

BIKE SET-UP SEMINAR

Presented by Anthony Chapman
NZ Academy of Sport provider for bike set-up

Since completing his Masters dissertation study on “the motion of the lumbar spine and pelvis in cyclists” using a 12 camera 3D motion capture system, he has done bikefits on all manner of cyclists from New Zealand's Elite representatives to posties, weekend warriors and injured riders of all levels.

Anthony has worked with Brian Mclean who was with the Australian Institute of Sport for 21 years. Brian has worked with Bradley McGee, Robbie McEwen, Stuart O'Grady, Cadel Evans and many others with their bike fit.

*Anthony's qualifications include:
BPhty, PGDipPhty(Sports
Physiotherapy), MPhty(Sports
Physiotherapy)*



Anthony will cover basic bikesetup positioning for:

Road bikes

Mountain bikes

Time trial/triathlon bikes

Including information on cleats and insoles for cycling

And give some tips on injury prevention through correct setup

**Tuesday 5 July
6:00 - 8:00pm**

**Bryant Education Centre
Auditorium
Waikato Hospital**

**\$10 per person - pay on the
day**