KINETIC
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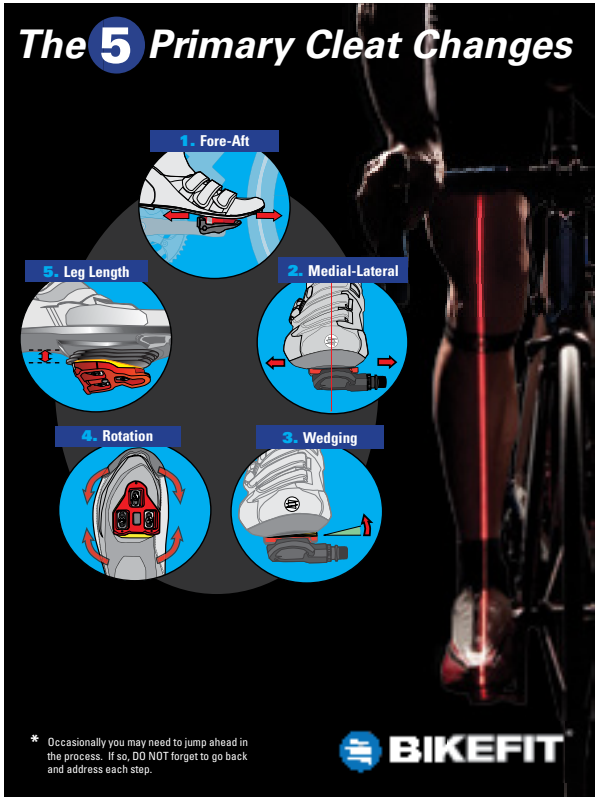
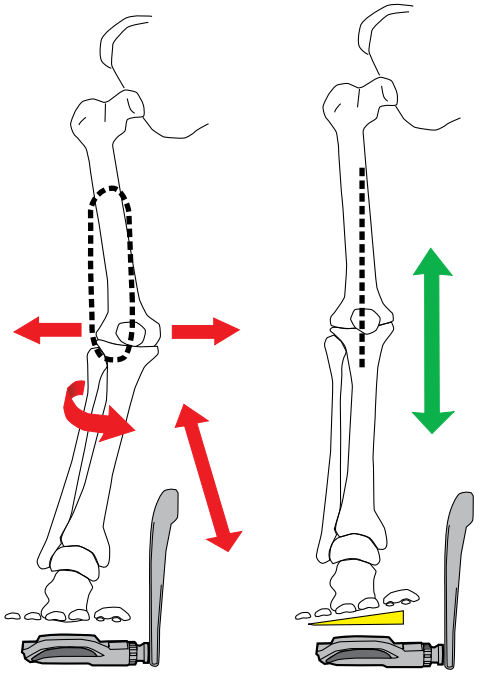
Continental
BIKE
BOULEVARD





BIKEFIT®

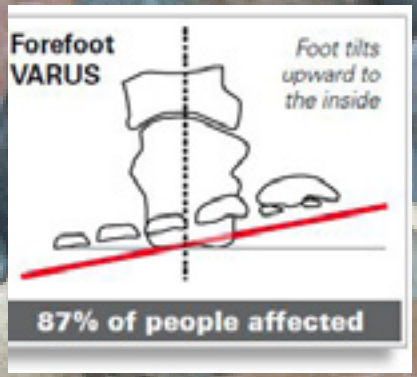
ฝ่าเท้าและบันไดของจักรยานเป็นจุดที่สำคัญจุดหนึ่งของนักปั่นจักรยาน ถ้าไม่ได้ทำการฟิตติ้งแล้ว รองเท้าจักรยานจะถูกยึดติดกับบันไดของรถจักรยานที่ไม่ถูกสรีระ ส่งผลให้เกิดการเจ็บส่วนต่างๆของนักปั่นรถจักรยาน หลักการของBikefitเน้นจุดของฝ่าเท้าด้วยกันถึง5ขั้นตอน ซึ่งทำให้ช่วยฝ่าเท้าสมผัสบันไดรถจักรยานให้ดีขึ้น(power-generating connection point)

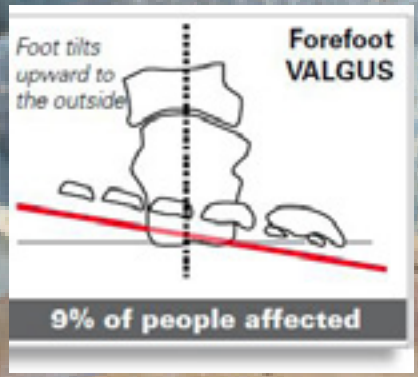
จุดที่มีความสำคัญของนักปั่นจักรยานอีกสามจุดคือ เบาะ แฮนด์ของรถจักรยาน ซึ่งจุดเหล่านี้เราสามารถปรับเปลี่ยนแบบท่าได้เวลาเราปั่นรถจักรยาน แต่ฝ่าเท้าของเราไม่สามารถปรับเปลี่ยนเปลี่ยนได้ตอนขณะปั่นเพราะเท้าถูกยึดตำแหน่งบนcleatของรถจักรยาน หลักการตั้งcleatของระบบBikefit ครอบคลุมไปถึงจักรยานเสือภูเขา รถจักรยานเสือหมอบ รถจักรยานไตกีฬา

87% ของประชากรมีฝ่าเท้าตรมรูปข้างบน (forefoot varus) หลักจากใช้เครื่องมือวัดฝ่าเท้า(Forefoot measuring devide)จะช่วยลดอาการเข็บข้อหัวเข่า โดยใช้แผ่นWedgeลองเสริม

Fitting System

Forefoot Measuring Device





เครื่องมือตัวนี้ช่วยบอกคุณได้ว่าฝ่าเท้าของคุณเป็นแบบไหนระหว่างVarus หรือ Valgus

BIKEFIT™

Bike Fitting Tools

Forefoot Measuring Device (FFMD)

Part# 7010101

Measure Forefoot Tilt

Place this tool on the bottom of each foot to measure forefoot tilt and quickly determine the number of Cleat and/or ITS Wedges needed.

A Bike Fit Session is not complete without using this simple, yet effective tool. Stainless Steel construction. Measures 5-3/4" in length to 8-3/4" when extended. An FFMD is an included component of the Bicycle Fitting System. Another Paul Swift designed product.

How to measure with FFMD

a.

Kneel on a chair, facing the back, with relaxed feet extending over the edge.

b.

Your BikeFit Pro will place the Forefoot Measuring Device (FFMD) on the bottom of each foot pushing the handle against the heel so the vertical portion is aligned dividing the heel in two equal halves.

c.

With FFMD in place, position the top flat surface of the Device (½-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor. Repeat this procedure 3 times for each foot to achieve a left & right foot forefoot tilt average.

d.

You may try using the number of Cleat Wedges (between the shoe & cleat) or ITS Wedges (in the sheet) as per the chart below.

VARUS means that the ball of the foot (where we connect to the pedal) is canted or tilted up to the inside and the Wedges should be positioned with the thick portion towards the inside of the shoe.

VALGUS means that the ball of the foot is canted up to the outside and the Wedges should be positioned with the thick portion towards the outside of the shoe. *We recommend that a maximum of 2 wedges be used to an initial fit for a Valgus foot.*

PLEASE NOTE:

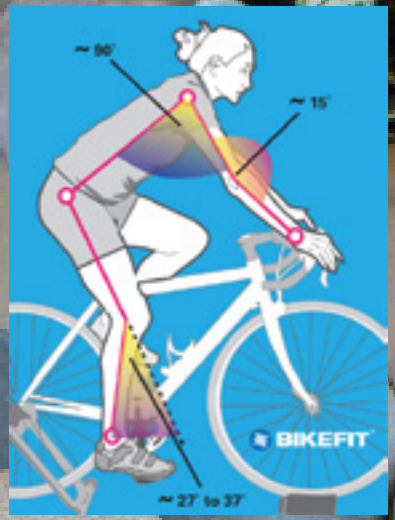
Specialized BC shoes generally require the same number of Wedges in a varus position as all other cycling shoes.

Uncomfortable? Best to stay guided for what's best.

# of Degrees	Approx. # of Cleat Wedges	Approx # of ITS Wedges
0 - 2	0	0
3 - 7	1	1
6 - 12	Up to 2	smaller ratio w/ Cleat Wedges
12 - 20+	Up to 3	smaller ratio w/ Cleat Wedges

www.BikeFit.com 425-821-7237 P.O. Box 2156 • Woodinville, WA 98072-2156 USA

Goniometer



ไม้บรรทัดที่ช่วยให้Bikefitter วัดองศาต่าง ๆ

BIKEFIT™

Bike Fitting Tools

Goniometer MP (G-Meter)

6 89076 88745 8

Use to easily and quickly determine joint and body position angles. Multi-purpose measurement device.

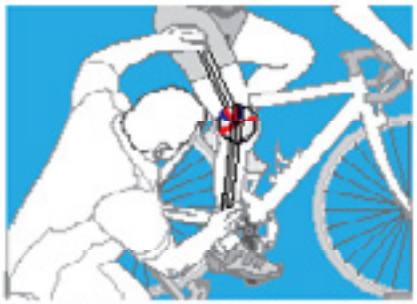
Part# 50993

This is another "standard" in Bike Fit – the cycling-specific, color coded goniometer.

Use BikeFit's Goniometer to easily and quickly determine joint and body position angles. Constructed of clear plastic, 17.75" folded, that's longer than most medical goniometers. Multiple cycling specific component & body measurements can be taken with this device. This is a standard component of the Bicycle Fitting System.

Measuring Seat Height:

While safely on a stationary trainer, pedal enough to get warmed up. After a few minutes of pedaling, stop with leg extended and foot at bottom of the pedal stroke.



a. The Goniometer is the perfect tool to aid you in determining optimal saddle height. The Goniometer's color coded dial will help in finding best angle ranges.

b. After a few minutes of pedaling, stop with leg at bottom dead center (BDC) of the pedal stroke. Some help may be needed to catch and stop movement with heel in same position as during pedaling. This is a starting point for optimal saddle height determination.

c. Starting at the hip, palpate (feel) for the greater trochanter (bony prominence on outside of hip). This is the reference point for the upper arm of the Goniometer.

d. The axis (center dial) of the Goniometer should be at a bisecting point of the knee joint.

e. Keeping the Goniometer dial centered on the knee, direct the lower arm towards the lateral malleolus (bony prominence on the outside of the ankle).

f. The consensus on optimal saddle height-starting position for road cyclists is 27 to 37 degrees flexion. Overall road riders may have a slightly taller seat height than off-road cyclists. Repeat this process after any saddle adjustments.

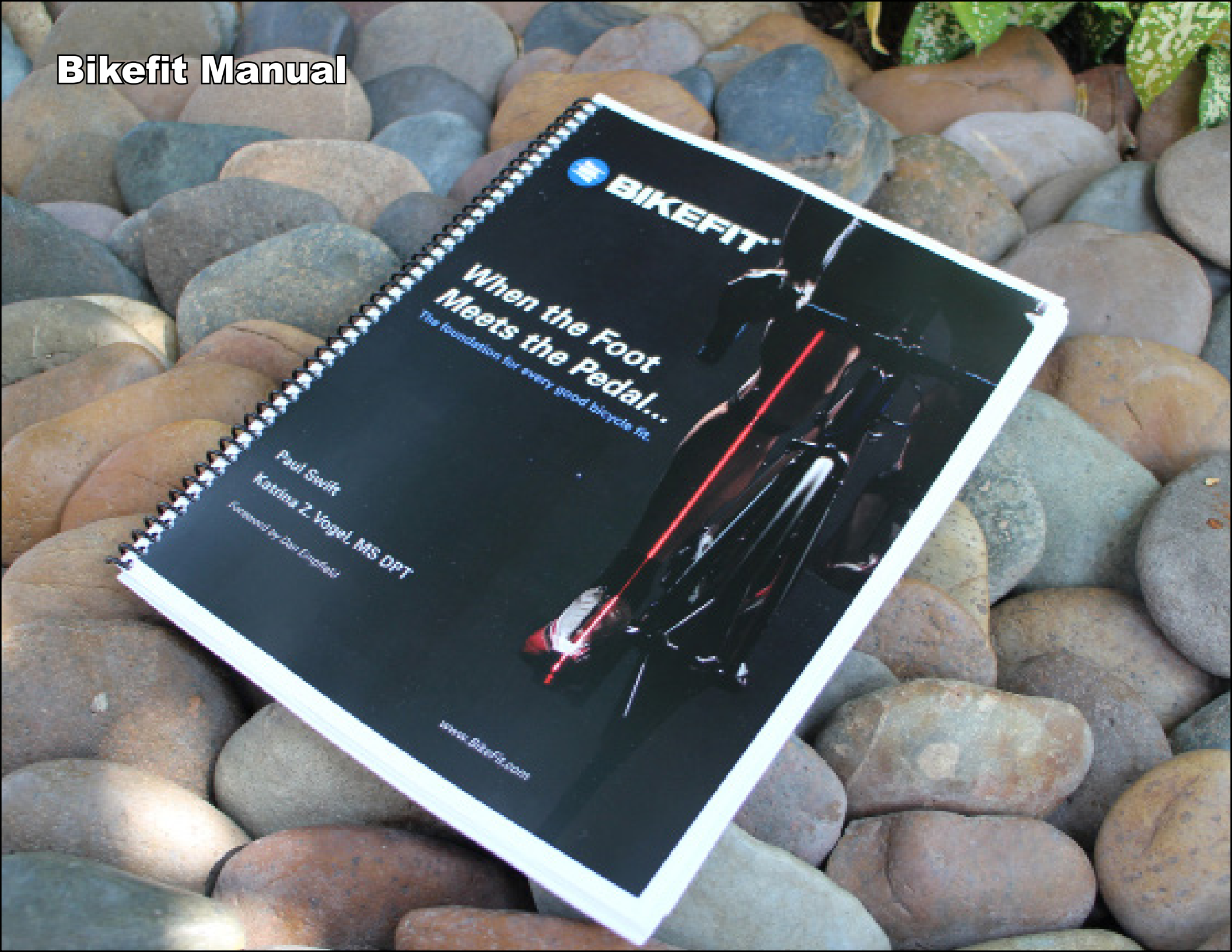
Laser
Velcro Knee Dot Straps

Cleat Screw Kit

Screw Pick

Sticker Dots Kit
BIKEFIT
Black, Gold & Silver
Cleat Marking Pens +
Pen Light

Bikefit Manual



VV1 Cleat Kit

Leg Length Shim
SPD/Mountain Bike
Look Keo Leg Length
Time Road, Shimano SL, and/or Look Delta cleats
Speedplay

Cleat Wedges

Heel Wedges

ITS Wedges

BIKEFIT
ITS-F Wedge
BIKEFIT
ITS-F Wedge
BIKEFIT
ITS-F Wedge
BIKEFIT
ITS-F Wedge