# Sizing Measurement Guide

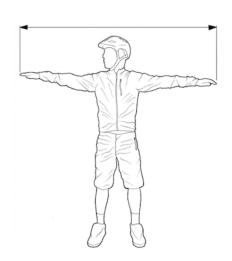
#### 1. Height

Standing against a wall wearing riding shoes, measure from the ground to the top of your head in millimetres.



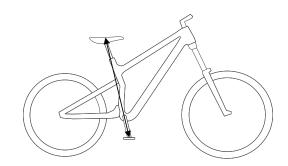
## 2. Arm Span

Hold both arms out parallel to the ground and measure from finger tip to finger tip in millimetres.

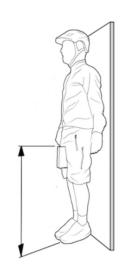


### 3. Saddle Height

Measure the distance between the top-middle of your saddle and your pedal on a line passing through the center of your bottom bracket.



\* If you don't have a bike to hand, you can approximate this by adding 50mm to your inside leg.



## Inside Leg

Wearing riding shoes, wedge a book between the top of your legs with the spine parallel to the ground and measure from the spine to the ground.

