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FITTING TIP

Influence of Arm Length on Reach and Drop to the Bars

How do you set up a rider with a big ape factor - arms that are significantly longer (greater than 4cm) than their torso? The arms need to reside somewhere on the bike but is it out, down, or both? In most cases this indicates a need for a deeper drop to the bars.

Commonly the rider presents with a long reach. A long reach over-extends the upper body joint angles, placing more weight on the hands, and tension back up the kinetic chain into the shoulders. If a rider with relatively long arms complains of hand numbness and shoulder tension, these are indicators to investigate a shorter reach and deeper drop to the bars. Fitting a rider recently like this resulted in an immediate exclamation of relief as weight was relieved from his hands and his shoulders relaxed down.



TRAINING WORKSHOPS

You asked for it - more Bike Fit training workshops in more locations.



A new workshop schedule to roll into and through winter is now available. [Click here for details.](#)

The **next workshop** is in mid November in Salt Lake City. [REGISTER HERE](#)

Locations on offer are Salt Lake City (new home of Fit Kit Systems), Chicago, Seattle, Philadelphia and Hartford. Future destinations over summer include San Diego, Phoenix and Atlanta.

Fit Kit Systems bicycle fit training focuses on core principles and processes. Learn the basics using low tech tools with an emphasis on inquiry, direct observation and measurement, and rider feedback. Fitting technicians trained in the fundamentals are better equipped to subsequently incorporate more advanced digital technology into their fitting process.

Email skills@fitkitsystems.com with your interest in attending.

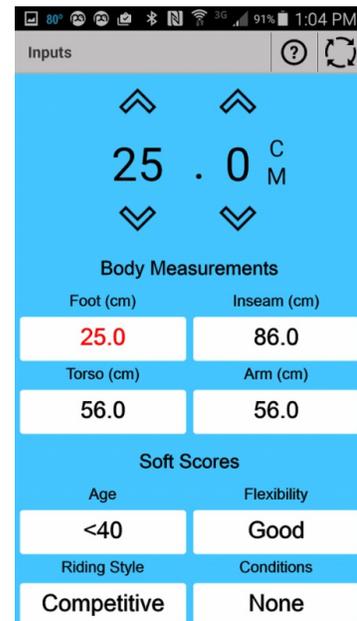
TOOL SPOTLIGHT

Fit Calculator App

The fully revised Fit Calculator app gives you a digital tool to use with the Fit Kit measuring tools. Technology engaged customers like to see this, and you can show them the input and output screens to explain the bike-body relationship.

This digital version of the Fit Kit Frame Sizing Slide Chart offers the additional functionality of factoring in responses to the Soft Score questions of age, flexibility, riding style and preexisting physical conditions - which will modify the suggested bike length.

Months in the making, the new version (2.0) is now available on the Google Play store for Android devices, and the iTunes App store. Search for Fit Kit Systems to find the Fit Calculator. Cost is \$55, the same as the manual slide chart.



INTERBIKE

It was great to meet so many long standing Fit Kit customers at the recent Interbike tradeshow in Las Vegas, as well as have the opportunity to meet new retailers and fitters. A common refrain from many people was that they got their start in fitting through training with Fit Kit Systems, and continued to use the tools and principles in conjunction with digital

fitting technology.

[Visit our Website and Store](#)

Originating over 30 years ago, Fit Kit Systems offers proven tools and methods for sizing and fitting bikes. Time tested. Retailer and Fitter Approved. Continually Refined.



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