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STOP GUESSING, START HAMMERING.

Video Prep Guidelines:

Any type of digital video format should work.

1. You obviously need a bike trainer and your bike. Set your bike up so that it is as close to level as possible. If it has a level (non-sloping) top tube, place a level there to check it.
2. Place a yard stick or ruler near your bike so I can use it as a scale reference – it can be lying on the floor.
3. Set your camera on a tripod, a table, a box, whatever. It should be about 3 feet from the ground. The plane of the lens must be parallel to the bike – i.e., don't shoot at an angle. The field of view should be just large enough to see yourself in the aero and upright positions (see our sample).
4. Prepare yourself by coating your skin with radioactive paint (kidding). Actually, wear lycra bike shorts and either a tight bike shirt, or a tank of some kind. Men can go shirtless if they prefer. Women, no comment. Tri suits are fine.
5. The video should consist of a few seconds of your bike on the trainer without you, followed by a few seconds of you riding sitting up, then by several seconds in your usual aero position. You should have warmed up for several minutes, and you should be pedaling under load and at a cadence similar to that used in racing.
6. You may also want to slide forward an inch or two on the saddle and film yourself there too, also under load. I can use this as an additional reference point.
7. One other tip: If you can locate your greater trochanter for me, it will help make the angles as accurate as possible. It is the bony protrusion at the top of your femur that you can feel on the side of your hip. Point to it on the video or mark with a piece of tape. This isn't absolutely necessary, but will help get the best result.
8. Email us the video. Or better yet (especially if it's bigger than 7Mb or so) upload it at <http://upload.mediamax.com/Upload/Upload.aspx?AskForUsername=true> , and enter ttbikefit as the username. If the above link doesn't work, simply go to www.mediamax.com, click on the "Upload files to Mediamax users" link at bottom left, enter ttbikefit as username on the upload page, browse for your video and click on "Upload".
9. If you have any questions, please email us at getfit@ttbikefit.com.