




Precise Performance LTD

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Precise Performance LTD

- Independent Bike fitting and coaching specialists
- Our main focus is to help cyclists of every ability improve
- Experts in biomechanics and cycling analysis



What is a Retul Bike Fit?

- A bike fit that covers absolutely everything
- Process of analyses to amend your position you hold
- Accounts for all three planes of movement
- Retul Bike Fit is combined with Body Geometry
- During the fit we use precise measuring tools to guarantee quality

Who is a bike fit for?

“I only ride once a week, I don’t need a bike fit”

“I’m not a pro, I don’t need a bike fit”

“I don’t race, I don’t need one of those”

“I’m not uncomfortable, I don’t need one”

Everyone who rides a bike will benefit from a bike fit...

What are the main benefits and how can it help you?

- Helps resolve a current injury and/or prevents a new injury happening
- Improves comfort – you may feel comfortable, but are you actually?
- Improves efficiency
- Improves Power.... Eventually

(comfort + efficiency = power) + you = WINNING

Nick Hale...



Megan...



Make me aero....

- How low can you go?
- Let's think about the power...
- Aero socks... that's the way forward



What's the Retul Bike Fit Process?

1. Pre-fit assessment
2. Physiological assessments
3. Cleat setup and foot support
4. 3D Analysis
5. Measurement and report
6. Follow up



How often should you get a bike fit?

- Every year should be the aim – everyone gets older...
- When major targets are set
- If you have just suffered an injury
- If you have treated yourself to a new bike

How much does that cost!!

“Wow, that’s expensive, I could put money that towards a set of new wheels...”

Why trust Precise Performance?

- I currently hold one of the highest qualifications in the world.
- Certificates aside, I have 7 years of experience
- I have great attention to detail
- I want to help you

Scheduling an appointment

I'll work around your schedule – mornings, evenings and weekends are available!

You can schedule online through the website or you can contact me directly.

Questions

Please feel free to ask any questions...



Contact Information

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PRECISE PERFORMANCE

- BIKE FITTING & COACHING -