

ステップ 1：サドルの形状を選択する

	TOP SADDLE FEATURES	BIKE MOST COMMONLY USED ON	BEST IF YOU WANT...
PERFORMANCE SHORT	SLOPED TOP; MAXIMUM HIP SUPPORT IN AERO POSITION	TRIATHLON, TIME TRIAL, ROAD	A RACING SADDLE FOR ALL-OUT TT EFFORTS
PERFORMANCE LONG	LONG SHAPE ACCOMMODATES FORE/AFT MOVEMENT	ROAD, MOUNTAIN	MORE REAR WIDTH FOR CLIMBING MOUNTAINS
PERFORMANCE NARROW	NARROWEST SHAPE; MAXIMUM THIGH CLEARANCE	ROAD, TRIATHLON, TIME TRIAL	INCREASED FREEDOM-OF-MOVEMENT ON THE SADDLE AND BIKE
PERFORMANCE RECREATION	SAME SHAPE AS PERFORMANCE SHORT WITH EXTRA PADDING	HYBRID, MOUNTAIN, TRIATHLON	MORE PADDING FOR ALL-DAY COMFORT ON ANY BIKE
PERFORMANCE MOUNTAIN	SLOPED REAR SECTION FOR BODY CLEARANCE	MOUNTAIN	EXTRA REAR CLEARANCE FOR TRAIL OBSTACLES
COMFORT FITNESS	FLAT TOP AND WIDE BASE	HYBRID, INDOOR SPINNING, BEACH CRUISER	A STABLE PLATFORM FOR FITNESS CYCLING
COMFORT CITY	SLOPED FRONT FOR EASY MOUNTING/DISMOUNTING	HYBRID, POLICE, COMMUTER	MAXIMUM EASE-OF-USE FOR COMMUTING

1、最初にサドル形状を選択します。骨盤の幅や、自分の志向するライディングに合わせて、サドル幅、サドル長を選びます。

ステップ 2：パディングの量を選択する

	LESS FOAM	THICKNESS OF FOAM PADDING										MORE FOAM
	10	15	20	25	30	35	40	45	50	55	60	65
PERFORMANCE SHORT	PS 1.0											
PERFORMANCE LONG												
PERFORMANCE NARROW												
PERFORMANCE RECREATION												
PERFORMANCE MOUNTAIN												
COMFORT FITNESS												
COMFORT CITY												
	10	15	20	25	30	35	40	45	50	55	60	65
	LESS FOAM	THICKNESS OF FOAM PADDING										MORE FOAM

2、次にパッドの厚みを選択します。この表は左側が薄く右側が厚くなります。

※多くの方がサドル選びに苦労されていることだと思いますが、この方法がすべて解決できるものでないことをご理解ください。数多くある ISM を選ぶ上で、参考にできれば幸いです。