

[Back to my profile](#)

Justin Fortune

Fit goal : Performance and Comfort  
Bike : Trek Madone SLR 7 (Road)

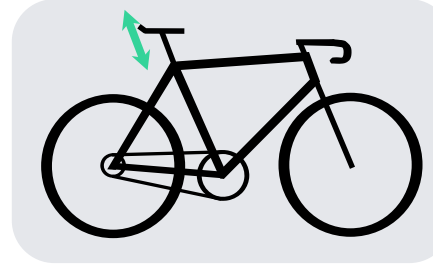


Edit

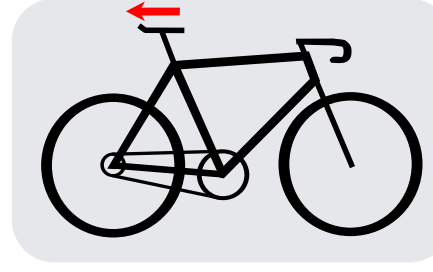
Analysis for video [Justin\\_Fortune\\_Short.mp4](#) (Nov 1, 2021)

Recommended Changes

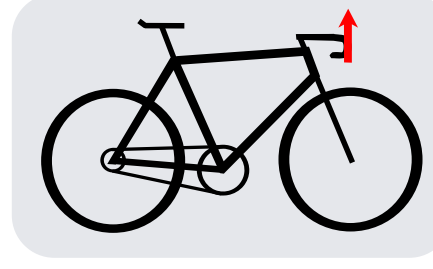
[Info](#)



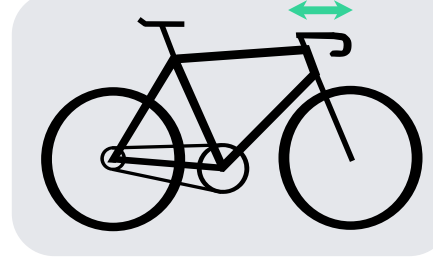
Saddle Height:  
In range  
[Info](#)



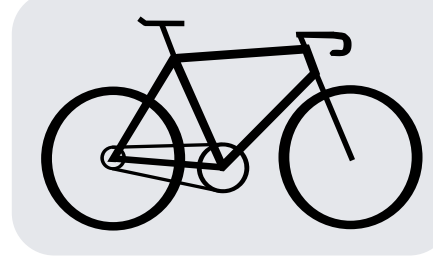
Saddle Fore/Aft:  
Move saddle back 5mm  
[Info](#)



Handlebar Height:  
Raise handlebar 10mm  
[Info](#)



Handlebar Reach:  
In range  
[Info](#)



Additional Notes:  
• Saddle height may be impacting fore/aft measurement. Please confirm saddle height before adjusting fore/aft.

We recommend you make the above adjustments then add another video to compare results.

Once you have made changes, you can [Upload another video](#)

[Enter bike measurements](#)



Top of Pedal Stroke

Your measurements

[Knee Flexion](#) 109°  
[Hip Closed](#) 61°  
[Back Angle](#) 41°  
[Shoulder Angle](#) 87°  
[Arm Angle](#) 157°

Recommended Ranges

105.0° - 114.0°  
60.0° - 69.0°  
42.0° - 49.0°  
87.0° - 94.0°  
150.0° - 169.0°

[Expert review](#)

[Share](#)

[Problem ? report an error](#)



Bottom of Pedal Stroke

Your measurements

[Knee Extension](#) 38°  
[Hip Open](#) 108°  
[Back Angle](#) 41°  
[Shoulder Angle](#) 87°  
[Arm Angle](#) 157°

Recommended Ranges

35.0° - 41.0°  
95.0° - 104.0°  
42.0° - 49.0°  
87.0° - 94.0°  
150.0° - 169.0°

[Expert review](#)

[Share](#)

[Problem ? report an error](#)



Front of Pedal Stroke

Your measurements

[Knee Flexion](#) 109°  
[Hip Closed](#) 61°  
[Back Angle](#) 41°  
[Shoulder Angle](#) 87°  
[Fore/Aft](#) Fore

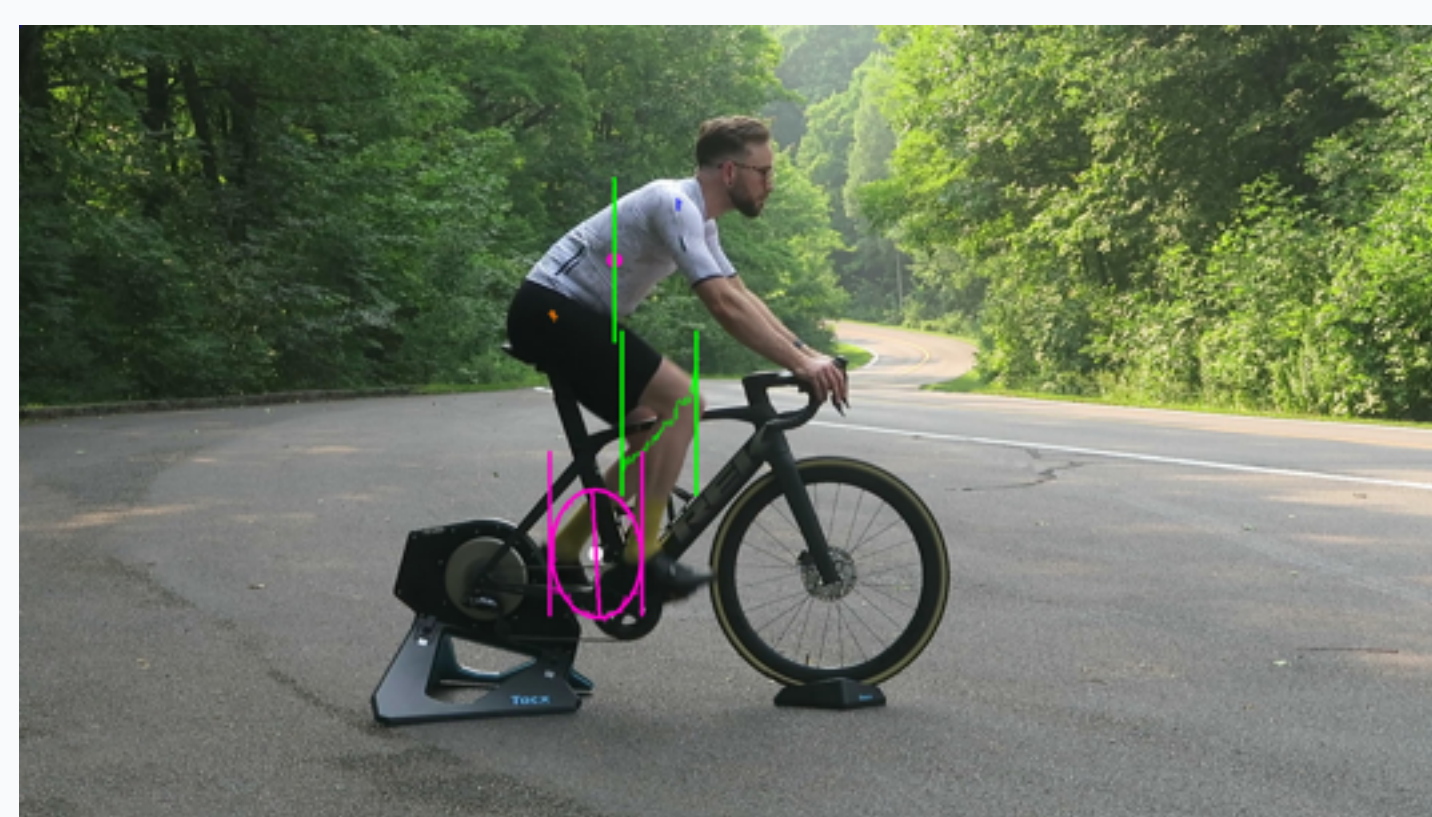
Recommended Ranges

105.0° - 114.0°  
60.0° - 69.0°  
42.0° - 49.0°  
87.0° - 94.0°  
Fore - Aft - Fore

[Expert review](#)

[Share](#)

[Problem ? report an error](#)



Overall positioning

Tracking

[Knee](#) ■  
[Ankle](#) ■  
[Hip](#) ●

Estimation

[Center of Mass](#) ■

[Expert review](#)

[Share](#)

[Problem ? report an error](#)



Video analysis

Here is a video analysis of you on the bike. On the right is the wireframe representation of your pedaling along with realtime joint measurements.

[Expert review](#)

[Share](#)

[Problem ? report an error](#)