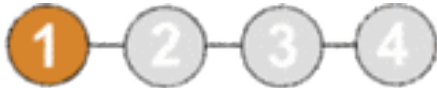




Instruction

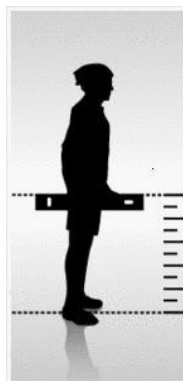
Determining the proper frame size



1. Your Step Height

- a) Position yourself upright in barefoot and in bikeshorts on a flat surface.
- b) Hold a water level horizontal between your legs.
- c) Press the water level up as far as possible.
 - a. (until it becomes slowly unpleasantly)
- d) Take now with the folding ruler the distance from the top of the water level to the ground.

The reading value shows your step height.



Write down your measurement:cm



2. Your Shoulder Width

- a) Take a folding ruler and measure outer to outer edge of both shoulders.

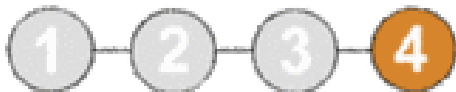
Write down your measurement:cm



3. Your forearm length

- a) Hold your arm in a 90 degrees angle
- b) Measure from the elbow to the fingertips with outstretched hand, by using a folding ruler.

Write down your measurement:cm



4. Your full body height

- a) Take a folding ruler and hold it against a door frame
- b) Position yourself against the ruler, stand upright
- c) Hold a water level on your head, make sure you hold it at a 90 degrees angle at the folding ruler.
- d) Read the measurement from the bottom of the water level

Write down your measurement:

cm

Write down your body weight (without clothes):

Kg

You are: ... male ... female

5. Table 1 – Quick overview frame sizes

Body Height cm	Step Height cm	Race bike - frame sizes cm		
		calculated	X01 - SERIES	Standard
-	60	39,9	-	-
	62	41,2		
	64	42,6		
	66	43,9		
	68	45,2		
155 - 165	70	46,6	XS (51 cm)	48
	72	47,9		51
	74	49,2		
	76	50,5		
165 - 170	78	51,9	S (53,4 cm)	53
	80	53,2		
170 - 175	82	54,5	M (55,8 cm)	55
	84	55,9		
175 - 180	86	57,2	L (58,2 cm)	57
	88	58,5		
180 - 185	90	59,9	XL (60,6 cm)	60
	92	61,2		
185 - 190	94	62,5		
190 - 195				

Formula for Racebikes:
 Framesize (cm) = Stepheight in cm X 0,665

Formula for MTB / ATB / Trekking:
 Framesize (cm) = Stepheight in cm X 0,226 X 2,54
 Framesize (Zoll) = Stepheight in cm X 0,226