

## Bike Fit Advice For You

Thank you for using our website. Please find below your personal Best Bike Advice bike fit advice. A good cycling position and therefore bike set-up is very important. It affects your peak power, efficiency, comfort, steering skills and it can prevent injuries.

Read the attachment for more information about the importance of a good cycling position, tips on how to adjust your bike set-up and points of attention for how to use this advice wisely.

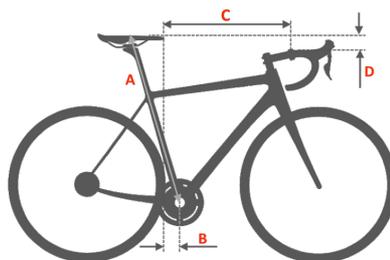
### Your input

Your input is the base for this advice. There may be errors in your self-measurement.

Bike Type	Gravel	Height	176 cm
Cycling Speed	Normal	Sternal Notch	145 cm
Flexibility	Quite Flexible	Torso Length	60 cm
Riding Position	Endurance (8)	Leg Length	81 cm
Saddle Length	274 mm	Thigh Length	60 cm
Crank Length	170 mm	Lower Leg Length	55 cm
Reach of Handlebar	80 mm	Arm Length	64 cm
		Shoe Size	43 EU

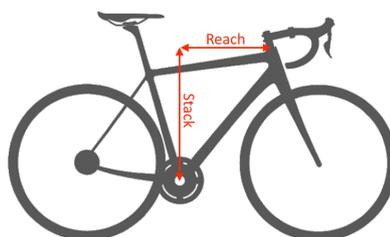
### Recommended bike measurements

A. Saddle Height	72.7 cm
B. Saddle Setback	5.5 cm
C. Saddle to Bar	50.5 cm
D. Drop	-2.9 cm
See attachment for more information	



The handlebar position of your bike can normally be set-up for this bike fit if the stack and reach of your frame fall within the specified ranges. When looking for a new bike you might find that more than one or no frame size falls within these stack and reach ranges. You can find more information about this in the section: What frame size do you need?

Stack range	560-620 mm
Reach range	345-395 mm



## Why do we give you this advice?

Our bike fit determines your optimal riding position based on your cycling goals and physique. Our advice is personal, unlike most other methods that only use your height and/or leg length. If your body proportions and/or riding position are not average, then our advice is probably different from the impersonal size charts that are commonly used in the bicycle market.

Bicycle manufacturers design bicycles for the average physique and the most common riding position. Here is an overview of the main differences between your personal bike fit and that of a person with average body measurements.

You need a **larger stack** than average for someone your height.

The main reasons are:

- Because you have shorter legs than average, your saddle position is lower. As a result, your required frame stack is **8mm** smaller.
- Your torso is longer than average and therefore you need a higher handlebar position. This requires a **6mm** larger stack.
- Your arms are shorter than average and therefore you need a higher handlebar position. This requires a **16mm** larger stack.
- Your back angle is wider than average and therefore you need a higher handlebar position. This requires a **10mm** larger stack.

You need an **average reach** for someone your height.

The main reasons are:

- Because you have shorter thighs than average, your saddle is more forward. As a result, your required frame reach is **5mm** longer.
- Your torso is longer than average and therefore you need a longer saddle-to-bar distance. This requires a **6mm** longer reach.
- Your arms are shorter than average and therefore you need a shorter saddle-to-bar distance. This requires a **13mm** shorter reach.
- Your back angle is wider than average and therefore you need a shorter saddle-to-bar distance. This requires a **5mm** shorter reach.

Note! This bike fit advice is specific for the bicycle parts specified by you. For example, a different saddle or handlebar size will influence your bike fit results.

## Other bike settings

This bike fit gives advice about your optimal riding position on the bike. This determines the positions of your contact points (pedals, saddle, handlebars) with the bicycle. In addition to the correct position, it is also important to optimize the contact points themselves. The articles behind the links below provide important tips and advice on how to do this. How do you determine your optimal:

- Saddle Width <https://bestbikeadvice.com/saddle-width/>
- Saddle Tilt <https://bestbikeadvice.com/saddle-tilt/>
- Handlebar Width <https://bestbikeadvice.com/handlebar-width/>
- Cleat Position <https://bestbikeadvice.com/cleat-position/>
- Crank Length <https://bestbikeadvice.com/crank-length/>

## What frame size do you need?

In the bicycle industry, a frame size is often advised based on your height or leg length. This is an easy but not the most accurate method. Two people of the same height may require a completely different frame size. For more information read our article [What frame size do I need?](https://bestbikeadvice.com/us/en/frame-advice/) (<https://bestbikeadvice.com/us/en/frame-advice/>)

The Frame Size Advice can be found on our website in the main menu under [BIKEFIT – FRAME SIZE ADVICE].

Choosing the right frame size is quite complex. That is why we have created a tool that can calculate the correct frame size for you (if your bike model is in our database). If you want to better understand how to determine your size, please read on.

The adjustment range of the saddle height is so large that it is rarely decisive when choosing a frame size. Much more important for selecting the right bike size are the stack and reach of the frame, because they have a much smaller adjustment range. And you often have to replace parts to make an adjustment (e.g. different stem).

Our stack and reach ranges are based on the adjustment range of a bike when using common sizes for cockpit parts such as the stem. For road bikes, for example, the reach range is based on stems with a minimum length of 70mm and a maximum length of 120mm (this differs per bike type). There are also shorter and longer stems available in the market. But those are less desirable for the bike handling and they leave no margin for later adjust of the riding position. If a bike is just outside the range, you can of course consider these more extreme parts.

If the reach of a bike is at the lower limit of the reach range given in this report, you will need a long stem. And a short stem is required when the reach of your bike is close to the upper limit of the reach range.

Many bicycle brands vary the frame reach insufficiently between the different frame sizes. As a result the difference in reach between the smallest and largest frame size is far too small. The small frame sizes therefore often have a relatively large reach. So if you have a small size, you are likely to run into the upper limit of the reach range given by us. With large frame sizes, the bike reach will probably be close to the lower limit of your personal reach range.

If your bike model is not in our database, you can use our cockpit advice tool. In this tool you can fill in the geometry data of your bike (or bike you would like to buy). The tool will calculate the stem and seat post required to realize your riding position on that bike. If you are in doubt between two frame sizes, just check what size will give the best cockpit setup.

The Cockpit Advice can be found on our website in the main menu under [BIKEFIT – COCKPIT ADVICE].

## How to get your handlebar in the right position?

With the cockpit advice tool you can calculate what stem and spacers you need to setup your handlebar in the desired position. If your bike is in our database, you can just select it. If your bike model is not listed, you can select to option to enter the geometry data of your bike yourself. The geometry data is usually available on the manufactures website or you can find it via Google.

## What if the bike fit cannot be realized on your bike?

Our bike fit finds your ideal riding position without any compromise. Bikes are designed for average people and average use. However, most people are not average, so it can happen that the advised bike fit is difficult or impossible to achieve on a "ready-made" bicycle.

If you can't find a bike that falls within the recommended stack and reach ranges, there are the following options: A. You can try using less common bike parts, such as a stem with a steep angle up. B. You can make a compromise in your riding position. C. You can look for a custom made bicycle. In all three situations, we recommend that you seek personal advice.

## Points for attention

For most people, this online advice is as good as the advice of a personal bike fitter. The advantage of our methodology is that the advice is completely objective and that the model calculations are based on the input of a number of experts and scientific studies. The disadvantage is that a model calculation can never take into account all possible exceptions. And an error in the body measurements will directly affect the bikefit advice.

With this bikefit you get an appendix with guidance for additional optimization of your bike set-up. The saddle height is the most important element for your cycling performance. Therefore we advise you to at least check your saddle height, using the instructions in the appendix.

Exceptions that the model calculation does not take into account, for example, are a leg length difference or an unusual foot angle such as cycling with the heels down. This bike fit is optimized for cycling shoes with clipless pedals. If you ride with normal shoes, the optimal saddle position can be influenced by the sole thickness and the position of your foot on the pedals.

Pay attention! You should not make major adjustments to your bike set-up in one go, as this can lead to injuries. For example, if your saddle needs to be 15mm higher, make the change in three steps of 5mm and let your body get used to each step before you make the next change.

We hope you're happy with your bikefit advice. Your review is very important to our company and fellow cyclists. You can rate us on Google review or Trust pilot.

Are you dissatisfied or do you have questions about the bikefit? Let us know via the contact form before you write your review, and we will solve it together.

We hope that our advice will contribute to more cycling enjoyment,

