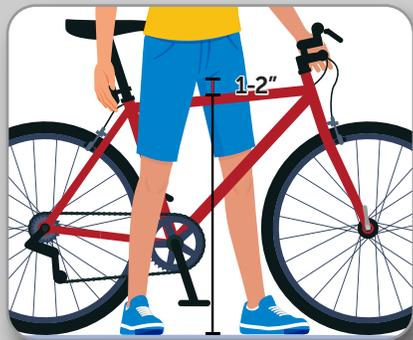




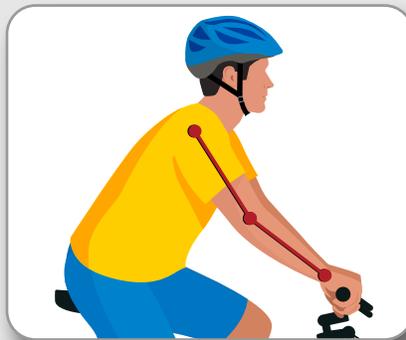
Fitting a Bike

When it comes to picking a bike, you need to make sure it's the right size for you. Be sure that your feet reach the pedals while seated and your hands can easily grip the brakes when you need to slow or stop. This will give you better control of the bike, ensuring a safer ride.



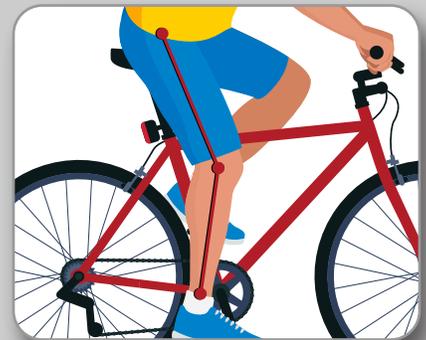
Bike Height

While straddling your bike with your feet flat on the ground, you should have at least 1 to 2 inches between your crotch and the bike frame's top tube. Depending on the bike and type of riding – whether you are touring, commuting, or mountain biking – you may need more space.



Handlebar Reach

The distance from the seat post to the handlebars should allow you to sit in a comfortable riding position with a soft bend in your arms. You should not have to stretch to reach or squeeze the brakes.



Saddle Height

The seat's height should allow a slight bend in your leg while extending the bottom pedal with your foot when seated.

The Right Type of Bike

Different types of riding require different bikes. Make sure you choose the right bike—whether a road, hybrid, or mountain bike. Find a bike shop with a professional who can help you choose the right type and size of bike.

