Specialized Bg Fit

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NOTE: Specialized strongly recommends you consult a physician, podiatrist, or cycling shoe fit specialist before using BG cleat wedges. If you experience numbness, pain, or fatigue in your feet, ankles, or knees while riding with BG cleat wedges, stop riding until you consult an INSTRUCTION GUIDE SPECIALIZED BG CLEAT WEDGE.

your number one resource, your Specialized dealer can answer questions, perform required maintenance, recommend the best equipment and gear to complement your ride and provide a completely customized bike fit (BG FIT-certified dealers only). A list of Authorized Specialized Dealers is available online at www.specialized.com.

PLEASE NOTE: Specialized BG shoes generally require the same number of Wedges in a varus position as all other cycling shoes. Use comfort & feel as your guides for what is best. Number of Degrees Approx. # of Cleat Wedges Approx # of ITS Wedges 0 - 2 0 0 3 - 7 1 6 - 12 12 - 20+ Up to 3 consider combo

Fit for a Valgus foot. PLEASE NOTE: Specialized BG shoes generally require the same number of Wedges in a varus position as all other cycling shoes. Use comfort & feel as your guides for what is best. b. c. a. Kneel on a chair, facing the back, with relaxed feet extending over the edge. Your BikeFit Pro will place the Forefoot Measuring angle. For best results and fit, Specialized recommends consulting a BG FIT Technician at your local BG Certified Specialized Authorized Dealer. Before peeling off the adhesive decal, determine the desired location(s) of the Bar Shapers. On the flat perch section of the handlebar:

Road click to zoom image SPECIALIZED Expert Road 39 Black/Bright Orange click to zoom image Combine Body Geometry shoes, footbeds and wedges to maximise performance benefits Specialized bg elite road shoes - edinburgh bicycle -op, Specialized bg elite road specialized. our prices are competitive and we have experts in our customer. Comp Road.

components and their uses. Included is an outline for the Speedplay recommended fit process. This process was developed in conjunction with leaders in bike fit education and development at Bike Fit®, Faster®, Fit Kit®, Retul®, Serotta® (SICI), Specialized BG Fit®, Trek Bicycles® and others.

PLEASE NOTE: Specialized BG shoes generally require the same number of Wedges in a varus position as all other cycling shoes. Use comfort & feel as your guides for what is best. The Foot Fit Calculator helps you discover how to customize the fit of your bicycle shoes to your pedals. The