



Personal Bicycle Fitting Report

Rider Information

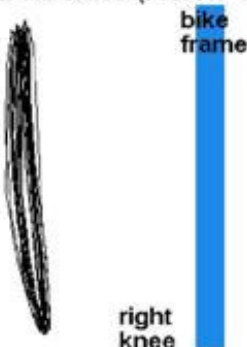
NAME:
AGE:
GENDER:
PHONE:
EMAIL:

RIDING STYLE:
GOALS:
INJURIES/PAIN:
FLEXIBILITY: -
TRAINING VOL:

MEASUREMENTS & ANGLES

KEY	DESCRIPTION	MEASUREMENT	KEY	DESCRIPTION	MEASUREMENT
	Knee Angle Flexion Knee Angle Extension	109 deg 33 deg		Ankle Maximum Ankle Minimum Ankle Range	89 deg 68 deg 22 deg
	Knee Forward of Foot Knee Lateral Travel	-66 mm 28 mm		Knee Travel Tilt	4 deg
	Hip Angle Closed Hip Angle Open	57 deg 101 deg		Hip Vertical Travel Back Angle	44 mm 39 deg
	Hip to Wrist Vertical Hip to Wrist Horizontal	-92 mm 701 mm		Hip to Elbow Vertical Hip to Elbow Horizontal	81 mm 524 mm
	Hip Foot Lateral Offset	-1 mm		Armpit Angle to Elbow Armpit Angle to Wrist	80 deg 88 deg
	Elbow Angle	156 deg		Forearm Angle	-43 deg
	Thigh Length Shin Length	427 mm 392 mm		Power Output Ave (Max) Speed Ave (Max) Cadence Ave (Max)	--- (---) --- (---) 92 RPM (108 RPM)

KNEE TRACING (FRONT VIEW)



BIKE & SESSION INFORMATION

MAKE/MODEL:
TYPE: Road
PEDALS: Clipless
HANDLEBAR: Drop
DATE/TIME:
SIDE: right # 2
DURATION: 10 sec
NOTES:

SITE INFORMATION

NAME:
OPERATOR:
ADDRESS:
PHONE:
WEBSITE:

THIS BIKE FIT PERFORMED USING THE RETUL SYSTEM

