



How to Measure Your X-Seam

Unlike a traditional upright bike where you move the seat up and down to adjust to your height, on a recumbent cycle, you move the boom in and out of the frame to adjust for height, more specifically your leg length. The best way to determine the length of boom you need for your recumbent cycle is to measure your x-seam (note this is different than your in-seam!)

Materials Needed:

- Tape Measure
- Board, about 30" to 48" long (e.g. piece of wood, short ironing board, etc.)
- Wall
- Book (optional)

To measure your x-seam, lean the board against the wall and move the bottom of the board so that it is half the length of the board from the bottom of the wall (see reference image). This will simulate the recline seat position of a recumbent cycle. Remove your shoes and sit on the floor. Position yourself so that your bottom is seated at the base of the board (you may need to hold the board in place and scoot backwards so that your bottom is flush with the board). Put your legs out in front of you and put a book in front of your feet. Bend your ankles so that your toes are pointing up toward the ceiling, and straighten your legs, pushing the book forward with your heels. Make sure your legs are out straight with no bend in the knees. Without moving the board and book, you can sit to the side or stand up and measure the distance between the base of the board and the book. This number, in inches, is your x-seam and it can be used to select a cycle that will accommodate your height, or more specifically your leg length.

