

Level 1

£49.00

Perfect if you are new to road cycling - Fit takes place on turbo trainer

- Fit takes place on Tacx turbo trainer
- Interview to discuss riding/injury history & future goals and aspirations
- Seat height adjustment
- Bar height adjustment
- Saddle fore and aft adjustment
- Reach adjustment
- Measurements recorded for future reference
- Complimentary coffee!

Level 2

£149.00

Fit takes place on **Tacx** BUSHIDO SMART turbo trainer providing Power Data / Cadence / Heart Rate

- Interview to discuss riding/injury history & future goals and aspirations
- Flexibility assessment
- Core stability assessment
- Major muscle group activation assessment
- Postural assessment
- Saddle measurement (Selle Italia ID Match). Demo saddles available to take away
- Full cleat set up
- Saddle height set
- Reach set
- Saddle fore aft set
- Handlebar height set
- Conditioning programme based on assessment results supplied
- Follow ups at 2-3 weeks, 6-8 weeks & 12 weeks – free of charge
- Measurements recorded for future reference
- Complimentary coffee and post fit cake
- 10% discount on any parts needed (Stem, Bars etc)

Level 3

£199.00

Fit takes place on **Tacx** BUSHIDO SMART turbo trainer providing Power Data / Cadence / Heart Rate

- FTP (Functional Threshold Power) test – to determine power zones (3 weeks approximately post bike fit)
- Interview to discuss riding/injury history & future goals and aspirations
- Flexibility assessment
- Core stability assessment
- Major muscle group activation assessment
- Postural assessment
- Saddle measurement (Selle Italia ID Match). Demo saddles available to take away
- Full cleat set up
- Saddle height set
- Reach set
- Saddle fore aft set
- Handlebar height set
- Conditioning programme based on assessment results supplied
- Follow ups at 2-3 weeks, 6-8 weeks & 12 weeks – free of charge
- Measurements recorded for future reference
- Complimentary coffee and post fit cake
- 10% discount on any parts needed (Stem, Bars etc)



Please note: Any parts (e.g. stems, spacers, etc) required to aid the fit of the bicycle are chargeable. A fitting charge may also be added in some cases.

