Measure your sit bones in one minute

The two bones you sit on — the ischial tuberosities — decide which saddle width fits you and whether a cutout seat cushion lines up. One measurement, both uses. No special kit: corrugated cardboard and a ruler.

1. The cardboard method

1. Put a flat piece of **corrugated cardboard** on a **hard, flat** bench or chair — not a padded one.
2. Sit on it for about **30 seconds**, then lean forward a little and lift your feet — the same reading serves a chair and a saddle.
3. Stand up. You should see two shallow dents.
4. Mark the **center** of each dent and measure between the marks. Center to center, not rim to rim — rim to rim reads wider than you are.
5. Repeat on a fresh patch. If the two numbers are within about 5 mm (a fifth of an inch), use the average.

My sit-bone width: _____ mm = _____ in

Most adults land between about **100 and 155 mm** (4 to 6 inches). Women average about 13 mm wider than men; reclining spreads the contact points by about a centimeter.

2. From your number to a saddle

A saddle has to be wider than the bones it carries. What the fitting guides add to your measurement (the end points are theirs; the steps between are our reading):

Riding position	Add
Fully extended (TT, triathlon)	about 0 mm
Sporty (road, on the hoods)	+10 to +20 mm
Moderate (MTB, gravel, hybrid)	+20 to +30 mm
Upright (city, trekking, cruiser)	+30 to +40 mm

Brands fold their own corrections into size charts, so treat the result as the width to try first. The free calculator does the arithmetic and shows the sources: **aylio.com/card**

Want to see the openings rather than read a number? Print them at actual size: **aylio.com/template**

Scan for the free calculator
Your number and riding position, at aylio.com/card.

Off the bike

The same number sizes a desk cushion. The Socket Seat's two openings sit 6″ apart and are designed for widths of about **3.6″–6.7″** (3.3″ and 7.0″ are the borderline edges). Check yours at **aylio.com/fit**.

3. Where the numbers come from

Sit-bone widths: Scientific Reports 11 (2021); J. Phys. Ther. Sci. 28 (2016); Velagapudi & Ray, Research into Design for a Connected World (2019); PLOS ONE (2023) — charted with sources at **aylio.com/learn/how-far-apart-are-sit-bones**. Saddle allowances: bike-components.de, Singletracks (SQlab), BikeFit.

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