



These bike adjustments work for any upright stationary bike & your outdoor bikes

Bike Fit Adjustments

- ☐ **Bike Fit #1 Seat Height First Guess (for stationary bikes):**
Stand next to your bike facing toward the handlebars. Lift up your leg that is next to the bike and find your hipbone (just above your leg). Put your thumb on that hipbone and hold your hand out flat. This is your first guess for seat height. Adjust the seat to meet your hand. (If you are adjusting an outdoor bike, skip this step – your wheels make a difference)
- ☐ **Bike Fit #2: Foot Position**
Place the ball of your foot on center of pedal. If your bike has toe cages and you have a small shoe size, you likely do not need to push your toes all the way in – because that would place the arch of your foot on the pedal. We want the ball of your foot on the pedal.
- ☐ **Bike Fit #3: Seat Height**
You want a slight bend in your knee when the pedal is the farthest away (almost all the way to the bottom) from the seat. To check this, put your heel on the pedal and your leg should be straight. If you have to shift your hips to reach the pedal, your seat is too high. If you still have a bend in your knee, your seat is too low.
- ☐ **Bike Fit #4: Seat Fore/Aft**
Position your feet parallel to the ground (3 o'clock & 9 o'clock). What you should see in front of you knee: as you hold the handlebars and look down, you should only see from the ball of your foot to your toes. If you see LESS FOOT (only your toes), move your saddle away from the handlebars. If you see MORE FOOT (you can see your shin or ankle), move your saddle closer to the handlebars. A bike seat too close to the handlebars can cause front of knee pain. A bike seat too far away from the handlebars may cause low back pain.
- ☐ **Bike Fit #5: Handlebar Height and Fore/aft**
Handlebar position is more a matter of comfort than science. How much you lean forward has to do with your experience on a bike. Desired torso lean is 20-45 degrees forward. Supports "A" frame with arms at no more than 80-90 degrees from torso. 60% weight in saddle; 40% on handlebars. For a stationary bike, handlebars are at same level as saddle or higher for comfort.



BIKE FIT & BODY COMFORT *Checklist*

Your Settings – *Write it down so it's right, every time you ride*

Seat Height	Seat Fore/Aft	Handlebar Height	Handlebar Fore/Aft

Next, get comfy!

Body Comfort Tips

- ☐ **Body Check #1 Foot Position:**
Foot is level to the ground or up to 20 degree heel lift. Feet are roughly parallel to bike. If you wear bike shoes with cleats, the cleat placement on your shoe is key to your foot alignment.
- ☐ **Body Check #2 Hips on the Saddle:**
Feel your sit bones on the back of the Saddle. Rock your hips back and forth and find that neutral position. Bend forward at the waist so that the sit bones bear your weight in the seat.
- ☐ **Body Check #3 Back & Shoulders:**
Flat Back and Relaxed Shoulders. To relax your shoulders, take a deep breath in through your nose and raise your shoulders up to your ears, then exhale and let go of all of the tension in your shoulders to completely relax. That's where you want them.
- ☐ **Body Check #4 Elbows:**
Keep a soft bend (about 15 degrees) in your elbows. Stiff arms can make your hands go numb or bring tension to your shoulders and neck.
- ☐ **Body Check #5 Wrists:**
No cocked wrists! Make a nice long line from forearm to top of hand. Bent wrists put pressure on the carpal nerve and can cause your hands to go numb.
- ☐ **Body Check #6 Grip:**
Nice loose grip – you don't need to steer! The weight of the handlebars is in the "heel" of your hand (the base where the muscles are the thickest) and you should only feel about 30-40% of your body weight in your hands. If you feel more or less, then try adjusting your handle bars higher or lower, closer or farther away.