

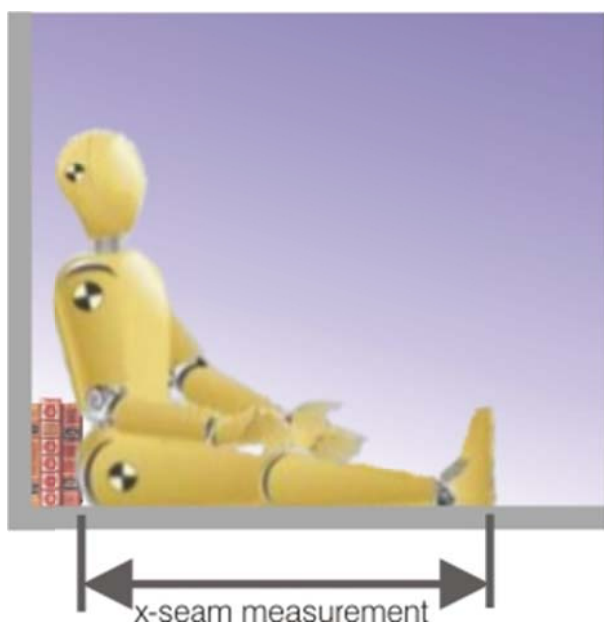
ICE Rider Sizing

All of our models are adjustable for leg length over a wide range of sizes but they do have limits, just like conventional bicycles. This page will help to show you how the adjustment works.

Leg Length (X-Seam)

The first thing to do is to check your leg length. Because you will be sitting on the trike or bike in a recumbent position the distance from your back (where you press against the seat) and your feet is the distance you will need to measure. We will call this your X-Seam but please be aware that our definition may be different from the convention so it is best to check your measurement using the following method:

1. Place some books or a suitable object against a wall and then sit pressed up against the object with your knees flat to the floor as shown in the picture above.
2. Measure from the books or object to your heels (without shoes on) - this is your X-Seam measurement. Measure in inches or if you measure in cm then divide the result by 2.54 to get inches. Round up or down to the nearest inch.



The following table shows how suitable our trikes are for your X-Seam.

Model	Approximate X-Seam adjustment range in inches																
Adventure			37	38	39	40	41	42	43	44	45	46	47	48	49		
Sprint	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49		
Vortex	35	36	37	38	39	40	41	42	43	44	45	46	47				
B1				38	39	40	41	42	43	44	45	46	47				
B2								42	43	44	45	46	47				
<div style="display: flex; justify-content: space-between; padding: 5px;"> Order short crank option and FF bracket Order short crank option Standard Order FB bracket </div>																	

Hard Shell Seat Sizing

The hard-shell seat is available in two sizes; medium and large.

Having a shoulder height measurement helps take the guesswork out of choosing the right size seat for you. This is a more reliable method than using your overall height, as back length to leg length ratio can vary greatly between different people.

Please be aware that our definition may be different from the convention so it is best to check your measurement using the following method:-

Work with a partner to do the measurements; it is much easier than trying to do this by yourself.

Make measurements in either inches or centimetres.

1. Sit on the floor with your back as flat against the wall as you can get it. Bend your legs if it is more comfortable. Relax your arms.
2. Find the end of your acromion bone, which is located at the very tip of your shoulder, slightly toward the back of your shoulder.
3. Have your helper measure from the end of your acromion bone vertically to the floor, you will probably need to place a something straight like a ruler or the edge of a book horizontally across your shoulder to measure to.



	If your shoulder height (sitting) is this measurement or less Choose the medium seat.	If your shoulder height (sitting) is this measurement or more Choose the large seat.
measurement in centimetres	58cm	59cm
measurement in inches	23"	23.25"