

## Crank Sizing Chart

|   |           |       |       |        |        |
|---|-----------|-------|-------|--------|--------|
|   |           |       |       |        |        |
| Inseam  | under 19" | 20"   | 21"   | 22"    | 23"    |
| Crank length  | 135mm     | 140mm | 145mm | 150mm  | 155mm  |
| weight in grams   | 366       | 370   | 374   | 386    | 390    |
|   |           |       |       |        |        |
| Inseam  | 24"       | 26"   | 27"   | 28-29" | 30-31" |
| Crank length  | 160mm     | 165mm | 170mm | 175mm  | 180mm  |
| weight in grams   | 405       | 409   | 413   | 421    | 486    |
|   |           |       |       |        |        |
| * There is no magic formula to determine crank size. Inseam length as well as riding style should both be considered. The Golden Rule to crank arm length is to always ride the longest crank you can before your hips sway side to side. Once the hips start moving side to side, then you know the cranks are too long. |           |       |       |        |        |
| <b>This chart does not guarantee a proper fit, it just helps you get started.</b>   |           |       |       |        |        |