

# **BLAZING**

INDOOR  CYCLING

# **SADDLES**

## **BIKE SETUP**



Our bikes are engineered to fit all shapes, sizes and abilities. You can tailor your seat and handlebar height to create the perfect fit – and this is important. With the proper bike setup, you reap the full benefits of your workout and minimize the risk of injury.

### **SEAT HEIGHT**

Adjusting your bike's seat height is a simple way to improve the comfort and safety of your ride. Just place your feet in the pedal cages or clip into the pedals and rotate the pedals until one leg reaches the bottom of the pedal stroke. Make sure there is a slight (25-35 degree) bend in the lower knee. You're looking for adequate extension in the legs, but without locking out the knees (hyperextension) or rocking the hips to get to the bottom of the pedal stroke.



### **FORE/AFT POSITION OF THE SEAT SLIDER**

The saddle also adjusts forward and backward, so that your knees will be properly aligned relative to your feet. Sit on the saddle in riding position with your hands on the handlebars and the balls of your feet over the center of the pedals. Then position the pedals so they're level with each other (at the 3- and 9-o'clock positions). You'll use your forward knee cap for the alignment check: Your seat is in the right position when your knee cap is directly above the center of the pedal/ball of your foot.

**HANDLEBAR HEIGHT** - The height of the handlebars is a personal choice. You'll want to choose a handlebar height that is comfortable and limits unnecessary strain on your neck and back. If you have back issues, you'll want to set your handlebars at a higher – rather than lower – height.

**FOOT POSITION** - If pedal cages are used, be sure to align the ball of your foot over the center of the pedal. This is the firmest, widest striking surface on your foot and therefore the most efficient and comfortable foot position. If Spinning shoes are used, make sure that your cleats are aligned properly on your shoes. Some Spinners prefer to mount the cleats on their shoes so that the ball of the foot is slightly forward or behind the center of the pedal.

**MAKE SURE YOUR THREE POP-PINS ARE ENGAGED AND LOCKED TIGHT TO THE RIGHT!**