



HOW OUR REMOTE BIKE FIT WORKS

The process is fairly simple, and we can help you along the way.

Getting Started

- 1) You will need your bike and trainer
- 2) You will need a smart phone, tablet or other device capable of recording 1080p @ 240 frames per second in slo-motion
- 3) You will need a tripod for best results, a friend or other device to hold your recording device
- 4) A well lite area to make the recordings

Setting Up

- 1) Setup your bike with your recording device about 2-3 meters away
- 2) Ensure that your bike is level, you can do this using a self-leveling laser level and ensuring that the front and rear spindles of our wheels are at the same height.
- 3) If you have a rocker plate or other device that will rock the bike to simulate outdoor riding remove your bike from these devices for best results
- 4) We need to see the entire bike in the video



Side View



Front View

Recording the Videos: 1080p Video at 240 fps on iOS and Android

iOS (iPhone)

- 1) Open Settings → Camera.
- 2) Tap 'Record Slo-Mo'.
- 3) Select '1080p HD at 240 fps'.
- 4) Open the Camera app and switch to 'Slo-Mo' mode.
- 5) Capture about 10 seconds



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Android (varies by brand/model)

- 1) Open the Camera app.
- 2) Switch to 'Slow Motion' or 'Super Slow-Mo' mode (usually under 'More' or 'Modes').
- 3) Tap settings (gear icon) → Select '1080p (FHD)' resolution → Choose '240 fps'.
- 4) Start recording in slow motion.
- 5) Capture about 10 seconds

Notes & Tips

- Storage impact: 240 fps at 1080p generates large files—ensure sufficient space.
- Lighting: High frame rates need more light; record in bright conditions.
- Device differences: Some Android models only allow 240 fps at 720p.

Other Information and Photos Required

Although this information is not strictly required, it will help us assess a better fit for you on your bike:

- 1) Send us pictures of your riding shoes: front, back, tops and bottoms
- 2) Send us pictures of your insoles from your riding shoes
- 3) Send us pictures of your bikes seat (saddle) and grip tape on your handle bars
- 4) In your reply email, also send us
 - a. Any aches, pains, or general discomfort you experience while riding
 - b. Any past or current injuries that could affect your comfort or performance on the bike
 - c. Any other information you feel may assist us in fitting your bike

Sending the Video, Analyzing and fitting the Bike

Within 24 hours of your purchase, you will receive a secure weblink sent to the email address provided at checkout. This link allows you to upload your video clips directly to us. Please reply to the email once your uploads are complete. You are welcome to submit multiple videos from each angle, and we will select the best recordings to ensure the most accurate analysis.

Our team will review your files and create a detailed bike fit report within 48 hours. Once complete, you will receive an email notification with access to download your personalized report and video analysis from the same secure link.

You may then review the report and apply the recommended adjustments yourself, or bring it to your local bike shop for assistance. Depending on the complexity of your setup and the adjustments required, we may also be able to provide additional guidance via email.

After completing your adjustments, we recommend riding your bike with the new fit to experience the improvements firsthand.



What if the new fit feels a little off?

No problem—we've got you covered. Simply repeat the video recording steps and upload the new files to your secure weblink. Once your upload is complete, notify us, and we will analyze your updated position and provide a revised report along with video analysis. This service is available for up to three submissions

What should I do if my bike fit still doesn't feel right?

Unfortunately, we can't accept more video submissions for this bike fit, as the service includes a maximum of three. If you'd like further adjustments, we'd be happy to discuss additional options to keep you riding comfortably.

My bike fit is excellent, and I still haven't used all three video submissions.

What are my options?

Great question. If you have more than one bike, simply record a video for the bike you'd like to be analyzed and upload it using the secure weblink provided. We'll be happy to review the footage and create a full analysis for your additional bike.