

LOUE[®]

Fit lab

A guide to our
Bike Fitting Services



SMILE ON THE MILES

LOUE Fit Lab 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 a tour, we will do our best to take care of your bike fitting and cycling needs.





Team, Tools and Equipment

Here at LOUE Fit Lab, we work with a team of medical professionals¹ 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.

LOUE Fit Lab works with state of the art bike fitting technology for cycling analysis. We use a combination of gebioMized pressure analysis tools, gebiomized Motion Analysis tool, the Bioracer Motion/Aero system, gebiomized foot pressure 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.

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

Pro Bike Fit **\$1300**

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

- Duration approx. 4-5 hours.
- 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 motion analysis/gebioMized high resolution cameras to analyse movement from all views
- Technical Analysis with gebioMized CyclePRO to identify pedalling inefficiencies, and optimize pedalling effectiveness
- Coaching and correcting pedalling technique in line with bike fit 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).





Classic Bike Fit **\$990**

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 Bioracer/gebioMized motion capture/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).

Essential Bike Fit S\$495

The Essential 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

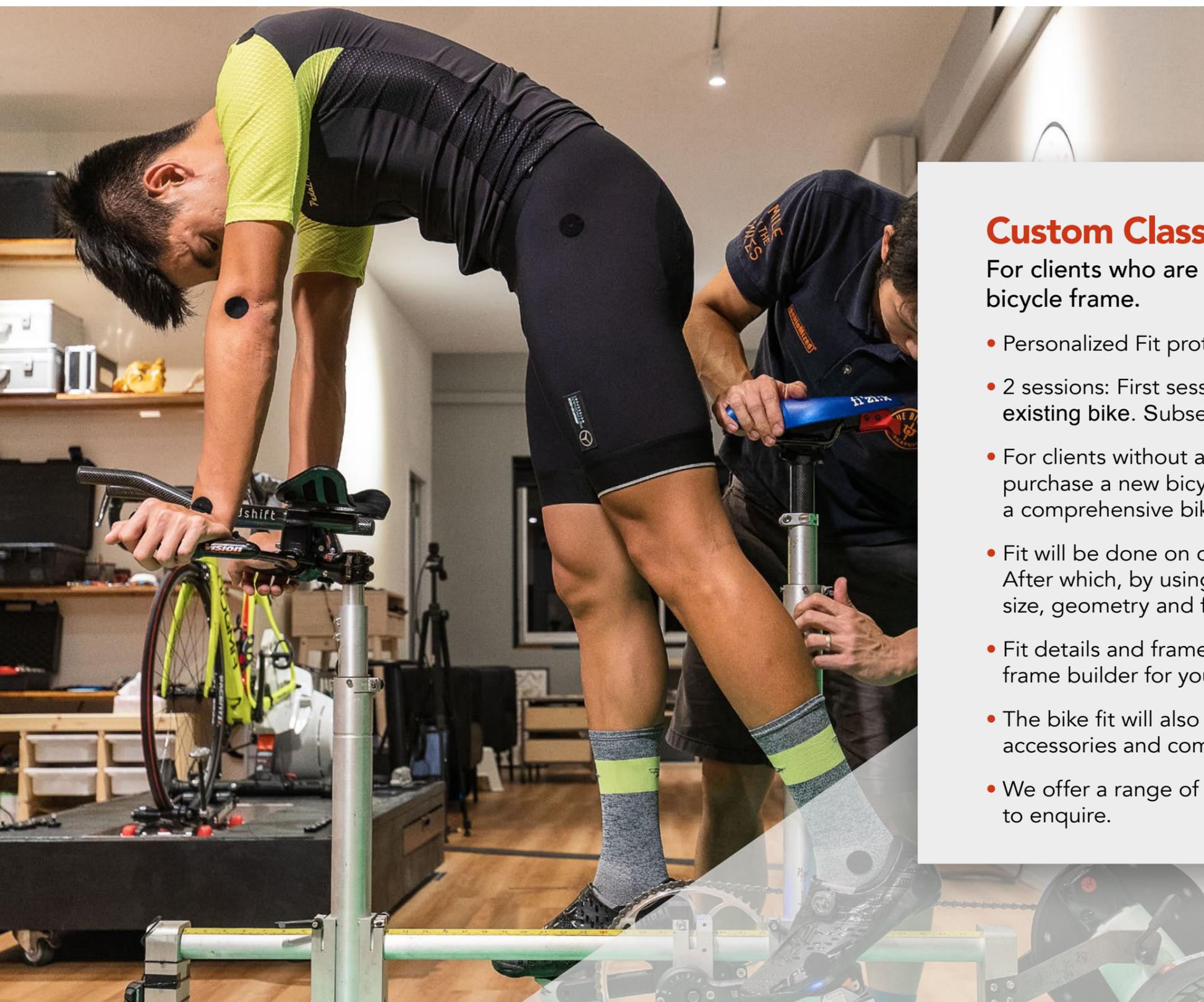
- Duration approx. 1-1.5hour
- X/Y Sizing Bike Fit Jig will be used if necessary(+\$80)
- Basic dynamic analysis with Retul, and adjustments made to saddle position (height, fore/aft) and handlebar position
- Basic cleat adjustments
- Recommendations for components (Handlebar width, stem length) and frame sizing.

Prefit Purchase

For clients who are looking to do a bikefit before purchase to know exactly what to buy.

- Select one of the sessions above to be done on our Bike fit Jig
- Client will receive a bike CAD drawing with the desired bike brand and geometry along with the bikefit summary.
- Buy with a peace of mind.





Custom Classic Bike Fit S\$1100

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

- Personalized Fit protocol as per Classic Bike Fit
- 2 sessions: First session will be done on the Fit Jig or on client's existing bike. Subsequent adjustments on actual custom 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.

Foot-Pedal or Saddle Analysis S\$430

With the gebioMized pressure sensor system and 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 ELITE 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.

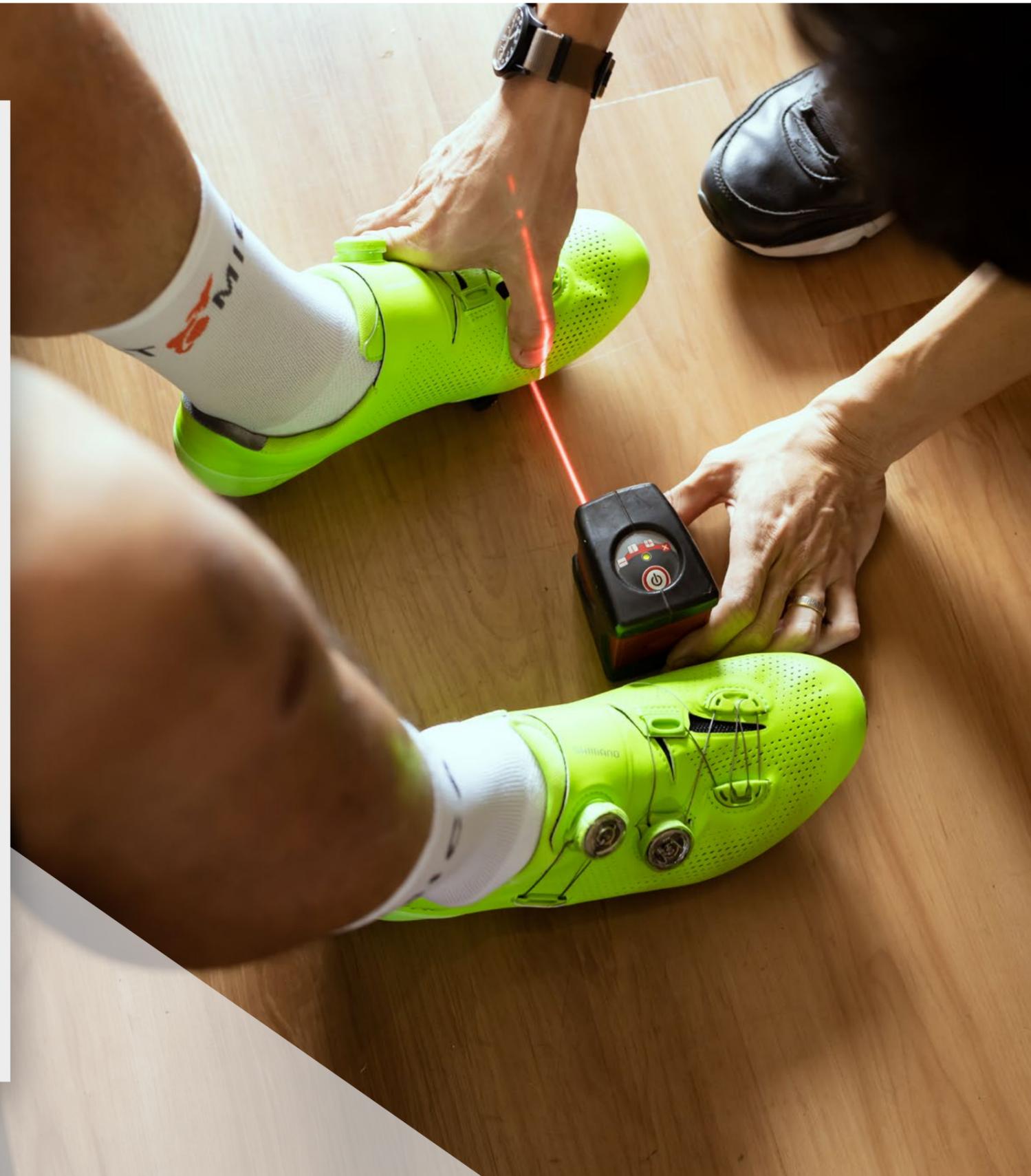
Foot-Pedal Interface:

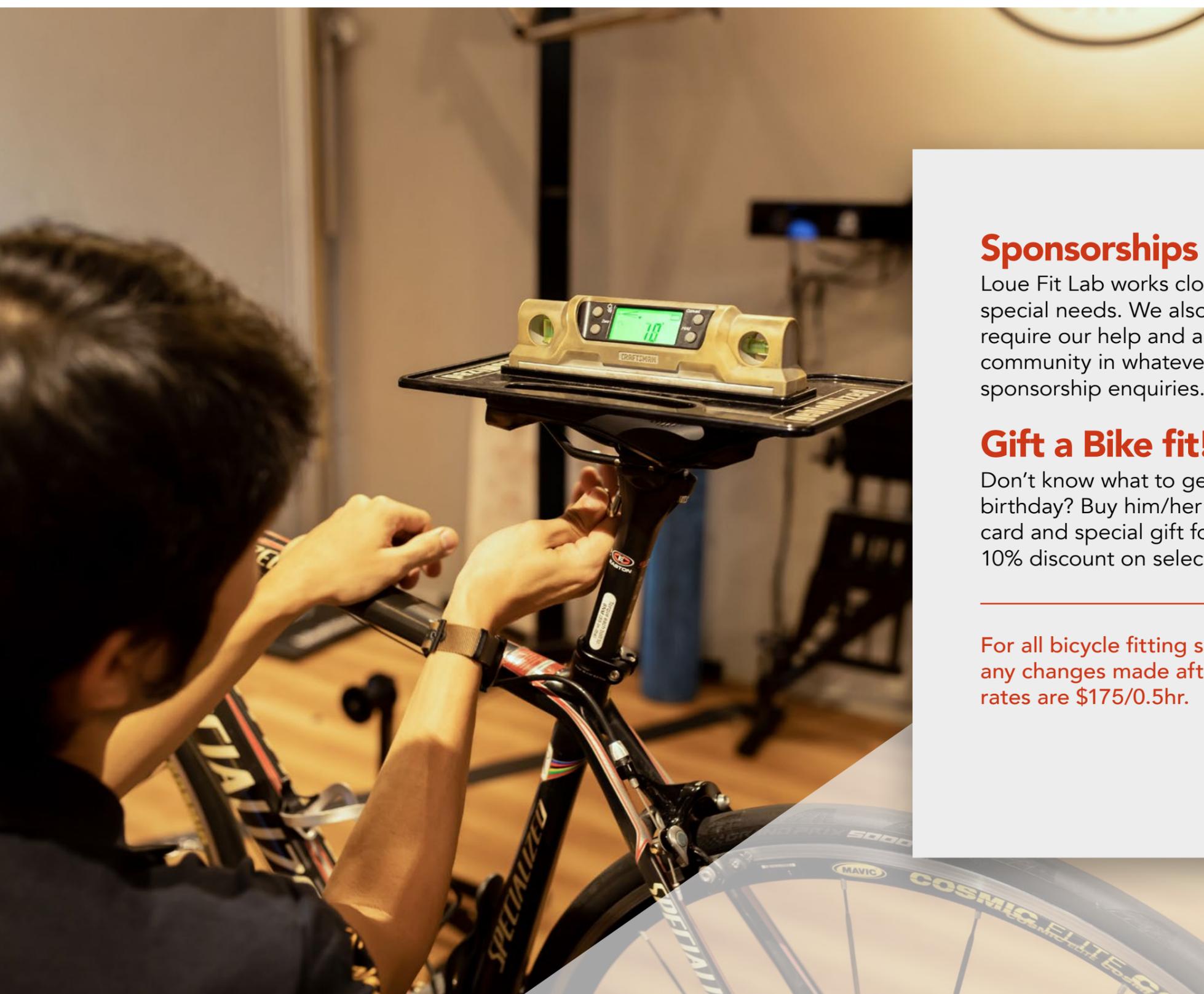
- Placement of the cleat, recommendations for shoes and footbeds. Cycling technique analysis
- Option for custom Saddle and Insoles available.

Saddle Analysis:

- Saddle analysis and recommendations
- Wide range of test saddles in our saddle 'library' for you to try.
- 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 CLASSIC bike fit instead.





Sponsorships

Loue Fit Lab 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.

Gift a Bike fit!

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 \$175/0.5hr.

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

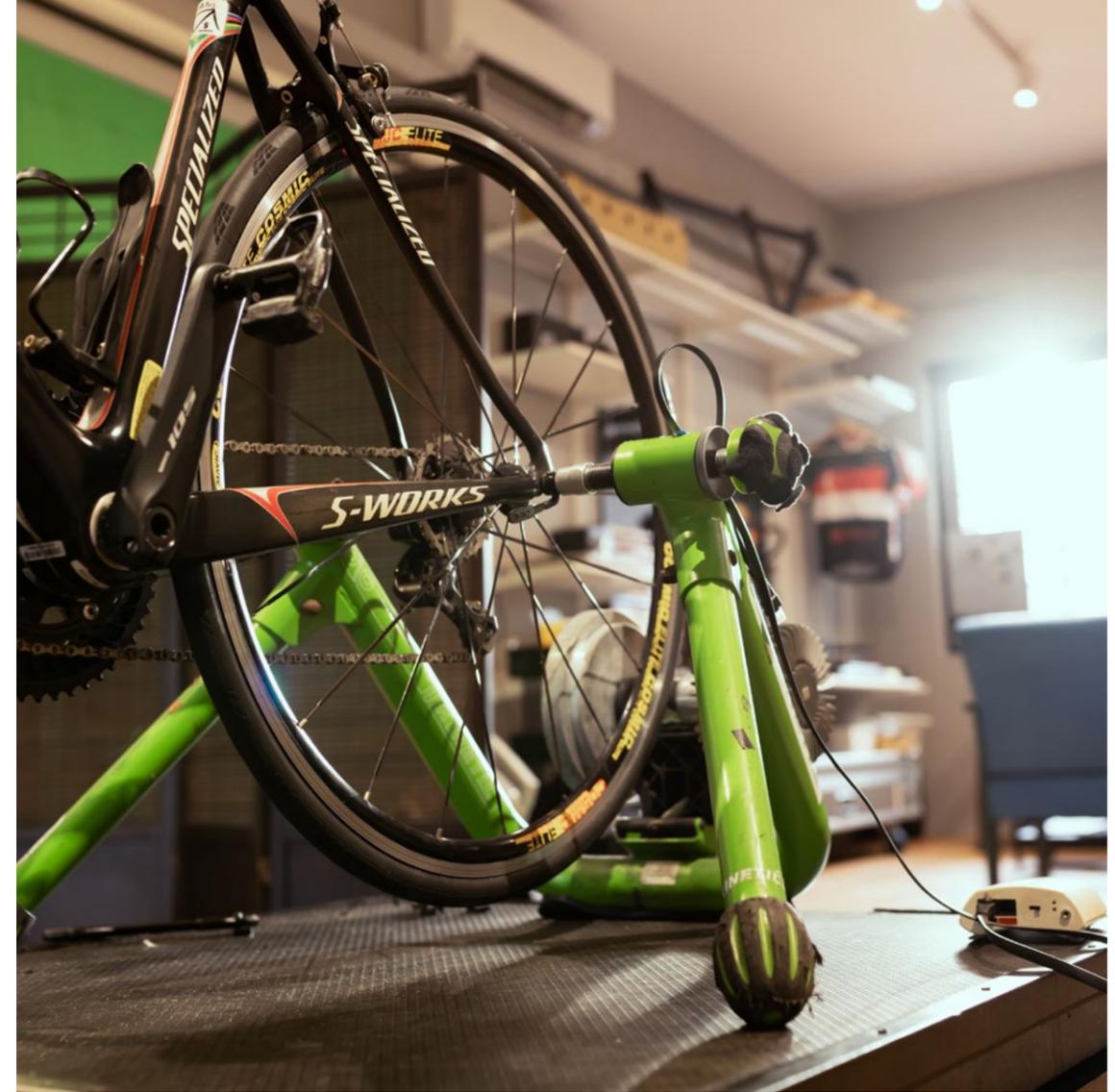
At Loue Fit Lab, we use sophisticated tools and technology in our fit protocols. However, it is also important for our clients and cyclists to understand that these equipment are aids to provide quantifiable data and show how much difference a change can make, and to help the bike fitter make better 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 Fit Lab

Loue Fit Lab was established in 2013 to provide clients with professional bike fitting 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 Fit Lab is gebioMized reference lab in South East Asia (SEA), and the SEA representative for the International Bike fitting Institute (IBFI).

Besides providing professional bike fitting services, Loue Fit Lab 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 bike fitting process, and provide innovative solutions for cycling and for our clients. Loue Fit Lab also works with Nanyang Technological University of Singapore (NTU) and the Singapore Institute of Manufacturing Technology (SIMtech) on various bicycle engineering and bike fitting projects.



Loue Fit Lab provides bike fit consultation, conducts classes, workshops and seminars. This is to spread the knowledge of bike fitting in the region, and to encourage interaction among bike fitters to share ideas, products and knowledge and improve on the standard of bike fitting in the region. Our bike fitters travel around the world annually to attend important bike shows, bike fit symposiums, workshops and conferences, to remain always relevant and competent.

Loue Fit Lab have provided bike fit 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 Treknology3 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".



Timothy Lim

Head bike fitter and engineer

Tim 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. In 2018, Timothy was accredited as a Level 4 Bikefitter by the International Bike Fitting Institute, by accruing a minimum of 960 credits and have done at least 2400 bikefits. This shows the highest level of understanding, knowledge and application, being peer reviewed and considered to be one of the best in the world.

Milestones and Accreditation

GEBIOMIZED – Lead Asia Instructor (present)
Shimano Bikefitting.com – South East Asian Head Trainer (present)
TREK precision fit training instructor
International Bikefitting Institute (IBFI) Level 4 bikefitter, South East Asian Representative
National Coaching Accreditation Programme (NCAP) Cycling Coach
RETUL Certified Fitter
Serotta Personal and Advanced Certified
TORKE Cycling, Body Positioning – Advanced
BikeFit Pro Level 2
Shimano bikefitting.com certified
Leomo Motion Analysis Certified

2013-2018 OCBC Cycle Singapore Event, Official Bikefit Partner
2013 ICS (International CycleFit Symposium) Jan 24-26 (Brunel, UK)
2013 ISCO (International Symposium on Cycling Optimisation) Nov 11-12
2015 ISCO (International Symposium on Cycling Optimisation) - Workshop presenter
2015 Shimano Bikefitting.com training / instructor
2015/2016 Nanyang Technological University (NTU) Final Year Project – Industry Sponsored Project (ISP), Research Collaboration
2016 Science and Cycling Conference Jun 29-30, Caen, France
2016 Masterclass: Technology in Cycling Science, Jun 28
2016 Masterclass: Science of Cycling injury prevention, Jul 1
2016 Medical Fair Asia: Medicine and Sports Conference
Sep 1 – Presenter / Speaker (Cycling Analysis: Technology and Protocol)
2016 ICS (International CycleFit Symposium) Nov 14-15 (Manchester, UK)
2016/2017 Republic Polytechnic, Sport and Exercise Science Internship Program
2016/2017 NTU School of Sports Science Internship Program
2017 Science and Cycling Conference, Jun 28-29, Dusseldorf, Germany
2017 Masterclass – Aerodynamics and position stability, Jun 27
2017 Masterclass – Identification and Treatment of Cyclists Disorders, Jun 30
2017 Physiohaus - Evidence based management of Cycling Pathology
2017 Physiohaus - Advanced Motion Capture Bike Fitting Course
2017 Physiohaus - Time Trial and Triathlon Specific Positioning
2018 Science and Cycling Conference, Jul 4-5, Nantes, France
2018 Masterclass - Integration of multiple evidence based tools, techniques and systems into coherent and objective assessment of bike fit, Jul 6
2018 ISCO (International Symposium on Cycling Optimisation) Nov 2-3
2018 ISCO Aero Symposium powered by Garmin Nov 4
2018 Leomo Motion Analysis Certification Course by Hunter Allen Sept 12
2019 gebioMized integrating Leomo into bikefitting certification Dec

Accreditations



Bikefit Partners for



Singapore National
Track and Road
Cycling Team

Singapore
Paracycling Team



Singapore Professional
Cycling Academy



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