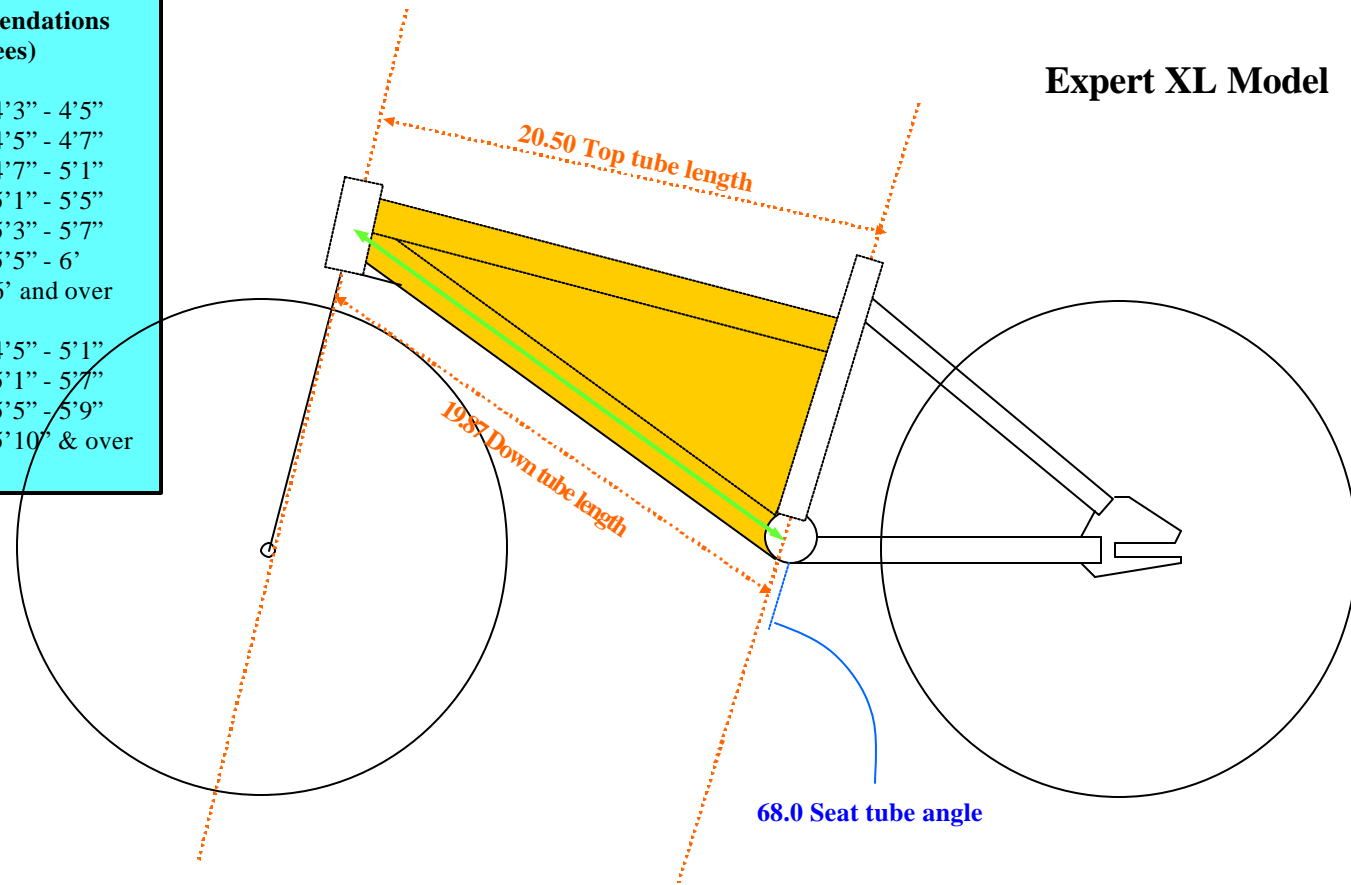


**Frame size recommendations
(not guarantees)**

Mini	riders 4'3" - 4'5"
Junior	riders 4'5" - 4'7"
Expert	riders 4'7" - 5'1"
Expert XL	riders 5'1" - 5'5"
Pro	riders 5'3" - 5'7"
Pro XL	riders 5'5" - 6'
Pro XXL	riders 6' and over
Jr. Cruiser	riders 4'5" - 5'1"
Expert Cruiser	riders 5'1" - 5'7"
Pro Cruiser	riders 5'5" - 5'9"
XL Cruiser	riders 5'10" & over

Expert XL Model



To properly size a frame, there are several things to look at, but nothing more critical than the front end length (or rider area shown in **gold**) as this is the distance between the riders legs and hands. Most bike companies measure the front end length of a frame by the top tube only. However for a BMX frame, the top tube length does not give accurate "rider area" measurements because BMX riders are not sitting on the seat when they race; they are standing and pedaling! Seat tube angles vary depending on the brand, but the bottom bracket position will not change. So, to compare one BMX frame to another you must measure the down tube as shown in **green**. Measure from the center of the bottom bracket to the center of the head tube. This will give you accurate "rider area" on any frame you compare.