

BICYCLE FRAME SIZING CHART

Inseam (rider)	Road cm	Mountain inches	Height of cyclist
75	50	15-16	152-160cm (5FT-5FT 3IN)
76	51	15-16	162-167 (5FT 4IN-5FT 6IN)
77	52	15-16	
78	52	16-17	
79	53	16-17	170-175 (5FT 7IN – 5FT 9IN)
80	54	17-18	
81	54	17-18	
82	55	17-18	177-180 (5FT 10 IN- 5 FT 11 IN)
83	56	18-19	
84	56	18-19	
85	57	20-21	182-187 (6 FT- 6FT 2 IN)
86	58	20-21	
87	58	20-21	
88	59	20-21	
89	60	20-21	OVER 190 (OVER 6FT 3IN)
90	62	21-22	