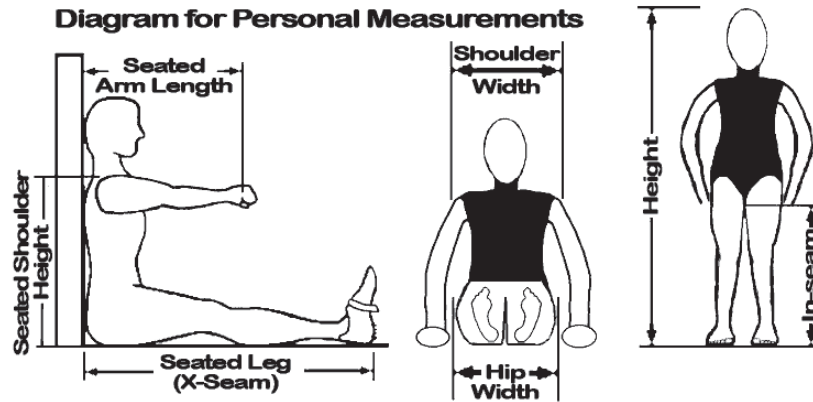


Measuring Yourself



The seated measurements are made with the rider sitting on the floor with his/her back firmly against a door or wall. With legs and arms straight out in front, and taken from the floor or the wall. Leg measurement is to the bottom of the shoe, and arm to centre of the clenched fist. With the Seated Leg measurement it is MOST IMPORTANT to have your backside firmly against the wall. Hip Width is a strictly two-dimensional measurement, as though one was measuring from a life-size photo of themselves. These measurements are needed to help select the correct frame size for the optimal fit.

Height - This is to be used as a general overview and to check that seated shoulder height and leg lengths sound correct if working with someone you have not seen yourself. Height alone will not give you a frame size. It doesn't take long to get used to working with these types of figures.

Inside Leg - This is used for crank length. We offer 170 and 175mm as standard but Specialite TA Cranks are also on offer as an up-grade and range from 155 - 185. We stock them in 5mm increments. There is a calculator in the sizing charts, but here's a general chart based on the calculator.

Cranks Length mm	155	160	165	170	175	180	185	190	197.5
In-seam in Inches.	28	29	30	31	32	33	34	35	36
So in general 32" and up will receive 175mm, and 31" and under will get 170mm. More than 5mm from 170 or 175mm, I suggest the up-grade as a worthwhile purchase.									

Measuring Yourself

Weight - This is to be checked against the sizing charts to make sure that people don't go over the limits of the trike. Weight limits are based on an average luggage capacity of 44 lbs. Our GTO Alloy rack can handle up to 66 lbs., and GTO Cromoly racks up to 88 lbs. So any weight over 44 lbs. should be added to the rider weight.

Seated Leg (X-seam) - This is the most crucial measurement and should fit between the Min. and Max. ratings on the sizing chart. Our frame sizes have been designed with a certain amount of overlap. If people fall into the middle ground, seated shoulder height is then looked at. People generally prefer the shorter of the two frame sizes if they fit, otherwise use the larger size.

Seated Shoulder Height - This is used mainly for people that could be one of two different frame sizes. This is a very general thing, and what one person may be comfortable with doesn't mean another will. It's best to get people on the trike and see. Our seats lengthen and shorten relative to the different size frames. This measurement is in reference to the top curve of the seat supporting the person's upper back (shoulder blades).

Related Frame size.	Small		Standard		Large			
In-seam in Inches.	21	22	23	24	25	26	27	28

Shoulder Width and Seated Arm Length (clenched fist) - These two are mainly used for speciality trikes like the Hand Crank models and for people with beyond average physical differences. Shoulder width can be used as a rough guide for seat width sizing.

Hip Width - This is used to determine Seat and/or Handle Bar width. As standard, our trikes have 360mm wide seats and 550mm wide Handle Bars. Our wider option consists of 400mm wide seat and 600mm wide Handle Bars. For Hip widths over 18", 600mm Handle Bars will be needed. Most people between 18" and 20" find that the 360mm seat however, is still comfortable. It all depends if the seat rails feel uncomfortable. For hip widths over 21" we would need to consider 650mm handle bars and possibly even a wider trike for 22" and over.

Measuring Yourself

Seat width in mm	330/360	330/360	360	360	360	360/400	360/400
Handle Bars in mm	500/550	500/550	550	550	550/600	600	600
Hip width in Inches	14	15	16	17	18	19	20

Narrower set-ups can be used for hip widths below 16" but they are not offered on our standard trikes and they aren't really necessary. The narrower seat and bars also drop re-sale chances for the new owner. They are offered for the new 16" wheel compact trikes as they have a narrower track. The Sizing Chart shows which models the wider or narrower seats are available on.

Measurements Required:-

X- Seam.....

Shoulder Height.....

Arm Length.....

Shoulder Width.....

Hip Width.....

In Seam.....

Height.....

Weight.....