

# Making changes to meet the target

Area of Pain	Possible Fix
Front of Knee	Saddle ↑ & BACK ←
Back of Knee	Saddle ↓ & FORWARD →
Outside of Knee	Foot OUT (cleat in - towards crank)
Inside of Knee	Foot IN (cleat out - away from crank)
Achillies	Foot Forward (cleat back - towards heel)
Saddle front & center pain	Bars UP & or Tip of saddle DOWN
Saddle seat soreness in middle groin	Saddle ↓ & FORWARD →
Palm of hand or wrist sore	Saddle ↓ & FORWARD or BACK ↔