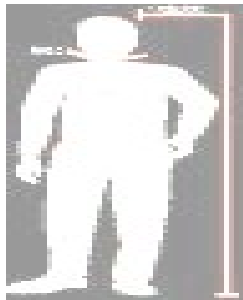




Option 1 – Measuring your Inside leg.

- Stand barefoot with your feet approximately 20cm apart.
- Measure from the floor to your crotch.
- This is the Inside leg measurement you use in the chart below.

	Frame Size cm				
Inside Leg	45	49	53	57	61
Up to 80cm	☐				
80cm – 87cm		☐			
87cm to 95cm			☐		
95cm to 101cm				☐	
Above 101cm					☐



Option 2 – Measuring your height

- Stand barefoot with your feet approximately 20cm apart.
- With help– measure from the floor to the top of your head.
- This height measurement you should use in the chart below.

	Frame Size cm				
Height	45	49	53	57	61
Up to 172cm	☐				
172cm – 177cm		☐			
177cm to 182cm			☐		
182cm to 186cm				☐	
Above 186cm					☐