CYCLE2FIT
FIT IS FAST

RIDER ANTHROPOMETRIC ASSESSMENT

ACCURATE MEASUREMENTS. PERFECT FIT.

NAME: DATE: NOTES:

Please read each measurement guide carefully. Use a rigid tape measure where possible.

1 HEIGHT



HOW TO MEASURE

1. Stand barefoot against a wall.
2. Heels, buttocks and upper back touching the wall. Look straight ahead.
3. Place a hard cover book flat on top of head.
4. Measure from the floor to the underside of the book.

MEASUREMENT cm

2 UPPER LIMB LENGTH (SHOULDER TO WRIST)



HOW TO MEASURE

1. Stand upright with arm relaxed at your side.
2. Locate the outer point of the shoulder (acromion process).
3. Measure from the centre of the acromion to the styloid process at the wrist.

MEASUREMENT cm

3 INSEAM LENGTH



HOW TO MEASURE

1. Stand barefoot with feet approximately 10 cm apart.
2. Place a hard cover book firmly between your legs.
3. Pull the book upwards to apply gentle pressure at the groin.
4. Measure from the floor to the top of the book.

MEASUREMENT cm

4 LOWER LEG LENGTH



HOW TO MEASURE

1. Sit on a firm elevated surface without shoes.
2. Knees at 90° degrees.
3. Feet flat on the floor.
4. Place a ruler across the top of both knees.
5. Measure from the floor to the underside of the ruler.

MEASUREMENT cm

5 THIGH LENGTH

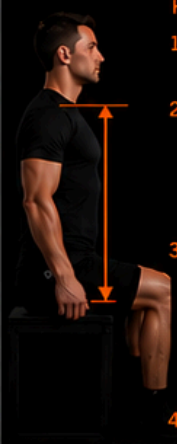


HOW TO MEASURE

1. Sit on a hard chair with your back and buttocks against the wall.
2. Place a ruler vertically against the front of the knee cap.
3. Measure horizontally from the wall to the front edge of the knee cap.
4. Keep hips square against the wall.

MEASUREMENT cm

6 TORSO LENGTH



HOW TO MEASURE

1. Sit upright on a hard chair.
2. Locate your Sternal Notch (V-shaped indentation at base of neck).
3. Measure vertically from the sternal notch to the sitting surface at the level of the sitting bones.
4. Maintain upright posture.

MEASUREMENT cm

7 STERNAL NOTCH HEIGHT

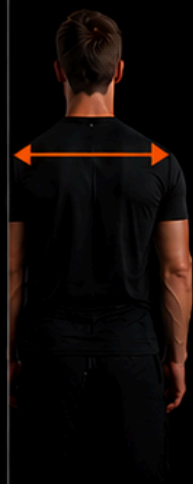


HOW TO MEASURE

1. Stand upright against a wall.
2. Locate the V-shaped notch at the base of your neck (Sternal Notch).
3. Measure from the floor to the bottom of the Sternal Notch.
4. Keep head in a natural position.

MEASUREMENT cm

8 SHOULDER WIDTH (ACROMION TO ACROMION)



HOW TO MEASURE

1. Stand upright in a relaxed position.
2. Locate the bony tip (acromion process) on each shoulder.
3. Measure horizontally from the centre of one acromion process to the centre of the other.
4. Keep the tape measure level across the shoulders.

MEASUREMENT cm

RIDER ANTHROPOMETRIC SUMMARY

	MEASUREMENT	VALUE (CM)
1	Height	
2	Upper Limb Length (Shoulder to Wrist)	
3	Inseam Length	
4	Lower Leg Length	
5	Thigh Length	
6	Torso Length	
7	Sternal Notch Height	
8	Shoulder Width (Acromion to Acromion)	

IMPORTANT NOTES

- All measurements are without shoes.
- Use a rigid tape measure where possible.
- Measure in a quiet environment.
- Take your time and measure accurately.
- Repeat any measurement if unsure.

Please upload this completed form along with the Flexibility Assessment and Bike Measurements on the Contact Us page of the Cycle2fit website.

TIPS FOR ACCURATE MEASUREMENTS

- Keep the tape measure straight and level.
- Keep your back against the wall where required.
- Use a hard cover book for consistent results.
- Remove shoes for all measurements.
- Double check all measurements.