EVENSTROKE · ADD-ON MODULES

# Recording the add-on modules

A supplement to the Recording Guide. It explains what to record and tell us for the add-on modules you booked. Only film the modules you have booked.



## General

- Set-up, clothing, stickers and camera alignment as in the **Recording Guide**. The modules use the same camera positions.
- Record at least **45 seconds** of steady riding each time. Hands on the hoods, looking ahead, don't change your grip.
- For modules with several recordings, **do not move the camera between recordings**. Only then are the values comparable.
- Name the files as **Surname_Module_View_Recording.mp4**, for example **Miller_Fatigue_rear_after.mp4**.
- Send the details listed under "Please tell us" in reply to the order confirmation or enter them in the upload form.
- Upload all videos and files via the same **personal upload link** as for the position analysis, not via messenger.

## The modules

### Module Standing climb

Four videos out of the saddle, as for the position analysis: from the right, left, front and rear.

1. Set a gradient of about 6 to 8 % on the smart bike. On a turbo trainer, raise the front wheel with a climbing block.
2. Use the spirit level app to measure the top tube angle: once level in the normal position and once on the climb.
3. Ride at least **30 seconds continuously out of the saddle** without sitting down in between. Hands on the hoods, looking ahead.
4. From the side, place the camera a little further away so that head and feet stay in the frame when standing.

**Please tell us:** top tube angle in the normal position and on the climb (in degrees), whether the bike stands on a rocker plate, power in watts (optional).

## Module Fatigue

One view, filmed twice: fresh and after the effort. The **rear view** is the most telling, because pelvic rocking and sideways shifting show most clearly there.

1. After warming up, make the first recording (**before**).
2. Without moving the camera, keep riding briskly for 20 to 30 minutes until your legs are noticeably tired.
3. At the end, still under load, make the second recording (**after**).

**Please tell us:** the view filmed, duration of the effort in minutes, average power in watts (optional).

## Module Cadence

One view at three cadences, for example **80, 100 and 120** rpm. The rear or side view works well.

1. Choose a steady power and keep it for all three recordings. ERG mode on the smart bike helps.
2. Hold each cadence for a few seconds first, then film.
3. Do not move the camera between the three recordings.

**Please tell us:** the view filmed, the three cadences, power in watts.

## Module Aero position

Up to three positions compared **from the front**: frontal area and estimated watt saving at 35 km/h.

1. Camera in front of the bike at **handlebar height**, exactly on the centre line of the bike (sighting test as in the main guide).
2. **Position 1 always with your hands on the brake hoods.** This position is the scale for all others. Then, for example, drops and aero bars. Film each position for at least 45 seconds and do not move the camera in between.
3. Measure the **handlebar width at the brake hoods**, **centre of tube to centre of tube**, not outside to outside. The easiest way is from the centre of the left hood to the centre of the right one, in millimetres.

**Width printed on the bar:** most brands state centre to centre, some outside to outside. If in doubt, measure. For outside-to-outside figures, subtract about 24 mm (one tube diameter). An error of 1 cm in handlebar width shifts the area by about 5 %.

**Please tell us:** handlebar width in mm and the name of each position in the order of the videos.

## Module Pedal data match

For pedals that measure left and right separately, for example Garmin Rally or Favero Assioma Duo. The pedal data are linked with the results of the video analysis.

1. Record the ride with your bike computer or training app while you film the four videos of the position analysis. Ride steadily for at least 20 minutes in total.
2. Export the recording as a **FIT file**. In Garmin Connect in the browser: open the activity, gear icon, “Export Original”. You can send the downloaded ZIP file as it is.
3. Upload the FIT file together with the videos via the upload link.

No FIT file possible? Then the values from Garmin Connect are enough: power balance left/right, platform centre offset (PCO) left and right, and start of the power phase left and right.

The videos are used only for your EvenStroke analysis and are deleted once the order is completed. Your face is pixelated in the still images of the report.