

OLE BRO

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**RIDER**

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SITE

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BIKE

MAKE/MODEL: Rock Machine, Raceride 1200
SIZE: No Size
YEAR: 2015
TYPE: Road

FITTER

Tore Winther
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SUMMARY OF SESSION

Vi tilstræbte at lave en komfortabel position med stabilitet og balance som det primære - det lykkedes i dag.

Du har fået en balanceret, stabil og plantet position på sadlen.

Samtidig med en ens belastning af for- og baglår, en meget åben hofte, samt gode balancer, er det det totalt set det bedste mulige udgangspunkt, for en balanceret og stabil og dermed komfortabel position.

Positionen for overkroppen er neutral, hverken ekstrem lav eller høj, men komfortabel og godt tilpasset dine behov, smidighed og bevægelighed.

På baggrund af ændringerne, kommer du dog højst sandsynlig ikke til at cykle hurtigere, men kommer muligvis til at køre "længere på literen".

Hvis du ikke føler dig 100% komfortabel og tilpas, må du endelig sige til, så skal vi se på det igen. Det kan være svært at sammeligne oplevelsen af positionen på en turbotræner med positionen udenfor på landevejen.

Det er vigtigt at understrege, at der efter et bikefit er en kort tilvænningsperiode, hvor kroppen skal tilpasse sig de ændringer, som jeg har lavet. I den periode er det anbefalesværdigt, at du reducerer intensiteten i træningen for at sikre, at de krævede tilpasninger lykkes. Det er samtidig meget væsentligt, at du lærer din krop 100% at kende mens du cykler, du skal mærke hvordan de enkelte kropsdele føles, helt fra tå til hoved.

Efter et bikefit er det normalt at opleve en anderledes brug af muskler og belastning af musklerne. I forbindelse med din videre "cykelkarriere" anbefaler jeg, at du jævnligt arbejder med at forbedre og vedligeholde din fleksibilitet og styrke omkring mave, ryg og hofter. Det vil medvirke, at du kan nå dine mål uden at gå på kompromis med positionen på cyklen.

Lad mig endelig høre fra dig, hvis der er noget, som jeg kan gøre for dig, og forbedre din oplevelse på cyklen endnu mere

God fornøjelse med træningen. Jeg håber, at du bliver glad for de ændringer, som vi har lavet.

Jeg står altid til rådighed.

ASSESSMENT REPORT

CONCERNS & PREVIOUS INJURIES

NECK: Han bliver træt i nakken når han kører meget

SHOULDERS: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

MID-BACK: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

LOW-BACK: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

LLD: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

HIPS: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

KNEES: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

ANKLES: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

FEET: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

ORTHOTICS: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

HANDS: Sovende hænder efter en times tid +

MISC: Ingen tidligere skader eller operationer, ej heller ingen smerter, gener eller ubehag

EXPERIENCE

CYCLING BACKGROUND: I denne omgang har han cyklet i ca 7 år

RIDING STYLE: Casual

HOURS PER WEEK: 5-10

OTHER ACTIVITIES: Nej

GOALS: 7500 km i 2022

CYCLING DISCOMFORT: Se andre noter

OCCUPATION: Kontor

NOTES: Anbefaling: Uanset rytter, vil jeg altid anbefale en stabil, balanceret og komfortabel position. Ud fra de forskellige øvelser, vores snak, ambitioner, målsætning og erfaring, vil jeg anbefale en position for overkroppen, der naturligt i forhold til hans højde dropper moderat, og den skal samtidig være super komfortabel, dvs ca 5-10 mm højere end de laveste han kan sidde med styret. Han vil naturligt sidde med et moderat kippet bækken og en moderat rund ryg og en ret lænd. Mit bud er, at han naturligt vil kunne tolerere et styrdrop på 4-6 cm

ISCHIAL TUBEROSITY MEASUREMENT

ISCHIAL TUBEROSITY WIDTH:

FEET	LEFT	RIGHT
FOREFOOT ANGULATION:	VALGUS, MODERATE	VALGUS, MODERATE
Han går moderat bredt med fødder og knæ		
REAR FOOT STRUCTURE:	VALGUS, MODERATE	VALGUS, MODERATE
ARCH:	MOD ARCH	MOD ARCH
Han har slanke og en anelse brede fødder		
ANKLE DORSI FLEXION:		
ANKLE PLANTAR FLEXION:		

LEGS	LEFT	RIGHT
LOWER EXTREMITY ALIGNMENT:		
LOWER EXTREMITY ALIGNMENT 2:		
HAMSTRING FLEXIBILITY:	LIMITED ROM	LIMITED ROM
HAMSTRING FLEXIBILITY MEASUREMENT:		
Han har en moderat mobilitet på lyske, hofte og haser i begge sider		
HIP ROM:		
HIP ROM MEASUREMENT:		
LLD RESULT:		
TIBIAL PLATEAU COMPARISON:		
IT BAND:		

LEGS CONTINUED	LEFT	RIGHT
1/3 KNEE BEND HIP:		
1/3 KNEE BEND KNEE:		
1/3 KNEE BEND FOOT:		
QUAD:		
HIP FLEXOR:		
Q-ANGLE:		
PASSIVE HIP ROTATION ROM:		
ACTIVE HIP ROTATION ROM:		

UPPER BODY
FORWARD SPINAL FLEXION: MODERATE LIMITATIONS
SPINAL ALIGNMENT: NEUTRAL
Hans kip med bækkenet er godt og moderat til ubegrænset og han har en god mobilitet på ryggen, dog en anelse stiv over lænden
SPINAL CURVE:
SHOULDER ROM:
SCAPULAR POSITION:
CERVICAL FLEXION ROM:
CERVICAL EXTENSION ROM:
LEVEL PELVIS: NEUTRAL
Han står meget symmetrisk
CERVICAL ROTATION ROM: LEFT: RIGHT:

ZIN REPORT: ROCK MACHINE RACERIDE 1200

2015, No Size - Rock Machine, Raceride 1200 (Road)

Notes:

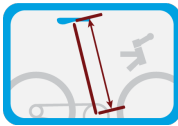
COMPONENTS

STEM	SPACER STACK	CRANK LENGTH	PEDALS	SADDLE	BARS
6 ° x 60 mm	40 mm	175 mm	Look Keo	Fizik Ardea	FSA Compact

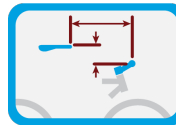
SHOE SETUP

SHOES	FOOTBEDS	WEDGES	CLEAT ROTATION	STANCE WIDTH
Specialized S-Works	Custom	Nej	Neutralt lille V	Helt inde og højre fremme og venstre 6 mm længerer tilbage

MEASUREMENTS & ANGLES

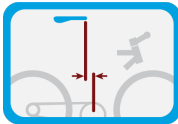


Saddle Height: 709 mm
BB to center of saddle profile

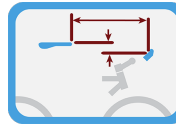


Handlebar Reach: 474 mm
tip of saddle horiz to bar top

Handlebar Drop: -49 mm
cen of saddle profile to bar top grip, - denotes bar below saddle



Saddle Setback: -58 mm
BB horiz to front tip of saddle grip, - denotes saddle behind BB



Grip Reach: 578 mm
tip of saddle horiz to trough of grip

Grip Drop: -18 mm
cen of saddle to trough of grip, - denotes grip lower



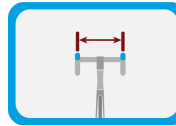
Saddle Angle: -4 °
angle of saddle to horizon grip, - denotes nose down



Bar Reach: 50 mm
center of bar to back end of grip



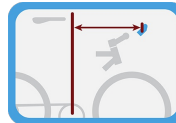
Eff. Seat Tube Angle: 74 °
BB to center of saddle profile



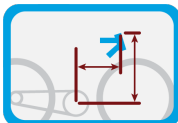
Grip Width: 397 mm
grip center to center



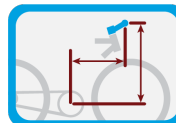
Grip Angle: 40 °
angle to horizon + denotes front end up



BB to Grip Reach: 521 mm
BB to trough of grip



Frame Stack: 557 mm
Frame Reach: 369 mm
BB to center of headtube top



Handlebar Stack: 617 mm
Handlebar Reach: 416 mm
BB to center of bar

THIS BIKE FIT PERFORMED USING THE **RETUL** SYSTEM

VIEWS

FØR BIKEFIT(GREB)



EFTER BIKEFIT(GREB)



THIS BIKE FIT PERFORMED USING THE **RETÛL** SYSTEM

VIEWS

FØR BIKEFIT(DROP)



EFTER BIKEFIT(DROP)



THIS BIKE FIT PERFORMED USING THE **RETÛL** SYSTEM

VIEWS

EFTER BIKEFIT(GREB)



MÜVE FIT BIKE(GREB)



THIS BIKE FIT PERFORMED USING THE **RETÜL** SYSTEM

VIEWS

EFTER BIKEFIT(DROP)



MÜVE FIT BIKE(DROP)



THIS BIKE FIT PERFORMED USING THE **RETÜL** SYSTEM



BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
Common Bike Definitions (used on all reports)			
	<p>Frame Stack and Reach The horizontal and vertical distance from the center of the bottom bracket to the center of the top of the headtube.</p>		<p>Handlebar Stack & Reach The horizontal and vertical distance from the center of the bottom bracket to the center of the handlebar.</p>
	<p>Handlebar Reach The horizontal distance from the front tip of the saddle to the center of the handlebar.</p> <p>Handlebar Drop The vertical distance from the center point of the saddle profile to the top of the handlebar. A negative value signifies the handlebar being lower than the saddle.</p>		<p>Effective Seat Tube Angle The angle between horizontal and the saddle height axis defined in saddle height.</p>
	<p>Saddle Height The distance from the center of the bottom bracket to the horizontal midpoint of the saddle profile.</p>		<p>Saddle Setback The horizontal distance from the front tip of the saddle to the center of the bottom bracket. A negative value signifies the saddle being rearward of the bottom bracket.</p>
	<p>Saddle Angle The angle between horizontal and the line tangent to the top of the saddle. A negative value signifies the nose of the saddle being lower than the rear of the saddle.</p>		
Road Bike Definitions (used on road reports)			
	<p>BB to Grip Reach The horizontal distance from the center of the bottom bracket to the trough of the grip.</p>		<p>Grip Reach The horizontal distance from the front tip of the saddle to the trough of the grip.</p> <p>Grip Drop The vertical distance from the center point of the saddle profile to the trough of the grip. A negative value signifies the grip being lower than the saddle.</p>
	<p>Grip Angle The angle between horizontal and the flat segment of the grip. A positive value signifies the front of the grip being higher than the rear.</p>		<p>Bar Reach The horizontal distance from the top of the handlebar to the rearmost point of the grip.</p>





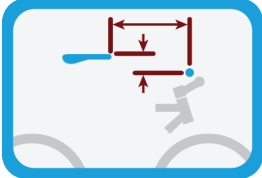

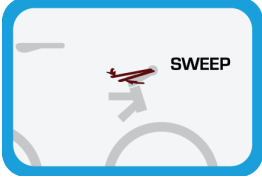
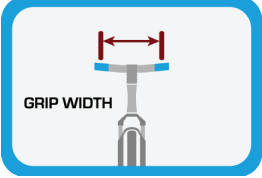
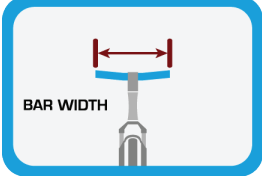
BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
<p>GRIP WIDTH</p>	<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>		
Tri Bike Definitions (used on tri/tt reports)			
	<p>Arm Pad Stack BB The vertical distance from the center of the bottom bracket to the top of the arm pad.</p>		<p>Arm Pad Reach BB The horizontal distance from the center of the bottom bracket to the back of the arm pad.</p>
	<p>BB to Grip Reach The horizontal distance from the center of the bottom bracket to the frontmost point of the grip.</p>		<p>Arm Pad Reach The horizontal distance from the front tip of the saddle to the back of the arm pad.</p>
	<p>Grip Reach The horizontal distance from the front tip of the saddle to the frontmost point of the grip.</p>		<p>Arm Pad Drop The vertical distance from the center point of the saddle profile to the top of the arm pad. A negative value signifies the arm pad being lower than the saddle.</p>
	<p>Grip Drop The vertical distance from the center point of the saddle profile to the frontmost point of the grip. A negative value signifies the grip being lower than the saddle.</p>		<p>Grip Angle The angle between horizontal and the best fit line to the traced grip contour. A positive value signifies the front of the grip being higher than the rear.</p>
	<p>Arm Pad to Grip Reach The horizontal distance from the back of the arm pad to the frontmost point of the grip.</p>	<p>ARMPAD</p>	<p>Arm Pad Width The 3D distance between the midpoints of the arm pad contours if both arm pads traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced arm pad contour.</p>
<p>GRIP WIDTH</p>	<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>		





BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
Mountain Bike Definitions (used on mountain reports)			
	<p>Grip Reach The horizontal distance from the front tip of the saddle to the midpoint of the grip contour.</p> <p>Grip Drop The vertical distance from the center point of the saddle profile to the midpoint of the grip contour. A negative value signifies the grip being lower than the saddle.</p>		<p>Bar Rise The vertical distance from the top of the handlebar to the midpoint of the grip contour.</p>
 <p style="text-align: center;">SWEEP</p>	<p>Bar Sweep Angle The top view angle between the handlebar clamp axis and the line from the center of the handlebar to the midpoint of the grip contour.</p>	 <p style="text-align: center;">GRIP WIDTH</p>	<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>
 <p style="text-align: center;">BAR WIDTH</p>	<p>Bar Width The 3D distance between the widest endpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the widest endpoint of the single traced grip contour.</p>		

