



Preparation and packing list „HYCYS BikeFitting“

The last training ahead of the BikeFit should be a low intensity workout please bring with you:

- Your bike including wheels and saddle (please make sure that your bike is clean)
- Cycling shoes (if necessary special tools for nonstandard pedal systems)
- Aero-helmet (only for BikeFit TRIATHLON)
- Attachment parts (spacers etc.)
- Cycling clothes (ideally your competition kit)
- Custom insoles and previous standard insoles of the shoe (if existing)
- Shower accessories
- If necessary: easy to digest food, e.g. bars, gel, bananas
- In case of cardiovascular diseases: a clearance

Payment options:

You can either pay in cash or by debit card

HYCYS

HYCYS Sports Performance GmbH

Landsberger Straße 408 / 81241 München

T +49 89 998 294 540

contact@hycys.de / www.hycys.de