



Figure 2



Figure 3

Front posture

First of all you'll need a pair of bathroom scales (ideally the same but not absolutely necessary), a spirit level, a mirror preferably large enough to view from the top of your head to your knees (anything longer than that is even better), a pencil, note paper and preferably, a partner to take notes and help you observe more accurately.

Step 1

In front of the mirror, place the two bathroom scales side by side and about 10cm apart, as indicated in Fig 2. Place the spirit level over them individually to make sure they are level and then across the two making sure they are level to each other. If they are a different make of scales you may have to elevate one by propping it up with some magazines or telephone book etc (Fig 3). Either way, it's essential that they are both level. Now adjust the settings on the scales so that each of them starts off at zero. Just for further accuracy you should stand on each one individually and make sure that they read the same.

Step 2

Facing the mirror, stand with one foot on each of the scales in your most comfortable, natural and relaxed position. Don't cheat. Just adopt your normal everyday posture. Now with your eyes closed, nod your head back and forth so that your chin touches your chest on forward movement and the back of your skull touches the back of your neck on the backward movement. Do this twice. Just take it slowly and as naturally as you possibly can and then bring your head back to your normal, comfortable everyday position, still keeping your eyes closed. Just hold

it there with your eyes still closed for about 30 seconds.

Step 3

Remaining totally relaxed, slowly open your eyes but don't move. If you have a partner helping you, have them record the individual weight on each of the scales. If not, then without changing your posture too much, just do the best you can to slowly look down and record your weight on each side. Ok, you can hop off now and write down your scores in the 'Front posture' section.

Step 4

Strip down to just your underwear for the following steps so that you can clearly observe any of the key anatomical markers such as the top of your breast-bone, hips and knees. Once again face the mirror, stand on each of the scales, nod your head back and forth with your eyes closed just like you did before. Remain in a totally relaxed and comfortable 'everyday' position for around 30 seconds once again and then open your eyes and stay perfectly still. If you have a partner, have them record the scales yet once more. This time however, get them to observe the following key biomechanical markers.

Firstly, from the front, go to the little groove at the junction of the bottom of your throat where your collar bones meet. This is called the Sternal Notch. Imagine a line running straight up through this notch just like in Fig 4. Now mark on your assessment sheet as to whether

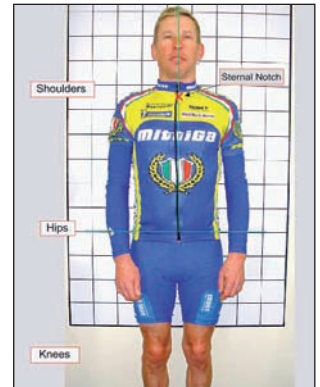


Figure 4



Figure 5

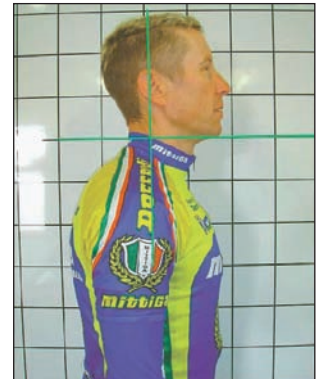
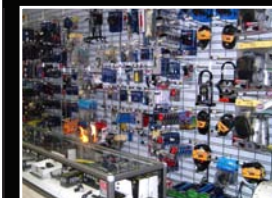


Figure 5



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