



FIND YOUR OPTIMUM CHAINRING POSITION



OCCP OPTIMUM CHAINRING POSITION

Switching from round rings to **Q-Rings** is easy and, even though it requires a brief transition period, the rider will start seeing benefits right away. **Q-Rings** use leg muscles at a different rate than round rings, and the muscles need to adapt to the new, more-efficient way of pedaling. It is a hardly noticeable process that happens naturally – with no sudden changes. The rider will start feeling progressively more comfortable with **Q-Rings**. Without giving it any thought, he or she is applying power in a more efficient manner while at the same time protecting the knees from possible injury.

OCP allows us to vary the angle where a **Q-Ring** offers its greatest resistance, adjusting it to the precise point when the rider delivers the maximum power during a single pedal rotation. An **OCP** ring allows up to 20 degrees of angular variation between the first and last adjustment points, all to optimize each individual's downstroke.

Road Q-Rings and **QXL** have **5 OCP** points. **MTB Q-Rings** have **3 OCP** points. The Micro Adjust Spider (or **MAS**, standard on **Flow** cranks and **ROTOR Power**, and available for **3D+**) doubles the number of **OCP** points. **MAS** reduces the angle between **OCP** points by 2.5 degrees.