



## Bike Fitting Services

A Retül bike Fit WILL make riding more enjoyable by reducing discomfort, helping eliminate the chance for injury AND making you more efficient. More Power!! Ride Faster!! Ride Farther!!

Starting with a pre-fit physical assessment, your fitter will take into account your body's limitations, previous injuries and pains, and your goals on the bike. From there, we turn to our Vantage Motion Capture System to collect real-time, three-dimensional data from your pedal stroke. This data is then compiled into our system so that your fitter can look at your numbers and dial you into your perfect ride position. Retül's fitting ranges are based on accepted biomechanical measurements that take into account safe working conditions (ie. the upper and lower limits of flexion and extension, among others) and maximize biomechanical efficiency and performance. The goal is to find a neutral position that prevents injury, eliminates pain and increases power output.

The data is captured in three dimensions, by capturing each side of a rider's body and comparing in real time. Once data was captured for one side of our body, the same process is carried out on the opposite side to help the fitter identify any imbalances or problems. Then the system can 'see' the knee's lateral movements as well as other similar movements in the torso, hip, ankle and foot. This allows the fitter to have a 360 vision of your position supported by real time data. Thereby making the fitters adjustments to your position and capturing the changes.

The final step of the process is to input the rider's final fit to the bike using the Zin tool and optical scanner, which is basically an LED on a stick that allows the fitter to touch all of the critical points on the bike and log the exact positions of the seat, handlebar and various parts of the frame. There are 13 to 15 points of reference in total. This gives the rider a digital file and printout of their fit, should they need to double check position down the road.

The Retül fitting services are offered by a fully trained, accredited technician with decades of experience.

The cost is \$275 And will include an original digital recording and reports for position and bike sizing. These documents are yours to compare for future bikes and future fits.

A free followup service is offered to ensure complete resolution of riding issues on original bike. Discounts may be offered for a complete Retul fit on another bike.