

## Fit Recommendation Report



A good bike fit is not a luxury. It is a fast win: more comfort, fewer recurring pain patterns, and better control on longer rides.

This report gives you clear, measurable setup targets. Small adjustments now can prevent compensations that otherwise become chronic discomfort.

Best practice: apply one change at a time (2-5 mm), validate on easy rides, then continue.

Fit confidence

**90%**

based on completeness + plausibility

Saddle height

**754 mm**

range 731-774 mm

Handlebar drop

**98 mm**

range 85-110 mm

### Your 3 priority changes (start here)

- 1) **Cleats:** 3 mm behind ball of foot.
- 2) **Saddle height:** 754 mm (731-774).
- 3) **Saddle setback:** 49 mm behind BB (39-59).



### Core fit targets

Parameter	Target	Range	Why it matters
Saddle height	754 mm	731-774	Knee stress + timing
Saddle setback	49 mm	39-59	Hip stability + knee tracking
Handlebar drop	98 mm	85-110	Aero vs neck/lumbar load
Handlebar reach	538 mm	525-555	Shoulder posture + hand pressure
Stem	100 mm @ -6°	90-110 / -6° to +6°	Fine tune after saddle
Crank length	172.5 mm	170-172.5	Hip closure + knee load
Handlebar width	420 mm	400-440	Breathing + shoulder comfort
Frame guidance	XL (59-62 cm equivalent)	-	Compare brands via stack/reach

# Implementation plan



## 14-day progressive plan

Days	What to do	What to track
1-3	Cleats only	Pain (0-10), hotspots, knee tracking
4-7	Saddle height	Knee feel, saddle pressure
8-14	Setback + cockpit	Hip stability, long ride comfort



## If you feel this -> try this

- **Front knee pain:** raise saddle 3-5 mm.
- **Back-of-knee tightness:** lower saddle 3-5 mm.
- **Hand numbness / neck strain:** raise bars 10 mm or shorten reach ~10 mm.

# Measurement guide

Use consistent reference points. See definitions below.



## Measurement guide

### Definitions

Metric	How to measure	Tools
Saddle height	BB center -> top of saddle along seat tube axis	Tape, level
Saddle setback	BB vertical line -> saddle nose (horizontal)	Plumb line
Bar drop	Saddle top minus bar reference point (tops or hoods)	Tape
Bar reach	BB -> bar center (horizontal)	Tape

Safety: This report is guidance, not medical advice. Apply changes in 2-5 mm steps. Stop and consult a qualified fitter or clinician if pain persists.