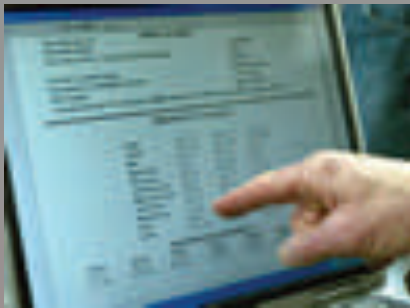


POWERFITTE™

from JOHN HOWARD PERFORMANCE SPORTS

What goes on during a PowerFITTE session?

- Set aside two full hours for your **PowerFITTE** session.
- First, you'll fill out a questionnaire. You'll discuss your riding history, style and goals with your **FITTE System** practitioner.
- We analyze your riding position in motion on your bike, including foot placement, knee movement, hips, back, arm and hand placement.
- Using our computerized system, we'll record your work output and relative left/right leg strength. We gauge cadence, heart rate, power application and efficiency.



- We will then measure every relevant joint angle and examine the flexibility of all key muscle groups.
- Off the bike, we look at your flexibility in such key areas as hips, hamstrings, and quads—the “power zone.”
- We'll show you ways to increase your range of motion—the key to power—and demonstrate some techniques to improve your physical limitations. (We'll let you know if physical therapy is indicated).
- We make adjustments to your bike and instruct you on modifications to your riding position.
- Finally, it's back on the bike, where nearly all our clients instantly notice improved performance at the same heart rate.

PowerFITTE is a unique, dynamic process that optimizes the biomechanical relationship between you and your bicycle. We've spent three decades perfecting it, and **it's the most comprehensive fit program available, bar none.** Don't mistake this for traditional bike fitting, which is usually a checklist of measurements.

PowerFITTE combines mechanical and biomechanical adjustment to help riders get more out of their bikes as well as their bodies. Most riders see 15-20% power gain immediately. It was developed over the course of three decades by Hall of Fame cyclist and Ironman Triathlon World Champion John Howard along with pioneering sports chiropractor and U.S. Olympic Team Physician Dr. Ernie Ferrel. 15-20% power gain immediately. It was developed over the course of three decades by Hall of Fame cyclist and Ironman Triathlon World Champion John Howard along with pioneering sports chiropractor and U.S. Olympic Team Physician Dr. Ernie Ferrel.

PowerFITTE is the **world's first** cycling fitting system protocol that utilizes functional anatomy and soft tissue body work as its basis. "**PowerFITTE** brings bike and rider into a perfect biomechanical union," says Howard.

The **FITTE System** has only been available at the John Howard School of Champions in San Diego, California and Wilton, Connecticut. Now, it's available right here in the Midwest!

Gina Poertner of Life Balance Sports states, "I want to give Midwest cyclists and triathletes the same advantages and professional services that coastal athletes have access to." Gina has been certified in the **PowerFITTE** and **BodyFITTE** techniques directly by John Howard and is also a **FITTE System** Instructor. "We're delighted someone of Gina's caliber is offering the **FITTE System** in the heartland," said the former Olympian.

Increase your power output, speed, strength, and flexibility the same way the pros do! Most fitters simply fit the bike to you. We go the distance to enhance your riding position by improving your flexibility and strength.

PowerFITTE is part of the **FITTE System**, which stands for **Fitness, Technique, Training, and Equipment**. The system also includes **BodyFITTE**, a targeted program for flexibility and strength.

1 two-hour PowerFITTE Session: \$250

Contact us today to schedule your BodyFITTE session
gina@lifebalancesports.com

