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By Phil Burt

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<http://www.fityourbike.co.uk/>

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<http://www.bokus.com/bok/9781472900555/bike-fit/>

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<http://coachlevi.com/product-reviews/bike-fit-phil-burt/>

Bicycle Sizing & Fitting - VeloWeb -

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<http://www.bokus.com/bok/9781408190302/bike-fit/>

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Tri Bike Fit Project 2: Figure out your seat height. Place the camera about 15 away from your bike on the side (make sure its perpendicular to your bike, even with
<http://blog.ubersense.com/2012/08/08/triathlon-bike-fit-seat-height/>

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How to Bicycle Your Way Follow the steps below to get fit by bicycling requires a commitment and a targeted fitness goal to enable you to optimize your
<http://www.wikihow.com/Bicycle-Your-Way-to-Fitness>

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<http://www.torontopubliclibrary.ca/detail.jsp?R=3159142>

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Ask the Experts: Hand and wrist pain on the bike. Phil Burt, for information on Bike Fit: Optimise Your Bike Position for High Performance and Injury Avoidance.
<https://www.britishcycling.org.uk/knowledge/article/izn20140820-Physiotherapy-Ask-the-Experts--Hand-and-wrist-pain-on-the-bike-0>

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Fitting Considerations to Optimize Your Bike -

Women Fitting Considerations to Optimize Your Bike Comfort By Kari Studley, PT, DPT and Darren Dencklau . Thankfully, there are now more options other than
<http://bicyclepaper.com/articles/292-Women-Fitting-Considerations-to-Optimize-Your-Bike-Comfort>

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