



Video motion bike fit analysis

Video bike fit analysis uses a video camera and sophisticated software to map the body's position through a range of motion. This is extremely important since the act of cycling changes the body's relationship to the bike. Simply taking one's measurements as occurs in static bike fit, is just a starting point but does not account for motion eccentricities. I tested myself and I could not believe I was 1 cm off. I always thought I was set up right but Boy, was I wrong. The body will adjust even if you're not positioned correctly, so you might be riding with a less efficient posture. Stationary bike fitting is just not the same as testing while in motion.

Video motion analysis will determine your bike fit angles while you are in motion, just as when you are riding your bike on the road with resistance. Willy van Gent will take a video of you on your bike and trainer in either road or aero position. Then, with the help of special computer software, we are able to get the exact angles you need for optimal performance and comfort.

Bike fit analysis is available to G2 VIP Members exclusively at special pricing.

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