



STEVE  
HOGG

EQUIPMENT - BARS, SEATS, SEAT POSTS, STEMS, FRAMES ETC.

**Real life questions asked of Steve  
between 2004 and 2008 with Steve's answers**

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**[www.stevhoggbikefitting.com](http://www.stevhoggbikefitting.com)**

Equipment – Bars, Stems, Seats, Seat Posts, Frames etc.  
By Steve Hogg • 106 pages – 39,506 words

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**Important note: When much of this was written, I thought that forefoot varus was common. I have realised over time that what is often mistaken for forefoot varus in cycling circles is in fact rear foot varus. So any time you see mention of “forefoot varus” in these pages, consider it a mention of rear foot varus as well. The post on our site entitled [FOOT CORRECTION PART 2 – Wedging](#) will explain more.**