

# AI-00869 Bike Saddle Height Formula

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## What is ideal bike saddle height formula?

There are two common formulas used to estimate ideal bike saddle height based on your inseam measurement:

- **LeMond Method:** This multiplies your inseam measurement in millimeters by 0.883. This gives you the distance between the top of your saddle and the center of your bike's bottom bracket, since it subtracts the crank length.
- **Hamley Method:** This multiplies your inseam measurement by 1.09. This results in the distance between the top of your saddle and the pedal axle when the crank is in the down (6 o'clock) position.

It's important to remember that these are just starting points. Other factors like your riding style, flexibility, and bike setup can influence ideal saddle height. Here are some additional tips for getting your saddle height dialed in:

- Fine tune after using the formula: Start with the calculated height and make small adjustments up or down based on how you feel riding the bike.
- Knee bend at full extension: Ideally, your knee should have a slight bend (25-30 degrees) when the pedal is at its furthest point down.
- Flat foot on pedal: As a rough guide, you should be able to just barely touch the ground with the ball of your foot when the crank is at the bottom position.

For the most accurate saddle height, it's recommended to get a professional bike fitting. They can assess your individual needs and adjust your bike to optimize comfort and efficiency.