Using the ruler above measure, seatbone distance from center to center

Important:
The calculated dimension is always the minimum width. When in doubt, select a saddle that is a little wider! It is very important to prevent the selection of a saddle that is too narrow. A slightly wider saddle can in some cases (touring/city) be more comfortable due to the larger contact area.

This is how it works:

1. Put the measurement cardboard (flat side down) on a chair and sit on it.
2. Arch your back and push down on your toes to push the seat bones further out.
3. Pull yourself down onto the seat area with your hands to increase the pressure on to the measurement cardboard.
4. Stand up. The seat bones should have imaged themselves on the waves of the cardboard. The impressions can be clearly marked with the marker. Mark the center point.
5. After obtaining your seat bone distance add 0 cm to 4 cm according to riding position as outlined above.

Cyclists who ride only up to 30 min. need soft saddles such as the 621 or 602.

For longer rides we recommend all other SQlab saddles. To keep the familiarization of the seat bones ride at least every two weeks.

For people with sensitive sit bones we recommend the active series.

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