

Zanconato

Custom Fitting Form

Please record all measurements in cm, measuring to the nearest 0.1 cm (1 mm).
Please wear cycling socks and cycling shorts when taking all body measurements.
A partner will be required to assist in taking the measurements.
Please take each measurement three times, and report the average.
Please take all measurements on your current bicycle from center to center.

Body Measurements

Height _____
With your back and heels against a wall, and your feet 20 cm apart, measure from the floor to the top of the head.

Body _____
With your back and heels against a wall, and your feet 20 cm apart, measure from the floor to the bottom of the sternal notch.

Inseam _____
With your feet 20 cm apart and your back straight, pull a hardcover book, spine up, firmly into the crotch. The pressure you feel must be similar to that of a saddle when cycling. Measure from the floor to the top of the book's spine.

Arm Length Left _____ Right _____
Begin with your arms at your sides, and stretched out as much as possible. Measure from the top of your shoulder bone to the first knuckle of your middle finger. Measure both the right and left arm.

Shoulder Width _____
Begin by crossing your arms in front of your chest. Measure across the shoulder blades to the outer most edges of the shoulder bones.

Foot Length Left _____ Right _____
Begin with your heel butting against a wall. Measure from the wall to longest tip of your toe. Measure both the right and left foot.

Bicycle Measurements

Saddle height from center of BB to top of saddle _____

Reach from back of saddle to center of handlebar _____

Setback of saddle nose from center of BB _____

Vertical distance from ground to top of saddle _____

Vertical distance from ground to center of handlebar _____

Vertical distance from ground to top of brake hood _____

Vertical distance from ground to center of BB _____

Seat tube length from center of BB to center of TT _____

Top tube length from center of ST to center of HT _____

Head tube angle _____ Saddle length _____

Seat tube angle _____ Stem length _____

Head tube length _____ Stem angle _____

Chain stay length from rear axle to center of BB _____

Front-center distance from front axle to center of BB _____

Spacer stack height under stem _____

Seat post type (set back or center mount) and brand _____