

AT HOME BIKE SETUP

RETÜL, FOUNDED IN 2007 STANDS FOR BEING THE MOST TECHNICALLY ADVANCED BIKE FITTING AND PRODUCT MATCHING TECHNOLOGY AVAILABLE.

For riders that are not able to get a Retül fit on their bicycle (old or new) there are some simple techniques that can be done at home to determine a neutral riding position. It's important to remember that this position will provide a starting point from which individual riders can adapt and evolve their fit. If you have any injury concerns or find the position obtained from this fit uncomfortable, a professional Retül bike fit is recommended.

Tools Needed:

- Stationary trainer (turbo)
- Front wheel block
- Four foot spirit level (or tape measure)
- Metric allen keys

SETUP

FIRST, YOU NEED TO GET THE BIKE STATIONARY, STABLE, LEVEL TO THE HORIZON AND VERTICALLY STRAIGHT (NOT LEANING TO ONE SIDE OR ANOTHER AS YOU SIT ON IT).

1. Pump up your tires to recommended pressure.
2. Replace the bicycle's rear skewer with the one that comes with the trainer. This will ensure that the bike is fairly vertical and does not lean to a side. This is also a safety issue. (see figure 1.1)
3. Set bike in trainer according to manufacturer recommendations.
4. Place the front wheel block under the front wheel so the bike is level to the horizon. The best way to do this is to place one end of a four foot spirit level in the middle of the rear axle (now affixed in the trainer) and extend the other end towards the front axle. Then adjust the front wheel height until the axles are level.
5. Visually inspect the bike to see that it is vertical (not leaning laterally).
6. Adjust saddle angle so that the front two-thirds of the saddle is level to the ground. For shaped or anatomical saddles, this means that the rear of the saddle may actually rise above the front of the saddle for proper sit bone support to provide relief to the anterior soft tissue of the genitalia. (see figure 1.1)

Word of warning, within reason this saddle angle is subject to personal preference and some small amount of variability between brands.

figure 1.0

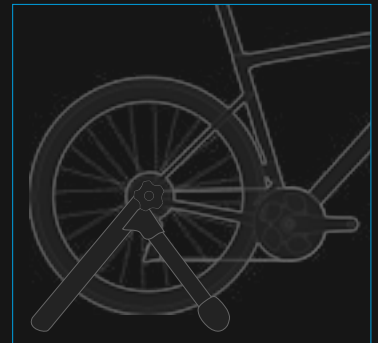
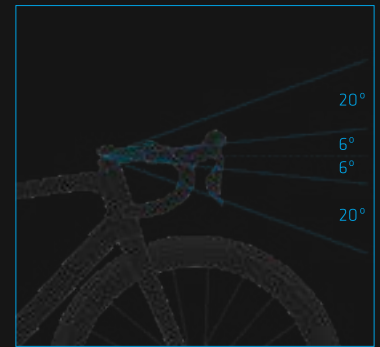


figure 1.1



7. Set handlebar rotation and grip angle to facilitate comfort in all positions of handlebars. For road-style handlebars, the base of the grip (or hood) should be angled slightly upwards to facilitate a neutral wrist angle when riding. Then make sure you can reach your brake levers comfortably from both the hoods and the drop portion of the handlebar.
8. Stems are usually able to be positioned either up or down. Start with the stem angled downward. Most stems are $\pm 6^\circ$ to $\pm 20^\circ$. (see figure 1.2)
9. If adjustment of the stem height (up and down) is available with headset spacers, place all but one spacer under the stem and the other remaining spacer above the stem. Then thread the headset adjustment bolt on top of that last spacer and tighten the headset/stem system according to manufacturer recommendations.
10. Wear your cycling kit or whatever you prefer to wear when you ride.

figure 1.2



MAKING ADJUSTMENTS TO CONTACT POINTS

FOOT POSITION

A GOOD STARTING CLEAT SETTING IS ONE THAT POSITIONS THE BALL OF THE FOOT ON THE PEDAL SPINDLE, OR IN THE MIDDLE OF THE PEDAL.

SADDLE HEIGHT

YOU WILL NOW SET THE SADDLE HEIGHT BY ADJUSTING THE SEATPOST IN AND OUT OF THE FRAME.

1. Set the saddle in the middle of the rails for fore/aft positioning.
2. Then set the saddle height at the low end of the available range.
3. Mount the bike.
4. Sit squarely on the saddle and hang both feet straight downward. (see figure 2.0)
5. Adjust saddle height higher until your heel barely scrapes the pedal at the bottom of the pedal stroke with the knee fully extended. (see figure 2.1)

figure 2.0



figure 2.1

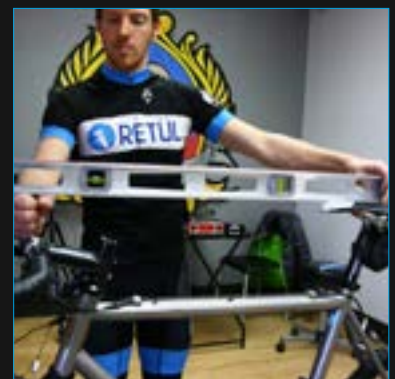


HANDLEBAR POSITION

YOU WILL NOW SET THE HANDLEBAR HEIGHT AND FORE/AFT. IT IS BEST TO SET THE HEIGHT FIRST, THEN ADJUST THE STEM FOR LENGTH.

1. Place the 4 foot spirit level on the middle of the saddle and extend it outwards over the top of the handlebar. (see figure 2.2)
2. For a performance road position, the top of the handlebar should be about 5-8 cm below the mid-point of the saddle.

figure 2.2



3. For a recreational road bike position, the top of the handlebar should be level with the mid-point of the saddle, or maybe a couple of centimeters below.
4. For performance cross country mountain biking, the saddle to grip drop should be in the range of 2-5 cm.
5. For a recreational cross country mountain biking position, the grip should not be above the mid-point of the saddle.
6. Remember, most stems are able to be flipped upwards. So if you cannot get your bars high enough with the headset spacers, you can flip your stem upwards.
7. Once you have set the bar height, mount the bike and ride with your hands positioned at all of the contact points of the handlebar.
8. A good tip is to start with the bars higher. Then go for a lower and longer position as you desire more speed and as your body adapts.

FOOTBED

PROPER FOOT SUPPORT IS VERY IMPORTANT TO CYCLING WITH LESS PAIN, LESS CHANCE OF INJURY AND MORE EFFICIENCY. SPECIALIZED OFFERS BODY GEOMETRY SL FOOTBEDS THAT DELIVER SUPPORT REGARDLESS OF YOUR ARCH SUPPORT NEEDS.

The process is simple:

1. Fill a bucket or tray with 2 inches of water.
2. Find something to sit on so your knees are directly above your ankles at a 90° angle.
3. While sitting, and with bare feet, put both feet in the water.
4. With damp feet, place both feet on the ground with very light pressure. Lift your feet and put them to the side of your footprints.
5. Use the image to determine if your arches are low, medium or high. (see figure 3.0)

Note: It's not uncommon to have different arch support needs for each foot. If you only want to buy one set of footbeds, we usually recommend trying the lower support since too much support can be uncomfortable.

figure 3.0

