



How To Measure For Frame Sizing

One of the key criteria in ensuring that a bike is the right one for you is how you fit on that specific bike. In general terms this means that no matter how far or fast you wish to ride the set up should be comfortable enough that your position on the bike itself does not cause you pain or discomfort. While we will recommend a frame size and set up on a bike it does not always mean that there is only one size frame that will work for you. Depending on your riding style different frame sizes within a model may give equally valid solutions. What we aim to do is find the frame size that not only fits but ensures the bike performs the way you desire. With this approach we are considering your total ride experience not just which frame size you can be jammed on to. The following steps provide us with the measurements that allow us to recommend a frame size and set up (saddle height, bar width, stem length etc) with a considerable degree of accuracy. However, these recommendations are only as accurate as the measurements you take. We recommend that when in doubt measure 2 or 3 times to confirm the accuracy of your number. The more care and attention to detail you can apply the better the outcome. NB: IMPORTANT - remove your shoes or other footwear before taking these measurements. It is okay to leave your socks on and we recommend not wearing tight fitting clothing so as not to restrict your freedom of movement. You DO NOT need to have your cycling kit on to take these measurements.

Tools required:

tape measure, marker, masking tape, level, square, broom handle or similar, second pair of hands



Height:

Place strip of masking tape on wall for marking.

Stand with back to wall, shoes off, eyes forward.

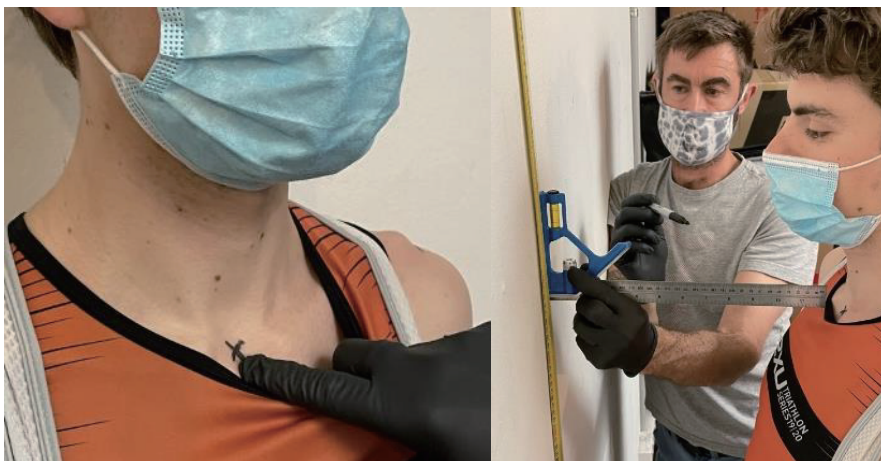
Place square on top of head and mark height on the masking tape, measure to the ground with measuring tape.



Torso:

Facing the wall, stand straight and relaxed.

Place square in the notch where both collarbones join, under your adams apple, and place square to wall, mark height and measure to floor.



Inseam:

Facing the wall, place the level between legs and lift as high as possible to an uncomfortable pressure

Place end of level against wall and mark height (keeping spirit level), measure to floor.

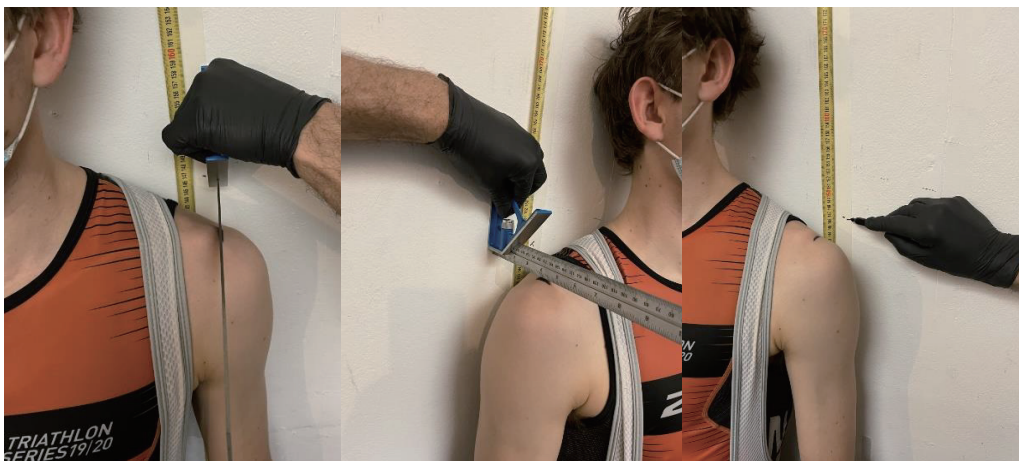


Shoulder:

Stand with back against the wall, relaxed and shoulders straight.

Find top of shoulder (end of collarbone) and place end of square on it with other end on the wall, mark height and measure to floor.

Repeat for opposite shoulder

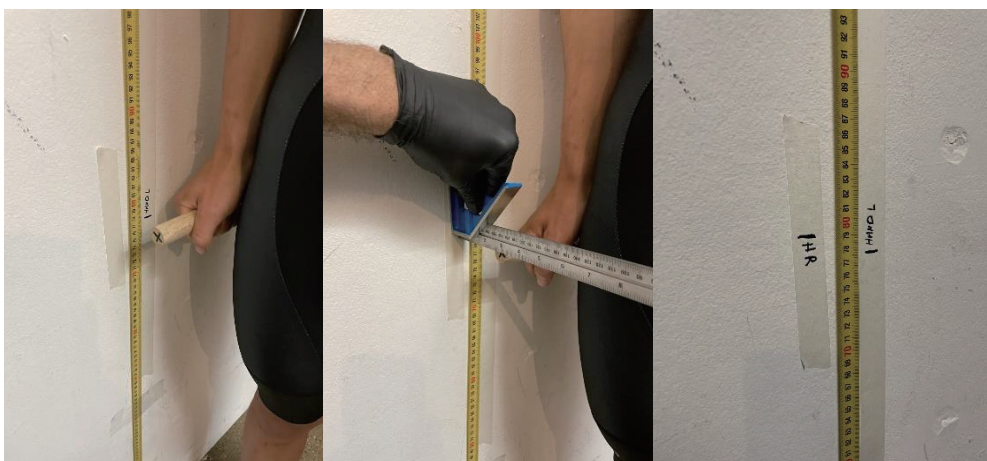


Hand:

Standing side on to the wall with shoulders straight

Hold the broom handle or similar item with a fist with, arm straight and elbow locked out.

Use the square to mark from center of broom handle to wall, mark height, measure to floor. Repeat for opposite hand.



Foot:

Place heels against wall.

Place level at end of toes and measure from level to wall with measuring tape.



Shoulder Width:

Stand straight with shoulders relaxed and arms by side
Measure from the end of right shoulder to end of
left to shoulder (distal end of acromion) **SEE PHOTO**



Elbow TT ONLY:

Stand next to wall, arms straight with elbow locked out , Mark height at end of radius
(bony protuberance, see photos) Measure to floor



