

HOW TO MEASURE YOUR SITBONES

The key to getting a proper saddle fit is to accurately measure your sitbones. SQlab has developed a unique, simple and effective system which measures the riders sitbones for a perfect fit in just a few minutes. You can do this at home with just a few items which you should be able to find around the house!

Find a hard surface such as chair or coffee table, a 10"x12" piece of corrugated cardboard (softer density cardboard works best), a black marker or pen and a metric ruler.

1 SIT



a) Place 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 a metric tape measure, measure distance from center-to-center. c) Add 0 cm to 4 cm to this number based on your riding position outlined below.

THIS IS YOUR SADDLE SIZE!

3 SELECT



a) Check for misalignment of the imprints. Important! SQlab highly recommends "active-saddle technology" for all cyclist especially if imprint indicates misalignment or if cyclist experiences back, knee or hip pain. b) Select the saddle for your personal riding style and in the correct width.



Tri



Aggressive Road



Semi aggressive Road/MTB



Commuter/Urban



Upright Comfort