

# Nuggets-to-Go!

## How to Set Up Your Bike

### #1 Set the Seat Height

- The seat should be at your hips
- You want good knee extension – a soft bend, not overextended.
- FYI – a seat is also called a “saddle”

### #2 Set the Seat Position (aka Fore/Aft Position)

- If wearing sneakers, your knee should be in line with the ball of the foot.
- If wearing cycling shoes and clipped in, your knee should be in line with the clip/middle of the peddle.

### #3 Set the Height of Your Handle Bars

- This is your personal preference.
- Do you like to sit up when you ride? Handlebars should be higher.
- Do you like more of an outdoor ride feel? Handlebars should be lower.

Tip – Come early to your first cycling class so your instructor can help you with your bike.