



Bike size chart by height

Find your height and read across to your type of bike. Between two rows?

Measure your inseam: inseam (cm) $\times$ 0.665 = road frame size (cm).

Height	cm	Road and gravel	Mountain	Hybrid and city
4'10"–5'1"	148–155	XXS, 44–47 cm	XS, 13–14"	XS
5'1"–5'4"	155–163	XS, 48–50 cm	XS or S, 14–15"	S
5'4"–5'7"	163–170	S, 51–53 cm	S, 15–16"	S or M
5'7"–5'10"	170–178	M, 54–55 cm	M, 17–18"	M
5'10"–6'1"	178–185	L, 56–58 cm	L, 19–20"	L
6'1"–6'4"	185–193	XL, 58–60 cm	XL, 21–22"	XL
6'4" +	193 +	XXL, 61 cm +	XXL, 23" +	XXL

Measure the inseam

Socks on, back to a wall, feet 15–20 cm apart. Pull a hardback book up between the legs, as firm as a saddle. Mark the top of the book on the wall and measure to the floor.

Brands name sizes differently

A rider 175 cm (5'9") tall is a 54 or 56 at Specialized, an S at Canyon and an M at evo. Check the brand's own chart for the model you buy.

Sources: Our consensus of the Specialized, Canyon, bike-discount.de and evo charts. Checked 30 Oct 2026. Sizes are guidance: check the brand's chart for the exact model.