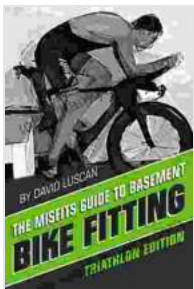


The Misfits Guide To Basement Bike Fitting

If you're an avid cyclist, you know the importance of having a bike that fits you perfectly. But what if you don't have the time or money to go to a professional bike fitter? No worries! With our comprehensive guide, you can now transform your basement into a bike mechanic's paradise and get your bike perfectly fitted in the comfort of your own home.



The Misfits Guide to Basement Bike Fitting: Triathlon

Edition by David Luscan

★★★★☆ 4.8 out of 5

Language	: English
File size	: 15451 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 122 pages
Lending	: Enabled
Screen Reader	: Supported



Step 1: Gather Your Tools

- Allen wrenches
- Chain lube
- Measuring tape
- Level
- Plumb bob

- Spoke wrench
- Torque wrench

Step 2: Measure Your Body

To get started, you'll need to measure your body. This will help you determine the correct frame size and saddle height for your bike.

1. **Inseam:** To measure your inseam, stand against a wall with your feet flat on the floor. Place a level book or block of wood between your legs and bring it up to your crotch. Measure the distance from the ground to the top of the book or block.
2. **Arm length:** To measure your arm length, stand with your arms straight out to the sides. Have someone measure the distance from the center of your chest to the tip of your middle finger.
3. **Torso length:** To measure your torso length, sit on a chair with your back straight. Have someone measure the distance from the top of your shoulder to the top of your hip bone.

Step 3: Choose the Right Bike Frame Size

Once you have your body measurements, you can use a bike fit calculator to determine the correct frame size for your bike. There are many different calculators available online, so choose one that is specific to your type of bike.

Step 4: Set the Saddle Height

The saddle height is one of the most important factors in bike fitting. A saddle that is too high or too low can cause pain and discomfort. To set the

correct saddle height, follow these steps:

1. With your bike on a level surface, sit on the saddle and put your feet on the pedals at the 6 o'clock position.
2. Your knee should be slightly bent at the bottom of the pedal stroke.
3. If your knee is too straight or too bent, adjust the saddle height accordingly.

Step 5: Adjust the Handlebar Reach

The handlebar reach is the distance from the saddle to the handlebars. The correct handlebar reach will depend on your arm length and torso length.

To adjust the handlebar reach, follow these steps:

1. Sit on the bike with your hands on the handlebars.
2. Your arms should be slightly bent at the elbows.
3. If your arms are too straight or too bent, adjust the handlebar reach accordingly.

Step 6: Adjust the Cleat Position

If you use clipless pedals, the position of your cleats can also affect your bike fit. To adjust the cleat position, follow these steps:

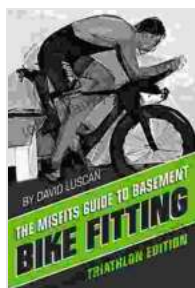
1. Put on your cycling shoes and clip into your pedals.
2. Ride for a few minutes to warm up your feet.
3. Get off the bike and look at the position of your feet.
4. Your feet should be pointing straight ahead.

5. If your feet are turned in or out, adjust the cleat position accordingly.

Step 7: Test Ride Your Bike

Once you have made all of the necessary adjustments, it's time to test ride your bike. Ride for a few minutes to see how it feels. If you're experiencing any pain or discomfort, make further adjustments accordingly.

By following these steps, you can now transform your basement into a bike mechanic's paradise and get your bike perfectly fitted in the comfort of your own home. A properly fitted bike will make your rides more comfortable, efficient, and enjoyable. So what are you waiting for? Grab your tools and get started today!



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