

CLIENT CHECKLIST - BIKE FIT

- Fill out the questionnaire.
- Make sure your bike is clean and in good working order. Please wash mud off frame and tires.
- Ensure proper air pressure in tires.
- Wear the clothing, cycling shoes and clips you usually cycle in. Please clean debris out of cleats and screw head.
- Bring any additional saddles or stems you may own that you may wish to have installed.
- Have any tools on hand that you would use to make adjustments that are required to your specific bike, if needed. Please note the physiotherapist has a set of Park Tools accessible during the bike fit.

