

Bike Sizing Guide

It's important that the bicycle you choose matches your height, otherwise the ride may be uncomfortable.

We have two fitting guides you can choose from to determine the **frame size** of the bike that best fits you.

Option 1 - By Height

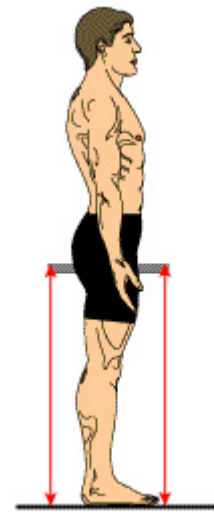
Height – Inches/Centimeters	Frame Size			
	16 inches/ 40cm	18 inches/ 45cm	21 inches/ 53cm	23 inches/ 58cm
Up to 5'4 inches/ 162cm	✓			
5'4 inches - 5'8 inches/ 162cm – 172cm		✓		
5'8 inches - 6'0 inches/ 172cm – 182cm			✓	
6'0 inches and over/ 182cm and over				✓

Option 2 - By Inseam

Inseam Length	Frame Size			
	16 inches/ 40cm	18 inches/ 45cm	21 inches/ 53cm	23 inches/ 58
Up to 725 mm	✓			
Between 725 mm - 815 mm		✓		
Between 815 mm - 950 mm			✓	
Over 950 mm				✓

Measuring your inseam

- Stand straight up on your bare feet (do not wear any shoes).
- Position the inside of your feet approximately 200 millimetres apart.
- Pull a tube, or the back of a book, firmly to your crutch until you can feel it against the bone.
- Measure the distance from your feet to the top side of the tube or book - both in front of you, as well as behind you (see drawing)
- **The inside leg length in millimetres x .56 will equal your frame size.**



If you need further information on measuring your inseam go to www.bikefitting.com