

HK Foundation #1: Bike Fit (Do This First!)

Bike Fit #1: Foot Position	Ball of foot is on center of pedal
Bike Fit #2: Seat Height	25-35% bend in knee at full extension
Bike Fit #3: Seat Fore/Aft	Tibial tuberosity (bony knob under knee) is even with, or up to 3/4" behind where pedal connects to the pedal arm when feet are parallel to ground (3 o'clock & 9 o'clock).
Bike Fit #4: Handlebar Height	Torso lean is 20-45 degrees forward. Supports "A" frame with arms at no more than 90 degrees from torso. 60% weight in saddle; 40% on handlebars. For a stationary bike, handle bars are at same level as saddle or higher.
Bike Fit #5: Handlebar Fore/Aft	Torso lean is 20-45 degrees forward. Supports "A" frame with arms at no more than 90 degrees from torso. 60% weight in saddle; 40% on handlebars. For a stationary bike, handle bars are at same level as saddle or higher.

HK Foundation #2: Body Checks and Comfort Tips

Body Check #1: Foot Position	Foot is level to the ground or up to 25 degree heel lift. Feet are roughly parallel to bike* ¹
Body Check #2: Knee Position	Knees are parallel to bike* ¹
Body Check #3: Feel your sit bones on the back of the Saddle	
Body Check #4: Flat Back and Relaxed Shoulders	
Body Check #5: Al Dente Elbows (soft elbow, 15 degree bend)	
Body Check #6: Rolled Wrists (no cocked wrists!)	

*¹ If altering your body's natural position for your feet or your knees causes you pain, don't do it!
Pedal with your natural alignment.