



# How to set your saddle height in under 23 minutes without the guesswork

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**Have you ever wondered if your saddle was the right height but didn't know how to check?**

This guide will help you check and adjust your saddle height based on your leg length. Say goodbye to doubt and confusion and hello to improved stamina and comfort.

- Guide to measuring your leg inseam – no more guesswork
- Obtain your starting saddle height or frame size – set up and buy in confidence
- Hints and tips on making final adjustments – avoid injury and improve your understanding

Ready to go? Let's get started



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## Step 1) Preparation

You may need a good friend to help you with part 1. You won't need them for more than 2 minutes.

You will need:

- A hardback book or short spirit level
- A tape measure
- Pen and paper
- A calculator
- Allen key to adjust your seat

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## Step 2) Find a wall

Stand barefoot (socks are fine) against a wall with your feet shoulder width apart. Heels should be against the wall/skirting board



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### Step 3) Choose your book (or level)

Whilst standing against the wall, place your book or level between your legs and pull it upwards so that the pressure feels similar to sitting on a saddle.



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### Step 4) Find a good friend

You hopefully now realise why it needs to be a good friend and not a random stranger...

Have your friend measure from the top edge of the book or level down to the floor.

Make sure you keep the book level while they do this. If using a spirit level, keep the bubble between the lines.

If you don't have a special friend to help, make a mark where the top edge of the book is on the wall behind you using a pencil.

The measurement in CM from the top edge of the book or level is your inseam length



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### Step 4) The maths bit

To find your starting saddle height:

Take the value from step 3 and multiply by 0.883

e.g. if Inseam = 80cm

$80 \times 0.883 = 70.6\text{cm}$

*Inseam in CM X 0.883  
= Seat height in CM*

If you are buying a new bike or are just curious,

To find your approximate frame size:

C-T = 0.67

C-C = 0.65

*Inseam in CM X 0.67  
= Approx. Frame Size*

Frames are measured either centre of bottom bracket to top of top tube (C-T) or centre of bottom bracket to Centre of Top tube (C-C). This should be used as a guide only. Always test ride a new bike before buying and if possible, try different sizes.

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### Step 5) Where to measure

The value you got from step 4 is your starting saddle height. This number represents the distance from the centre of the bottom bracket to the top of your saddle measured along the seat tube. Make sure you measure in line with the seat tube and not vertically.

The bottom bracket is the axle around which your pedal cranks turn



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## Step 6) Making an adjustment

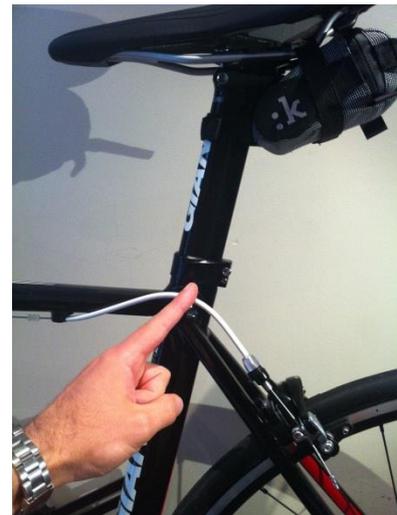
To adjust the height of your seat post, first loosen the bolts in your seat post clamp which will look like this:



And be located here.

Use an Allen key to loosen the bolts. No need to completely remove them or the clamp. Just loosen them so you can move the seat post up and down. Once you have adjusted double check you are at the correct saddle height. Keep adjusting in small increments till you get the right measurement.

Tighten the seat post nuts, ideally using a torque wrench.



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## Step 7) Go for a ride

Go for a short test ride to see how the new position feels. Don't take on a huge ride, just a 20 minute spin to make sure you are comfortable

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Notes:

1. Adjusting saddle height using this method is not as accurate as adjusting based on max. Knee bend at full extension but does provide a good starting point.
2. Saddle height is just one element of an efficient, safe and comfortable bike set up. If you are not comfortable on your bike or want to improve your performance, see a bike fit professional.
3. If you have a carbon seat post do not over tighten the seat post clamp bolts. Invest in a torque wrench and learn how to use it to make sure you don't damage your bike.
4. Tell-tale signs your saddle height is incorrect
  - a. Pain in the front of your knee = seat too low
  - b. Pain in the rear of your knee = seat too high

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