

# 10 Steps to a Perfect Fit

## 1) Set up the sizer at approximate angles and lengths.

You can use the rider's current bike to start with. *If checking fit of a stock size frame, adjust the sizer to the published geometry.*

2) Set the appropriate crank length on the adjustable crank and attach rider's pedals.

3) Adjust saddle height to the subject's current saddle height and adjust as needed.

4) Adjust saddle tilt and position on the rails. Readjust saddle height if needed.

5) Have subject warm up on the sizer for a few minutes, getting comfortable on the saddle. Make major adjustments to the sizer as needed to get the rider "in the ballpark"

6) Establish knee position relative to pedal spindle using a plumb bob or laser transit. If sizing a custom frame, adjust seat angle so that the saddle would be in the middle of the rails on the type of seatpost to be used. *If checking the fit of a stock frame, set the seat angle to the stock frame and adjust the saddle on the rails.*

7) Set handlebar height to a comfortable position.





**8) Adjust top tube length** with crank handle. Using the position that subject finds comfortable on the handlebars, adjust top tube length until subject tells you it is clearly too short. Adjust it longer until subject feels it's starting to get too long. Bring it back to where the subject thinks it's just right. Repeat going too short and too long at least one more time, zeroing in on the sweet spot. Readjust handlebar height if needed. If handlebar adjustment is made, repeat top tube length adjustment.



**9) Extend tape measure to check top tube length.** *If comparing to a stock frame, this is the time to establish whether a change in stem length would compensate for any difference in top tube length measurement. For example, if the top tube is longer than that of the proposed stock size, recommend a stem length that is shorter by the difference between the sizer top tube and the published top tube length of the stock frame*

**10) Record frame geometry right off the sizer.** Note that the bottom of the head tube for 700c wheel road bikes is the top of the frame where the "steerer tube" comes out. Establish head tube length based on the rise angle of the stem and preferred number of spacers between headset and stem. For other bikes, measure from the floor to the bottom of the head tube of an existing bike with a similar fork height. Use that same measurement from the floor to a point on the sizer's steerer tube to find the bottom of the head tube.