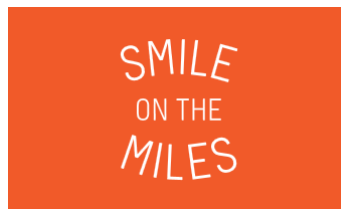




## **LOUE BICYCLES - Professional bike fitting services**

LOUE Bicycles is dedicated to providing professional bike fitting services for cyclists from all walks of life. Through constant research and education, we seek to provide the highest standards of bike fitting services for our clients. Our bike fitting protocol is based on a combination of cycling experience, knowledge and, science and technology, to provide clients with the best bike fit for their objectives, goals and needs. We are committed to work with cyclists of all abilities to achieve the best positive outcome. We want to help fellow cyclists enjoy every moment on their bicycles, and be able to "Smile on the Miles".



We are passionate about what we do and are dedicated to ensure that you get the best experience from cycling. Whether you are on the road, at home on your trainer, or at our LAB, we will do our best to take care of your bike fitting and cycling needs.

### **Team, Tools and Equipment**

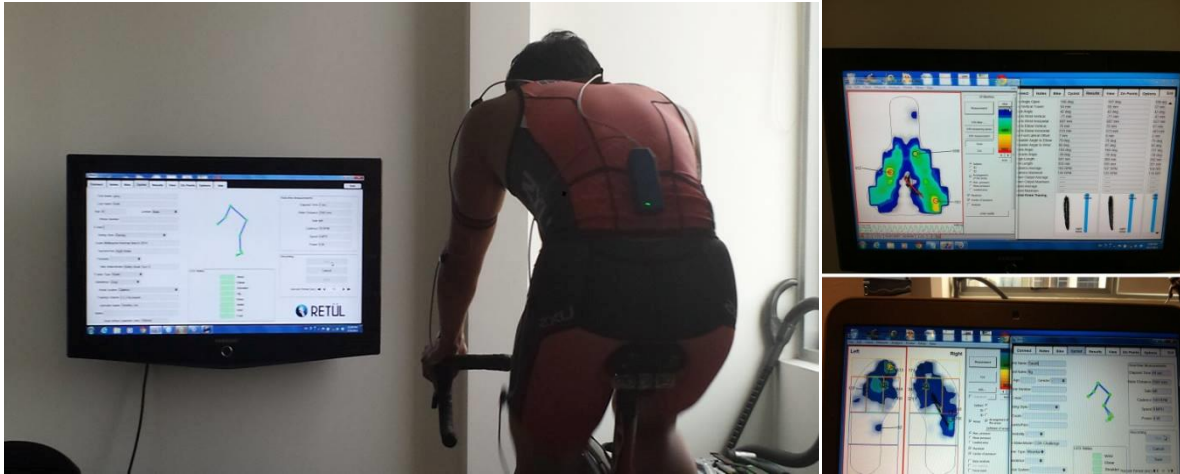
Here at LOUE Bicycles, we work with a team of medical professionals<sup>1</sup> to ensure our cyclists are in optimum physical health. Experienced bicycle mechanics will also help guarantee your bicycles' performance. With our network of bicycle mechanics and medical professionals, together with our passion, knowledge and bike fitting expertise, we build a TEAM around you and strive to provide you with the best bike fitting services in the region.

<sup>1</sup>Our team of medical professionals includes sports doctors, physiotherapists, chiropractors, physical trainers, podiatrists, coaches and sports masseuse, among others.

LOUE Bicycles works with state of the art bikefitting technology for cycling analysis. We use a combination of [gebioMized](#) pressure analysis tools, the [Retul](#) Vantage 3D Motion Analysis System, the [Bioracer](#) Motion/Aero system, [Forped](#) biomechanics cycling diagnostic tool, as well as our own proprietary equipment. We are also able to help clients design their ideal [custom frame](#), and communicate with custom frame builders to drive the design for a frame in accordance to the bike fit, and one that is truly yours.

We believe in fitting with a combination of old school direct observations and subjective impressions, and new school science with objective data, where appropriate. Based on the client's profile and objectives, a custom dynamic bike fit protocol is designed to establish a position with the best combination of power output, comfort, endurance and efficiency for you.

The fit will ensure that you are placed in an optimal position based on your goals, abilities and individual cycling needs. You will not only leave with a better position, but with the knowledge and ability to understand the advantages of proper position and riding posture.



### **Services (Description, process, what you get, what to expect, who is this for)**

#### **(1) Pro Dynamic Bike Fit S\$850**

The pro cyclist treatment – total comprehensive bikefit where we spend half a day with you to solve your bikefit issues and fully optimize your fit. We use all the tools and knowledge we have to drive the session to achieve the perfect bikefit for you.

- Duration approx. 4-5 hours. (morning/afternoon sessions)
- Client's interview, physical assessment (range of motion/flexibility), Muscle stability assessment, foot assessment.
- Dynamic on-bike session with in depth biomechanical analysis with gebioMized saddle, hand and foot pressure.
- Bioracer/Retul 3D motion analysis/gebioMized high resolution cameras to analyse movement from all views.
- Technical Analysis with FORPED and gebioMized CyclePRO to identify pedalling inefficiencies, and optimize pedalling effectiveness.
- Coaching and correcting pedalling technique in line with bikefit for optimization.
- Precise changes made to cleat position, saddle position and handlebar position, among others.
- Correct crank arm length, seatpost, saddle, length and degree of stem, correct number of spacers/stack, correct handlebar reach, drop and width, whichever applicable.
- Coaching and educating proper riding posture/technique. Corrective exercises from physio.
- Post fit documentation including fit summary and recommendations in a comprehensive bike fit report will be sent to you via email.
- Complimentary follow-up session.
- X/Y Sizing Bike Fit Jig will be used if necessary (+\$80).

#### **(2) Classic Dynamic Bike Fit S\$600**

Our most popular option designed for cyclists who are looking to optimise their position, and precisely tune their position for more power, efficiency, comfort and endurance or provide solutions for specific problems, including pain and discomfort.

Whether you are a new or professional cyclist, we treat you all the same, and ensure the best possible fit for you. It is based on a highly customized fit protocol catered just for you.

- Duration approx. 2 – 2.5 hours.
- Client's interview, physical assessment (range of motion/flexibility), Muscle stability assessment (core strength), foot assessment.
- Dynamic on-bike session with in depth biomechanical analysis with Retul/Bioracer/gebioMized saddle pressure tool.
- Changes made to cleat position, saddle position and handlebar position, among others.
- Correct crank arm length, seatpost, saddle, length and degree of stem, correct number of spacers/stack, correct handlebar reach, drop and width, whichever applicable.
- Coaching and educating proper riding posture/technique.
- Post fit documentation including fit summary and recommendations in a comprehensive bike fit report will be sent to you via email.
- X/Y Sizing Bike Fit Jig will be used if necessary (+\$80).

### **(3) Basic Dynamic Bike Fit S\$300**

The Basic Dynamic Fit is for those who prefer a less costly and simpler bike fit process. This will help you achieve a safe, balanced and comfortable riding position.

- Duration approx. 1-1.5 hour.
- X/Y Sizing Bike Fit Jig will be used if necessary (+\$80).
- Basic dynamic analysis with Retul, and adjustments made to saddle position (height, fore/aft) and handlebar position.
- Basic cleat adjustments.
- Recommendations for components (Handlebar width, stem length) and frame sizing.
- Summary of bike fit session including critical bicycle measurements will be sent via email after the session.

### **(4) Bike Sizing S\$120**

For clients who are looking to purchase a new bicycle but unsure what size to get.

- Session will be done on our Bikefit Jig.
- Client will receive a bike CAD drawing with the desired bike brand and geometry will be sent to client.
- Cleat fit not included.

### **(5) Custom Classic Dynamic Bike Fit S\$700**

For clients who are looking to purchase a custom bicycle frame.

- Personalized Fit protocol as per Classic Dynamic Bike Fit.
- 2 sessions: First session will be done on the Fit Jig, and subsequent adjustments on actual bike.
- For clients without an existing bicycle and are looking to purchase a new bicycle/ custom built bicycle\*\*, and wish to do a comprehensive bike fit.
- Fit will be done on our proprietary custom bike fitting JIG. After which, by using the BikeCAD software, their ideal frame size, geometry and fit measurements can be obtained.

- Fit details and frame design will be communicated to desired frame builder for your custom frame.
- The bike fit will also allow you to purchase the appropriate accessories and components for your custom bike.
- We offer a range of bespoke bicycle frames. Contact us to enquire.

#### **(6) Foot-Pedal or Saddle Analysis S\$240**

With the gebioMized pressure sensor system and Retul 3D motion capture system, we can obtain quantifiable data to observe the changes made on your bicycles and components affect you biomechanically. The gebioMized pressure analysis tool, together with the FORPED cycling biomechanic diagnostics, allows us to analyse and advise you on cleat placement, shoe and footbed selection, shoe sizing etc. Saddle analysis allows us to analyse how you sit on your saddle and how your pelvis function when you cycle.

Foot-Pedal Interface:

- Placement of the cleat, recommendations for shoes and footbeds. Cycling technique analysis.
- Option for custom Saddle and Insoles available.

Saddle Analysis:

- Saddle analysis and recommendations.
- Wide range of test saddles in our saddle 'library' for you to try. Enquire about our Test Saddle Program.
- Pressure map report will be given to you.
- Note that this service is either cleat adjustments or saddle analysis. If you choose to do both, we will advise you to consider the LOUE dynamic bike fit instead.

#### **(7) Packages and discounts**

Group discounts – 10% off per fit when you sign up for a fit in groups of 3 (within a one month period).

We want to support cycling and proper bike fit as best as we can. If you are keen to do a bike fit but have financial difficulties (e.g. students), do drop us an email and we will do our best to support you.

#### **(8) Sponsorships**

LOUE Bicycles works closely with elite cyclists and also cyclists with special needs. We also work with charity organisations that require our help and are driven to give back to society and community in whatever small way we can. Please contact us for sponsorship enquiries.

#### **(9) Gift a Bikefit!**

Don't know what to get a fellow cyclist's birthday for his/her birthday? Buy him/her a bike fit voucher! We can prepare a gift card and special gift for him/her. This gift card will also give a 10% discount on selected items.

*\*\*\*For all bicycle fitting services, additional charges may apply for any changes made after fit review session. Our consultation rates are \$100/0.5hr.*

*Request for Bikefits done by Head Bikefitter, Timothy Lim will have an additional 20% charge.*

### ***Fit with Integrity.***

All bike fits are on money back if not satisfied basis. If the client is not happy with the services performed, and a satisfactory solution to any on-going problems is not found, a complete refund is issued. This is a means of doing business with integrity and genuine intent to help others. (After an appropriate adjustment time of 4-6 weeks, and with subsequent adjustments if necessary.)

### ***It is not just all about tools and technology.***

At LOUE Bicycles, we use sophisticated tools and technology in our fit protocols. However, it is also important for our clients and cyclists to understand that these equipment are aids to provide quantifiable data and show how much difference a change can make, and to help the bike fitter make better judgement and analysis. We invest a lot of time and money every year to work closely with carefully selected health professionals and bike fitters around the world to constantly improve ourselves and in turn give our clients maximum benefit. We believe that the knowledge, skill, experience and passion of the bike fitter and the ability to interpret the data collected, are crucial to the end result of the fit.

*“You can give a painter the best paint brushes in the world, but if he cannot paint, the quality of the brushes does not matter.”*

### **About LOUE BICYCLES**

LOUE Bicycles was established in 2013 to provide clients with professional bikefitting services. We utilize the gebioMized pressure analysis tools, Bioracer Motion and Aero System, RETÜL 3D Motion Analysis system, Forped cycling biomechanics diagnostic tool and our own proprietary tools and equipment. LOUE Bicycles is gebioMized reference lab in South East Asia (SEA), and the SEA representative for the International Bikefitting Institute (IBFI).

Besides providing professional bike fitting services, LOUE Bicycles distributes custom bicycle frames and cycling products. We seek to design and engineer new bike fitting products, manufacture custom tools to improve on the efficiency and protocols of current bikefitting process, and provide innovative solutions for cycling and for our clients. LOUE Bicycles also works with Nanyang Technological University of Singapore (NTU) and the Singapore Institute of Manufacturing Technology (SIMtech) on various bicycle engineering and bikefitting projects.

LOUE Bicycles provides bikefit consultation, conducts classes, workshops and seminars. This is to spread the knowledge of bikefitting in the region, and to encourage interaction among bikefitters to share ideas, products and knowledge and improve on the standard of bikefitting in the region. Our bikefitters travel around the world annually to attend important bike shows, bikefit symposiums, workshops and conferences, to remain always relevant and competent.

LOUE Bicycles have provided bikefit services to cyclists from all walks of life. These include professional cyclists from the OCBC Singapore Pro Cycling Team, Terengganu Pro Cycling Team, Team Awano Trekology3 MTB team, various National Team cyclists, age-group triathletes, to weekend warriors and cyclists that ride for fun and fitness. They have fitted clients on all types of bicycles ranging from road, touring, MTB, folding, commuting (all sorts of mini velos) etc. Our primary mission is to help our clients “Smile on the Miles”.

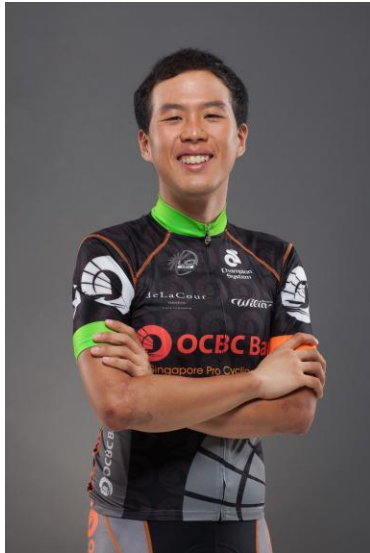
## Our Bikefitters

**Timothy Lim** is a Head bikefitter and engineer at LOUE Bicycles. He is a gebioMized© next level bike fitter and instructor, advanced certified S.I.C.I, RETÜL, Bikefit Pro© bike fitter, accredited by bikefitting.com, Bioracer, Torke Cycling, the international bike fitting institute (IBFI), and certified cycling coach in the national registry of coaches (NROC). Each year, he spends time overseas attending and presenting at conferences and medical symposiums with health professionals and some of the best bike fitters in the world to gain valuable experience and knowledge.



Timothy also holds a B.Eng (Hons) in Mech. Engineering from the National University of Singapore, specializing in precision engineering. His passion in bicycles drove him to pursue custom bicycle frame building, travelling to the US to work with and learn from renowned framebuilders Mike Flanigan and David Bohm. As an elite road cyclist with the OCBC Singapore Continental Cycling Team since 2009 and the National Road Cycling team, Timothy has competed all over the world in UCI races in France, Japan, Australia and South East Asia. He also represented Singapore in the Asian Cycling Championships in 2010, 2012 and 2013. Prior to cycling, Timothy was an endurance runner, competing at national level. He subsequently went into triathlons for 2 years and completed an ironman 70.3 event, before transiting into cycling full time.

Timothy currently rides his bicycle in three disciplines; road, triathlon and mountain bike. He completed his first Ironman triathlon event in November 2015, and intends to pursue long distance triathlon in the coming years. He hopes to bring his attention to detail, passion, experience, expertise and knowledge to his bike fitting services.



**Calvin Sim** is bikefitter at LOUE Bicycles. Calvin has more than 10 years of cycling experience and has competed in elite mountain bike and road cycling races including UCI-ranked races across Asia, the National Race Series (NRS) in Australia and France. His palmares includes a 2nd placed in the 2009 National MTB championship. That year, he went on to represent Singapore in the South East Asian (SEA) Games and Asian Cycling Championship in the men's elite Road Race. Calvin is a versatile cyclist across all disciplines including Road, Track, MTB and Time trial. He was also a pioneer member of the OCBC Singapore Continental Cycling Team. Calvin won a gold medal for Singapore after 20 years, in the Track Omnium event in the 2017 SEA Games.

Calvin is a gebioMized Next Level Bikefitter and is an expert with pressure analysis in bikefitting. He has an exceptional eye for detail, which is attributed to his background in Manufacturing Engineering. Calvin hopes to be able to use his vast experience and background in cycling to help cyclists from all walks of life.

At the moment, Calvin is on sabbatical and will be cycling full time under the prestigious SPEX scholarship from Sports Singapore.

South East Asian Representative



gebioMized reference lab Asia



Die Sportmarke der GeBioM



Certified by



Official Bikefit Partner for:



J/D Development Project – Singapore First Professional MTB Team

Singapore National Track / Road Team