

Personal Bicycle Fitting Report

Rider Information



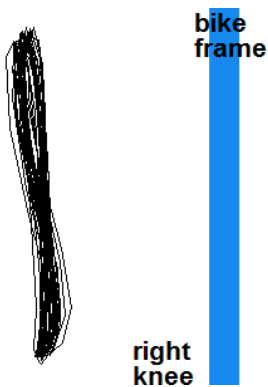
Physiologic Testing Center for
Athletes and Coaches
MEASUREMENTS & ANGLES

Rotem Ishay
Age 27
Male
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RIDING STYLE: Elite
GOALS:
INJURIES/PAIN:
FLEXIBILITY: High
TRAINING VOL:

	Knee Angle Flexion	115 deg		Ankle Maximum	90 deg
	Knee Angle Extension	43 deg		Ankle Minimum	67 deg
				Ankle Range	23 deg
	Knee Forward of Foot	-1 mm		Knee Travel Tilt	4 deg
	Knee Lateral Travel	34 mm			
	Hip Angle Closed	77 deg		Hip Vertical Travel	54 mm
	Hip Angle Open	120 deg		Back Angle	58 deg
	Hip to Wrist Vertical	2 mm		Hip to Elbow Vertical	189 mm
	Hip to Wrist Horizontal	598 mm		Hip to Elbow Horizontal	405 mm
	Hip Foot Lateral Offset	11 mm		Shoulder Angle to Elbow	64 deg
				Shoulder Angle to Wrist	70 deg
	Elbow Angle	147 deg		Forearm Angle	-44 deg
	Thigh Length	412 mm		Power Output Ave (Max)	~~~ (~~~)
	Shin Length	416 mm		Speed Ave (Max)	~~~ (~~~)
				Cadence Ave (Max)	91 RPM (103 RPM)

KNEE TRACING (FRONT VIEW)



BIKE & SESSION INFO

MAKE/MODEL: Jamis Dakota 2014
TYPE: Mountain
PEDALS: Clipless
HANDLEBAR: Flat
DATE/TIME: 2014/02/25 14:40
SIDE: right #3
DURATION: 15 sec
NOTES:

SITE INFO

NAME: Durango Performance Center
OPERATOR: Rotem Ishay
ADDRESS: 1201 Main Avenue
Suite #205
Durango, Colorado 81301
U.S.A.
PHONE: 970
WEBSITE: www.DurangoPerformanceCenter.cc

THIS BIKE FIT PERFORMED USING THE RETÜL SYSTEM

