

# Fitting Area - TOOLS / EQUIPMENT

The following is a suggested list of items needed for offering professional fit services in a dedicated area. Additional tools and technologies are available, but this list represents a solid starting point. Items with hyperlinks are available from the Fit Kit Systems [store](#), or an external reference is provided.



## Fitting Area

Minimum recommended area of 12' x 10' (3m x 3.5m) to allow for 360° access around your client.

- Slat wall / grid wall with pegs for hanging large tools and components.
- Tool chest / storage drawers for holding smaller tools and items
- Fitting platform (6" L x 4' W x 8 - 12" H)
- Stationary trainer Eg Kinetic Fluid or Rock n Roll
- Trainer skewer: quick release
- Trainer skewers: 12x 142/145 in different threads (available from [Kurt Kinetic](#)) for mountain bikes
- [Adjustable Wheel Riser](#)
- Fan / blower
- Fitter's stool (e.g. Park Tool, Craftsman)
- Chair(s) for client
- Bike floor rack – for holding a bike

## Sizing Tools

- [The Fit Kit System – Quick Fit Kit](#) - for projecting a frame size and initial fit position
- [Metric tape measure](#) – top tube and stem measurements, shoulder width measurement
- Sit bone measurer (ass-o-meter).

## Fitting Tools

- Builders Level: 4' plastic - to determine an Effective Top Tube
- [Seat Height Tool](#)
- [Digital Seat Level](#)
- [STADT](#) (Fit Kit tool for determining a recommended seat tube angle)
- [Smart Goniometer](#) (3 preset leg angles for quick assessment and adjustment)
- [Goniometer – extendable](#) or [standard](#) (for detailed fitting)
- [Plumb bob](#) – for checking knee over pedal spindle relationship
- [Knee straps](#) – for holding plumb bob and for frontal view knee tracking assessment
- [Adjustable sizing stem](#) – for testing reach and drop positions
- [Laser](#) (self levelling laser). Used for levelling the bike in the trainer and assessing knee tracking
- Tripod -a small basic camera tripod to hold the Laser Level
- [Rotational Adjustment Device](#) (for precise cleat alignment)
- [Body marker dots](#) (for reference when using video analysis)
- [XY Tool](#) (for documenting a fit position)

## Mechanics tools

- Hex set (full set and 4,5,6mm T wrenches or Triangle wrench)
- Torx set
- Torque wrenches (4,5,6 nm preset or an adjustable wrench)
- Pedal wrenches (flat and hex)
- Screwdrivers (flat, phillips, mini flat for Speedplay Zero pedals)
- Tire pump
- Shock pump
- Digital caliper – for checking seat post diameters, stems, etc
- Pipe cutter (for shortening aluminum seat post and flat bars)
- Round file or deburring tool
- Hacksaw, fine tooth blade, clamp/guide and vice for cutting carbon posts
- Needle nose pliers
- Adjustable wrench - small
- Cable cutter
- Electrical Tape
- Scissors / knife
- [Cleat pick](#) – for cleaning dirt and stones out cleat screw heads
- [Cleat marking pens](#)
- Masking tape
- Zip ties
- Chain lube
- Bicycle grease
- Speedplay cleat lube
- Carbon fiber assembly gel
- Shop cloths/rags
- Hand cleaner

## Components

- \*Stems (assorted lengths and angles). Consider Origin8 from J and B Importers.
- \*Head set spacer kit (available from Wheels Manufacturing)
- Stem extender
- Quill to threadless adapter
- Cleats (assorted brands/models)
- Cleat screws (spare)
- Saddles (test saddles or saddles for sale)
- Insoles (aftermarket or custom)
- [Pedal spacers](#) (standard) or [Hex](#)
- Shims / wedges
- Cable – brake and gear
- Housing – brake and gear
- Cable crimps
- Cable stops
- Handlebar tape

\*These are the most frequently used. If you are in a retail store you probably have the other components in general inventory. If you are not in a bike retail environment then you have to assess the level of service you wish to provide, and the cost of holding inventory with a low turn rate.

#### **Data Recording / Analysis**

- Smartphone / camera / video for stills and video of before / after. Tripod recommended
- Paper form for data and notes e.g. [Fit Kit worksheet](#)
- Electronic storage of client details (Fit Studio)
- Frame Finder software ([Velogicfit](#))
- Motion / video analysis eg Dartfish Express for iPads and [Kinovea](#) for PC laptops/desktops