



DOES YOUR BIKE FIT?

Call today to book your Bike Fit Assessment with our talented physio and avid biker, Ross, to get you ride-ready!

250-545-2922

Do you have pain while riding your bike, or do you avoid riding it because you know it won't be comfortable? It sounds like you need a bike fit!

Once your body and bike are tuned up for the season, it is important to look at the fit of your bike. An improper bike setup can lead to injury by placing increased force on joints and tissues, making you have to work MUCH harder!

The position of a bike is highly individual and can greatly differ from person to person. Our body type, flexibility, strength and past injuries can all impact the way our bike should be set up.

If you currently are injured, bike frequently, or find the general guidelines don't work for you, you would benefit greatly from a personalized Bike Fit!

