

SQLab Home Fit Kit

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 easily at home with just a couple items which you should be able to find around your house!

Step:1

Find a piece of cardboard that approximately 12"-14" wide and a crayon or piece of chalk. A lighter piece of cardboard and a dark crayon work best here! Print out the SQLab Fit Brochure from our website at the address below.



Step:2

Find a table, stool or other flat surface which is approximately 16"-20" high



Step:3

Place the cardboard on the flat surface. Center your butt on the cardboard. Arch your back (don't slump or you won't get an imprint). Push down on the floor with your toes and pull down with your arms if possible. Grind those sitbones into the cardboard!



Step:4

If you look at the cardboard closely you should see imprints on the cardboard. Take the crayon and using the side rub it over the imprints. You should get coloring around the imprints but not in the depression. Now, take the crayon and draw around the outside of the imprints. Next locate the center and mark that with an "X".



Step:5

Take the fit brochure and measure the distance between the X's. Add "points" or centimeters based on your riding position. Choose the correct saddle width and model!!!

