Bicycle Frame Size Chart: Mountain Bikes, Adult

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NOTES: Frame sizes are inches
Frame sizes and crank lengths are starting points only. No guarantees here.
CONSULT YOUR LOCAL BICYCLE SHOP FOR A PROFESSIONAL FITTING.

Common frame size for your height/inseam

Possible frame size for your height/inseam

Height			Inseam (inches or cm)																											
			25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	in
overall	in	cm	64	65	66	67	69	70	71	72	74	75	76	77	79	80	81	83	84	85	86	88	89	90	91	93	94	95	97	cm
4'8"	56.0	142	13	13	14	14	14	15																						
4'8.5"	56.5	144	13	13	14	14	14	15	15																					
4'9"	57.0	145		13	14	14	14	15	15																					
4'9.5"	57.5	146		13	14	14	14	15	15	15																				
4'10"	58.0	147			14	14	14	15	15	15																				
4'10.5"	58.5	149			14	14	14	15	15	15	16																			
4'11"	59.0	150			14	14	14	15	15	15	16																			
4'11.5"	59.5	151				14	14	15	15	15	16	16																		
5'	60.0	152				14	14	15	15	15	16	16																		
5'.5"	60.5	154					14	15	15	15	16	16	16																	
5'1"	61.0	155					14	15	15	15	16	16	16																	
5'1.5"	61.5	156						15	15	15	16	16	16	17																
5'2"	62.0	157						15	15	15	16	16	16	17																
5'2.5"	62.5	159							15	15	16	16	16	17	17															
5'3"	63.0	160							15	15	16	16	16	17	17															
5'3.5"	63.5	161							15	15	16	16	16	17	17	17														
5'4"	64.0	163								15	16	16	16	17	17	17														
5'4.5"	64.5	164								15	16	16	16	17	17	17	18													
5'5"	65.0	165									16	16	16	17	17	17	18													
5'5.5"	65.5	166									16	16	16	17	17	17	18	18												
5'6"	66.0	168										16	16	17	17	17	18	18												
5'6.5"	66.5	169										16	16	17	17	17	18	18	19											
5'7"	67.0	170										16	16	17	17	17	18	18	19											
5'7.5"	67.5	171											16	17	17	17	18	18	19	19										
5'8"	68.0	173											16	17	17	17	18	18	19	19										
5'8.5"	68.5	174												17	17	17	18	18	19	19	19									
5'9"	69.0	175												17	17	17	18	18	19	19	19									
5'9.5"	69.5	177													17	17	18	18	19	19	19	20								
5'10"	70.0	178													17	17	18	18	19	19	19	20								
5'10.5"	70.5	179														17	18	18	19	19	19	20	20							
5'11"	71.0	180														17	18	18	19	19	19	20	20							
5'11.5"	71.5	182														17	18	18	19	19	19	20	20	20						
6'	72.0	183															18	18	19	19	19	20	20	20						
6'.5"	72.5	184															18	18	19	19	19	20	20	20	21					
6'1"	73.0	185																18	19	19	19	20	20	20	21					
6'1.5"	73.5	187																18	19	19	19	20	20	20	21	21				
6'2"	74.0	188																	19	19	19	20	20	20	21	21				
6'2.5"	74.5	189																	19	19	19	20	20	20	21	21	21			
6'3"	75.0	191																		19	19	20	20	20	21	21	21			
6'3.5"	75.5	192																		19	19	20	20	20	21	21	21	22		
6'4"	76.0	193																		19	19	20	20	20	21	21	21	22		
6'4.5"	76.5	194																			19	20	20	20	21	21	21	22	22	
6'5"	77.0	196																			19	20	20	20	21	21	21	22	22	
6'5.5"	77.5	197																				20	20	20	21	21	21	22	22	
6'6"	78.0	198																				20	20	20	21	21	21	22	22	
6'6.5"	78.5	199																					20	20	21	21	21	22	22	
6'7"	79.0	201																					20	20	21	21	21	22	22	
Crank sizes			170mm							175mm										180mm										

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