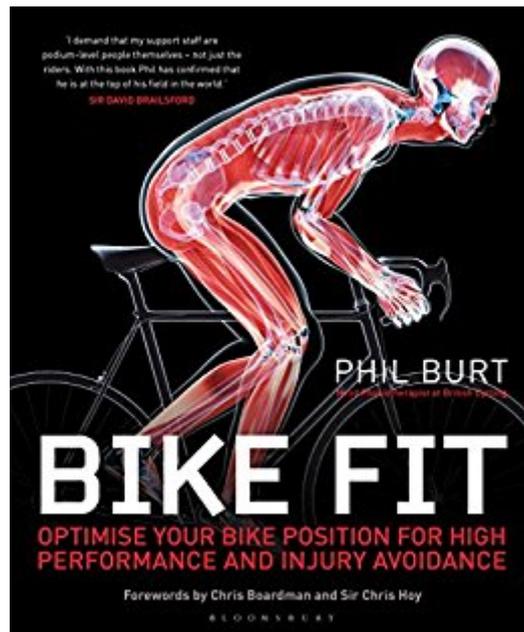


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# Bike Fit: Optimise Your Bike Position For High Performance And Injury Avoidance



## Synopsis

This practical guide, written by a leading BIKE FIT expert, takes you step-by-step through the BIKE FIT process to ensure you maximise your cycling potential. Do you suffer from lower back pain after a long weekend ride? Do your shoes wear out on one side more than the other? Are you experiencing numbness in your hands, or knee pain? Phil Burt, Head Physiotherapist at British Cycling and Team Sky Consultant Physiotherapist, has worked with hundreds of cyclists to help them solve these and many other classic cycling niggles. In this book he outlines his methods to help you analyse your position and get the best from your bike. The right BIKE FIT can mean the difference between a good ride and a bad one, but a professional fit can cost more than you paid for your bike. The information is all here. Let Phil Burt guide you through your own BIKE FIT, to ensure your bike and body work in harmony. Packed with useful diagrams, step by step diagnostics and case studies, this is the must-read for any cyclist keen to get a performance advantage.

## Book Information

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## Customer Reviews

As a long-time bike racer (and currently a cycling coach,) I've always been looking for ways to improve performance. Bike fitting was important, but I couldn't afford the fancy stuff, and the

learning opportunities were expensive, too. I picked up advice from various articles, books, and videos, and even with excellent books from the likes of Andy Pruitt for example, there was no truly in-depth resource about bike fit. That has changed, thanks to Phil Burt. This book was a real eye-opener for me. Rather than giving you fitting tips or formulas, Phil explains both the how and the why of proper bike fitting, so that when you take his advice and work on your fit, you'll actually understand what's going on. That's the key. Plus, there are fun stories about pro riders and their bike fits, a history lesson, and more. I can't say enough good things about this book. I wish I had it 10 years ago, but better late than never! P.S. If you check the .co.uk site, you'll find many more reviews of this book, as it was released in June over there.

Excellent book! A great guide on bike fit, I've read numerous articles and documents on bike fit, and I've also been with several bike fitters, and they all seem to "stick" with a certain philosophy on fitting, each to what their experience dictates is the most accurate, yet all of them have different opinions, everyone is looking for the "perfect" fit, and that "perfect" is somehow fixed to said experience; and here is where Phil differs to everyone else, he teaches that everything DEPENDS, there is no "perfect" bike fit that applies to everyone, he instead, looks for the fit that helps your body's natural movement, a great example is the cleat position, I've been around and everyone seems to try to force their feet to point in a specific direction because the "expert" at their local bike shop told them to, and have been experiencing an array of problems since then. Overall a great read, a must for everyone trying to be comfortable on the bike, be it a serious cyclist or a recreational one.

This book covers almost everything you could ever want to know about adjusting your bike to fit you, including ranges of angles and distances for "most" people so you know where to start. Includes chapters on specialized situations like time trialists and mountain bikers, and on off-the-bike work to help improve your flexibility and even a chapter on common myths. Highly recommended.

Very high quality book, a pleasure to look at and read. Some really good information, though most of it can be learned from the many other books on the subject. There are some technical mistakes, but they are inconsequential. What did upset me were the many ambiguous statements and answers to questions I wanted answered. I would recommend this book to anyone interested in bike fitting who has never read anything else on the subject - a good first exposure to the subject.

A whole lot of words but not a lot of usable information. There is nothing in this book a cyclist of several years would not already know... OK for novice who is just getting started and wants to understand the importance of a good bike fit and what to expect.

Phil Burt is one of a just a few fit guru's who actually understand real world fit. This is a must read for bike fit Pro's and beginners alike. Comprehensive and in-depth without being overly complex. And, no, that is his real name, not a joke :)

This is a compendium of what's already known about bike fit. If you know absolutely nothing, you might learn something. If you're looking for sophisticated explanations or analysis, forget it. To take one example, he describes three methods of establishing saddle height, but neither recommends any of them nor suggests anything new. Overall, I tend to agree with the previous reviewer, who said it's just a long ad for a professional (Retul) bike fit.

Easy to understand, well written, covers broad range of bike fit issues and solutions. Bike Fit's advice helped me overcome a chronic IT band problem. Great book for a read, great bike fit reference guide.

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