

SQLab

Home Measurement



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Measurement

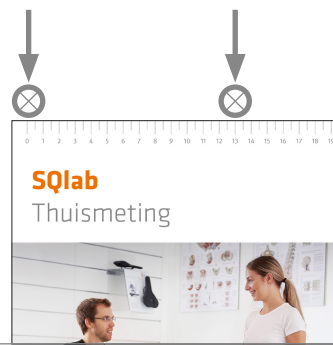
1.

Place the measuring cardboard on a flat surface. Sit on it with a straight back and, using both hands, firmly pull yourself towards the cardboard to create a clear impression.



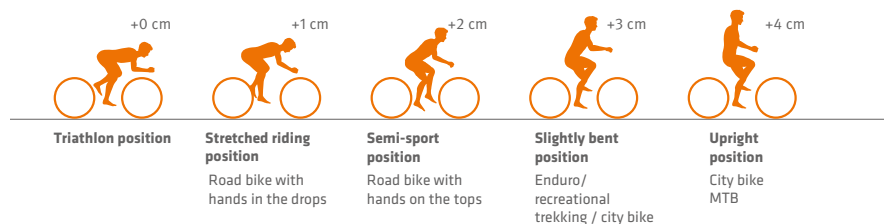
2.

Using the ruler on the front page, measure the distance between the impressions of your sit bones, from centre to centre.



3.

Choose your riding position from the illustrated options and add the corresponding value to the sit bone distance you have just measured.



4.

Select your saddle in the correct width.

Note: For the 621 comfort models, please see the exception below.



Exception **621**

sit bone distance ≤ 12 cm

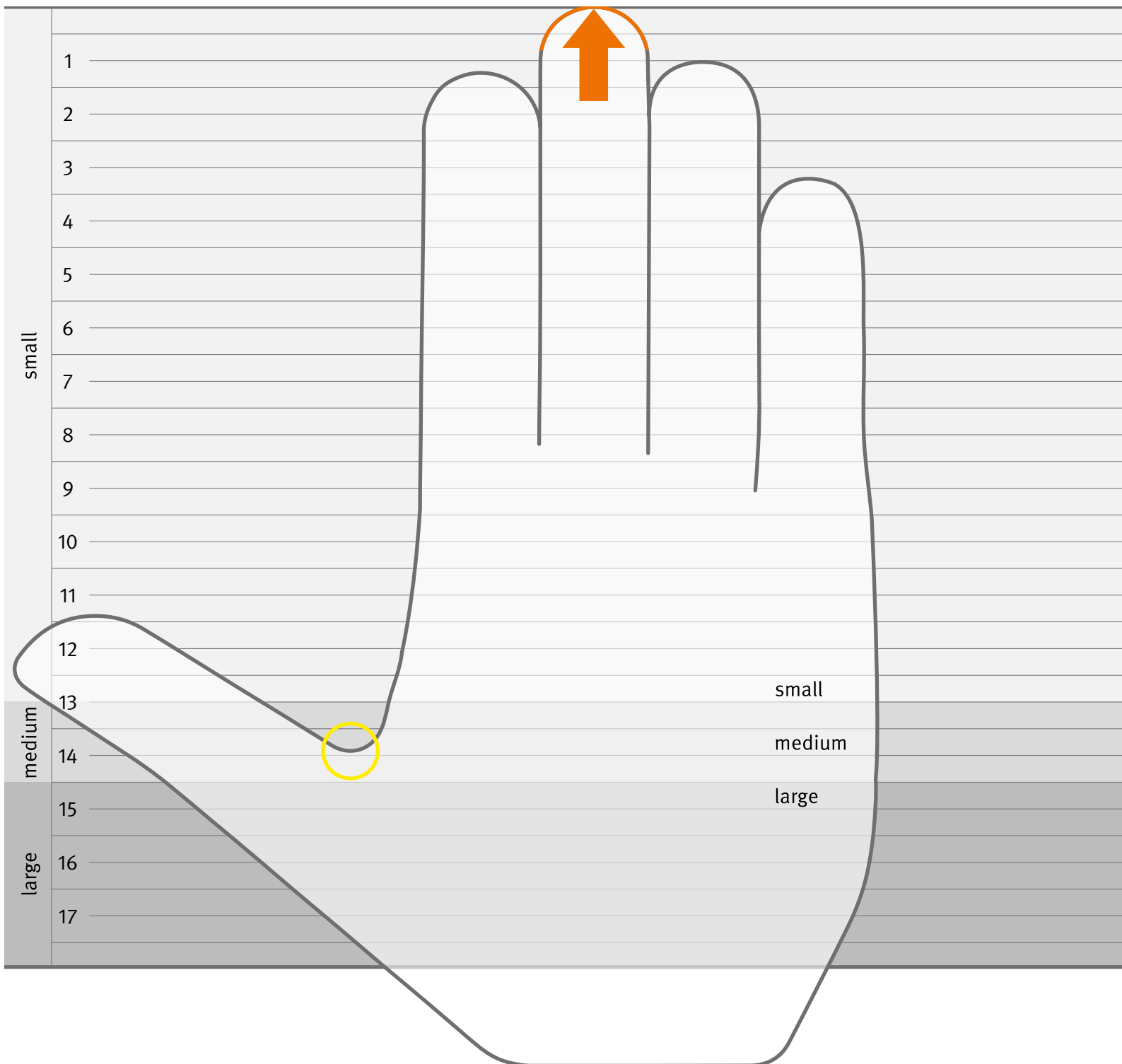
sit bone distance ≥ 12 cm

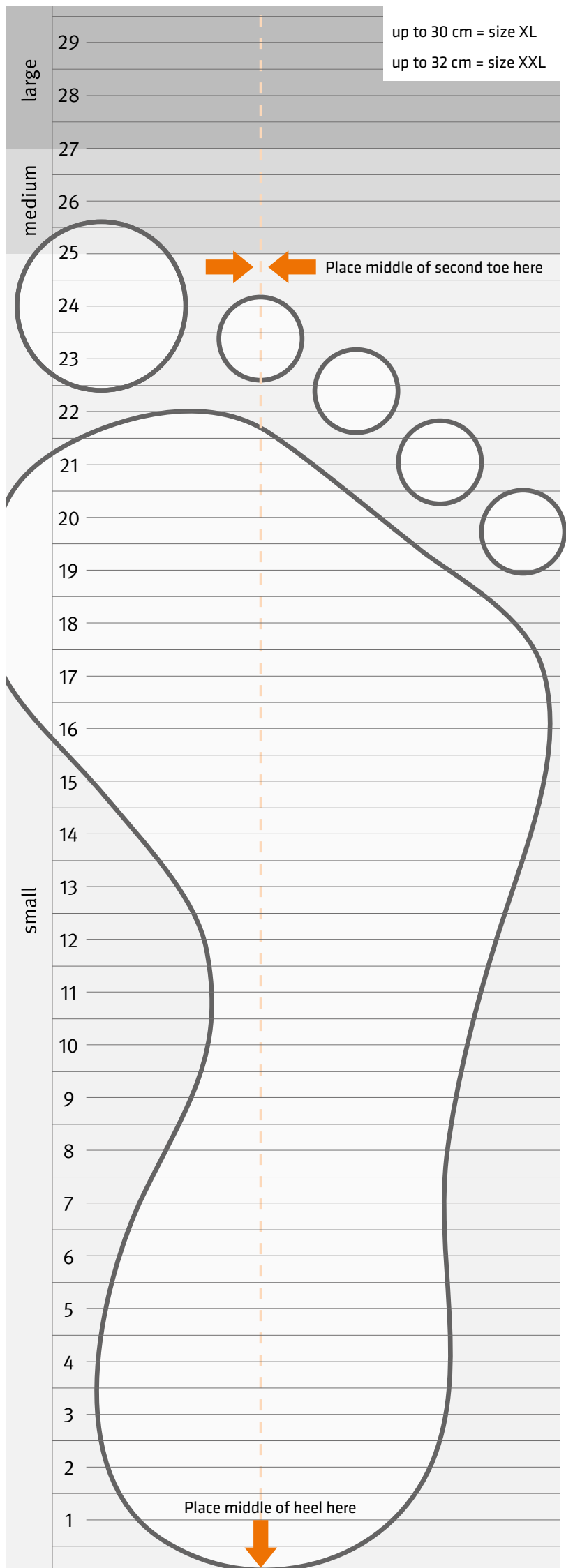
sit bone distance 18 cm

sit bone distance 21 cm/24 cm

Measurement

1. Place your hand on the image, with the tip of your middle finger exactly at the arrow.
2. Stretch out your thumb.
3. Mark the transition between thumb and hand with a pen.
4. Read the size and select the correct grip.
5. If you are between two sizes, we recommend choosing the smaller size



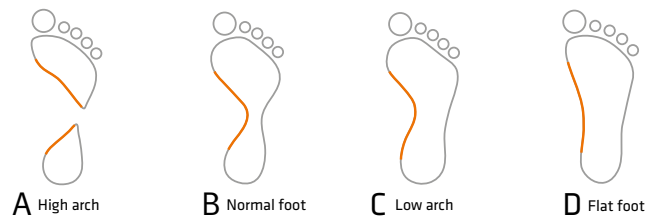


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Insole Measurement

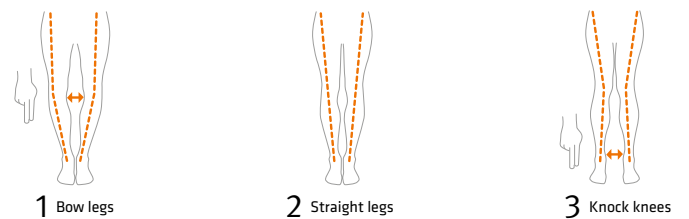
1. Place the measuring sheet on a smooth, hard surface and stand on it barefoot with your right foot, positioning your big toe and heel as indicated.
2. Use a pencil or marker to trace the outline of your foot onto the paper. (Use an extra sheet if your foot is longer than 29.5 cm.)
3. To determine the exact shape of your foot, slide the pencil or marker as far as possible underneath the arch of your foot. *Tip: Hold the pencil at as flat an angle as possible to the paper.*

4. Determine **your foot shape**.



5. Leg alignment: Stand upright, ideally in front of a mirror, making sure your knees and/or ankles touch.
 - If two fingers or more fit between your knees → you have bow legs.
 - If both knees and ankles touch → you have straight legs.
 - If two fingers or more fit between your heels while your knees touch → you have knock knees.

Choose the corresponding number:



6. Measure your **foot length** and read the correct size from the ruler along the side of the sheet.
7. Choose the correct insoles based on the combination of foot shape (A-D) and leg alignment (1-3).

