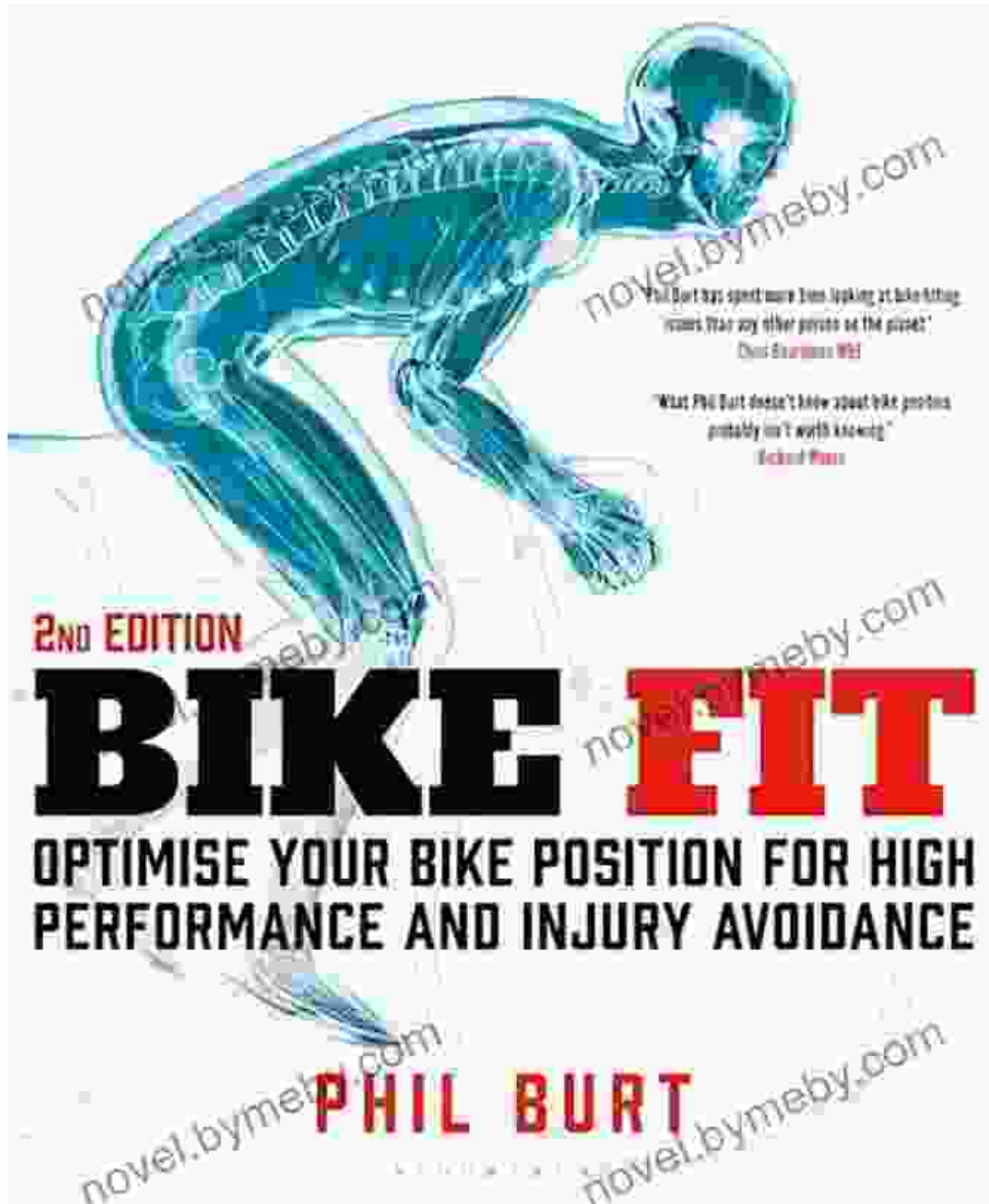


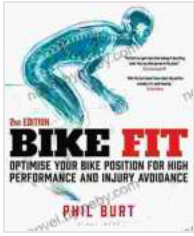
# Unleashing Your Cycling Potential: The Ultimate Guide to Bike Fitting



**Bike Fit 2nd Edition: Optimise Your Bike Position for High Performance and Injury Avoidance** by Phil Burt

★★★★☆ 4 out of 5

Language : English



File size	: 161258 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 455 pages



Cycling is more than just a sport or hobby; it's a passion that can bring endless joy and fulfillment. However, to fully experience the transformative power of cycling, you need to ensure that your bike fits you perfectly. Enter 'Bike Fit 2nd Edition,' the groundbreaking guide by renowned experts Phil Burt and Andy Pruitt.

## **The Importance of Proper Bike Fit**

A well-fitted bike is not just about comfort and reducing pain; it's about maximizing your performance and cycling efficiency. Proper bike fit ensures that your body is in the ideal position to generate power, reduce drag, and optimize aerodynamics. It also helps prevent injuries and promotes overall well-being.

## **What's New in 'Bike Fit 2nd Edition'?**

'Bike Fit 2nd Edition' is a thoroughly updated and expanded version of the original bestseller. It features:

- The latest scientific research and advancements in bike fitting
- Comprehensive coverage of all aspects of bike fitting, from head to toe
- In-depth case studies and real-world examples

- Cutting-edge techniques for assessing body position and optimizing bike setup

## **Inside 'Bike Fit 2nd Edition'**

The book is organized into three main sections:

### **Section 1: The Science of Bike Fit**

This section delves into the biomechanics of cycling and the principles behind bike fitting. It covers topics such as joint angles, muscle activation, and the effects of body position on performance.

### **Section 2: Practical Bike Fitting**

This section provides step-by-step guidance on how to perform a bike fit. It includes comprehensive instructions on measuring key body dimensions, adjusting saddle height and position, setting handlebar reach and drop, and dialing in cleat position.

### **Section 3: Advanced Bike Fitting**

This section explores advanced topics in bike fitting, including:

- Aero position optimization
- Fitting for different cycling disciplines
- Troubleshooting common fit problems
- Bike fit for special populations

## **Why Choose 'Bike Fit 2nd Edition'?**

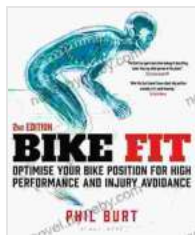
'Bike Fit 2nd Edition' is the most comprehensive and authoritative guide to bike fitting available today. It's written by two of the world's leading experts in the field, and it's based on the latest scientific research and real-world experience. Whether you're a recreational rider, a competitive cyclist, or a bike fitter, this book will empower you to achieve optimal bike fit and unlock your full cycling potential.

## Testimonials

"'Bike Fit 2nd Edition' is the definitive guide to bike fitting. It's a must-read for anyone who wants to get the most out of their cycling experience." - Chris Carmichael, coach to Lance Armstrong and six-time Tour de France champion

"'Bike Fit 2nd Edition' is an invaluable resource for bike fitters and cyclists alike. It's packed with practical tips and cutting-edge techniques that will help you achieve the perfect fit." - Tom Demerly, founder of Fit Werx

Investing in 'Bike Fit 2nd Edition' is an investment in your cycling journey. With its comprehensive coverage, practical guidance, and expert insights, this book will help you achieve the perfect bike fit and unleash your true cycling potential. Free Download your copy today and elevate your cycling experience to new heights!



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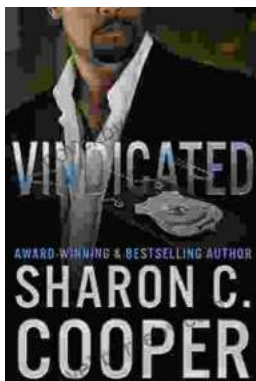
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