

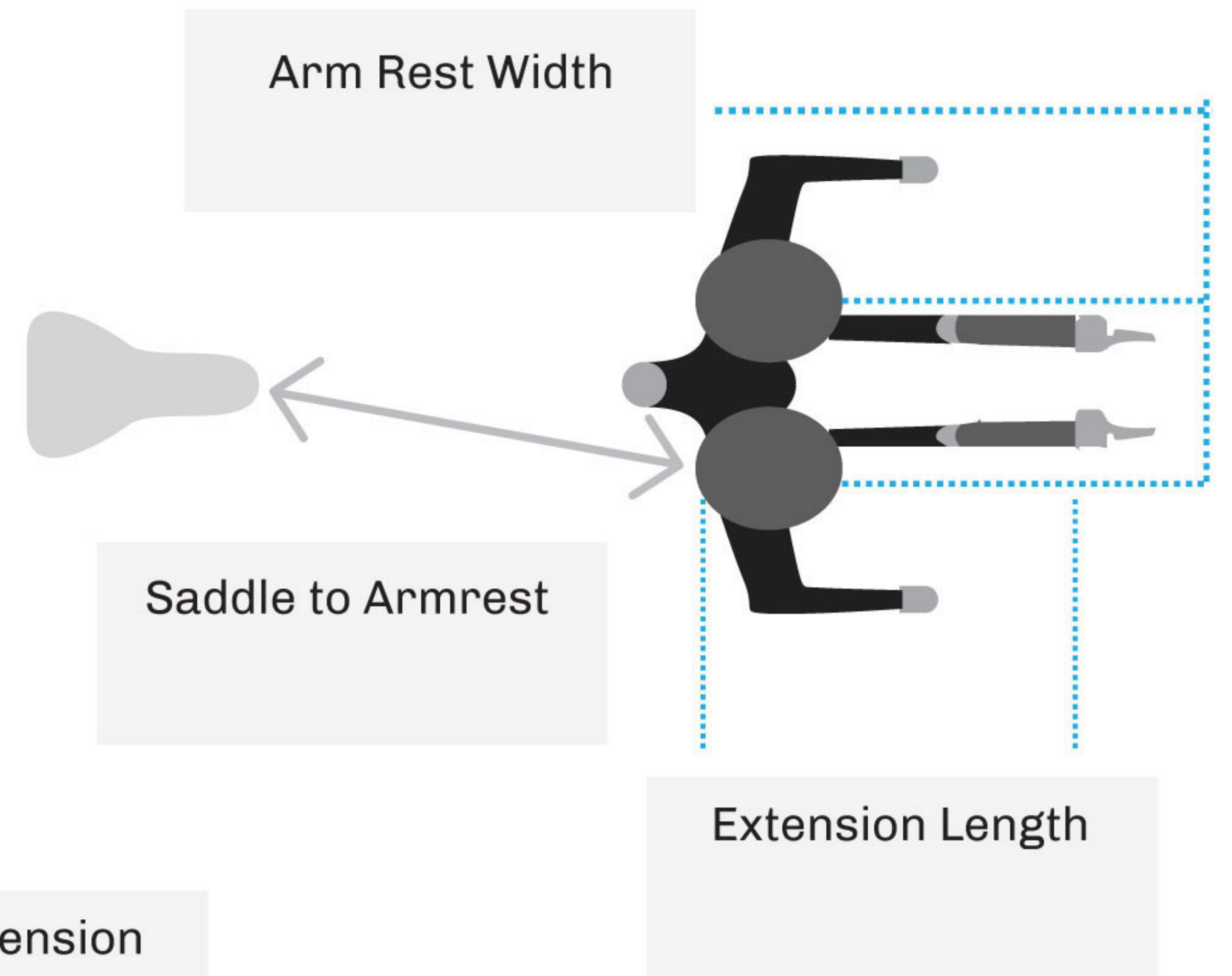
# SLOWTWITCH

## TRI BIKE FIT WORKSHEET FOR USE WITH F.I.S.T. PROTOCOL

Subject: \_\_\_\_\_  
 Fitter: \_\_\_\_\_ Date: \_\_\_\_\_  
 Subject HT: \_\_\_\_\_ WT: \_\_\_\_\_ WS: \_\_\_\_\_  
 Existing Bike: \_\_\_\_\_

SADDLE USED: \_\_\_\_\_

AEROBAR USED: \_\_\_\_\_

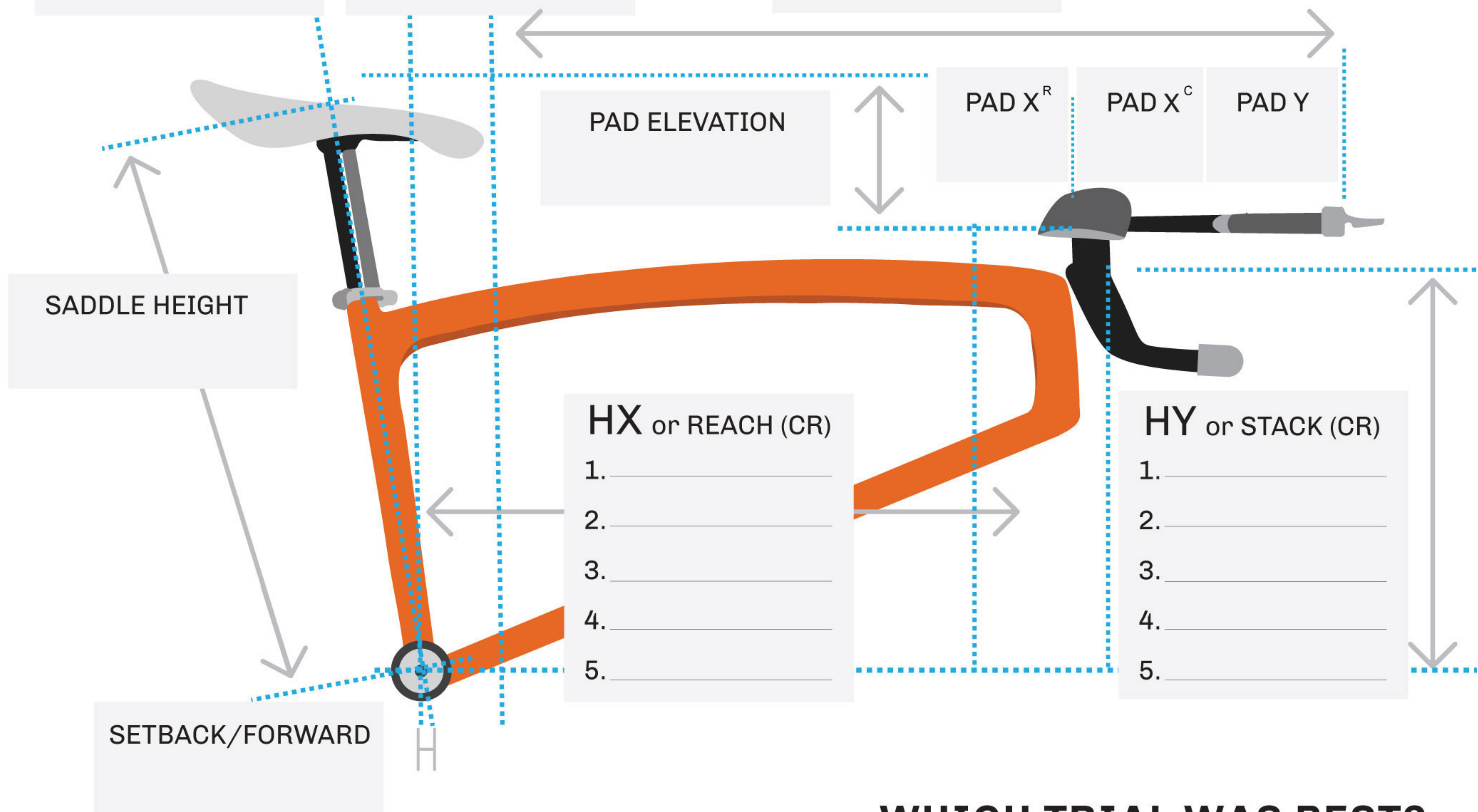


**SX**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SY**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**WHICH TRIAL WAS BEST?** \_\_\_\_\_

### SOLUTIONS

	SIZE	MAKE/MODEL	ITEM + DIM.	ITEM + DIM.	ITEM + DIM.	ITEM + DIM.
1.						
2.						
3.						
4.						