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.

+0 cm  +1 cm  +2 cm  +3 cm  +4 cm
Tri  Aggressive Road  Semi aggressive Road/MTB  Commuter/Urban  Upright Comfort

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

2. MEASURE
   a) Circle the outsides of the imprints and mark the centers clearly with a pen.
   b) Using ruler above, measure distance from center-to-center.
   c) 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
   a) Select the saddle for your personal riding style and in the correct width.
   b) 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