



Bike Fitting

You're ready to hit the road on your new bike, but before you put your pedal to the metal, it's important to fit your bike to you to make your ride enjoyable and safe.

Saddle Height

To begin, check the current saddle position to determine the optimum height that allows all of your leg power to go into turning the pedals. Use either an indoor trainer or the help of a friend to hold your bike steady during this process.



1. To adjust saddle height, loosen the seat pin bolt, grasp and twist the saddle applying upward or downward pressure to change the height.



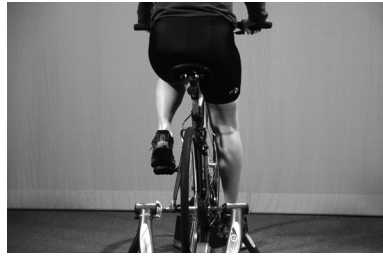
2. To adjust the seat, remove one shoe and place your heel on the pedal spindle (center portion of the pedal). Raise or lower the seat until that leg is in a straight, vertical position. When the correct saddle height is achieved, you will notice only a slight bend in your knee each time the pedal is in a downward position.



3. When you have determined the correct saddle height, make sure the saddle is lined up with the frame of the bike. After lining up the saddle, tighten the seat pin bolt. Place a level on the saddle to check whether it's flat or off-balance. If the saddle is not level, the clamp bolt directly below the saddle can be adjusted.



4. Put your shoe back on, sit down on the seat, and start pedaling backwards. Your helper should stand directly behind you to be sure your hips are level throughout each pedal revolution. If your hips rock at all while back-pedaling, your seat is too high and will need to be readjusted – return to step one.



5. Back on the bike, make sure that the widest part of your foot is directly over the pedal spindle. With the cranks (long arm of the pedal) in a horizontal, flat position, make sure the end of your femur (thigh bone) is directly over the widest part of your foot. Your saddle can be adjusted forward or backward to achieve optimal positioning.

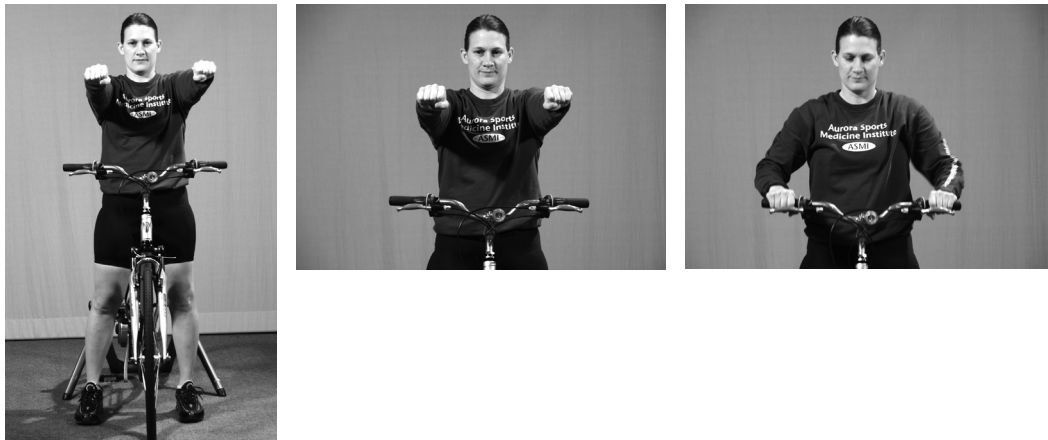


Handlebar Fitting

6. Sit on the bike and hold onto the handle bars. When properly fitted, the handlebar height should allow a slight bend in the elbows. Depending on the bike model, handlebar height can be adjusted up or down to achieve a comfortable arm position for the rider.



7. To check handlebar width for ideal fit, pick the bike off the floor while straddling the frame of the bike. Your hand position should be in line with shoulder joints to lessen arm and upper back fatigue. This “fitting” technique ensures that you’ll have adequate clearance when dismounting your bike, as well as correct hand alignment



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