

Age	4-5	5-7	7-9	9-11	10-13	13-15	16-99	16-99
cm	100 - 115	115 - 125	120 - 138	137 - 156	148 - 168	164 - 175	170 - 180	176 - 195
inch	39,4" - 45,3"	45,3" - 49,2"	47,3" - 54,3"	53,9" - 61,4"	58,3" - 66,2"	64,6" - 68,9"	66,9" - 70,9"	69,3" - 76,8"
 BODY LENGTH	FRAME "MICRO" 42,5 CM - 16,7"							
	CRANK 130 - 135 MM	FRAME "MINI" 44,5 CM - 17,5"						
	GEAR 34 X 16 T	CRANK 140 - 145 MM	FRAME "JUNIOR" 47,0 CM - 18,5"					
		GEAR 36 X 16 T	CRANK 145 - 150 - 155 MM	FRAME "EXPERT" 49,5 CM - 19,5"				
			GEAR 35 X 15 T	CRANK 160 - 165 MM	FRAME "EXPERT XL" 52,0 CM - 20,5"			
				GEAR 37 X 15 T	CRANK 165 - 170 MM	FRAME "PRO L" 53,0 CM - 20,9"		
					GEAR 38 X 15 T	CRANK 170 - 175 MM	FRAME "PRO XL" 54,0 CM - 21,3"	
						GEAR 38 X 14 T	CRANK 170 - 175 - 180 MM	FRAME "PRO XXL" 55,0 CM - 21,7"
							GEAR 43 X 16 T	CRANK 175 - 180 MM
								GEAR 44 X 16 T

BMX RACE AVERAGE SIZING CHART

WHICH SIZE OF BIKE DO I NEED? WHICH CRANK LENGTH DO I NEED? WHICH GEAR DO I NEED?