

How to Take Images for Your Riders Postural Analysis

1. Wear close fitting clothes such as singlet and bike pants/shorts without shoes. Different coloured top and bottom is preferred.
2. Stand in front of a plain wall that is a contrasting colour to your clothing.
3. Have someone take pics with your mobile phone, ensure your full body from head to feet is in the frame, as close as possible.

Image 1: Full front view

Image 2: Full back view

Image 3: Full right-side view

Image 4: Full left-side view

Image 5: Feet facing the camera, bend forward and reach down towards your toes. Don't worry if you can't touch your toes, reach as far as you can.



Once you have taken the images, inbox the 5 images to Strong Stable Seat via Facebook Messenger, email to mel.macaulay@strongstableseat.com.au or SMS to Mel 0401 940 862 with your full name. Please advise if you have any questions.

Expect to receive your results within 1 week.