



Bike Fit Measurement Instructions Manual



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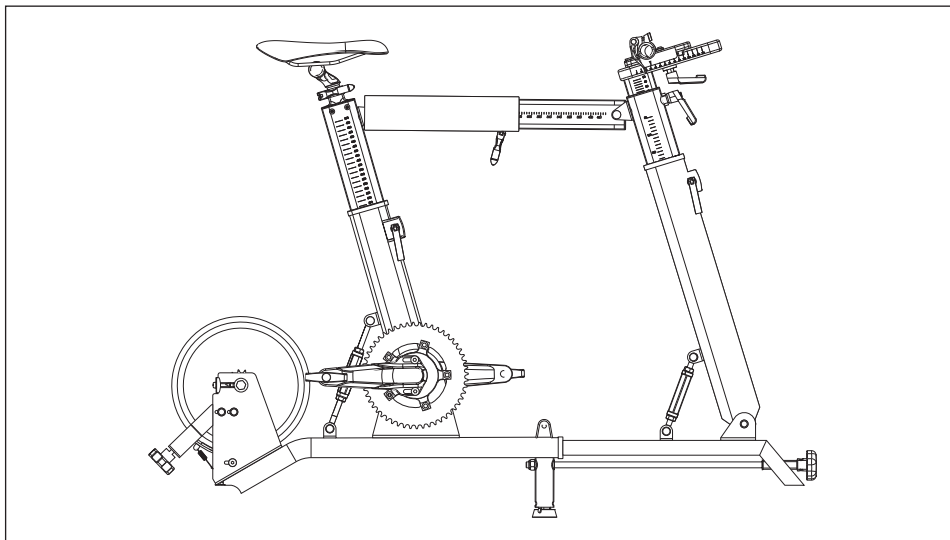
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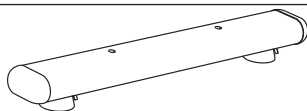




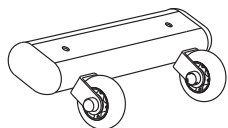
Angle Gauge X 1
角度規



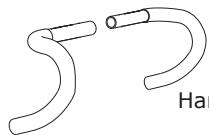
Pedal 腳踏 X 1
E-PB513



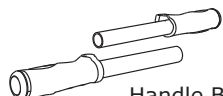
Rear Base X 1
後台



Front Base X 1
前台



Handle Bar (road) X 1
把手 (公路)



Handle Bar (mtb) X 1
把手 (登山)



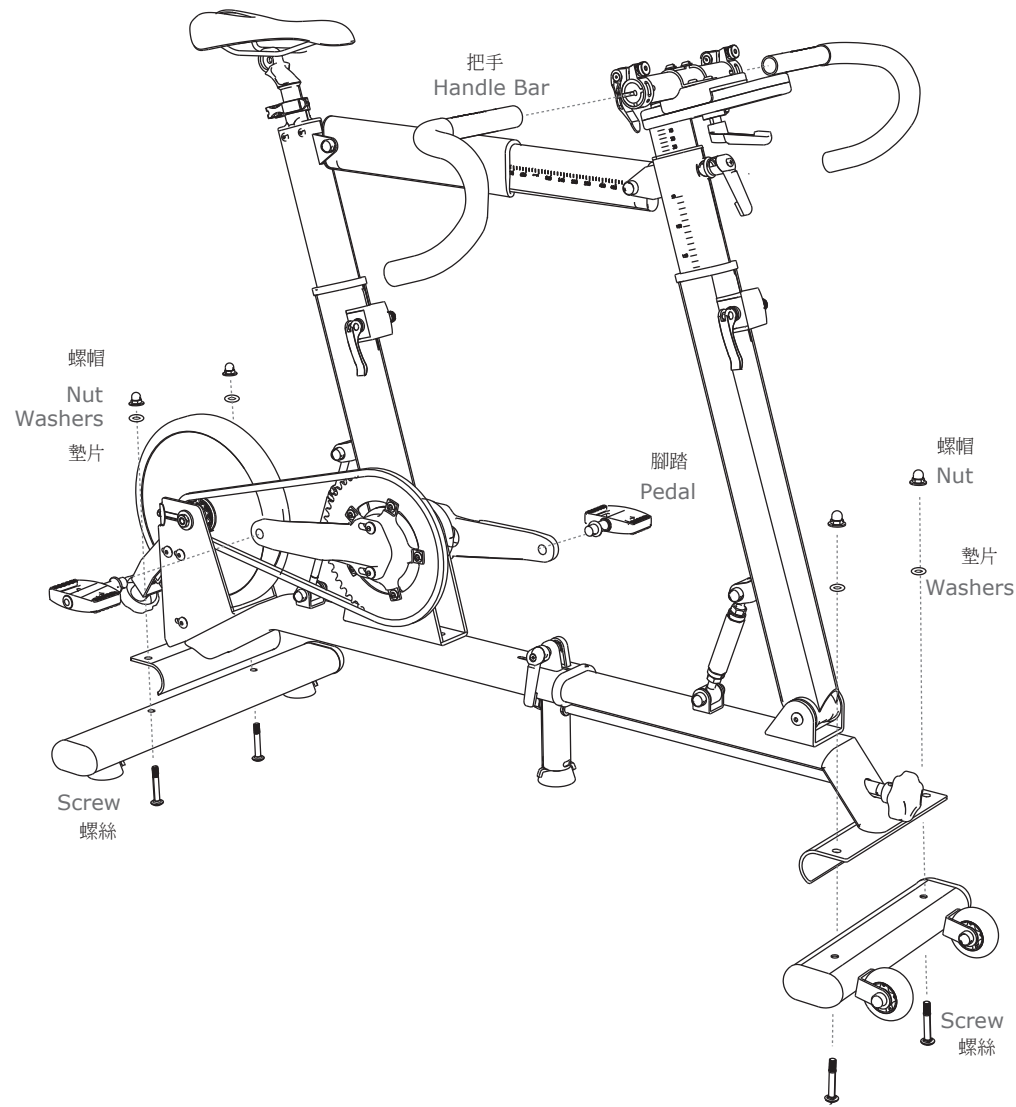
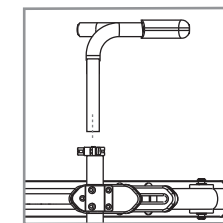
Screw X 6
螺絲



Nut X 6
螺帽



Washer X 6
墊片



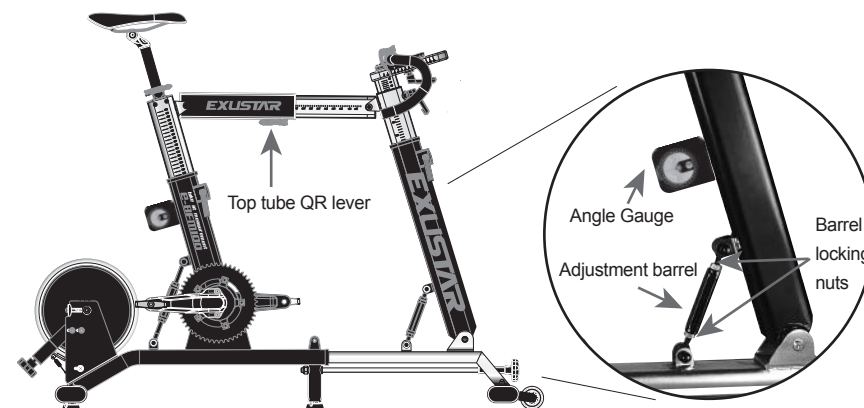
INSTRUCTIONS

Preparation:

Choose a bicycle frame that is approximately the right size for you.

1. Head Tube Angle Adjustment

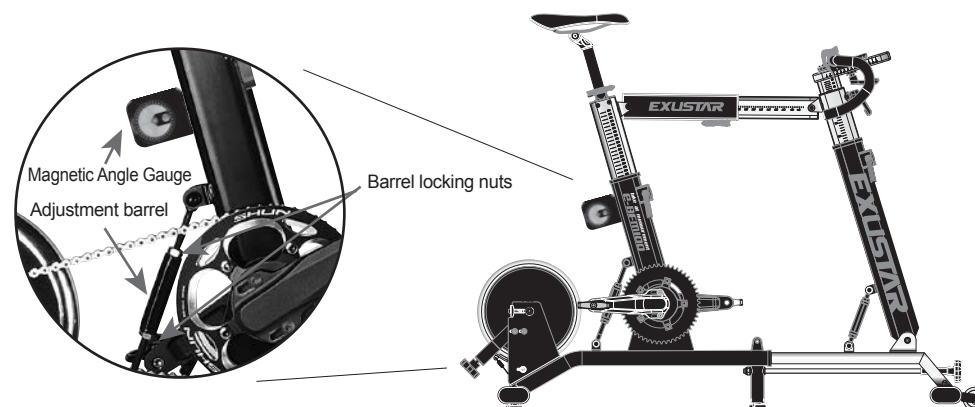
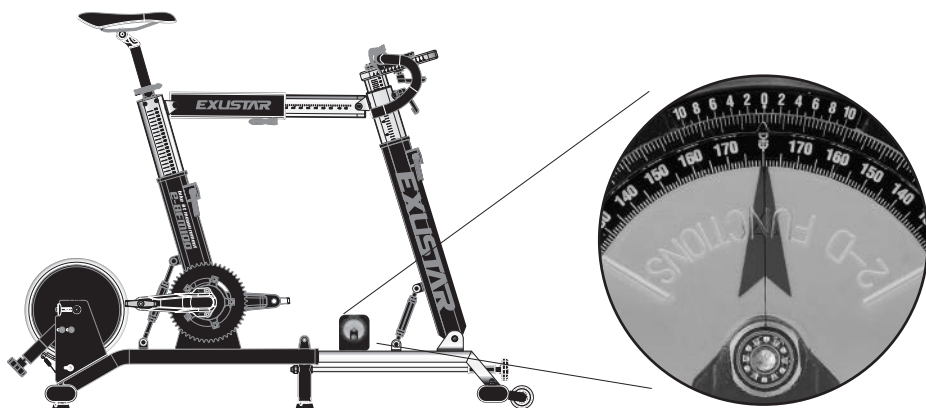
See fig. A. Attach angle gauge to rear of seat tube. Loosen quick release (QR) levers on top tube, and on 'fork.' Loosen locking nuts at each end of barrel connecting 'fork' and base of machine. Turn barrel to adjust head tube to desired angle. Retighten locking nuts, and QR levers.



2. Seat Tube Angle Adjustment

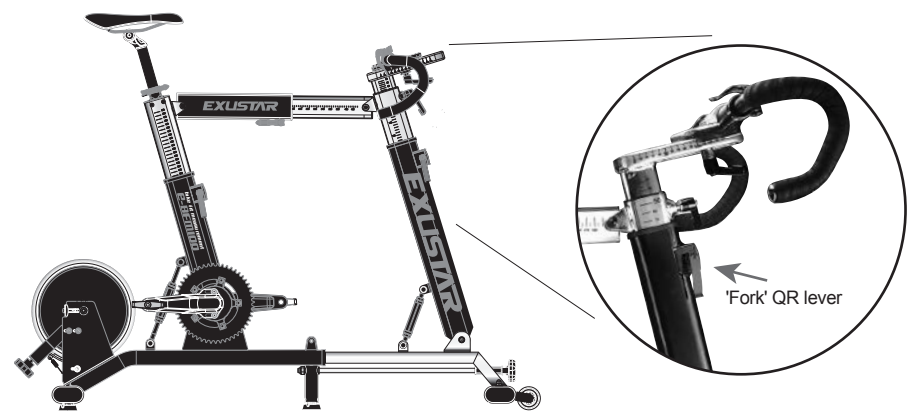
See fig. B. Attach angle gauge to rear of seat tube. Loosen QR levers on top tube, and seat tube. Loosen locking nuts at each end of barrel connecting seat tube and base of machine. Turn barrel to adjust seat tube to desired angle. Retighten locking nuts, and QR levers.

Attach angle gauge to base of machine. Set the dial to 180°.



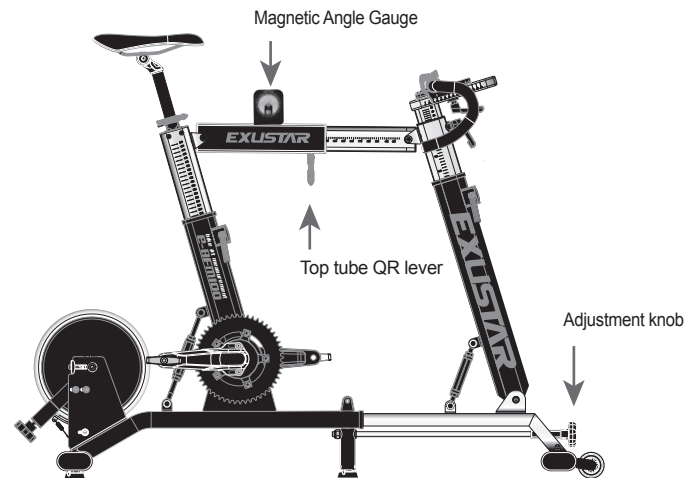
3. Head Tube Height Adjustment

See fig. C. Loosen QR lever on 'fork.' Raise or lower head tube to desired height (refer to measurement markings). Retighten QR lever.

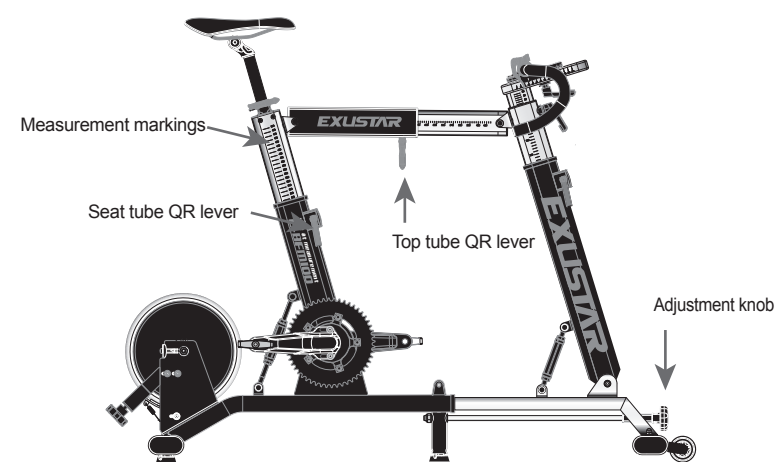


4. Top Tube Length Adjustment Choose A or B depending bicycle frame.

A. See fig. Dh. Attach angle gauge to top of top tube. Loosen QR levers on top tube, machine base, and seat tube. At seat area, raise or lower top tube until gauge reads 0° (refer to measurement markings). Using adjustment knob at front of machine base, adjust length. Retighten QR levers.



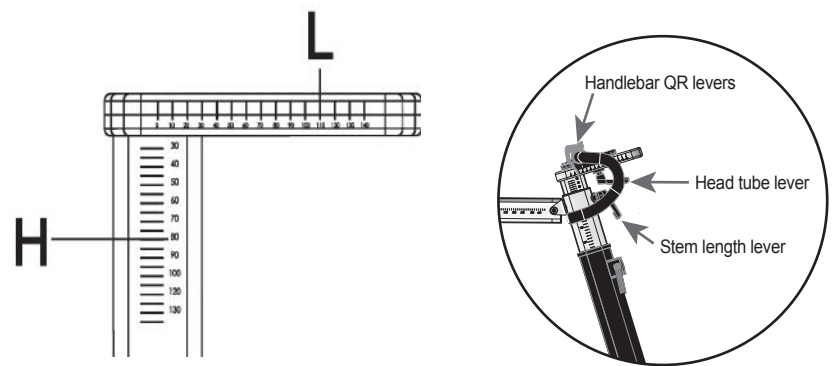
B. See fig. Dd. Loosen QR levers on top tube, machine base, and seat tube. At seat area, raise or lower top tube according to bike manufacturers' specification. See fig. E (refer to measurement markings). Using adjustment knob of front of machine base, adjust length. Retighten QR levers.



5. Stem Height Adjustment

L1: Stem center to center.
 $H = H1 + F + G$
 $G = \text{Stack}$, $F = \text{Spacer}$
 $H1$: For L1 and θ , refer to Table 1 for measurement.

Loosen lever on front of 'stem, adjust stem to H height. Retighten lever.



6. Stem Length Adjustment

L1: Stem center to center.

L: For L1 and θ , refer to Table 1 for measurement.

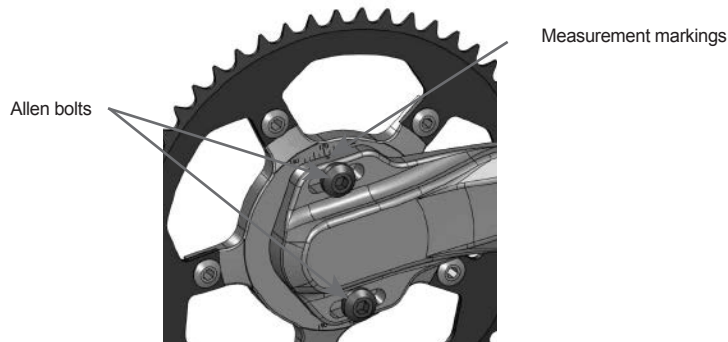
Loosen lever. Slide stem to L position. Retighten lever. To adjust length longer than 110 mm, loosen lever completely, remove. Lift off and turn handlebar unit around (handlebar faces backwards). Reattach unit, retighten lever.

7. Handlebar Width Adjustment

Loosen both QR levers on handlebar. Adjust width of both sides equally to desired length (refer to measurement markings). Retighten QR levers.

8. Crank Length Adjustment

With a 6 mm Allen key, loosen bolts on crank arm on chainwheel side. Adjust crank arm to desired length (refer to measurement markings). Retighten Allen bolts. Repeat process on second crank arm, (both crank arms are normally set to same length).



9. Saddle Height Adjustment

Loosen QR lever on seatpost. Adjust saddle to desired height (refer to measurement markings). Retighten QR lever.

Note: The machine can be used like an indoor trainer to 'ride' test sizing and angles. Riding friction is adjusted by adjustment knob at rear of machine base. Tighten or loosen to create more or less friction for harder or easier pedalling.

10. Changing the Handlebar Type

Your bike fit measurement machine comes with two sets of handlebars: road drop bars, and straight bars. To change bar type, undo 2 quick releases, and replace bars. Retighten quick releases. Note, straight bar measurement does not include any extra width added by hand grips.

Schedule 1 :

Unit : mm

θ	L1	45	50	55	60	70	80	90	100	110	120	130	140
0°	H1	0	0	0	0	0	0	0	0	0	0	0	0
	L	45	50	55	60	70	80	90	100	110	120	130	140
3°	H1	2.4	2.6	2.9	3.1	3.7	4.2	4.7	5.2	5.8	6.3	6.8	7.3
	L	44.9	49.9	54.9	59.9	69.9	79.9	89.9	99.9	109.8	119.8	129.8	139.8
4°	H1	3.1	3.5	3.8	4.2	4.9	5.6	6.3	7.0	7.7	8.4	9.1	9.8
	L	44.9	49.9	54.9	59.9	69.8	79.8	89.8	99.8	109.7	119.7	129.7	139.7
5°	H1	3.9	4.4	4.8	5.2	6.1	7.0	7.8	8.7	9.6	10.5	11.3	12.2
	L	44.8	49.8	54.8	59.8	69.7	79.7	89.7	99.6	109.6	119.5	129.5	139.5
6°	H1	4.7	5.2	5.7	6.3	7.3	8.4	9.4	10.5	11.5	12.5	13.6	14.6
	L	44.8	49.7	54.7	59.7	69.6	79.6	89.5	99.5	109.4	119.3	129.3	139.2
7°	H1	5.5	6.1	6.7	7.3	8.5	9.7	11.0	12.2	13.4	14.6	15.8	17.1
	L	44.7	49.6	54.6	59.6	69.5	79.4	89.3	99.3	109.2	119.1	129.0	139.0
8°	H1	6.3	7.0	7.7	8.4	9.7	11.1	12.5	13.9	15.3	16.7	18.1	19.5
	L	44.6	49.5	54.5	59.4	69.3	79.2	89.1	99.0	108.9	118.8	128.7	138.6
9°	H1	7.0	7.8	8.6	9.4	11.0	12.5	14.1	15.6	17.2	18.8	20.3	21.9
	L	44.4	49.4	54.3	59.3	69.1	79.0	88.9	98.8	108.6	118.5	128.4	138.3
10°	H1	7.8	8.7	9.6	10.4	12.2	13.9	15.6	17.4	19.1	20.8	22.6	24.3
	L	44.3	49.2	54.2	59.1	68.9	78.8	88.6	98.5	108.3	118.2	128.0	137.9
11°	H1	8.6	9.5	10.5	11.4	13.4	15.3	17.2	19.1	21.0	22.9	24.8	26.7
	L	44.2	49.1	54.0	58.9	68.7	78.5	88.3	98.2	108.0	117.8	127.6	137.4
12°	H1	9.4	10.4	11.4	12.5	14.6	16.6	18.7	20.8	22.9	24.9	27.0	29.1
	L	44.0	48.9	53.8	58.7	68.5	78.3	88.0	97.8	107.6	117.4	127.2	136.9
13°	H1	10.1	11.2	12.4	13.5	15.7	18.0	20.2	22.5	24.7	27.0	29.2	31.5
	L	43.8	48.7	53.6	58.5	68.2	77.9	87.7	97.4	107.2	116.9	126.7	136.4
14°	H1	10.9	12.1	13.3	14.5	16.9	19.4	21.8	24.2	26.6	29.0	31.5	33.9
	L	43.7	48.5	53.4	58.2	67.9	77.6	87.3	97.0	106.7	116.4	126.1	135.8
15°	H1	11.6	12.9	14.2	15.5	18.1	20.7	23.3	25.9	28.5	31.1	33.6	36.2
	L	43.5	48.3	53.1	58.0	67.6	77.3	86.9	96.6	106.3	115.9	125.6	135.2

Schedule 2 (record table)

Name of rider :

Items	Measured data	Selected frame data	Remarks
1. Angle of head tube (A)			
2. Angle of seat tube(B)			
3. Length of head tube (C)			
4. Level distance of top tube (Dh)			
5. Direct distance of top tube(Dd)			
6. Height of headset(G)			
7. Height of washier(F)	H=		
8. H' Hight			See Schedule 1
9. Riser elevation(θ)	L=		See Schedule 1
11. Riser center to center of length (L')			

Schedule 2 (record table)

Name of rider :

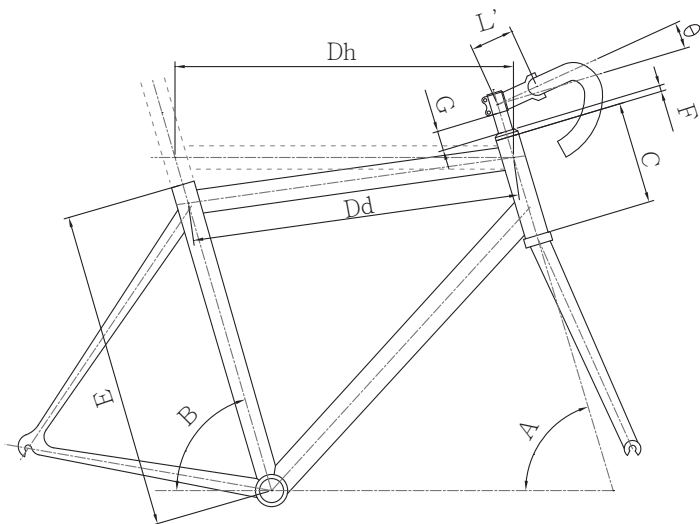
Items	Measured data	Selected frame data	Remarks
1. Angle of head tube (A)			
2. Angle of seat tube(B)			
3. Length of head tube (C)			
4. Level distance of top tube (Dh)			
5. Direct distance of top tube(Dd)			
6. Height of headset(G)			
7. Height of washier(F)	H=		
8. H' Hight			See Schedule 1
9. Riser elevation(θ)	L=		See Schedule 1
11. Riser center to center of length (L')			

EXUSTAR FIT bike 中文使用說明書

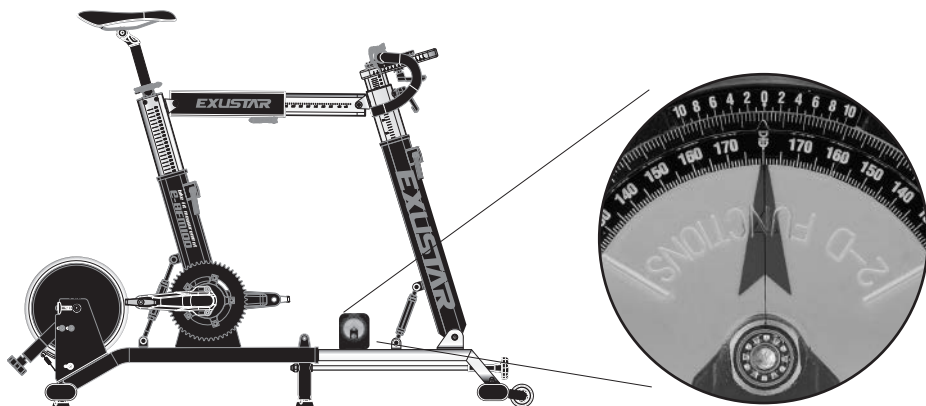
Fit Bike 是一個可以模擬理想車架進而微調至最適合騎乘者的相關零件尺寸的量測工具。店家應先量測騎乘者的體型，挑選出最適合此騎乘者的車架，利用此量身車模擬出所選車架，進而可以讓騎乘者利用此量身車測試此車架是否為其最合適的選擇或是需要那些部分的微調而進行調整。

調整開始前準備工作：

a. 選擇一台適合騎乘者的車架幾何尺寸



b. 將水平角度規吸附於底座管上，並旋轉刻度環，使指針指向180。



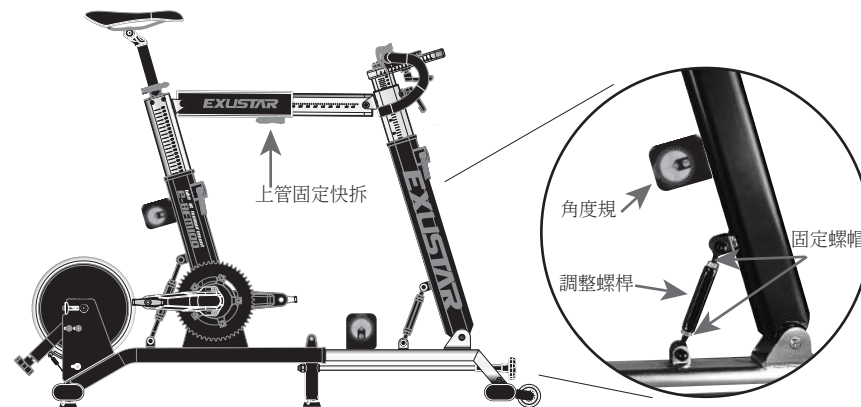
1. 頭管角度調整：

將上管固定快拆鬆開，將水平角度規放置如圖所示的位置。

使用工具將頭管角度調整螺桿固定螺帽上下兩個鬆開。

轉動調整螺桿使頭管角度改變至目標角度(A)。

將上下固定螺帽鎖緊固定。

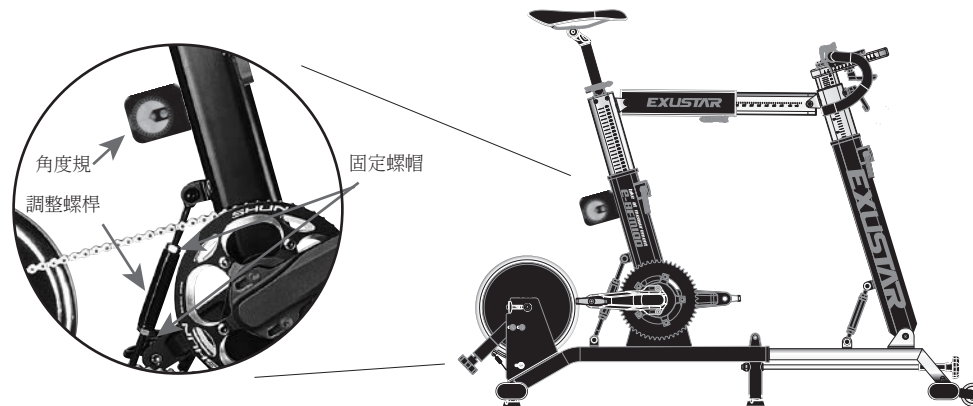


2. 座管角度調整：

在上管固定快拆鬆開的狀況下，使工具將頭管角度調整螺桿固定螺帽上下兩個鬆開。

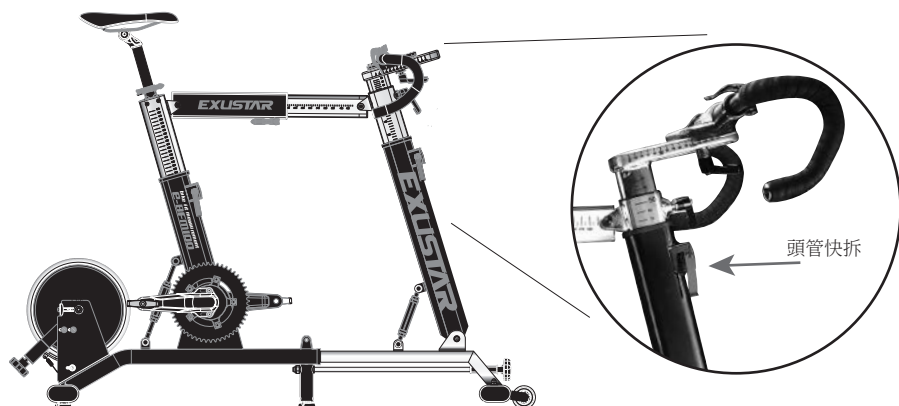
轉動調整螺桿使頭管角度改變至目標角度(B)。

將上下固定螺帽鎖緊固定。



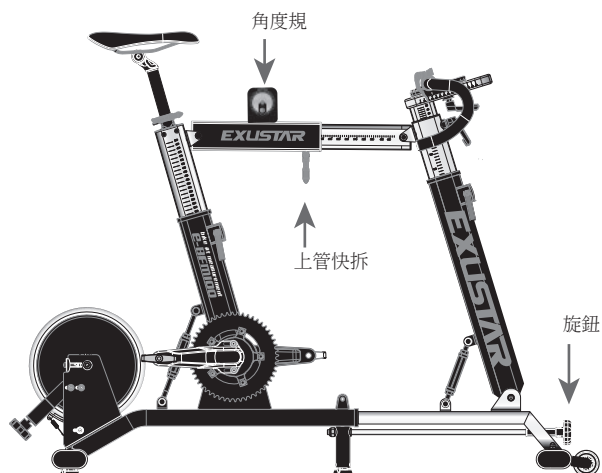
3. 頭管長度調整：

在上管固定快拆鬆開的狀況下，如圖將頭管快拆鬆開，拉起頭管至目標(C)長度（參考量尺），再將快拆鎖緊固定。



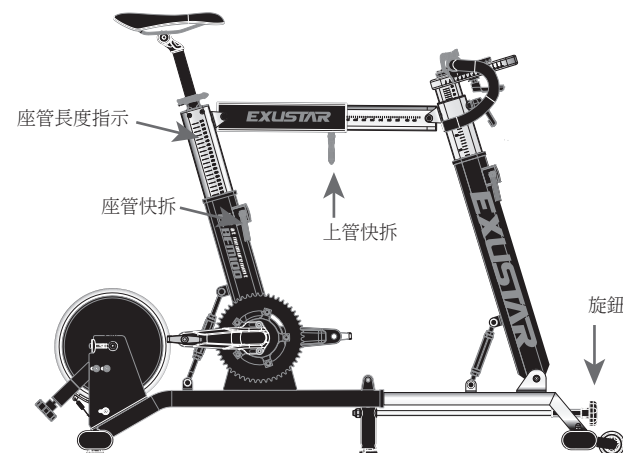
4 A. 上管水平距離調整：

在上管固定快拆鬆開的狀況下，將座管固定快拆鬆開，拉動座管，使用角度規將上管調整至水平位置後，將座管快拆鎖緊固定。轉動旋扭，使前三角前後移動至上管量尺顯示為目標(Dh)長度。將上管快拆鎖緊固定。



B. 上管直接距離調整：

當車架幾何未標明上管水平距離，而以上管直接距離取代時，這時先將上管快拆鬆開，將座管快拆鬆開，將座管拉至車架幾何標示長度(Dd)（參考量尺）。轉動旋扭，使前三角前後移動至上管量尺顯示為目標長度。將上管快拆鎖緊固定。



5. 車手立管高度調整：

L1：立管中心至中心長度。 θ ：立管之仰角。

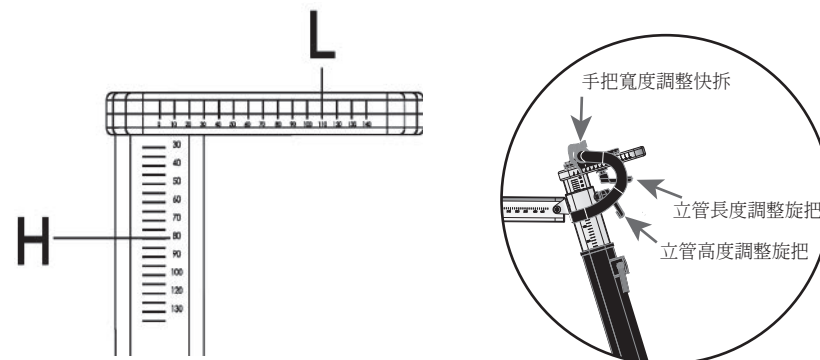
$$H=H1+F+G$$

F：車頭碗墊片高(Spacer)

G：車頭碗組配高(Stack)

H1：依L1 & θ 由(附表一)查得。

旋開立管固定旋把，拉動立管至欲設定之高度（H），旋緊立管固定旋把。



6. 車手立管長度調整：

L1：立管中心至中心長度。 θ ：立管之仰角。

L：依L1 & θ 由(附表一)查得。

旋開立管長度固定旋把，拉動車手把至欲設定之長度（L），旋緊立管長度固定旋把。

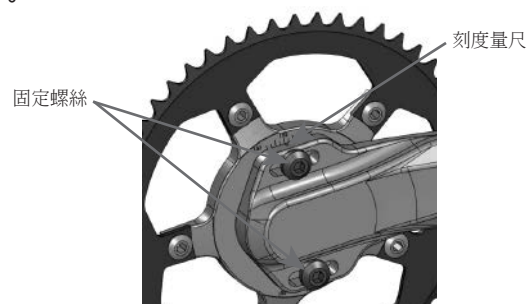
注意：當欲使調整後長度超過110mm時，要將把手座拆下前後反裝。

7. 車手把寬度調整：

鬆開車手把寬度調整快拆，將車手把往外拉出至理想距離（參考量尺），再將快拆鎖緊固定。

8. 曲柄長度調整：

將曲柄上固定螺絲鬆開後，滑動曲柄至理想長度（參考刻度量尺），再將固定螺絲鎖緊。



9. 座管高度調整：

將座墊管上快拆鬆開後，滑動座墊管至理想長度，再將快拆鎖緊。

10. 車手把之更換：

首先鬆開車手把寬度調整快拆，將車手把往外拉出。

再將欲裝之車手把依左右手插入把手孔，再將快拆鎖緊固定。

註：平把車手把所標示之尺寸是指車手把未裝握把時寬度尺寸。

彎把車手把所標示之尺寸是指車手把中心至中心之寬度尺寸。

附表一：

單位：mm

θ	L1	45	50	55	60	70	80	90	100	110	120	130	140
0°	H1	0	0	0	0	0	0	0	0	0	0	0	0
	L	45	50	55	60	70	80	90	100	110	120	130	140
3°	H1	2.4	2.6	2.9	3.1	3.7	4.2	4.7	5.2	5.8	6.3	6.8	7.3
	L	44.9	49.9	54.9	59.9	69.9	79.9	89.9	99.9	109.8	119.8	129.8	139.8
4°	H1	3.1	3.5	3.8	4.2	4.9	5.6	6.3	7.0	7.7	8.4	9.1	9.8
	L	44.9	49.9	54.9	59.9	69.8	79.8	89.8	99.8	109.7	119.7	129.7	139.7
5°	H1	3.9	4.4	4.8	5.2	6.1	7.0	7.8	8.7	9.6	10.5	11.3	12.2
	L	44.8	49.8	54.8	59.8	69.7	79.7	89.7	99.6	109.6	119.5	129.5	139.5
6°	H1	4.7	5.2	5.7	6.3	7.3	8.4	9.4	10.5	11.5	12.5	13.6	14.6
	L	44.8	49.7	54.7	59.7	69.6	79.6	89.5	99.5	109.4	119.3	129.3	139.2
7°	H1	5.5	6.1	6.7	7.3	8.5	9.7	11.0	12.2	13.4	14.6	15.8	17.1
	L	44.7	49.6	54.6	59.6	69.5	79.4	89.3	99.3	109.2	119.1	129.0	139.0
8°	H1	6.3	7.0	7.7	8.4	9.7	11.1	12.5	13.9	15.3	16.7	18.1	19.5
	L	44.6	49.5	54.5	59.4	69.3	79.2	89.1	99.0	108.9	118.8	128.7	138.6
9°	H1	7.0	7.8	8.6	9.4	11.0	12.5	14.1	15.6	17.2	18.8	20.3	21.9
	L	44.4	49.4	54.3	59.3	69.1	79.0	88.9	98.8	108.6	118.5	128.4	138.3
10°	H1	7.8	8.7	9.6	10.4	12.2	13.9	15.6	17.4	19.1	20.8	22.6	24.3
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	L	43.8	48.7	53.6	58.5	68.2	77.9	87.7	97.4	107.2	116.9	126.7	136.4
14°	H1	10.9	12.1	13.3	14.5	16.9	19.4	21.8	24.2	26.6	29.0	31.5	33.9
	L	43.7	48.5	53.4	58.2	67.9	77.6	87.3	97.0	106.7	116.4	126.1	135.8
15°	H1	11.6	12.9	14.2	15.5	18.1	20.7	23.3	25.9	28.5	31.1	33.6	36.2
	L	43.5	48.3	53.1	58.0	67.6	77.3	86.9	96.6	106.3	115.9	125.6	135.2

附表二(紀錄表)

騎乘者姓名：_____

項 目	實測數據	選用車架數據	備 註
1. 頭管角度(A)			
2. 座管角度(B)			
3. 頭管長度(C)			
4. 上管水平距離(Dh)			
5. 上管直接距離(Dd)			
6. 車頭碗組配高度(G)			
7. 車頭碗墊片高(F)	H=		
8. H' 高度			對照附表一
9. 立管之仰角(θ)	L=		對照附表一
10. 立管中心至中心長度(L')			

附表二(紀錄表)

騎乘者姓名：_____

項 目	實測數據	選用車架數據	備 註
1. 頭管角度(A)			
2. 座管角度(B)			
3. 頭管長度(C)			
4. 上管水平距離(Dh)			
5. 上管直接距離(Dd)			
6. 車頭碗組配高度(G)			
7. 車頭碗墊片高(F)	H=		
8. H' 高度			對照附表一
9. 立管之仰角(θ)	L=		對照附表一
10. 立管中心至中心長度(L')			