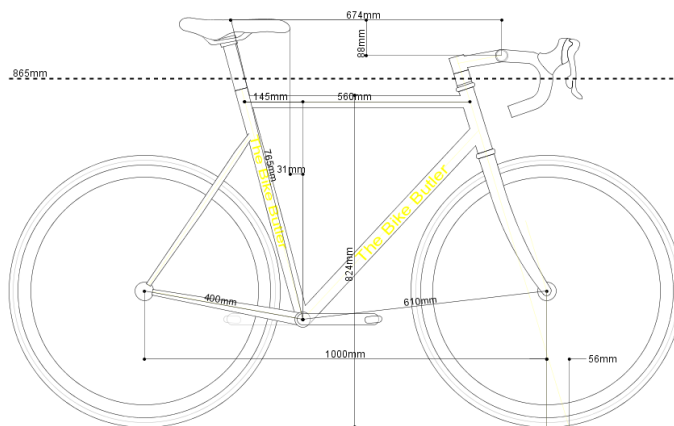
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4. Scalar drawing of positioned bike

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



Pricing structure		Estimated time required	
1)	Rider proportion analysis	S\$ 160	60 minutes
2)	Positioning procedure and riding stance	S\$ 300	60 – 90 minutes
3)	Knee Alignment Procedure	S\$ 250	60 minutes
Options 2 and 3 together		S\$450	180 minutes
4)	Scalar drawing of fitted base position	-	NA



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