

SQLab Sitting Position



SQLab sitting position: upright

The completely upright position is mainly found on a comfort bike.



SQLab sitting position: slightly bent forward

The comfort oriented city or trekking cyclist that is slightly bent forward, Enduro riders are often found in this more upright riding position.



SQLab sitting position: moderate

Saddle and bars are approx. at the same height. Most mountain bikers and a dynamic position on a trekking bike usually correspond to this position.



SQLab sitting position: stretched

This position corresponds to that of being in the drop bars or that typically used by marathon racers where the saddle is higher than the bars.



SQLab sitting position: triathlon

This sitting position corresponds to that of a triathlon cyclist with far forward upper body.