


# Bike fitting (body & floor)

Sports 3DMA 2020.0 Version 2020.0 -BETA- | Powered by STT-SYSTEMS

<b>FULL NAME</b> <b>Sports, Samples</b>	<b>REPORT DATE</b> <b>17/1/2020</b>	<b>STUDY PERFORMED BY:</b> 
<b>ANALYSIS PROTOCOL</b> <b>Bike fitting (body &amp; floor)</b>	<b>BIKE</b> -	

## 3D Motion Capture: Technical details

<b>Recording date</b> 2015/10/15	<b>Data sampling rate</b> 50 Hz (frames/s)	<b>Recording time</b> 8.02 s	<b>Average cadence</b> 92 rpm Min: 92 rpm   Max: 93 rpm
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## Bike info

<b>Manufacturer</b> -	<b>Frame model</b> -	<b>Frame size</b> -	<b>Stem length</b> - mm	<b>Handlebar</b> -	<b>Saddle</b> -	<b>Crank length</b> 175 mm	<b>Pedal type</b> -
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## Main adjustments

<b>Handlebar height</b> - mm	<b>Saddle height</b> - mm	<b>Saddle setback</b> - mm
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## Fitter notes

<b>Notes</b> -	<b>Bike size assessment</b> -/5	<b>Bike adjustments assessment</b> -/5	<b>Cycling performance</b> -/5
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	LEFT		RIGHT	
	Min	Max	Min	Max
<b>FEET &amp; ANKLES</b>				
Foot Rotation	3°	5°	-6°	-4°
Ankle Flexion	81°	104°	79°	104°
Ankle Flex at 0°		90°		86°
Ankle Flexion at 90°		82°		83°
Ankle Flexion at 180°		103°		104°
Ankle Flexion at 270°		103°		99°
Crank at Max Ankle Flex Ext		176°		169°
Crank at Min Ankle Flex Ext		68°		51°
Ankle to GT Lateral Oscillation	5 mm	19 mm	-2 mm	6 mm
<b>KNEES</b>				
Knee Flexion	77°	152°	77°	151°
Knee Lateral Oscillation		12 mm		14 mm
Knee to M5 Lateral Oscillation	41 mm	56 mm	30 mm	43 mm
KOPS Distance		-35 mm		-53 mm
Knee GT Lateral Oscillation	-6 mm	6 mm	-10 mm	5 mm
<b>HIPS</b>				
Hip Flexion	128°	171°	127°	174°
Hips Height Difference		-8 mm		8 mm
Hip Vertical Oscillation		61 mm		43 mm
GT-M5 Lateral Distance		25 mm		10 mm
Hip Setback			74°	
<b>PELVIS</b>				
Pelvis Rotation		Min -1°	Avg 2°	Max 5°
Pelvis Fore-Aft Swing			6 mm	
Pelvis Vertical Swing			6 mm	
<b>TRUNK</b>				
Hip to shoulder tilt	52°	55°	49°	52°
Knee-Hip-Shoulder	74°	117°	73°	115°
Lumbar Segment Tilt			58°	
Torso (Sacrum-Neck) Tilt			40°	
Hip-Wrist Absolute Distance		593 mm		596 mm
Hip-Wrist Vertical Distance		69 mm		86 mm
Hip-Wrist Horizontal Distance		588 mm		589 mm

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	LEFT		RIGHT	
	Min	Max	Min	Max
<b>SHOULDERS</b>				
Shoulder Flexion		75 °		79 °
Hip-Shoulder-Elbow	59 °	62 °	66 °	67 °
Hip-Shoulder-Wrist	73 °	77 °	75 °	78 °
Shoulder Height Difference		8 mm		-8 mm
Shoulder For/Back		-7 mm		
<b>ARMS</b>				
Elbow Flexion		136 °		150 °
Forearm Tilt		29 °		41 °
Arm vs Sagittal Plane	8 °	11 °	9 °	11 °
Wrist-Shoulder Lateral Oscillation		-16 mm		-15 mm
Wrist-Elbow Lateral Oscillation		71 mm		63 mm
<b>COG</b>				
Anteroposterior movement		-61 mm		
Lateral movement		-13 mm		
Vertical movement (from floor)		1082 mm		
<b>ANTHROPOMETRY</b>				
Upper arm length		337 mm		287 mm
Forearm length		242 mm		261 mm
Spine length		557 mm		
Shoulder distance		374 mm		
Thigh length		398 mm		409 mm
Tibia length		388 mm		398 mm

