

# 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.



## 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.