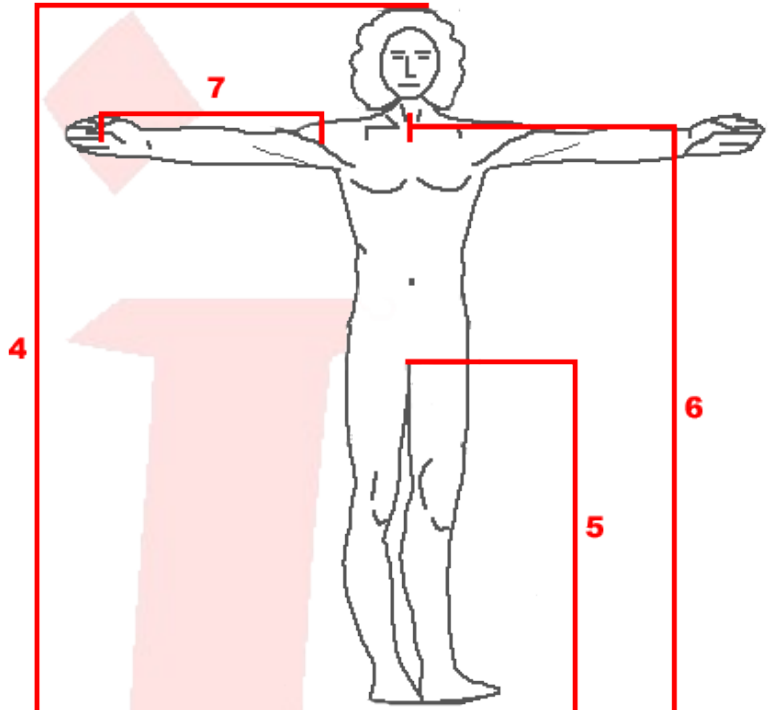




Body Fit Sheet

Body dimensions are best done in your cycling clothing without socks or shoes. Make sure to stand up straight and take level measurements. A second person should be asked to assist to ensure proper and accurate measurements.



1. Gender (circle one): Male / Female

2. Age: _____

3. Weight: _____ lbs

4. Total Height: _____ in

5. Inseam: _____ in

The inseam is the distance from the ground to the pelvic bone. Your shoes should be off with your feet shoulder width apart. You may place a book between your legs (spine of book up) to represent the saddle and while keeping the book level with the ground apply pressure upward to simulate saddle pressure. Measure the distance from the top level of the book to the ground.

6. Sternum Notch to Ground: _____ in

Find your sternum notch, about a hands width below your Adams apple. Then measure from that point to the ground.

7. Arm Length: Right _____ in Left _____ in

Make a fist and extend your arm out so that it is horizontal with the ground. Locate your Acromion Process (the outer most bone on your shoulder). Measure from the Acromion Process to the center of your fist.

8. Shoulder Width: _____ in

Measure from the left Acromion Process to the right Acromion Process.

9. Femur Length: _____ in

Sit with your back against the wall with your feet in front of you. Lift your left leg up and down while trying to locate the outermost point of your hip. This point should remain constant when your leg is in either position. Once you have located this spot, find the other end of your femur by moving your lower leg back and forth while feeling the side of your knee for the end of the bone. Measure between these two point. Repeat this process for your right leg.