

BMX Rider Sizing Chart

Rider Height	Frame Size	Toptube Length	Stem Length	Bar Rise	Bar Width	Crank Length	Gearing
4'4" & under	Micro	15" - 16.5"	Mini: 25mm - 35mm	2" - 2.5"	20" - 22.5"	145 - 155mm	41-43 / 16
4'2" - 4'10"	Mini	16" - 17.5"	Mini-Mini XL: 30mm - 40mm	2" - 3.5"	21" - 23.5"	155 - 165mm	41-43 / 16
4'6" - 5'1"	Junior	17" - 18.5"	Mini XL-Expert: 40mm - 45mm	3" - 5"	22" - 25"	160 - 175mm	42-43 / 16
5'0" - 5'4"	Expert	18.5" - 19.5"	Expert-Pro: 43mm - 48mm	5" - 7"	25.5" - 27"	170 - 175mm	42-43 / 16
5'2" - 5'6"	Expert XL	19.25" - 20"	Expert-Pro: 43mm - 48mm	6" - 7"	25.5" - 27"	170 - 175mm	42-43 / 16
5'3" - 5'8"	Pro	20" - 20.5"	Pro: 50mm - 55mm	7" - 8"	27" - 28"	175 - 180mm	43-44 / 16
5'7" - 6'0"	Pro XL	20.75" - 21.25"	Pro XL: 50mm - 55mm	8" +	28"	180 - 190mm	44 / 16 & over
6' and over	Pro XXL	21.25" - 22"	Pro XL: 52mm - 60m	8" +	28"	180 - 190mm	44 / 16 & over