

Welcome to the exclusive VO2 BikeFit service.

By providing the measurements on the following page, we will custom build your bike to fit you precisely.

The top 5 reasons to have a bike fit with VO2 Cycling.

1. Reduce the risk of injuries

Having a bike built for you is the first and biggest step you can take to avoid over use injuries. A study in 1994 by the International Journal of Sports Medicine discovered from a test of 518 cyclists that covered an average of 75 miles per week, 86 per cent suffered from one or more over use injuries due to poor fitting bicycles. Our goal is to reduce the risk of injuries so that when you ride a VO2 Bicycle you are safe in the knowledge that your bike will carry you comfortably and quickly to wherever you wish to ride.

2. Improved comfort

The most important part of cycling is comfort. Without it you won't enjoy riding; this is the same for everyone no matter what type of rider you are. When we set you up we will be looking at ways to help you ride fast, but also to make you as comfortable as possible.

3. Improved efficiency

The key to riding quickly is efficiency. When we set you up on your VO2 Bicycle we will be aiming to get you positioned to ensure maximum efficiency. This will deliver the fastest riding.

4. Greater handling skills

With your body and legs in the correct position and your arms relaxed on your bike your handling skills will be greatly improved, making you ride easier, safer and faster!

5. Improved aerodynamics

The greatest resistance a rider can face is air. If a rider is to improve with out any fitness gain, looking into their position will be the first place to start. Lower is not always the fastest way. We will be looking at ways to help you slice through the air when fitting you to your bike.

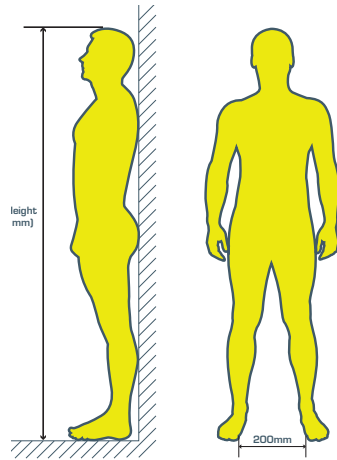


Please note that we take our customers requirements very seriously, and will focus all of our attention on ensuring that their bike is fitted correctly. We therefore can only see customers in person, by pre-arranged appointment only.

Please provide all measurements in **millimeters** and be sure to take each measurement at least three times to ensure accurate measuring. This PDF will allow you to type straight in to the boxes (below). Then either save and email back (this pdf) to us on info@vo2cycling.co.uk or print and post to VO2 Cycling, The Walled Garden, Noble Tree Road, Hildenborough, Kent. TN11 8ND

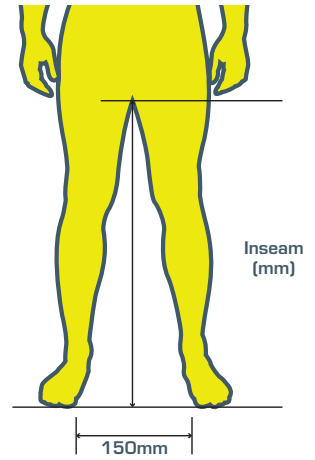
1: Height

In bare feet, stand with your back and heels to the wall. Position your feet parallel to each other approximately 200mm apart. Measure a vertical line from the floor to the top of your head.



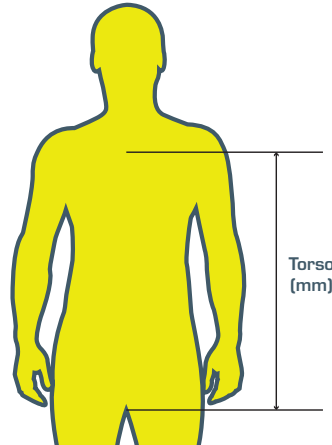
2: Inseam

Standing upright in bare feet (150mm apart). Measure (vertically) from the underside of your crotch to the floor.



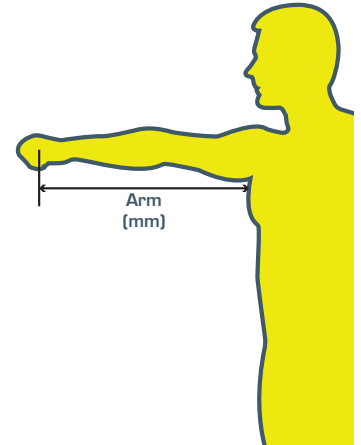
3: Torso

Standing upright in bare feet (150mm apart). Locate the 'sternal notch' (the V-shaped notch between the collarbones) Measure a vertical line from the base of the sternal notch to your crotch.



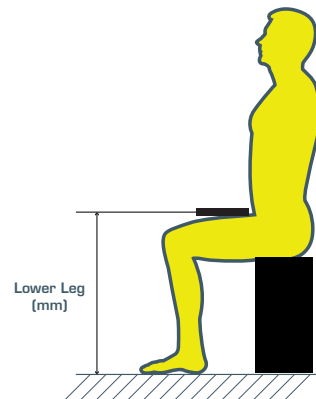
4: Arm

Standing upright, with your arm outstretched and parallel to the floor hold a pencil in your clenched fist. Measure from the centre of the pencil to the inner wall of your armpit (touching your rib cage).



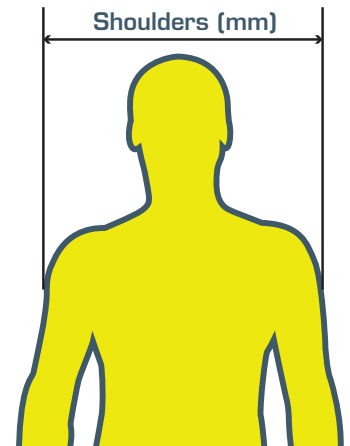
5: Lower Leg

In bare feet, sit with your knee joint at 90 degrees. Place a flat object on your thigh and ensuring it is level measure straight to the floor.



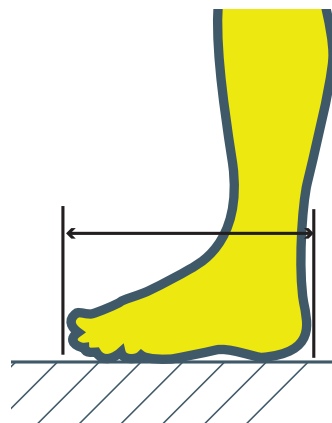
6: Shoulder Width

Measure your shoulder width from the outside of one shoulder to the outside of the other.



7: Foot

In bare feet, standing upright, measure from the back of your heel to the tip of your longest toe.



Please enter all measurements in mm

1: Height	<input type="text"/>	5: Lower Leg	<input type="text"/>
2: Inseam	<input type="text"/>	6: Shoulders	<input type="text"/>
3: Torso	<input type="text"/>	7: Foot	<input type="text"/>
4: Arm	<input type="text"/>		