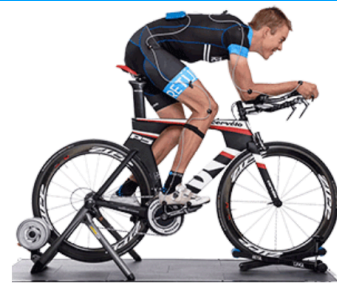


Bike Fitting



Proper Bike Fit:

- Feel better on the bike
- Prevents injury, aches, and pains
- Not everyone is the same so it is important to get an accurate biomechanical fit by a master fitter

Performance Benefits:

- Help identify parts of the body (joints, muscles, bones) that are weak, dominate, or flexible
- Know your body strengths and limitations better
- Helps to track progress and to better prescribe specific training programs
- Perfect bike fit leads to optimal performance

Equipment:

- Know exactly what bike and components to buy down to the millimeter

Cost:

- Services range from \$250-\$350 based on brand new or existing bike

Service Providers:

- I work with select bike fit professionals to bring you the highest benefit and best value. Call me to determine which regional partner would be best for you

Regional Partners-Bike Fit Professionals:



Motion Fit-Central Florida Professional Bike Fitting Partner

Schedule an Appointment:

407-619-5304

stevenacrossamerica@gmail.com