

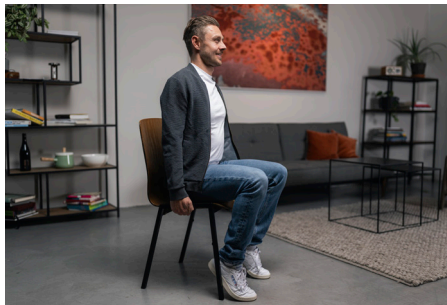
**MEASURE AT HOME KIT
FIND THE RIGHT SIZE**



Saddle Width Guide

How It Works

1.



Take Your Measurement

Place the measuring cardboard on a flat surface. Sit on it with your back upright and pull yourself towards the measuring cardboard with your hands.

2.



Measure the Distance

Use the ruler below to measure the distance between the centers of the two impressions (center-to-center).

3.



Find Your Saddle Width

Choose your riding position from the options below and add the recommended value to your measured sit bone distance.

Riding Position

+0 cm



Triathlon

+1 cm



Road Race

+2 cm



Road
Gravel
MTB

+3 cm



Trekking

+4 cm



City

Special Case

621

Sit bone distance ≤ 12 cm

Saddle width 18 cm

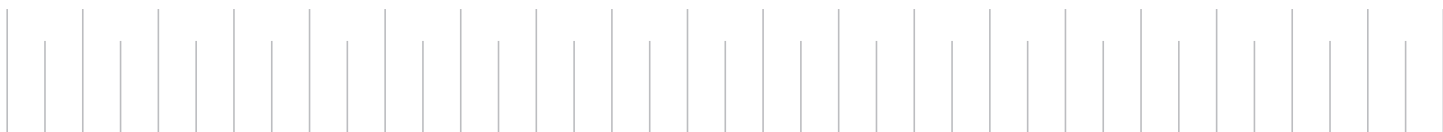
Sit bone distance > 12 cm

Saddle width 21 cm / 24 cm



Ruler

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19



1.



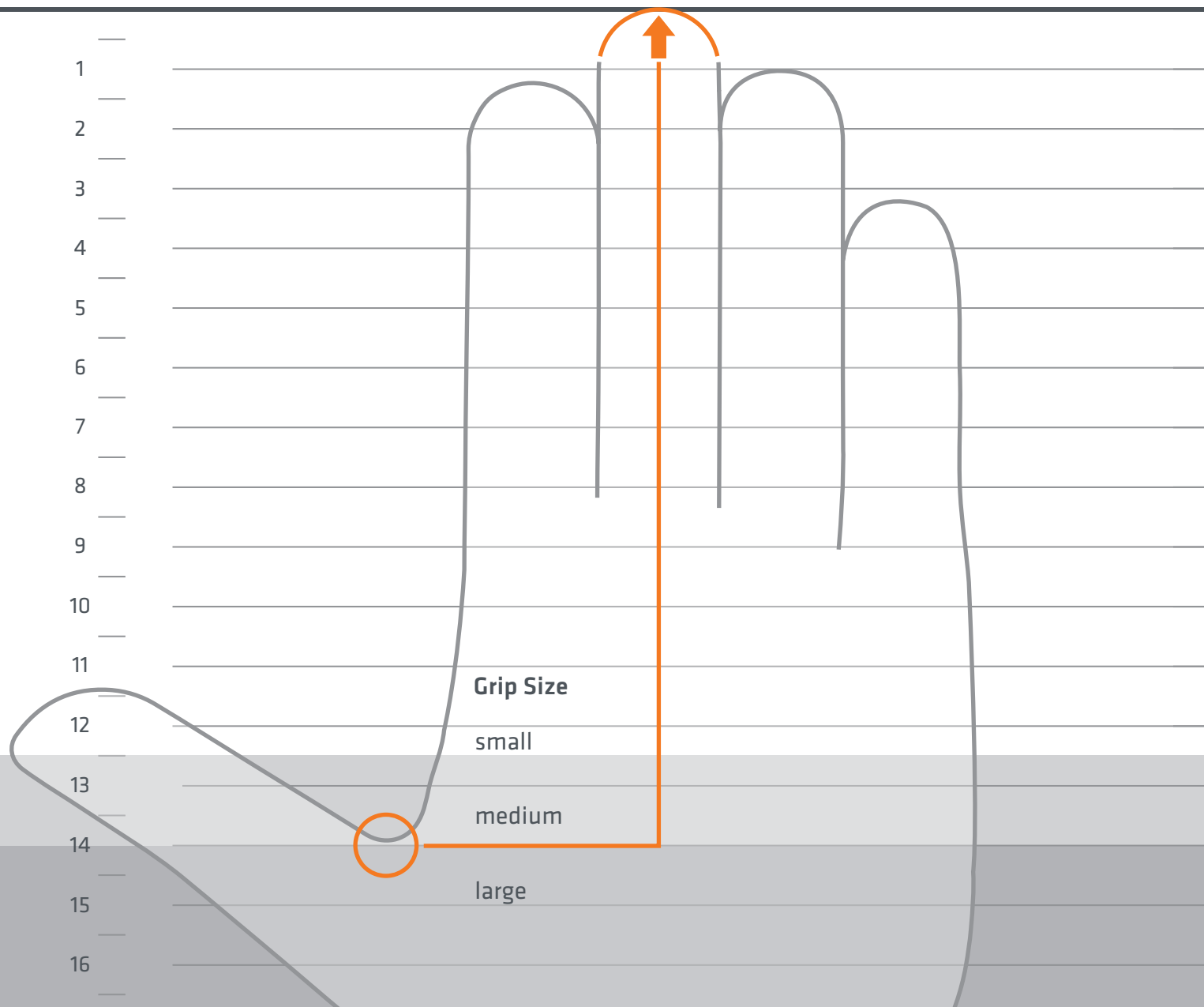
2.

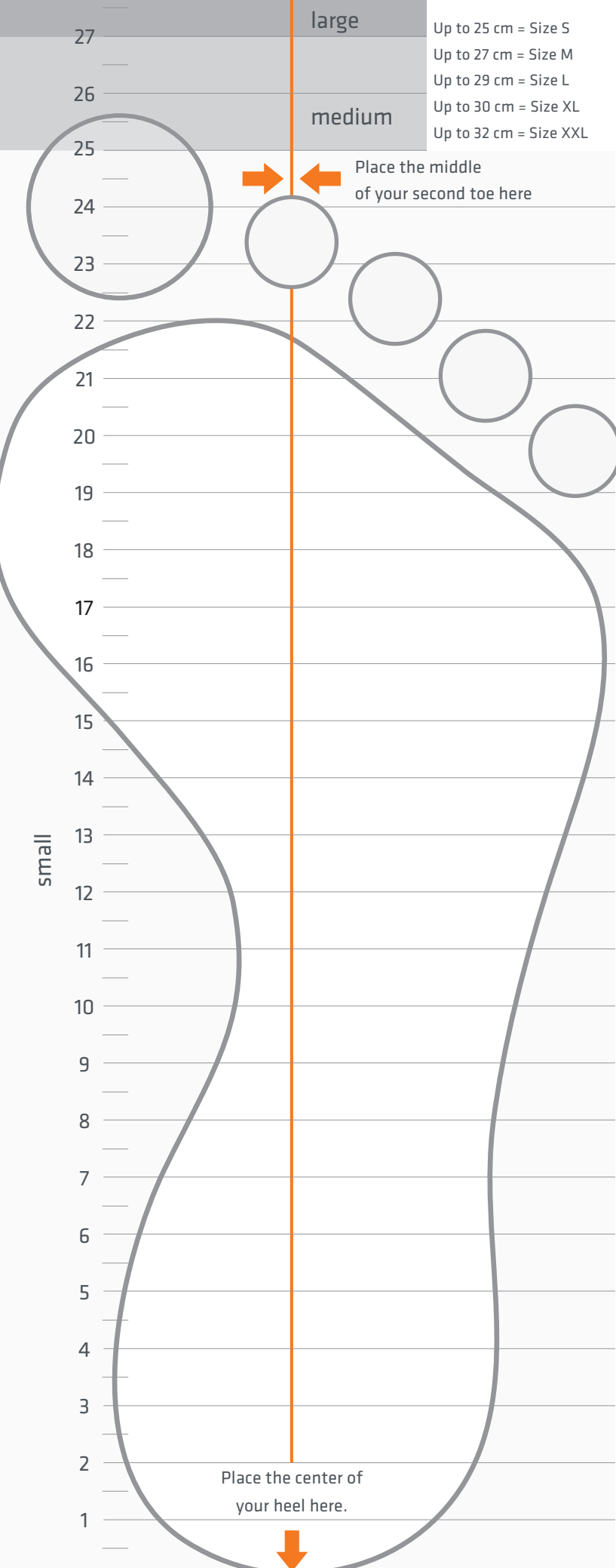


3.



Read your measurement on the scale and select the corresponding grip size.





Insoles Guide

How It Works

1. Position Your Foot

Stand barefoot with your right foot on the template, placing your heel and toes as indicated.

2. Trace Your Foot Shape

Use a pencil to outline your foot. If needed, use an additional sheet of paper.

3. Capture Your Arch Shape

From the inside of your foot, trace as far underneath your arch as possible between the heel and the ball of your foot.

Tip: Hold the pencil at a low angle for better accuracy.

4. Identify Your Foot Type

Compare your outline with the shapes provided:



A High Arch



B Neutral



C Low Arch

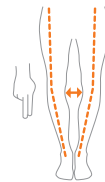


D Flat Foot

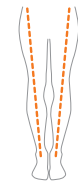
5. Check Your Leg Alignment

Stand upright (ideally in front of a mirror) and check your knee and ankle position:

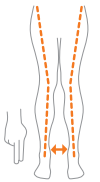
- Ankles touch, knees apart → Bow-Legged (O-Legs)
- Knees and ankles aligned → Neutral
- Knees touch, ankles apart → Knock-Kneed (X-Legs)



1 O-Legs



2 Neutral



3 X-Legs

6. Measure your foot length and determine the correct size using the ruler on the side.

7. Choose the Right Insole

Based on the combination of your foot type (arch) and leg alignment, select the insole that best matches your profile for optimal support and comfort.



HIGH

A1 A2 B1 B2



MED

A3 B3 C1 C2 D1



LOW

C3 D2 D3