

ALTEGO Measurement Information Form:

● Tips for taking your measurements:

- Watch the video tutorial beforehand: <https://youtu.be/9xUs0fYK3XA>
- For better accuracy, we recommend measuring yourself in underwear or tight-fitting clothing.
- You can measure yourself alone, but it is easier with help from someone.

■ You will need:

- ☐ A large square ruler (or a rigid book)
- ☐ A tape measure
- ☐ A pen (and a sheet of paper with a piece of tape if you do not want to make marks on your wall)
- ☐ A wall (with a corner if you are measuring yourself alone)

Enter your measurements here (All measurements must be taken without shoes) :

A/ Your total height : _____, ____ cm
Standing straight with your head against a wall / Feet against the wall and shoulder-width apart

B/ Your inseam length : _____, ____ cm
Keep the square ruler perfectly horizontal, in contact with the perineum without pressing too hard

C/ Your arm span : _____, ____ cm
Measured facing the wall, palms flat against the wall, arms horizontal and fully extended / With fingers extended, measure from the tip of one middle finger to the middle finger of the other hand (stand in a room corner if measuring yourself alone)

D/ Your RIGHT shoulder height : _____, ____ cm
Feet shoulder-width apart / Arms along the body / Shoulders relaxed and against the wall / Measure the end of the acromion (not the end of the clavicle) / Inhale then exhale, and take the measurement after fully exhaling

E/ Your LEFT shoulder height : _____, ____ cm
(Because we are rarely symmetrical)

F/ Your fingertip-to-floor height (RIGHT SIDE) : _____, ____ cm
Arms straight and along the body / Palms flat against the wall / Measure from the tip of the middle finger to the floor / Measure under the same conditions as shoulder height: Shoulders against the wall and measurement after fully exhaling

G/ Your fingertip-to-floor height (LEFT SIDE) : _____, ____ cm

H/ Your weight with your cycling equipment (including helmet) : _____, ____ kg
Optional, requested for suspension setup advice in the advanced analysis