



First, grab the following supplies:

- Tape measure or ruler with millimeter (mm) units
- Calculator
- Paper, pen/pencil
- **Cheek To Cheek**

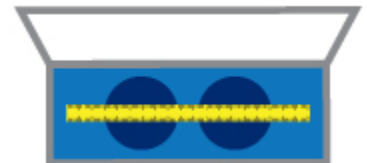
Second, Place **Cheek-To-Cheek** on a flat-seated chair or other flat surface like your coffee table.

Third, SIT ON IT, just like you would your bike. Imitating your riding position by squatting on **Cheek to Cheek**.



**Okay, you can stand up now, but you're not done. Now you have to measure. Proper measuring will determine your saddle width range. Here's how to properly measure your butt imprint.**

- The impression will have two low points, one on each side
- Typically each sit bone low point will be about 1 to 2 cm (10 to 20 mm) from the center of each buttock impression, measured from the inside impression edge
- **Press** your finger or pencil into **Cheek-To-Cheek** to mark both sit bone low points
- **Measure** the width between the two sit bone low points. It needs to be in millimeters (mm)



**Okay, time for a little math. Pencil's ready:**

- ✓ **Write** down the measurement
- ✓ **Repeat** -- measure it again (seriously, measure it again)
- ✓ **Write** down the second measurement
- ✓ **Calculate** the average of the first and second measurements by adding them together and dividing by two
  - Example:
    - First measurement 122 mm
    - Second measurement 126 mm
    - $122 \text{ mm} + 126 \text{ mm} = 248 \text{ mm}$  total of two measurements
    - $248 \text{ mm} / 2 \text{ measurements} = 124 \text{ mm}$  average measured sit bone width

**Got it? Okay, just a little more math:**

- **Add** 10 mm to 20 mm to the average. This is the recommended **saddle width range**
  - Example:
    - $124 \text{ mm sit bone width} + 10 \text{ mm} = 134 \text{ mm saddle width}$



- 124 mm sit bone width + 20 mm = 144 mm saddle width

Now you just need to match your calculations with available saddle width ranges at the following link:

- [We Keep You Cycling Saddles Range Here](#)
- Your typical saddle widths/sizes are as follows:
  - **Narrow** 125-134 mm
  - **Medium** 135-145 mm
  - **Wide** 145+ mm
  - **Women's Specific** 150-160 mm

**Need help picking a saddle?**

See our FAQ's on the Cheek to Cheek page or visit our website to see our selection of saddles.