



Recommendations for choosing the right seat

WAIST SIZES		JUNIOR	XS	S	M	L	XL	XXL
UK	Man		26-28	30-32	34-36	38-40	42-44	46-48
	Lady		6-8	8-10	12-14	14-16	16-18	18-20
Euro	Man waist cm		44	46	48	50	52	54
	Lady waist cm		38	40-42	44	46	48	50
USA	Man waist inch		29	30-31	32-33	34-35	36-37	38-39
	Lady waist inch		24-25	26-29	30-31	32-33	34-35	36-37
	Lady		2	4	6	8	10	12

full carbon		•	•	•				
full carbon Lite				•	•	•		
carbon		•	•	•				
carbon Lite				•	•	•		
composit		•	•	•				
forma				•	•	•		
Chrono	•	•	•	•				
evolution		•	•	•				
dynamic				•	•	•		
stratos		•	•	•	•	•		
Lite209				•	•	•		
glider				•	•	•		
avant					•	•	•	
pro					•	•	•	
plus					•	•	•	
Lite Junior	•							

ATTENTION: It is important to know that the table is statistically valid for 75% of the population and not valid for the remaining 25%. In fact, there are many combinatorial variables of the parameters considered. A person can have a quite narrow pelvis, for example size 46-48, but a relatively wide tuberosity axis and therefore the normally indicated seat is too narrow; or the opposite can occur: a very tall athlete with size 52-54, but with a narrow tuberosity axis, needs a narrow seat. These cases must be evaluated individually and only the assistance provided by the cyclist's sensations permits Selle SMP to find the best solution.