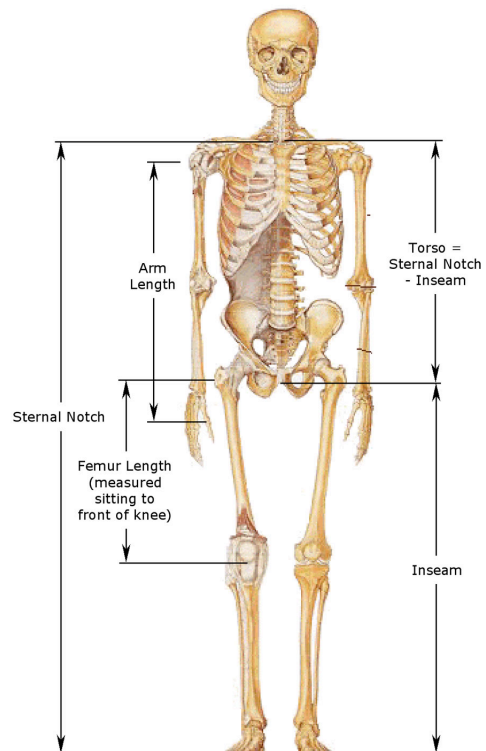


## Measuring Yourself

Please provide the following dimensions as close to 1/4" or 2mm tolerance as possible. It's a good idea to enlist help in taking the measurements so not to compromise your position. The illustration should aid in determining joint location. Try to measure straight lines and avoid curvature of the measuring tape.

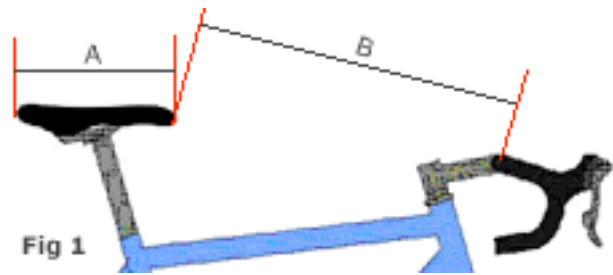
1. Inseam. You will need a straight edge, a level and a tape measure. A 2' carpenters level works well. Stand against a flat wall on level ground in thin socks or bare feet. Stand with feet at shoulders width apart similar to your pedal width. Place the level below the crotch, pull up with light pressure against the crotch. Hold the level horizontal with one end against the wall. Site the level at horizontal and measure from the top edge to the floor. This is your cycling inseam. \_\_\_\_\_
2. Sternum to crotch. In the same position as above, measure from the sternum notch the top of the level. \_\_\_\_\_
3. Sternum. To floor. Standing in the same position with the level removed, measure from the sternum notch to the floor. \_\_\_\_\_
4. Arm length. Standing against a flat surface, grip a pencil or a piece of doweling no larger than 1" diameter in your right hand. Place your arm against the wall beside you and extend out at a 45 degree angle (down and to the right). Grip the dowel with the back of your hand against the wall with the wrist in a natural position relative to your arm. Measure along the length of your arm from the center of dowel to the top of the joint in your shoulder. Repeat with the left arm. \_\_\_\_\_
5. Femur length. This measurement is taken from the seated position. Try and find a position where the femur is horizontal while the back is straight measure from the hip socket to the front of the knee. \_\_\_\_\_
6. Shoe Size \_\_\_\_\_
7. Weight \_\_\_\_\_
8. Overall Height \_\_\_\_\_

Notes:



## Measuring Your Current Bike Setup

**A. Saddle Length.** Measure the length of your saddle from end to end taking care not to include curvature of the tape measure. Also document the model of the saddle. See fig 1, measurement A. Result \_\_\_\_\_



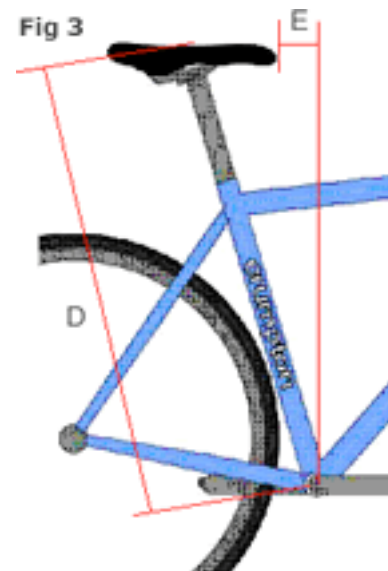
**B. Saddle to Bar.** Measure the distance from the tip of the saddle to the center of the handlebar top. The measurement should be direct from point to point regardless of angle. See fig 1, measurement B. Result \_\_\_\_\_

**C. Handlebar Drop.** Measure the handle bar drop as indicated in fig 2, measurement C. This is best done with a 4' carpenters level. Find a level spot on the floor. Rest one end of the level on the saddle pointing towards the handlebar. Once the level is level, measure from the bottom edge of the level to the center of the handlebar top. Result \_\_\_\_\_



**D. Saddle Height.** Measure the saddle height as indicated in fig 3, measurement D. It is taken from the center of the bottom bracket to the top of the saddle. Be sure to follow the centerline of the seat tube and remain as parallel as possible. Result \_\_\_\_\_

**E. Saddle Setback.** Measure the saddle setback as indicated in fig 3, measurement E. This is done while the bike is in a level position. Drop a plumb line (string with a weight on one end) from the tip of the saddle to at least past the bottom bracket. Measure the distance from the bottom bracket center to the plumb line. Result \_\_\_\_\_



**F. Front Center.** Measure the front center of the bicycle frame as indicated in fig 4, measurement F. This is simply taken from the center of the bottom bracket to the center of the front axle. Be sure the front wheel is pointed forward and straight. Result \_\_\_\_\_

