

**FIND OUT IN 10 MINUTES HOW YOU CAN ERGONOMICALLY ADJUST YOUR BICYCLE CORRECTLY.**

*Cyclingright.com has the answers:*

This is how I adjust the saddle correctly. This is how I adjust the handlebar correctly. These are the correct grips for me ... Cyclingright.com is a practical guide to DIY.

*Cyclingright.com explains the important points in a user-friendly way:*

Correct body posture. Effective muscle work. Potential pain points and what you can do about them ... Cyclingright.com makes ergonomics easily understandable.

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**AN ERGONOMIC GUIDE FOR ALL TYPES OF BICYCLES AND RIDING STYLES.**  
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**CLASSIC (DUTCH) BIKE POSITION** Very upright position. Handlebars and grips close to the torso.



**CITY BIKE POSITION** Slightly inclined torso. High handlebars.



**TREKKING BIKE POSITION** Inclined upper-body. Handlebars and saddle further apart.



**SPORTS BIKE POSITION** Distinct torso inclination. Saddle is higher than the handlebars.

**IN A STUDY** conducted by the German Sport University Cologne's Centre for Health, 57% of the participants said that they had so far never done anything to reduce any discomfort whilst cycling.

But things can be improved easily! Adjust the bicycle to the position that is right for you. It is easy to upgrade to ergonomically useful components (handlebars, grips, seatposts ...).

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**ERGONOMICALLY ADJUSTING YOUR BICYCLE.**



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**DR. ACHIM SCHMIDT**  
Cycling expert at the German Sport University Cologne

**AS A SPORTS SCIENTIST,** I supervise the ergonomic consulting service "Cyclingright.com". Because I'm convinced that with only a little basic knowledge, almost everyone is able to better adjust their bicycles – with astonishingly positive results. The joy of cycling grows, the body's energy is used efficiently, and fitness and health are effectively promoted.





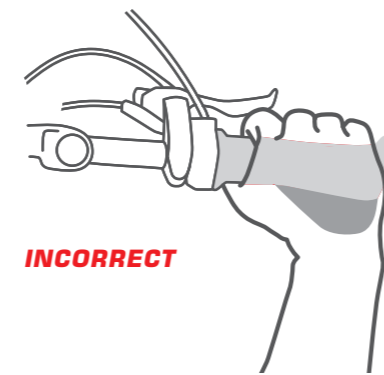
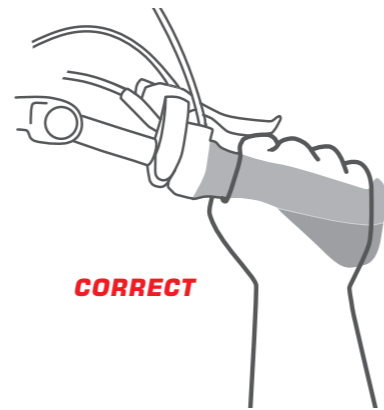
**EXAMPLE**  
**PELVIC POSITION**

If you sit on the bicycle and your pelvis is angled incorrectly, this can cause pains at completely different points of the body. The pelvis is correctly angled when the spine forms an "S" shape, in other words, a natural, slightly hollow back. We will show you how to achieve this.



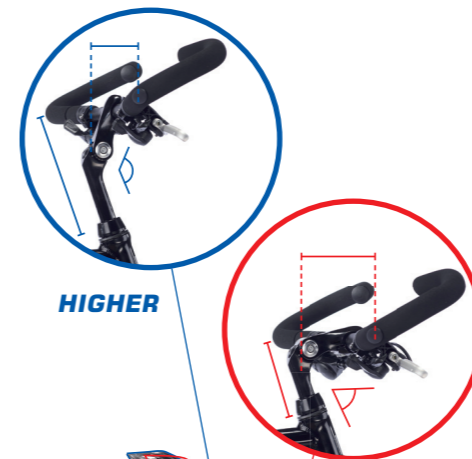
**EXAMPLE**  
**HANDS**

If a garden hose develops a kink, the flow of water is interrupted. The same thing happens when nerves and blood vessels are unnaturally and permanently compressed or deflected. This can result in tingling and numbness. A correct, ergonomic handlebar helps prevent this. It protects joints and hands from unnatural positions.



**EXAMPLE**  
**TORSO**

The handlebar regulates the inclination of the torso. This inclination decides which muscles are used to what extent. Pains in the neck, shoulder and back could be signs of one-sided stress. Muscle work must then be distributed more equally. A steering system that offers various adjustment options can help to solve this problem.



**ASK YOUR**  
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*Handlebars, stems and grips: ergotec's ergonomic steering systems with system safety – thanks to the safety levels.*

*ergotec's ergonomic saddles and seatposts with system safety – thanks to the safety levels.*

*Ergonomic pedals from ergotec. Optimal transmission of power. Anatomically formed. Intuitively ideal foot position.*