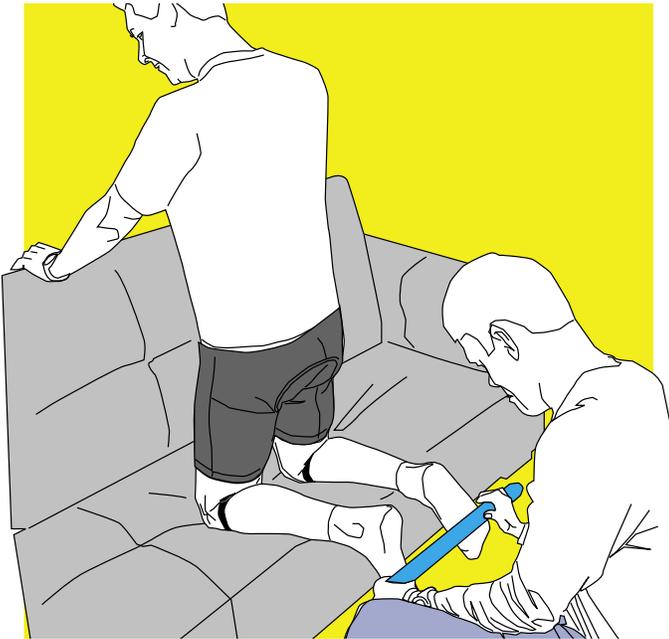


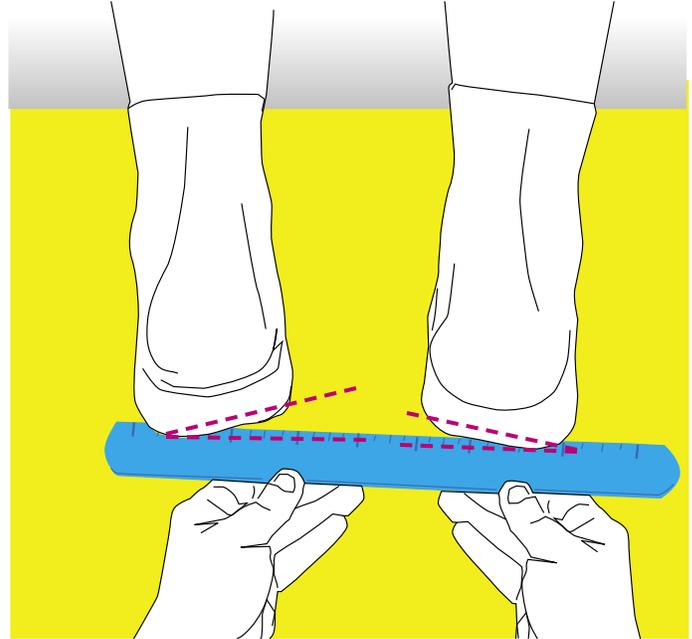
HOW TO VIEW & DETERMINE FOREFOOT TILT

BASIC

You'll need a friend to help you with this procedure, that you can do at home. Use some type of straight edge - a ruler, a book, etc... to help provide you with a visual aid, when checking the tilt of the forefoot.



Kneel on a chair, facing the back, with relaxed feet extending over the edge. Have your friend place the straight edge directly across the ball of each foot.



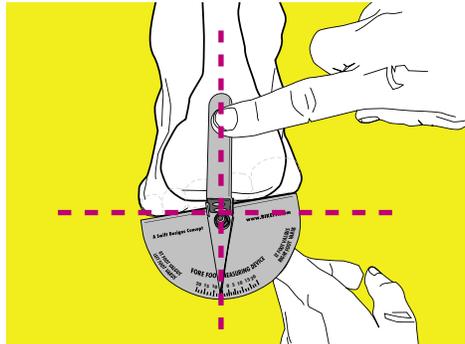
With the straight edge as a visual guide, you can see forefoot tilt. It is possible that tilt may not be the same on both feet. Forefoot tilt is common & is one reason a cyclist may need wedges to better improve their connection to the pedals.

ADVANCED

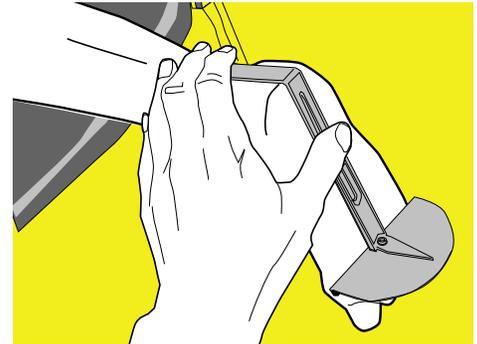
Please visit your nearest **BikeFit Pro**, who will be able to measure both of your feet with the Forefoot Measuring Device (FFMD). This is a measurable way to determine the starting point for the number of wedges you may need for each foot. To learn more, see the process pictured below.



a. Kneel on a chair, facing the back, with relaxed feet extending over the edge.



b. Your BikeFit Pro will place the Forefoot Measuring Device (FFMD) on the bottom of each foot pushing the handle against the heel so the vertical portion is aligned dividing the heel in two equal halves.



c. With FFMD in place, position the top flat surface of the Device (1/2-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor. Repeat this procedure 3 times for each foot & average the numbers separately. Use this as your starting point. See reference charts found online at BikeFit.com