



Synergy ProTraining

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04



CONTENTS

COMMENTARY_____	1
BIKE SET UP_____	2
STACK AND REACH MEASUREMENTS - ADVANCED _____	3
SPECIFICATIONS_____	4
COMPARISON - RIDER SIDE VIEW_____	5
COMPARISON - KNEE TRACK_____	6
COMPARISON - FRONTAL_____	7
BIOMECHANICAL ANALYSIS_____	8

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

COMMENTARY

SUMMARY

Prior to your fit session you reported that you had:

- back pain
- saddle sores
-
-
-

Our initial analysis identified the following issues:

-
-
-
-
-
-

In order to address both the reported and observed issues we made the following changes:

-
-
-
-
-
-

Additionally we'd suggest:

-
-
-

GENERAL NOTES

The full details of your bike setup and motion analysis are provided in this report. If you would like an explanation of any of the measurements we're always happy to talk about bikes and bike fit. Or you can find a range of resources on the www.velogicfit.com website. Please note that you will need to allow 1-2 weeks for your body to adapt to these positional changes. However - if you have any acute pain, please stop riding and contact us. Thank you for choosing us for your bike fit. We will be in touch in a few weeks to discuss whether your new position has aided your cycling comfort. Or feel free to contact us at any time.

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

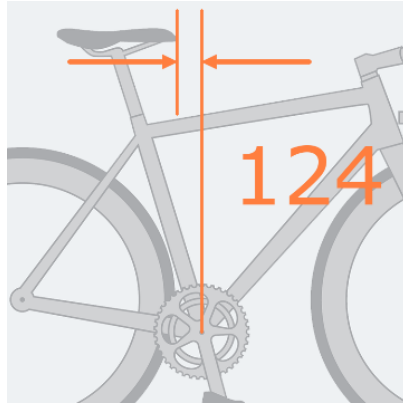
BIKE SET UP

These measurements can be used at home to restore the position we achieved during your fit. They're only valid for your current saddle, because they use measure from the nose of the saddle, and a different saddle will have a different nose length.



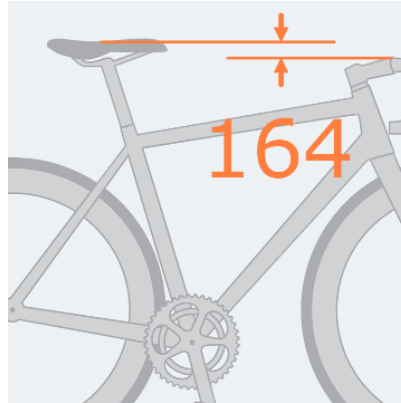
SADDLE HEIGHT

Bottom bracket to top of saddle
(at 80mm width)



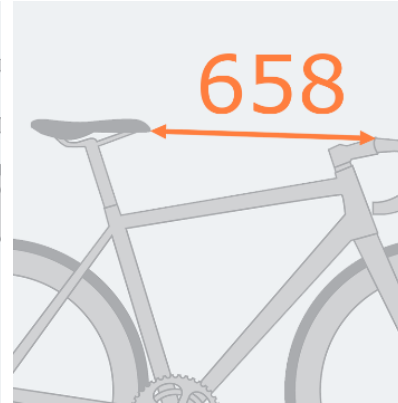
SADDLE SET BACK

Horizontal distance between
saddle nose and bottom bracket



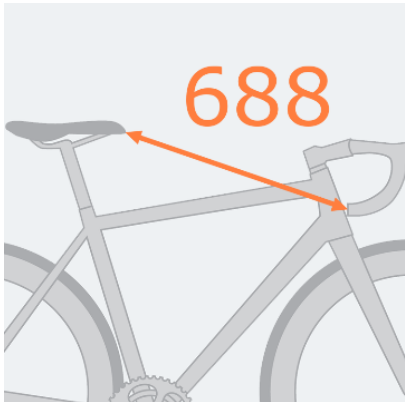
BAR DROP

Height difference from center of
saddle to top of handlebar



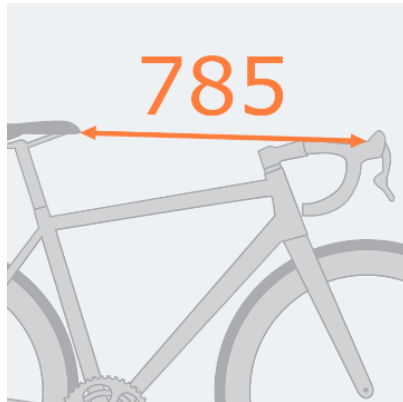
SADDLE TIP TO HANDLEBAR

Measured to top of handlebar
clamp



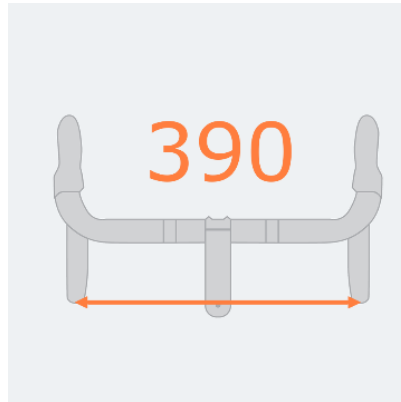
SADDLE TIP TO END OF DROP

Helps check bar rotation



SADDLE TIP TO HOODS

Measured to the upturn of the
hoods of brake/shift lever



HANDLE BAR WIDTH

Measured between ends of the
drops

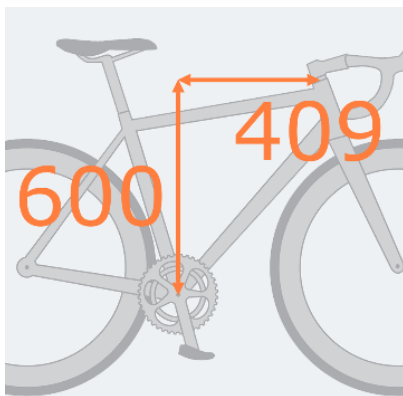
FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04



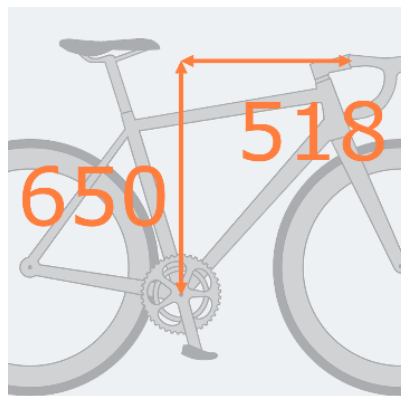
STACK AND REACH MEASUREMENTS - ADVANCED

You can take these measurements to a bike shop, and ask them to find or build a new bike to suit your position.



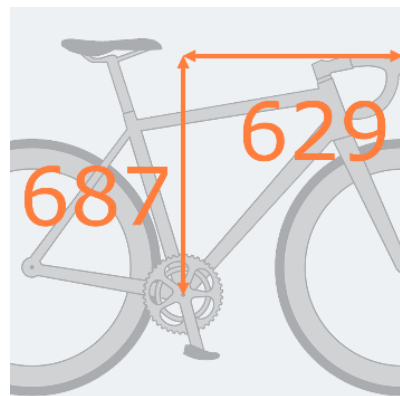
FRAME STACK/REACH

Frame X/Y, from bottom bracket



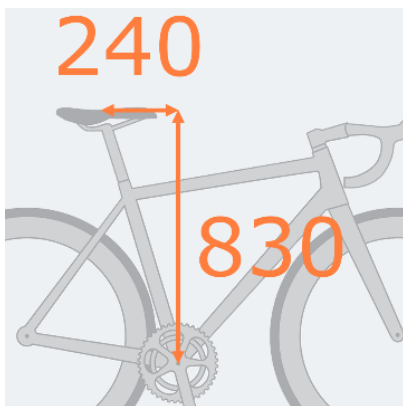
HANDLEBAR STACK/REACH

Handlebar X/Y, to center of handlebar at clamp



HOOD STACK/REACH

Hood X/Y

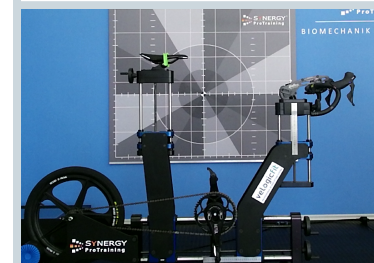


SADDLE CENTRE STACK/REACH

Measured to where the saddle is 80mm wide

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04



SPECIFICATIONS

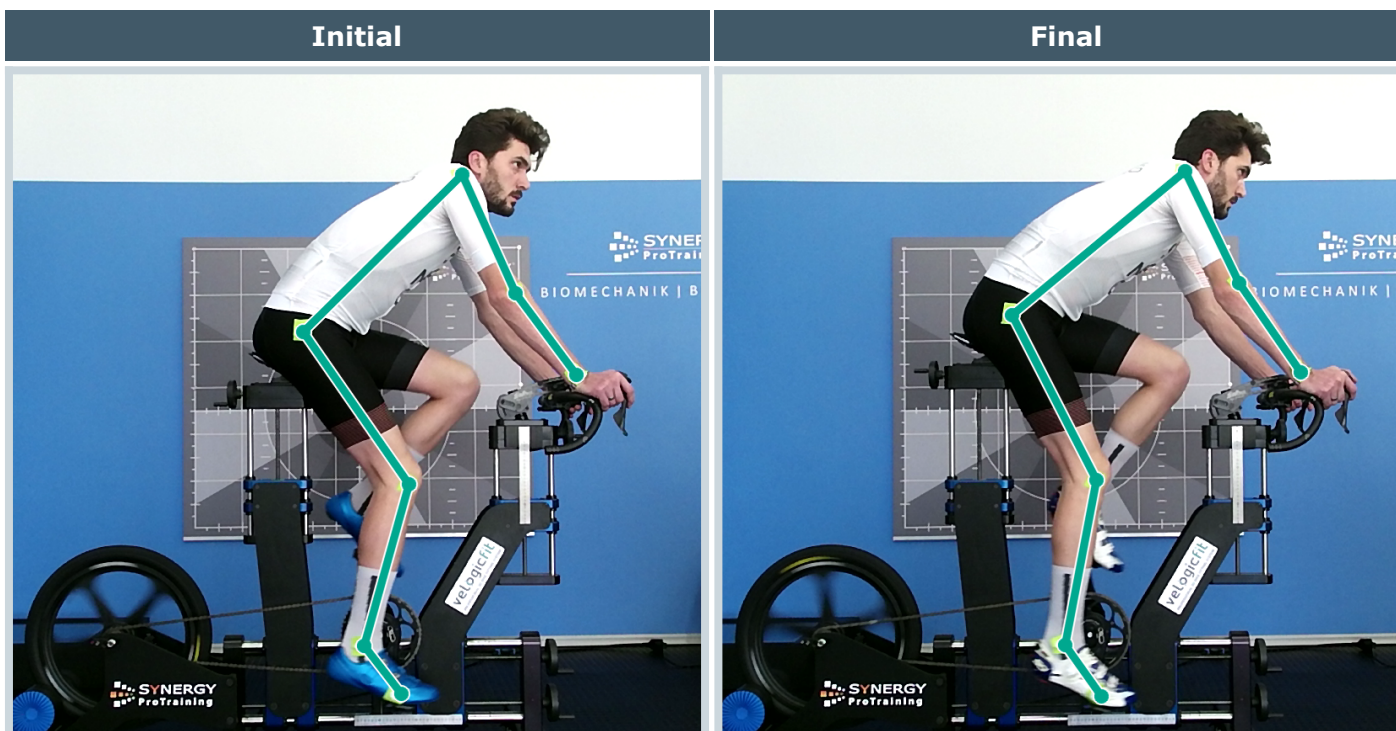
Part	Initial	Changed to
Frame size	not specified	no change
Spacers	not specified	no change
Stem length x angle	not specified	no change
Saddle	not specified	no change
Hoods	not specified	no change
Bars	not specified	no change
Cleat wedges	not specified	no change
Pedals	not specified	no change
Shoes	not specified	no change
Orthotics	not specified	no change
Crank length	not specified	no change
Saddle tilt	not specified	no change

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

COMPARISON - RIDER SIDE VIEW

Lateral image comparison shows change in position during the fit. We can also see non-quantified changes such as spine curvature.

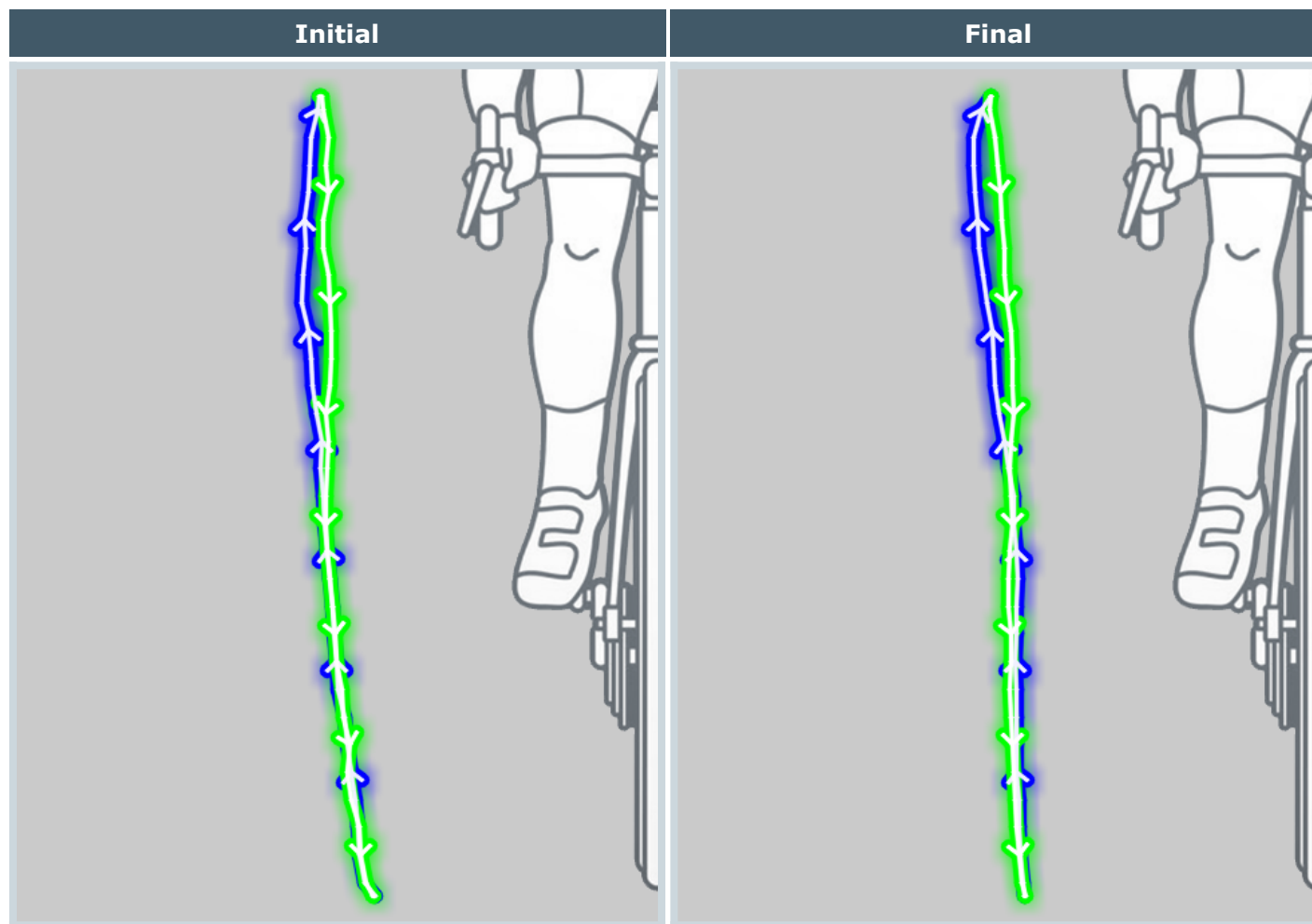


FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

COMPARISON - KNEE TRACK

Knee track shows how knee is moving towards and away from frame during the stroke.

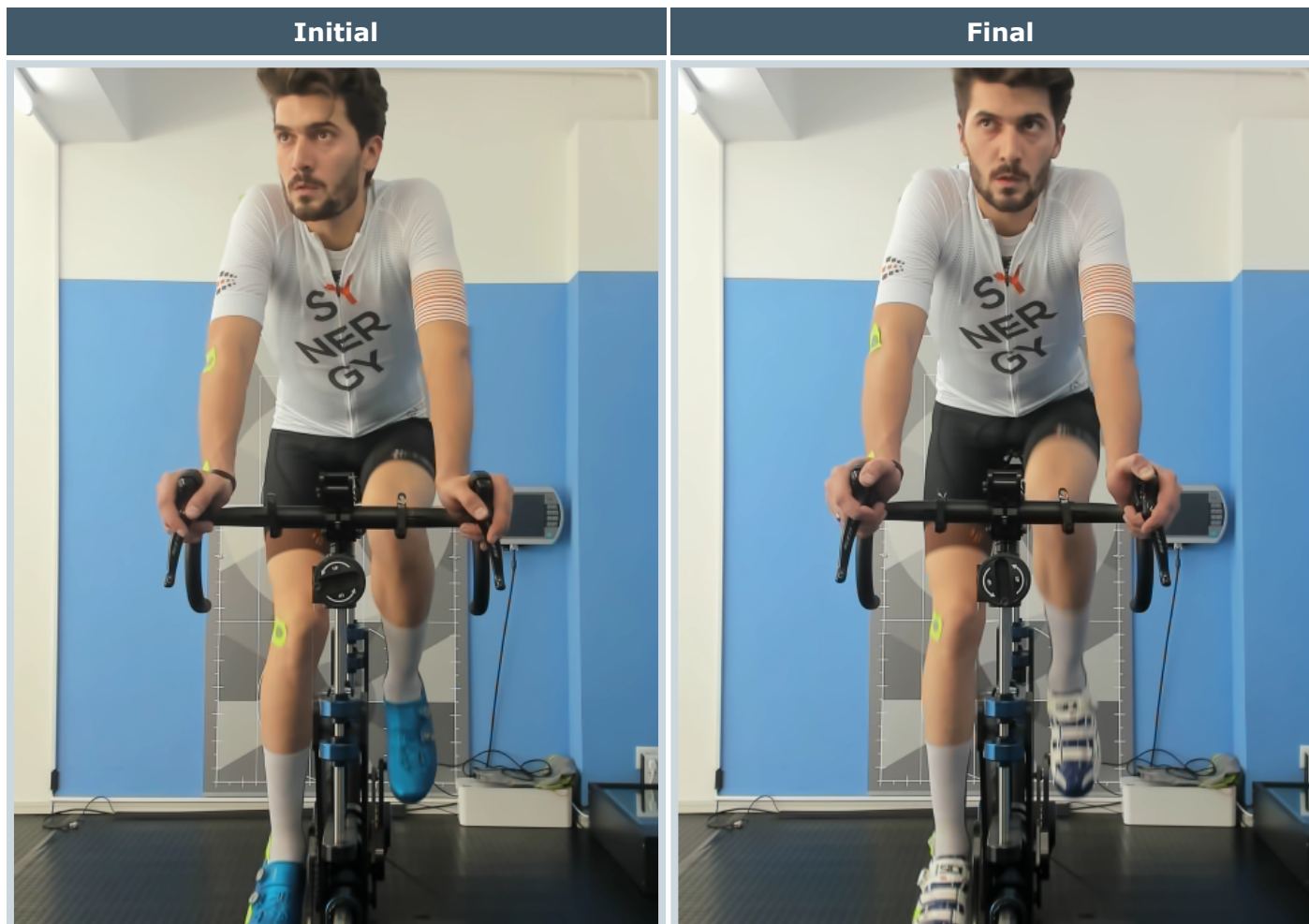


FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

COMPARISON - FRONTAL

Cameras are used mainly to check for stability and postural issues.



FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

BIOMECHANICAL ANALYSIS

Joint angles	Initial	Final	Change
Knee Angle Min If too small, may cause excessive hip motion as hip raises to allow leg to come through top of stroke	65	73	7
Knee Angle Max Important to prevent feeling cramped (if too low) or back pain and lack of stability (if too high)	131	142	11
Ankle Angle Avg Average over whole pedal stroke. May help to indicate overextension when considered in conjunction with Knee Angle Max and Ankle Angle Range.	125	130	5
Ankle Angle Rng If saddle is too high, toe may "dip" at the bottom of stroke to preserve knee angle.	26	24	-2
Hip Angle Min Highly individual, but too cramped can mean: excess hip motion, back pain, loss of power.	58	57	-2
Hip Angle Max Less important than Hip Angle Min, used as orthodoxy check	104	104	-1

Joint angles	Initial	Final	Change
Shoulder Angle Avg Can be used to check if reach may be too great. If very cramped, may be difficult to find a matching bike.	70	76	6
Elbow Angle Avg Can be used to check for relaxed upper body position.	161	164	3
Torso Angle Avg Used as a measure of the "raciness" of a position.	44	39	-4
Arm Angle Avg Less important by itself, can be used to see how upper body responds to changes in position.	60	59	-1

Joint motion	Initial	Final	Change
Knee Lateral Travel Measures knee travelling towards and away from frame during pedal stroke. Lower is generally better.	32	28	-4
Knee Travel Angle Measures "slant" of knee (towards or away from frame) between top and bottom of pedal stroke. Lower is generally better.	-3	-2	=

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

Joint motion	Initial	Final	Change
Hip Vertical Travel Measures hip motion up and down during pedal stroke. Lower is generally better.	43	46	2
Hip Horizontal Travel Measures hip motion fore and aft down during pedal stroke. Lower is generally better.	18	28	10
Ankle Swivel Measures the side to side movement of the heel relative to the ball of the foot. Lower indicates good stability / alignment.	9	9	=
Shoulder Lateral Travel Measures rocking of shoulder. Lower is generally better.	26	25	-1

Alignment	Initial	Final	Change
Knee Over Foot Measures horizontal distance between knee and toe at front of stroke. An older metric used in manual fits, may be used as a guideline.	40	26	-15
Hip To Foot Measures average horizontal distance between hip and toe over pedal stroke. May help assess impact of change in position.	208	212	3

Alignment	Initial	Final	Change
Hip To Wrist Measures distance between hip and wrist. May help assess impact of change in position.	716	756	40

Anthropometry	Initial	Final	Change
Thigh Length Informational only.	485	484	-2
Shin Length Informational only.	441	441	=
Torso Length Informational only. May change during a fit as upper body position changes.	565	557	-8
Upper Arm Length Informational only.	339	327	-12
Forearm Length Informational only.	265	280	15

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04

Performance	Initial	Final	Change
Cadence Avg Informational only.	77	90	13

FIT REPORT

- **Rider name**
Joe Example
- **Rider email**
- **Position / sport**
Road
- **Bike**
FitBike
- **Date**
2021-10-04