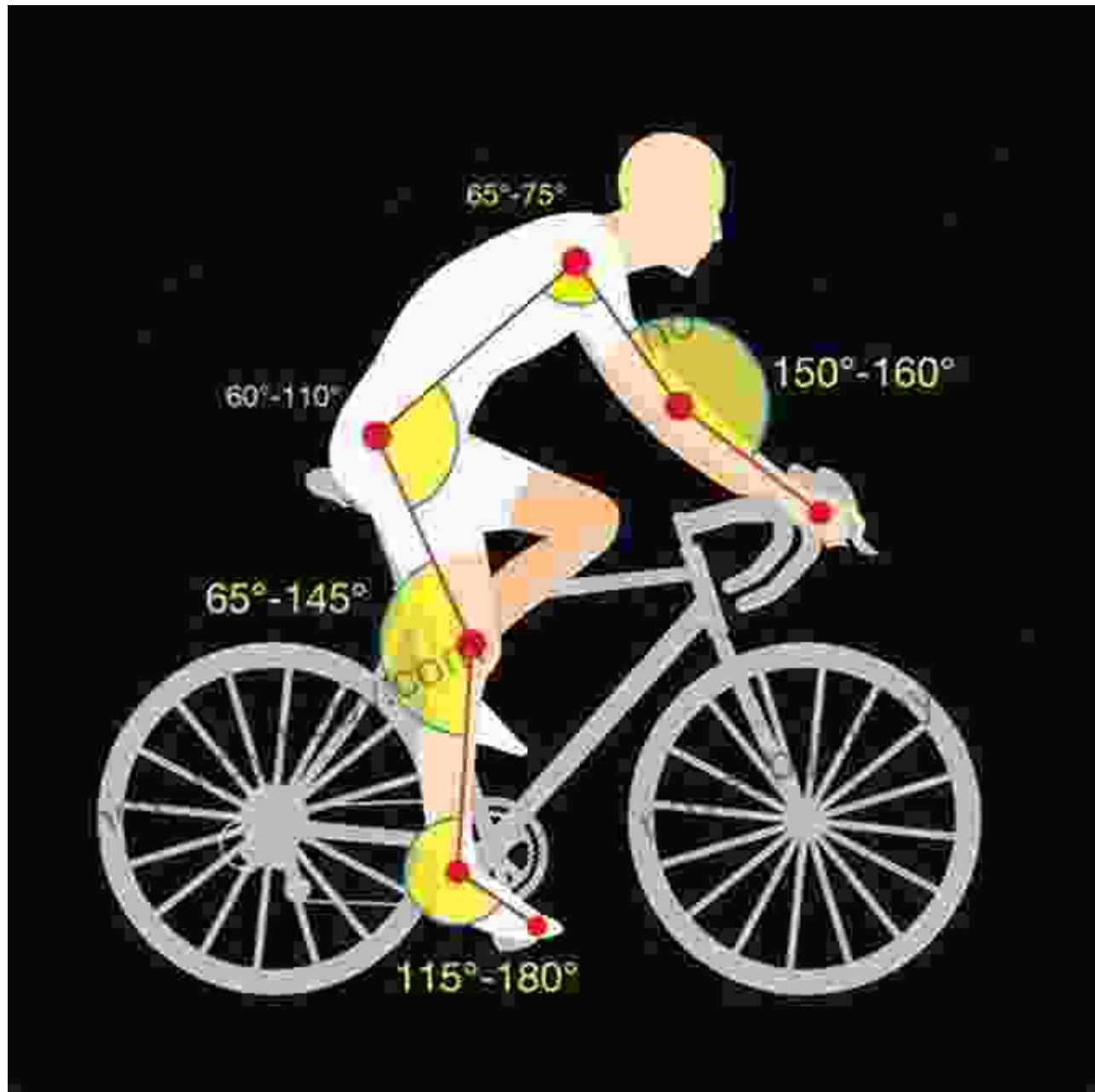


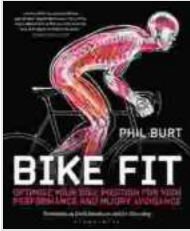
Optimise Your Bike Position for High Performance and Injury Avoidance



Bike Fit: Optimise Your Bike Position for High Performance and Injury Avoidance by Phil Burt

★★★★★ 4.5 out of 5

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Word Wise : Enabled
Print length : 242 pages



Cycling is a fantastic way to stay fit, explore the outdoors, and commute to work. However, if your bike position is not optimised, you may be missing out on its full benefits and even risking injury.

The ideal bike position is one that allows you to pedal efficiently, comfortably, and without pain. It should also be tailored to your individual body geometry and riding style.

In this comprehensive guide, we'll cover everything you need to know about bike position optimisation, including:

- The key principles of bike position
- How to measure your body geometry
- How to adjust your bike to fit your body
- Common bike position mistakes and how to avoid them

The Key Principles of Bike Position

There are three key principles to keep in mind when optimising your bike position:

1. **Efficiency:** Your position should allow you to pedal smoothly and efficiently, without wasting energy.
2. **Comfort:** Your position should be comfortable enough to allow you to ride for extended periods of time without pain or discomfort.
3. **Safety:** Your position should be safe, allowing you to maintain control of your bike and avoid injury.

When setting up your bike position, it's important to strike a balance between these three principles. For example, a position that is very efficient may not be very comfortable, and a position that is very comfortable may not be very efficient.

How to Measure Your Body Geometry

The first step to optimising your bike position is to measure your body geometry. This includes your height, inseam, and torso length.

To measure your height, stand up straight against a wall with your feet flat on the floor. Place a measuring tape on the top of your head and extend it down to the floor. Record the measurement in inches or centimetres.

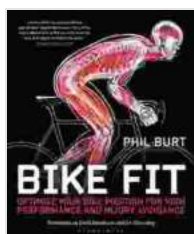
To measure your inseam, sit on a chair with your feet flat on the floor. Measure the distance from the top of your inner thigh to the floor. Record the measurement in inches or centimetres.

To measure your torso length, stand up straight with your shoulders relaxed. Measure the distance from the top of your shoulder to the bottom of your waist. Record the measurement in inches or centimetres.

How to Adjust Your Bike to Fit Your Body

Once you have measured your body geometry, you can adjust your bike to fit your body. Here are some key adjustments to consider:

- **Saddle height:** Your saddle height should be set so that your knee is slightly bent at the bottom of the pedal stroke.
- **Saddle fore/aft position:** Your saddle should be positioned so that the ball of your foot is directly over the pedal axle.
- **Handlebar height:** Your handlebar height should be set so that your back is slightly rounded and your shoulders are relaxed.
- **Handlebar reach:** Your handlebar reach should be set so that you can comfortably reach the handlebars without



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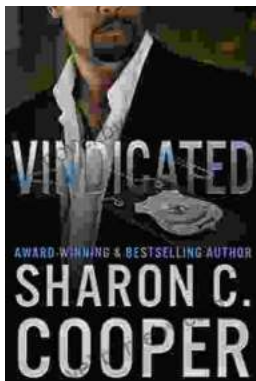
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