

ONLINE VIDEO FITTING GUIDELINES

Equipment required

1. Digital video camera
2. Indoor bike trainer
3. Tripod
4. Your bike
5. 1 meter piece of timber as a reference
6. Wear cycle clothing or a tri suit

Bike setup and room

1. Setup your bike and trainer on a level surface
2. Try to have a wall as the background – avoid bright windows behind you
3. Ensure good lighting with lighting shining onto you
4. Place the 1 meter ruler along the floor next to your bike between the wheels – It should be along the axis of the bike and clearly visible

Camera setup

1. Setup your camera one (1) meter off the ground and shooting level.
2. The camera must be perpendicular to the bike for the side shots and inline with the bike for the front and rear shots – do not set it up at an angle.
3. Set up the camera away from the bike so your feet can be seen at the bottom of the stroke and your head is in the frame at the top.
4. Measure the exact height and distance the video camera is from the bike both from the front, rear and side positions. This is important for future comparisons so they can be exactly compared.
5. For accuracy the video files size should be 640x480 – smaller sizes

Shooting your video

1. Video the bike by itself from both the side position.
2. Warm up on your bike for at least 10 minutes and shoot all video at race cadences and efforts.
3. Capture 10 seconds of video riding from the side sitting up (on the brake hoods for road bike or bull horns for tri bike).
4. Capture 10 seconds of video riding from the side in the aero position (aerobars for TT bikes, drops for road bikes).
5. Turn the bike trainer around and repeat steps 3 and 4 again to capture video from the other side.
6. Set up the video camera in front of the bike and repeat steps 3 and 4
7. Turn the bike and trainer around and repeat steps 3 and 4 to capture video from the rear of the bike.
8. Remove the video camera from the tripod and take a close up shot of your handle bars/aerobars, saddle and your shoes from the side and from underneath.

Please view our demonstration video.

If you have further questions please contact mark@hert.com.au