



CYCLING – LEISURE OR DAMAGE TO HEALTH?

Cycling is a popular sport and fun at the same time. Unfortunately the pleasure is often tarnished by backpain and other ailments caused by saddles. The good news is that it is not inevitable - not anymore.

Sports medicine deals with a vast array of health problems caused by conventional bicycle saddles:

- pressure on the urethra, vesical tenesmus (painful urgency), urethritis
- squeezing of blood vessels and nerves of the perineum region
- circulatory disorders, inadequate supply of oxygen and nutrients
- muscle cramp
- spinal problems and intervertebral disc degeneration
- sensibility disorders in the gluteal and intestinal area
- erectile dysfunction, impotence
- prostatitis
- numbness of clitoris

THE ART OF SITTING: FEEL GOOD, KEEP FIT, STAY HEALTHY

Creating a solution began with this urologist who became weary of his futile attempts to combat the massive disorders his cyclist patients suffered from. He decided to tackle the real culprit, the bicycle saddle. Conventional bicycle saddles are shaped like a beam and, in utter disagreement with his anatomy, the cyclist rides it astride. The key area is the crotch which must bear permanent vibration and jolts.

Nobody of sound mind would sit astride on a bike's bar. But sitting at right angle on a handrail or bar is natural. That is the basic idea and the conceptual objective of our design.

Sitting on a bolster is the ideal seating position for the cyclist. It relieves bones and joints, and a spring system absorbs jolts.

The principle of ergonomic saddles is an intriguing innovation. After years of development and research in collaboration with urologists and andrologists, and after countless material tests, the RELAX saddle is now ready for the market.

In the creative process two focal points were emphasised:

a) reducing discomfort

- the design matches the buttocks and reduces sitting fatigue
- the weight is shifted from the sensitive perineum area (the crotch) to the sit bones
- wide seating area for optimal weight distribution

- axial and vertical posture are adapted to the course of movement
- firm seat support enhances proper alignment of head, neck and spine
- no chafing on the inner thighs

b) and providing a reliable technology

- load-optimised high-tech foam seat padding
- integrated spring system of stainless spring steel
- fit-ups for all standard clamps and hometrainer
- approved maximum weight 120 kg (in accordance with DIN 79100)
- heavy duty and weatherproof seat cover
- leather covers in different colours (optional)
- TÜV-approval

Ergonomic seating comfort even may suspend the „ban on cycling“ recommended by medical doctors. But consult your doctor before returning to the saddle.

GET A FITTING SADDLE FOR YOUR EXERCISE MACHINE

Working out at home or at gyms with exercise bikes, ergometers and spinning bikes causes physical stress to problem areas as does bicycle riding on the road. For this application RELAX saddles are available with patented spring-mounted seat posts.

ENJOY YOUR RIDE !

Sport emotion, a company in Allgaeu (Southern Bavaria), specialises in comfort products. With their saddles for bicycles and exercise machines they facilitate symptom-free and comfortable sitting.

At Eurobike 2007 in Friedrichshafen, sport emotion has presented the RELAX saddle.

SALES

Available at specialist shops only.

sport emotion e. k.
 Ottostr. 6, 87448 Waltenhofen
 Tel. +49 – 8303–929–200
 Fax +49 – 8303–929–109
 mail@sport-emotion.info
 www.comfort-line.de