



# Does Perfect Pedalling Exist?

Unravelling bike fitting biomechanics

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Now a runner - 2nd at the National Middle distance trail running championships in 2024.

Clients range from professional squash players to elite level runners, to age group athletes and general population.

Specialist in bike fitting, biomechanics, injury rehabilitation, soft tissue therapy.

Cycling coach



# Does Perfect Pedalling Exist?



There are many bike fitting systems and many (very loud!) voices in the bike fitting space. The human body is an immensely complicated organism and the process of fitting to the bike is complicated and deserves time, space, common sense and a thorough understanding of the anatomy involved. There is an infinite number of variations to the human form and no system can effectively deal with all of those. I take an anatomy first approach to bike fitting and what follows is an insight to my process.

# Does perfect pedalling exist?

Your Biomechanics

The Foot

The Pelvis

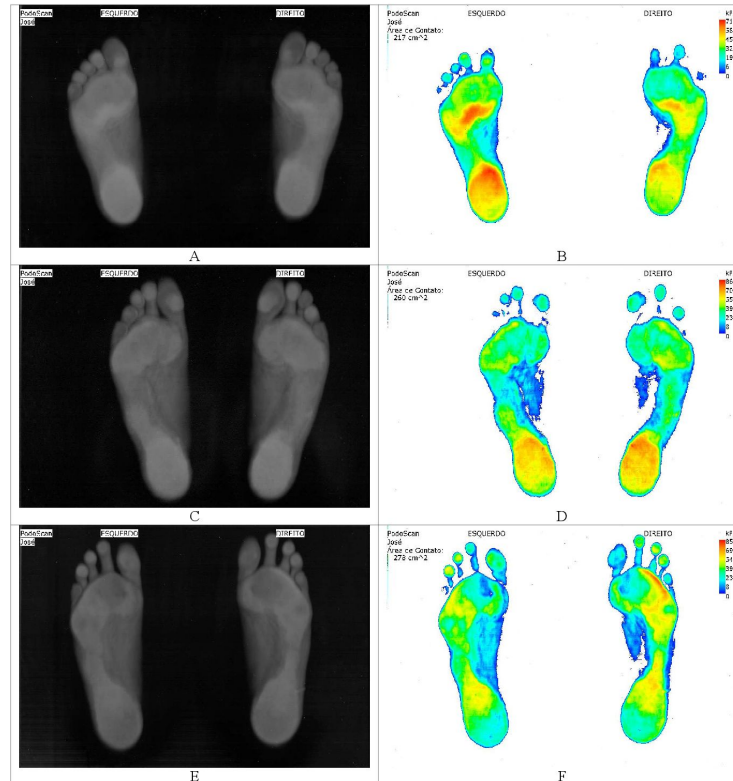
The Saddle

The Hands

Case Studies



# What's your body's story?



# Posture in all 3 planes of motion

Finding centre

Shining the light

Cogs



# The Foot

Evolution vs Cycling

Pronation and supination - the spectrum

Foot shape

Cleat position and muscle recruitment

Cleat position and morphology

Common foot issues









# The Hips

Relevant pelvic anatomy

The forward fold test

The pelvic fulcrum

Saddle shape vs pelvic anatomy

Saddle position - what are we looking for?

Common issues



# The Hands

Centre of Mass

Reach

Mobility

Performance concerns

Respect the pelvic fulcrum



## Case studies:























## In conclusion

Fit the bike to the body - not the other way around!

Performance factors are secondary to your biomechanical needs.

A bike fit is snapshot in time. Your body changes - and as it does, your position should too.

You can alter your body's 'perception of centre' and this will affect your interaction with the bike.

If it doesn't feel 'right' - it's probably not!



# Thanks for coming!

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