

What Size Bike do you Need

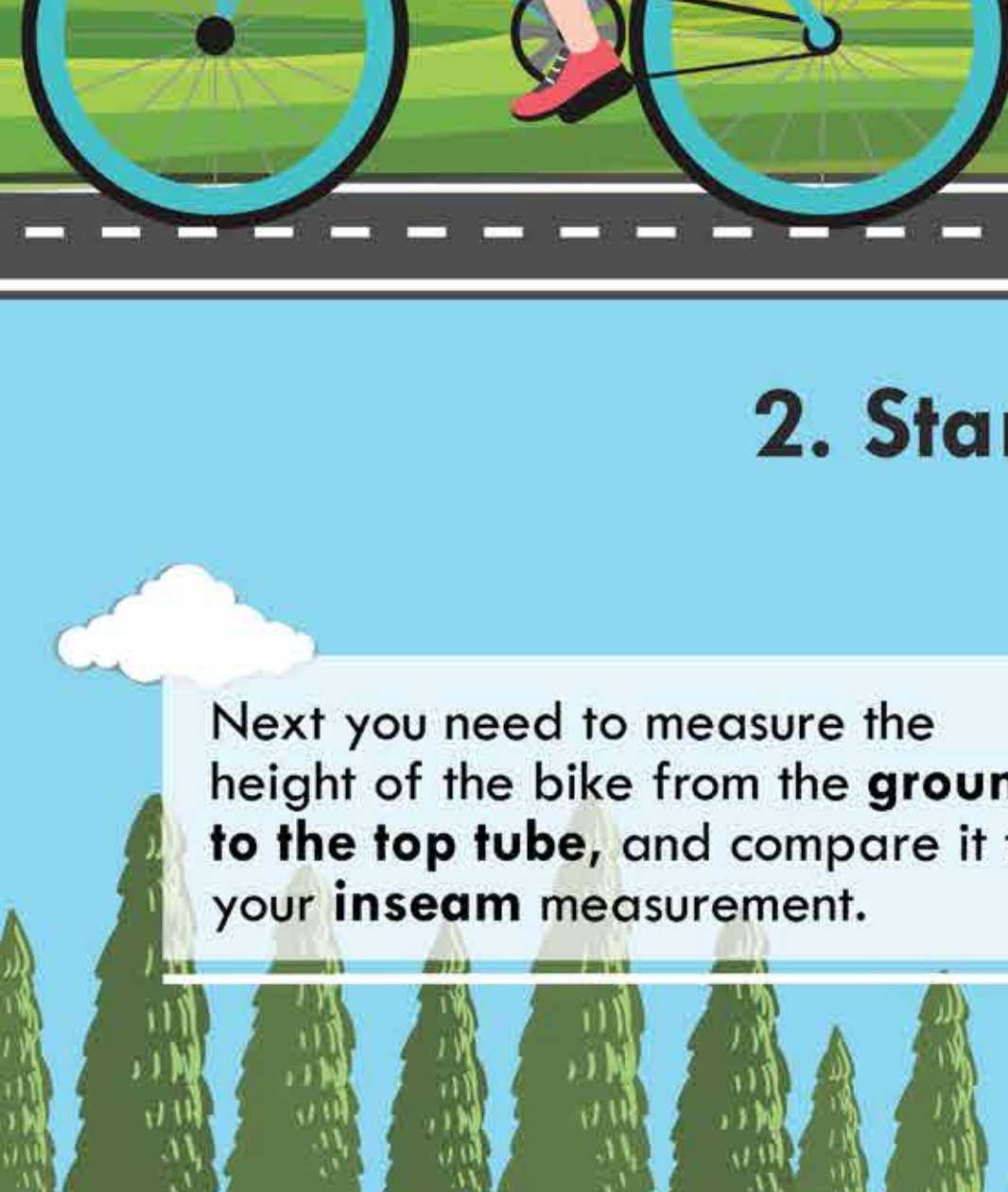
10 Important Factors

10 Important Factors For Choosing The Right Sized Bike

Bikes come in so many different sizes, so how do you **choose the right one** for yourself?

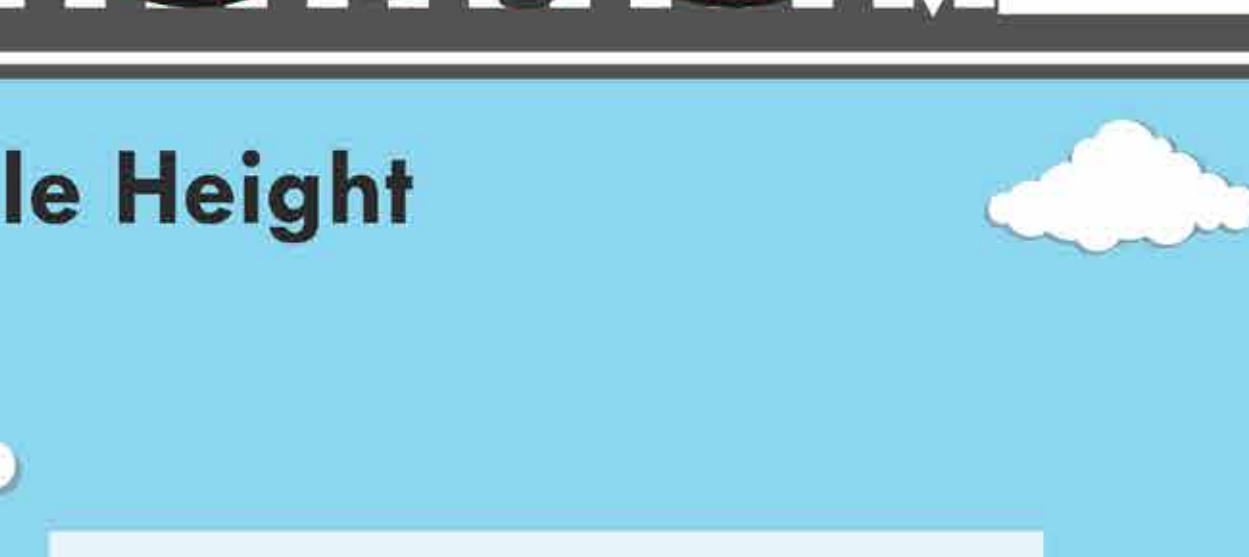
1. Measure Your Inseam

Measuring your inseam and also your inner leg, can help determining the height of the bike. You need to have a **2.5 cm** and **5 cm** distance between the **top tube** and your **crotch area**.



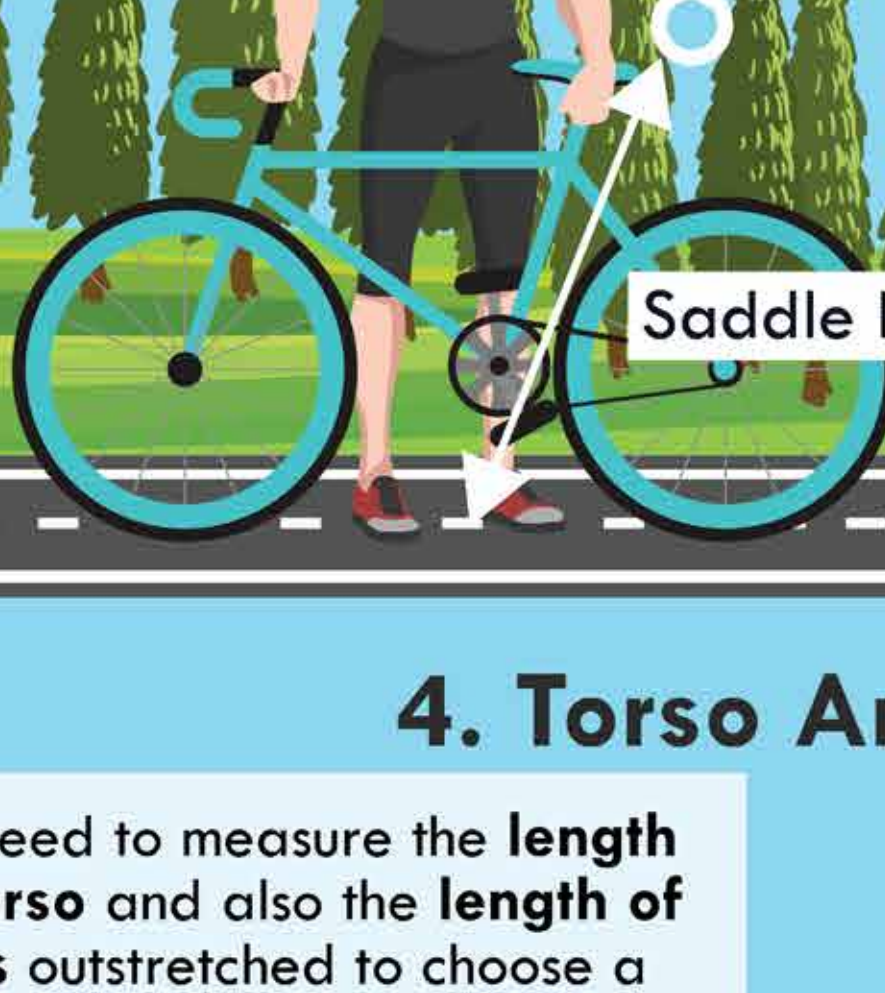
2. Stand Over Height

Next you need to measure the height of the bike from the **ground to the top tube**, and compare it to your **inseam** measurement.



3. Saddle Height

Take your inseam measurement and multiply it by **0.883** for **saddle height**. Can the bike use that saddle height?



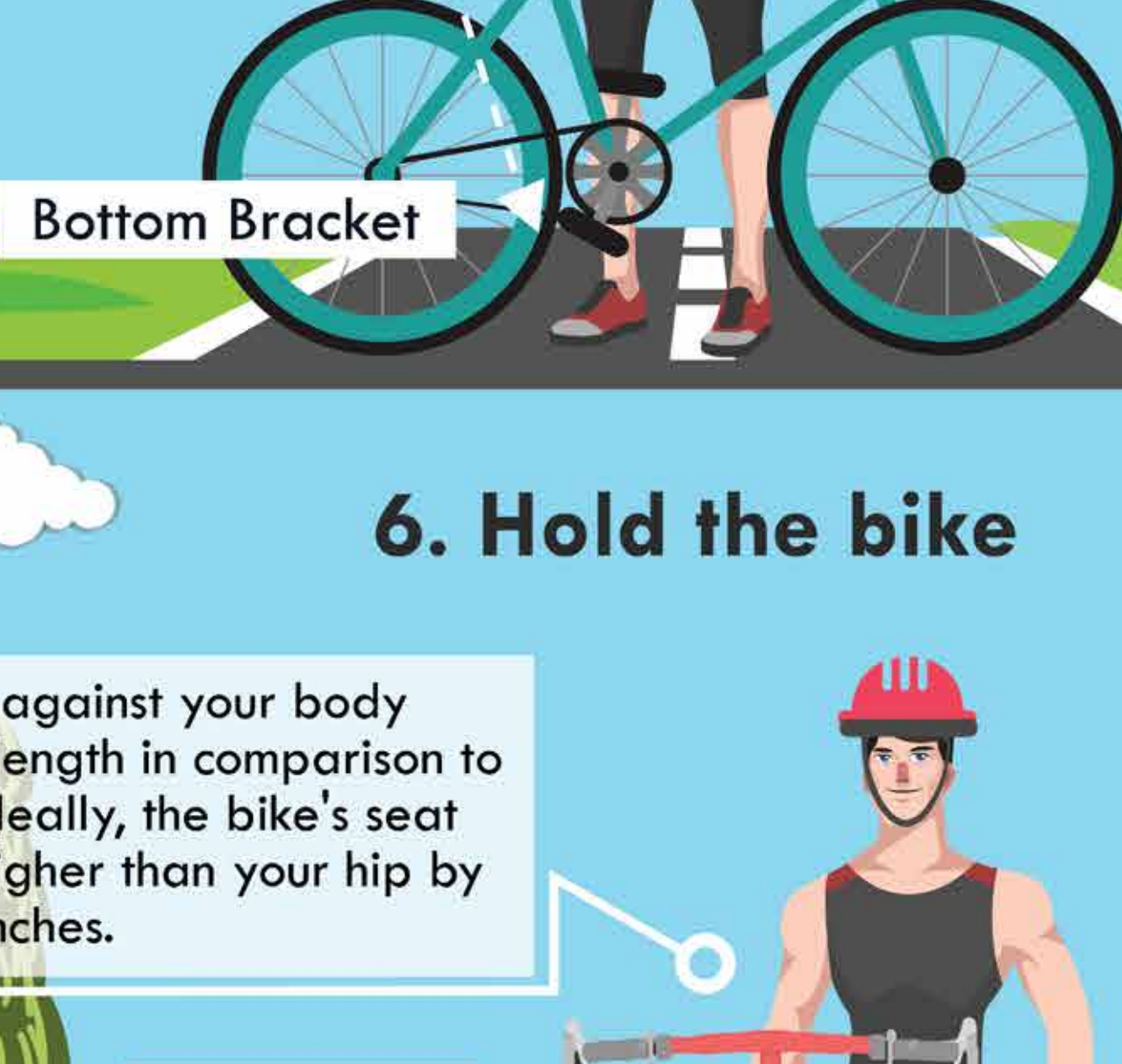
4. Torso Arms/Top tube

Then you need to measure the **length of your torso** and also the **length of your arms** outstretched to choose a bike of the right length. The horizontal distance between the **head tube** and the **seat tube** is the **top tube length**. The ideal top tube length for you is your **torso length + arm length**, divided by 2



5. Measure the bike

The two main measurements of a bike that you need to check are **distance between the seat and bottom bracket** (this will be your bike size) and then the **length of the frame**.



6. Hold the bike

Hold the bike against your body and check its length in comparison to your height. Ideally, the bike's seat shouldn't go higher than your hip by more than 2 inches.



7. Check for adjustability

If a bike's seat cannot be adjusted in height, do not purchase it.



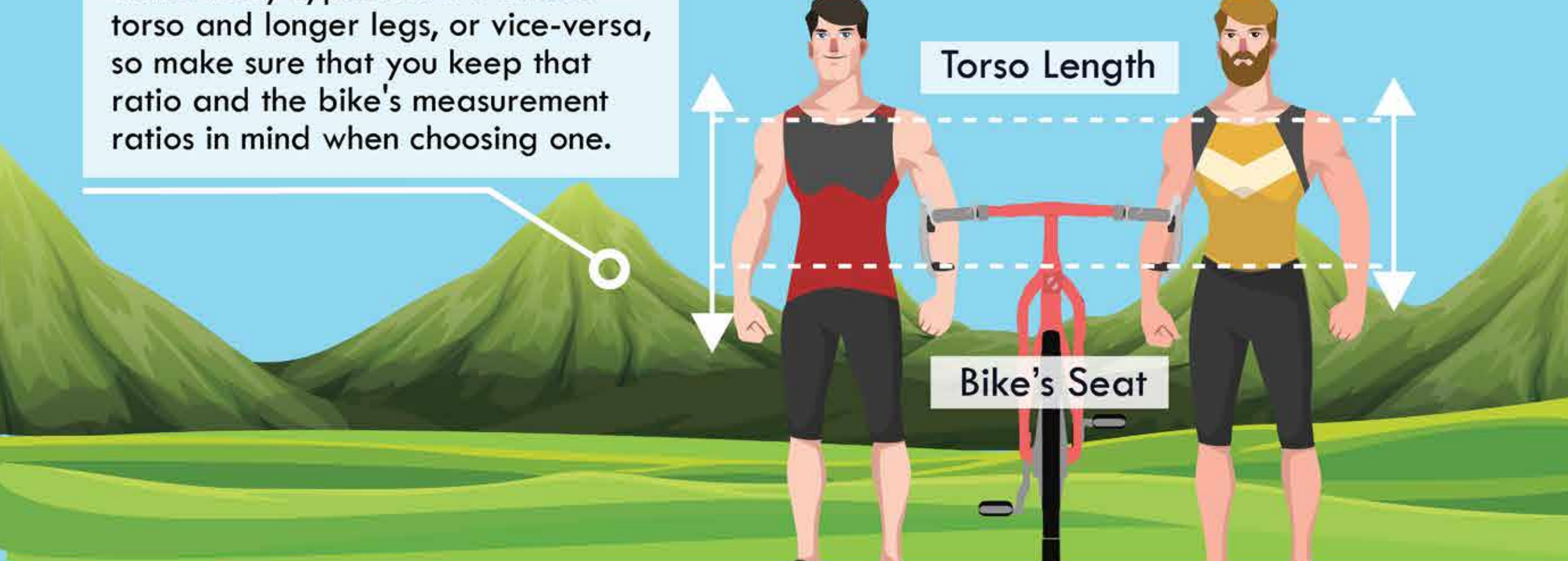
8. Check a Chart

All bicycle stores have **rider height to bike height measurement charts** that will help you pick the right bike based on your height.



9. Trial and Error

The easiest way to choose a bike (but takes time) is by actually **testing different bikes** and seeing which one feels most comfortable while riding. If a shop does not offer a test ride go somewhere else.



10. Torso and leg ratio

Some body types have a shorter torso and longer legs, or vice-versa, so make sure that you keep that ratio and the bike's measurement ratios in mind when choosing one.



What are the benefits of Choosing to Cycle?

Health Benefits



A great form of **cardiovascular exercise** to build stamina



Helps with cutting down fat and burning calories



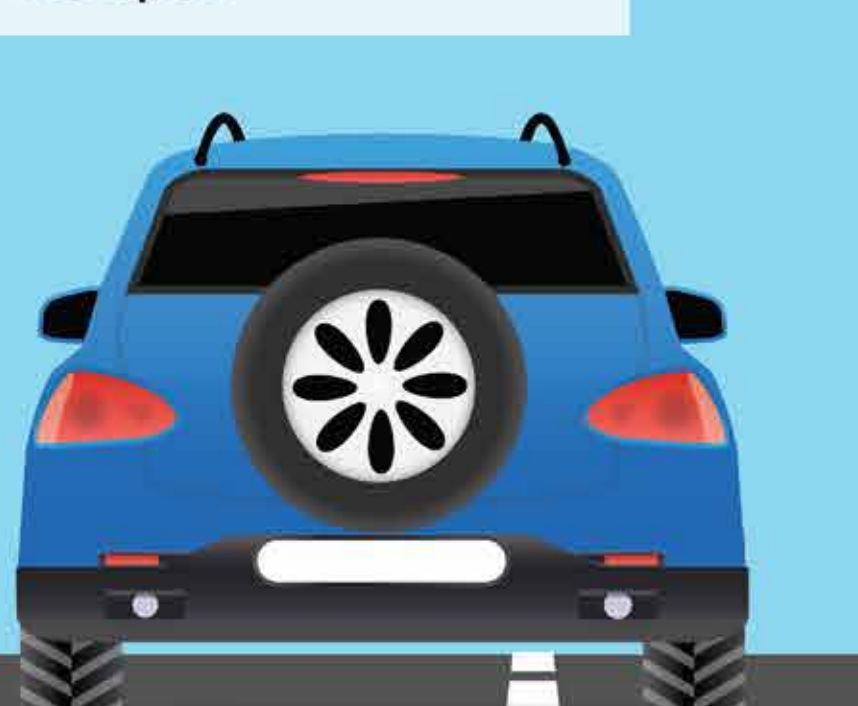
Environmental Benefits



Drastically **reduces emission of CO2** into the air



Cuts down on **noise pollution and smog**



Economic Benefits



Much **cheaper** to use than any other form of transport



Maintenance of cycles is also **quite cheap** in comparison



Time and Space Benefits



Getting around on a cycle much **quicker** and **time efficient** and skips traffic



A cycle barely takes up any space on the road, or even to park at home



So, you see, cycling is great not just for the rider but also for everyone around them! The more you cycle, the more the benefits.

Find your way around town on **two wheels!**