



For the development and calculation of your individual frame geometry, we need nine core pieces of information.

Please ask the assistance of another person to make the most accurate measurements possible.

Please be aware of that the calculation of your geometry is strictly a function of the accuracy of the information you provide. Therefore we suggest that you take each measurement two or three time and that you average the measurements together, so that you can be quite sure that you have taken the right measurements.

Please take your time and be as meticulous as possible!

How to take the measurements?

Wear your cycling shorts and take the measurements in bare feet.

1. Inseam

Set your feet approximately 20 cm apart and straddle a straight edge – something like a square or a 2' level is ideal. Put as much pressure on your crotch as you feel when sitting on your bike saddle. Measure the distance from the top of the level to the ground. Alternatively, mark the wall, then step away and take the measurements of the mark to the ground.

2. Total body height

Remain standing against the wall with your feet 20 cm apart. Put the level on top of your head and make sure that it touches the wall without sagging. Mark the wall at the point where the level meets your head. Measure from this point to the floor.

3. Shoulder height

Remain standing against the wall with your feet 20 cm apart. Place the level on top of your AC (Acromioclavicular). The AC is the bony bump on top of your shoulder. Mark the wall at the point where the level meets your AC. Measure from this point to the floor.

4. Arm

Hold a cylindrical object in your fist, extend your arm in front of you and hold your arm in a 45° angle to your body. Do not allow your shoulder to come forward. Make sure that the object in your hand is perpendicular to your arm. Locate the Pivot of the arm to shoulder point and measure from this point to the center of the object, which should fall in line with your knuckles. Measure both arms and average the measurements.

5. Lower leg

Sit on a stool with your back straight and your pelvis hard against the wall. Place the level across the top edge of your kneecaps (where they connect to the bottom of your inner quadriceps muscles.) Measure from the bottom of the level to the ground.

6. Trunk

Sit on a stool with your back straight and your pelvis hard against the wall. Make sure that you sit straight and that your pelvis is against the wall. Place the level on top of your AC (Acromioclavicular). The AC is the bony bump on top of your shoulder. Measure from the bottom of the level to the top of the stool. Measure both sides of your body and average the measurements.

7. Shoulder length

Remain seated on the stool and measure the distance between your left and your right AC. (Acromioclavicular). The AC is the bony bump on top of your shoulder.

8. Shoe size

Please tell us the size of your cycling shoes.

9. Body weight

Please tell us your body weight.

Please take all the measurements and fill them in the form you find below.

We are looking forward to receiving your measurements. If you still have any questions, please feel free to contact us: info@pasculli.de