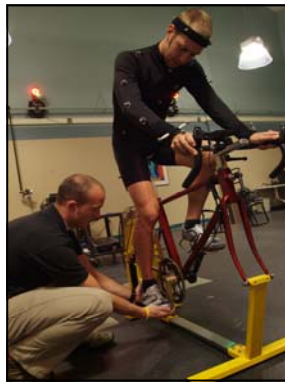


BIOMECHANICS LABORATORY

Cycling Services



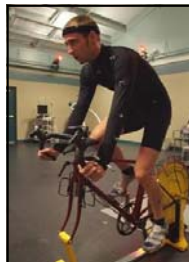
Riding a bicycle is a repetitive activity by nature. The average cyclist pedals between 4000-6000 revolutions per hour; that is a lot! Just think what that can do to your joints, muscles, and not to mention your behind if you are not fitted properly on your bike. Many cyclists believe these aches and pains are just part of the sport, however; we believe otherwise. We encourage you to learn more about our fitting process and services and why it is important; whether it is comfort or performance you are seeking.

What is a bike fit?

The purpose of a proper bike fit is to address biomechanical discrepancies between you and the bike that results in wasted energy due to an inefficient transfer of power. This waste of energy may be caused by poor flexibility, core instability, improper cleat alignment, poor pedaling technique, incorrect bike geometry, and/or improper body positioning on the bike. This requires the right amount of compromise between the body and the bike.

Dynamic Position Analysis

Using either the Velotron or the Computrainer with your own bike; we are able to see changes in pedal technique and power before and after specific changes have been made to the bike.



Video Analysis 3D or 2D

Vicon Nexus™ 3D motion analysis technology allows our staff to analyze your cycling movements in real time. Unlike conventional video analysis, fourteen infrared cameras are used to analyze your bike motion in 3D. This real-time information allows us to see what is happening immediately after a change has been made to the bike which can improve performance and comfort while helping to prevent injuries. Dartfish™ is also used during the 3D and 2D bike fits for qualitative video analysis.

Cleat Alignment – Last but not least!

Since the pedal is the primary site of energy transfer, cleat alignment is necessary to bring all of the above together in order for the most efficient transfer of power. A change in cleat alignment, although small, can make the difference between knees that ache and seeing an increase in power. In addition, addressing foot mechanics with custom orthotics, leg length discrepancies with lifts, and possible physical therapy for muscle imbalances, we can provide you with the means to make sure energy leaks are reduced to a minimum.

Packages

3D Comprehensive Bike Fit (3.5 hours).....\$350.00

Uses real time motion capture technology to analyze your cycling movements dynamically while you are pedaling, allowing us to see the affects of the changes made. Changes in angles, joint positions and power are quantified with the aid of the Computrainer providing instant biofeedback, eliminating the guesswork of making an adjustment. A CD is provided with all 3D detailed info, measurements, exercises, video, pictures & summary. Includes 1 follow-up session.

2D Advanced Bike Fit (2.5 hours).....\$165.00

Designed to build upon the basic bike fit by addressing all aspects of bike geometry and body configurations, the 2D Advanced Fit also utilizes a Computrainer and 2D video analysis. Service includes Basic Bike Fit plus:

- Pedal stroke/power outlet analysis
- Thorough physical assessment
- Foot mechanics evaluation
- 3-way cleat alignment
- Pre/post video analysis
- One follow-up session
- Summary report and exercises

Basic Bike Fit (1-1.5 hours).....\$80.00

Designed to address the fundamental parameters needed to ride in comfort with efficient power i.e. beginners, commuters, touring. Service includes:

- Interview and rider history
- Basic flexibility assessment
- Pedal technique observation
- Documentation of bike set-up
- Cleat for/aft adjustment
- Seat height/tilt and for/aft
- Stem length/angle determination
- Handlebar size determination

Cleat Alignment (1 hour).....\$50.00

3 dimensional adjustment of new or existing cleats for optimal power, stability on the pedal, and alignment.

Other Services

VO2Max.....\$100.00*

Lactate Threshold.....\$100.00*

Combo (VO2 and Lactate).....\$175.00*

Custom Cycling Orthotics.....\$249.00**

*Team and Student discounts available

**10% Discount when purchased with any bike fit

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