

Mountain Bike Size – For Reference Only
<https://www.bicycle-guider.com/mountain-bike-size-chart/>

#1 – Mountain Bike Size Chart

What mountain bike frame size do I need?

It's easy!



Your height / Bike Size

- 4'11" – 5'3" = 13 – 15 inches
- 5'3" – 5'7" = 15 – 17 inches
- 5'7" – 5'11" = 17 – 19 inches
- 6'0" – 6'2" = 19 – 21 inches
- 6'2" – 6'4" = 21 – 23 inches
- 6'4" and taller = 23+ inches

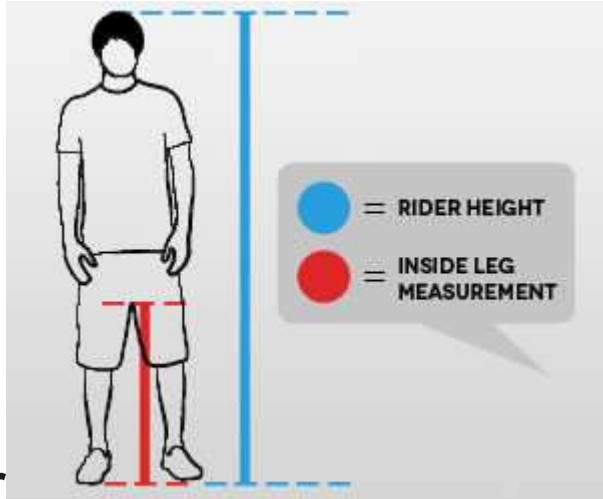
Or you can use the mountain bike frame size chart below...

INSEAM	FRAME SIZE		HEIGHT
	ROAD BIKE	MOUNTAIN BIKE	
75 cm	50 cm	15" - 16"	5'0" - 5'3" <small>152cm - 160cm</small>
76 cm	51 cm	15" - 16"	
77 cm	52 cm	15" - 16"	5'4" - 5'6" <small>162cm - 167cm</small>
78 cm	52 cm	16" - 17"	
79 cm	53 cm	16" - 17"	
80 cm	54 cm	16" - 17"	5'7" - 5'9" <small>167cm - 175cm</small>
81 cm	54 cm	17" - 18"	
82 cm	55 cm	17" - 18"	
83 cm	56 cm	18" - 19"	5'10" - 5'11" <small>178cm - 183cm</small>
84 cm	56 cm	18" - 19"	
85 cm	57 cm	20" - 21"	
86 cm	58 cm	20" - 21"	
87 cm	58 cm	20" - 21"	6'0" - 6'2" <small>183cm - 190cm</small>
88 cm	59 cm	20" - 21"	
89 cm	60 cm	20" - 21"	
90 cm	62 cm	22" - 22"	over 6'3" <small>over 190cm</small>



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Or you can use the...



#2 – Bike Size Calculator

1. Take off your shoes and stand with your legs 6" – 8" (15-20 cm) apart. **Measure the height** from the ground up to where your legs come together.
2. Be sure about the bicycle type you want to choose: Mountain bike, city bike, or road bike. You can read about the [different bike types here](#).
3. Now you can take your calculator and quickly find the right size:

Right mountain bike sizing– Leg inseam (cm) x 0,66 = Your frame size

For example: If your leg inseam is 76cm, then your right mountain bike size is 50 cm (20")

#3 – Chart

Rider Height		Suggested Mountain Frame Size		
Feet & Inches	Centimetres	Frame Size (inches)	Frame Size (cm)	Size
4'10" – 5'2"	148cm – 158cm	13" – 14"	33 – 37	X-Small
5'2" – 5'6"	158cm – 168cm	15" – 16"	38 – 42	Small
5'6" – 5'10"	168cm – 178cm	17" – 18"	43 – 47	Medium
5'10" – 6'1"	178cm – 185cm	19" – 20"	48 – 52	Large

6'1" – 6'4"

185cm – 193cm

21" – 22"

53 – 57

X-Large

6'4" – 6'6"

193cm – 198cm

23" – 24"

58 – 61

XX-Large

Source: Evanscycles.com

Voilà!

Extra: Right Saddle Height



Right saddle height has a very important role. If it's too low, you won't have enough power in your feet. In mountain bike racing, **I have experienced** that when the saddle falls one inch down from its normal position, I lose about 25-50% of my force.

Stopping to fix it can cost me my position and about 15 seconds too, but then with the correct saddle height, it's not that hard to **catch up with the group** and even get all the way to the next group ahead. So the right saddle height plays a huge role!

The easiest way to find that height for you is to

1. **Lean against the wall** with your elbow sitting on the bike (or let someone help you as shown in the picture)
2. Push your leg down to the **lowest point keeping it** parallel to the ground.
3. Move your saddle up or down until you have a **small bend** behind your knee. It should be something around 30° but don't worry too much about finding that exact angle.

Go out and ride. Does it feel good? If not, then adjust. Also, you can **adjust the seat forward and backward.**