CYCLE2FIT
FIT IS FAST

BIKE POSITION MEASUREMENTS

BIKE DETAILS

RIDER NAME:
DATE:
BIKE:
FRAME SIZE:
ASSESSOR:

ⓘ Ensure the bicycle is level in the normal riding setup. Measure in millimetres (mm) and record to the nearest mm.

1 SADDLE HEIGHT



DEFINITION:
Centre of Bottom Bracket to top middle of saddle measured along the seat tube axis.

MEASUREMENT: _____ mm

2 SADDLE STACK



DEFINITION:
Vertical distance from the centre of the Bottom Bracket to the top middle of the saddle.

MEASUREMENT: _____ mm

3 SADDLE SETBACK



DEFINITION:
Horizontal distance from the centre of the Bottom Bracket to the tip of the saddle.

MEASUREMENT: _____ mm

4 FRAME REACH



DEFINITION:
Horizontal distance from the centre of the Bottom Bracket to the centre of the head tube.

MEASUREMENT: _____ mm

5 HANDLEBAR REACH



DEFINITION:
The horizontal distance from the tip of the saddle to the centre of the stem cap.

MEASUREMENT: _____ mm

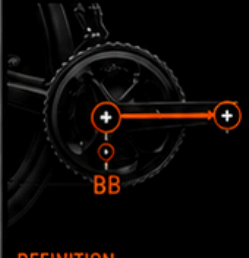
6 HANDLEBAR STACK



DEFINITION:
The vertical distance from the centre of the BB to the top of the Head Tube.

MEASUREMENT: _____ mm

7 CRANK LENGTH



DEFINITION:
Distance from the centre of the Bottom Bracket axle to the centre of the pedal axle.

MEASUREMENT: _____ mm

8 STEM LENGTH



DEFINITION:
Horizontal distance from the centre of the steerer tube to the centre of the handlebar clamp.

MEASUREMENT: _____ mm

9 HANDLEBAR WIDTH



DEFINITION:
Horizontal distance centre-to-centre at the brake hoods.

MEASUREMENT: _____ mm

POSITION CHANGE TRACKER

MEASUREMENT	BEFORE (mm)	AFTER (mm)	CHANGE (mm)	NOTES
Saddle Height				
Saddle Stack				
Saddle Setback				
Frame Reach				
Handlebar Reach				
Handlebar Stack				
Crank Length				
Stem Length				
Handlebar Width				

BIKE POSITION MEASUREMENT SUMMARY

#	MEASUREMENT	VALUE (mm)
1	Saddle Height	
2	Saddle Stack	
3	Saddle Setback	
4	Frame Reach (BB → Headset Centre)	
5	Handlebar Reach (Tip of Saddle → Stem Cap Centre)	
6	Handlebar Stack (BB → Top of Head Tube)	
7	Crank Length	
8	Stem Length	
9	Handlebar Width	

All measurements in millimetres (mm).

MEASUREMENT DEFINITIONS

All measurements recorded in millimetres (mm).

BB = Bottom Bracket Centre

Handlebar Width = Centre-to-centre at brake hoods.

TIPS FOR ACCURATE MEASUREMENTS

- Ensure the bicycle is level.
- Measure in millimetres (mm).
- Record measurements to the nearest millimetre.
- Always use the same reference points for repeatability.
- Photograph the measuring setup if repeating a fit later.

IMPORTANT NOTES

- These measurements describe your current position. Small changes can make a big difference.
- Use this sheet for all bike fits and when transferring your position to a new bike.
- Keep a history of your measurements to track your progress over time.
- For online fits, follow the reference points exactly.

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