



Pre-fit Instructions:

- Come to the assessment rested
- Come to the assessment well fed
- Make sure all your equipment is in good working order
- Be on time
- Be prepared for a 1.5 - 2 hour stay

What equipment do I need to bring for my bike fit?

- A Clean Bike
- Cycling Shorts
- Cycling Top or Performance T-shirt
- Cycling Socks
- Cycling Shoes
- Cycling Gloves
- Cycling Helmet
- Sports Bra (if applicable)
- Water Bottle
- Towel
- Change of cloths
- Payment in cash or check (unless you paid online)