

Best wishes for 2016 from Fit Kit Systems

A new year brings new challenges, opportunities and adventures. May it also bring you new customers and cyclists. People who you can share your love of cycling with, through education, encouragement and inspiration. Size them right, fit them well, and see that they enjoy their riding. And enjoy your riding too, wherever that may be.

in this issue...

Understand body assessment, Register for a workshop, Connect on Facebook.

FITTING TIP

Assessing the body: 4 perspectives to help with bike fitting.

Improving a bike - body relationship involves developing a deep understanding of all three aspects: the bike, the body, and how they interact and relate.

Let's focus on the body. Whether it is a pre-purchase sizing or an in-depth bike fit, having a structured approach to assessing the rider's body can save you time and help marshal your thoughts to guide you to effective recommendations.

The 4 perspectives of body assessment are:

1. Skeletal
2. Muscular
3. Adaptation
4. Pre Existing Conditions



[READ MORE](#)

LEARN or REFRESH

Start the journey to become a skilled bike fitter. Attend a Foundational (Level 1) or Diagnostic (Level 2) workshop with Fit Kit Systems. Many of today's leading independent fitters got their start attending a Fit Kit workshop.

It's not too late to register for workshops in **Utah** in January and **Illinois** in February. Workshops may also run in **Georgia** and **Maryland** in February.

INFORMATION HERE

STAY CONNECTED

For more frequent updates on workshops, products, skills and insights from the world of bike fitting, [like our new Facebook page](#). Got a Fit Kit success story to share? Leave a comment, spread the word. There is a big community of Fit Kit fans around the world that are not yet connected. We invite you to join in. It's easy. Just click the link below now!



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*Fit Kit Systems offers bike sizing and fitting solutions to improve bike-body relationships.
Easy, Effective, Affordable.*