

LeMond RevMaster Bike Setup



Before you start, adjust the bike to fit you comfortably.

1. Adjust the seat height

- Stand next to the bike.
- Set the seat approximately level with your hip bone.
- Sit on the bike and place your foot on the pedal.
- At the bottom of the pedal stroke, your knee should have a slight bend —never completely straight.
- If your hips rock from side to side while pedaling, lower the seat slightly.

2. Adjust the seat forward/back

- Sit on the bike with your feet on the pedals.
- When one pedal is at the 3 o'clock position, your knee should be roughly aligned over the middle of your foot.
- Move the seat forward or backward as needed.
- Tighten the adjustment securely.

3. Adjust the handlebars

- Start with the handlebars about level with or slightly higher than the seat.
- If you're new to cycling or want a more comfortable position, try the handlebars a little higher.
- Raise or lower the handlebars until you can comfortably reach them without stretching or rounding your back.
- Make sure the adjustment is securely locked before riding.

4. Final check

- Make sure all adjustment knobs are tight and locked.
- Your knees should have a slight bend at the bottom of each pedal stroke.
- You should be able to comfortably reach the handlebars while keeping your shoulders relaxed

Tip: If you're unsure about your setup, meet Lisa on Tuesdays at 11:00 AM at The Anza for a bike fitting before your ride.