



BIKE FIT FORM CURRENT & NEW BIKE MEASUREMENTS

HANDLEBAR TO FLOOR: Measure from the center of the handlebar to the ground.

- **BEFORE ADJUSTMENT:** _____
- **AFTER ADJUSTMENT:** _____

SADDLE TO FLOOR: Measure from the top of the saddle to the ground
(Measure at the middle point of the overall saddle length).

- **BEFORE ADJUSTMENT:** _____
- **AFTER ADJUSTMENT:** _____

SADDLE SETBACK: Tip of the saddle to the center of the bottom bracket spindle.
(Using a plumb-bob is the easiest way to measure this).

- **BEFORE ADJUSTMENT:** _____
- **AFTER ADJUSTMENT:** _____

SADDLE HEIGHT: Center of bottom bracket spindle to the top of the saddle
(Measure at the middle point of the overall saddle length).

- **BEFORE ADJUSTMENT:** _____
- **AFTER ADJUSTMENT:** _____

SADDLE TO HANDLEBAR: Measure from the tip of the seat to the center of the handlebar.

- **BEFORE ADJUSTMENT:** _____
- **AFTER ADJUSTMENT:** _____



BIKE FIT FORM BODY MEASUREMENTS

HEIGHT: Measure without shoes, while standing against a wall.

- _____

WEIGHT: Yearly Average.

- _____

INSEAM: Measure without shoes and stand against a wall, place a book between the legs so that it has contact with the pelvis. Using a tape measure, measure from the top of the book to the floor.

- _____

TORSO: Measure from the top of the ruler used for your inseam to the “v” shaped notch at the bottom of your neck.

- _____

THIGH LENGTH: Measure while kneeling on the floor, place a ruler between the legs so that it has contact with the pelvis. Using a tape measure, measure from the top of the ruler to the floor.

- _____

SHOULDER WIDTH: Measure between the right and left acromion bones (the bone on top of the shoulder that sticks out and helps you move and rotate your shoulder).

- _____

ARM LENGTH: Raise your arm to a 30 degree angle away from the body and measure from your acromion bone to the top of the knuckles.

- _____

FOOT: Cycling shoe size.

- _____