

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

FIT KIT INSTRUCTIONS

IMPORTANT "PERFECT SADDLE SELECTION" TIP:

The calculated dimension is always the minimum width. When in doubt, select a saddle that is a little wider. It is very important to prevent the selection of a saddle that is too narrow. A slightly wider saddle is normally more comfortable due to the larger contact area.



Tri



Aggressive Road



Semi aggressive Road/MTB



Commuter/Urban



Upright Comfort

1 SIT



- Place measurement cardboard flat-side down on a chair or other flat hard surface.
- Sit on cardboard with back straight and shoulders back.
- Pull yourself down with your hands to make a clear sit bone impression.
- Stand up. The sit bones should have imprinted on to the cardboard.

2 MEASURE



- Circle the outsides of the imprints and mark the centers clearly with a pen.
- Using ruler above, measure distance from center-to-center.
- Add 0 cm to 4 cm to this number based on your riding position outlined above. (Check for misalignment of the imprints.)

THIS IS YOUR SADDLE SIZE!

3 SELECT



- Select the saddle for your personal riding style and in the correct width.
- Important! SQlab highly recommends "active-saddle technology" for all cyclist especially if imprint indicates misalignment or if cyclist experiences back, knee or hip pain.

Watch this video to learn more:

Questions? T: 541-306-4036 - email: sqlab@sks-usa.com