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STOP GUESSING, START HAMMERING.

Video Prep Guidelines: Any type of digital video format should work, but see the video size comments below.

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 3-4 feet from the ground – too low is bad (most coffee tables are too low). The plane of the lens must be parallel to the bike – i.e., don't shoot from an angle. The field of view should be just large enough to see yourself in the aero and upright positions (see our sample). I need to see your feet at the bottom of the pedal stroke, and please don't cut your own head off! Ideally the camera should be level, and ideally you can repeat this setup for subsequent videos. The videos will be more comparable if they are all level – I can adjust for size and position, but can't change the angle of videos.
4. If possible the size of the video should be at least 640x480. 320X240 videos will be enlarged by me, which reduces the clarity of the video (and potentially the accuracy of measurements). iPhone videos work fine. Videos from some older webcams and old cell phones are often poor quality.
5. Please do not film yourself in front of a brightly lit window, and ideally your room should be well lit, with light shining on you, not from behind you. More light=higher camera speed and better clarity.
6. Wear Lycra bike shorts and either a tight bike shirt, or a tank of some kind. Men can go shirtless if they prefer. Tri suits are great.
7. 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.
8. 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.
9. Optional shots: You can also lower your saddle about a cm and raise it by a cm and shoot those setups in the aero position. You can shoot from the opposite side so I can check for imbalances, and you can send a front view so I can look at knee tracking and elbow spacing. All of these shots can be on one video if your camera has a pause feature. The entire video need not be longer than 1-2 minutes.
10. A closeup shot of your handlebar/stem area and seatpost/saddle area is helpful in recommending adjustments.
11. If you have any questions, please email us at [getfit@ttbikefit.com](mailto:getfit@ttbikefit.com).