

A GUIDE TO Adjusting Your Saddle

Having your saddle (bike seat) at the wrong height makes it harder for you to ride efficiently. A saddle that's too high or low strains your body and reduces your control and power.

Follow these steps to adjust your saddle to the right height. You'll be more comfortable and less likely to injure yourself because of poor form. Best of all, you'll use the full power of your legs and make the most of every pedal stroke!

STEP 1

Loosen your seatpost using a hex wrench (turn the bolt counterclockwise). Carbon or more lightweight bikes may need a torque wrench instead. If your seatpost has a quick-release lever, you will not need tools and can simply pull the lever away from your bike to loosen the seat.

STEP 2

As a starting point, standing next to your bike, raise the saddle so the top is even with your hip bone. Do not raise the seatpost past the minimum insertion line that is marked on it. Tighten the seatpost, making sure the nose of your saddle is straight and aligned with the top of your tube.

STEP 3

Raise the kickstand if you have one. Using a wall, fence, or some other fixed object for balance, engage one of your brakes and sit on the bike. Pedal backwards until one leg is at the bottom of a pedal stroke (in the 6 o'clock position). You should have a slight bend in that knee when the ball of your foot is on the pedal.

STEP 4

Remaining on the saddle and still holding onto the wall, take your feet off the pedals and dangle both legs. If your saddle is at the right height, the tips of your toes on both feet should touch the ground. If you cannot touch the ground with the tips of your toes, your seat is too high. If your feet are flat on the ground, your seat is too low.



To view a great video that details these steps, and was the basis for creating these instructions, visit: [How To Set Your Saddle Height - YouTube](#)

