

Make sure your bicycle is a perfect fit

(1) Adjust the height of the saddle so that your leg is slightly bent when the pedal is at its lowest point. Then move the saddle backwards and forwards until your knee is over the pedal, with the cranks horizontal.

(2) Loosen the bolt that holds the saddle in the frame, then set the saddle height. Undo the bolt under the saddle to set the reach to the handlebars. This bolt also allows you to adjust the saddle angle. It should be nearly flat. If you cannot stand comfortably astride the bike, it is too big for you.

(3) Fit spacers under the stem so that the handlebars are just below the saddle.