

MORE COMFORT, MORE FUN, MORE MILES.

How to choose the perfect saddle shape for fit and materials for comfort – to get the most from your cycling.

Selle Royal know that cycling can bring you endless happiness – and to ensure that every rider gets the best they can, it's crucial to know how to choose a saddle that fits, and the materials that suit their type of riding. Selle Royal give all riders a selection method and choice of saddle to help them achieve this fit, for ultimate freedom.

Whether you use your bike for daily rides around town or for long hikes off road, there are several factors you want to consider to minimise hassle when it comes to cycling, the most important factor is for riders to identify the most suitable saddle to ride comfortably.

The first thing to do to find the right saddle is to establish your own riding position, which can differ according to your style of riding.

Selle Royal has identified three riding positions:

Relaxed - is the perfect position for those who prefer to keep their back perpendicular to the bicycle - for a leisurely ride.

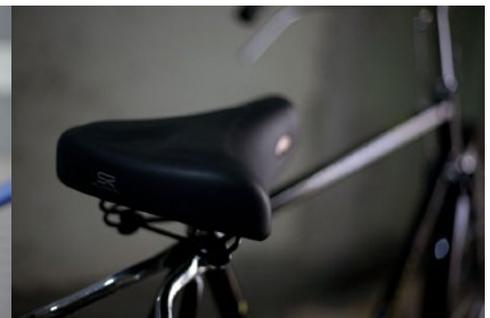
Moderate - for those who tend to tilt their back at a 60° angle when on the bike, so they can push a little harder on the pedals without overdoing it.

Athletic - for riders who are used to cycling at a faster pace, keeping their back at an even lower angle (around 45°).

The next step after identifying your riding position is to understand what type of bike you are using to better address the saddle design. For example, on a hybrid bike we suggest a Respiro Athletic that can guarantee pressure relief in prolonged rides. A dutch-bike in a Relaxed riding position suits a Holland, ideal for gel comfort and a consistent, classic design.



Respiro Athletic



Holland

It's important to establish differences between bikes as it will help you find the right seat according to the length and type of route you wish to do, as well as give a feel for the different designs.

For more information, please visit <http://www.selleroyal.com/media-center>



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About Selle Royal

Selle Royal has been a world-leading bicycle saddle brand for over 50 years. Our history is one of continuous innovation built on research, technology, and advanced design. Selle Royal exports to over 70 countries worldwide and is the choice of many important and prestigious bicycle manufacturers. Our saddles have won numerous design awards and are today the subject of scientific research in the bio-engineering laboratories of major European Universities.

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Another key step is to establish the padding material which forms the shape of the seat. It is therefore necessary to decide on what material your hip bones will rest: memory foam or gel.

To know more about the benefits of Royalgel see this video:
<https://www.youtube.com/watch?v=FOE-MCFhMk0>

If you are planning to ride medium or long distances, you may want to choose a saddle with Royalgel padding, which reduces pressure peaks considerably and enables you to stay comfortable even on less travelled paths. For this purpose, we recommend saddles with 3D Skingel padding, a technology that places Royalgel in specific anatomical areas to meet the needs of each cyclist and significantly reduces the weight of the saddle, ideal for riders who want a lightweight bike. For example our new Optica or LookIN 3D saddles.



Optica



LookIN 3D

If you use your bike for occasional rides or shorter distances, the best solution is to opt for a memory foam saddle provided with our Slow Fit Foam: a viscous, elastic foam that immediately adapts to the shape of your body and provides instant relief from pressure on the sit bone area.

For example - Freeway Fit, which is available in all riding positions.



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In addition to the right riding position, bike type and favourite padding material, Selle Royal have created a further concept that cyclists can use to choose their best saddle from a specific scientific range of saddles. With the help of their measurement stool, cyclists can find their size that best fits the distance between their own hip bones, so they can find the most suitable style from the Scientia range. The shape and size of this range of products are specifically designed to fit the body shape of those who choose it.



“While being highly subjective, comfort is a very important factor for riders, no matter how they are going to use their bike. Once riders feel physically comfortable they can then enjoy an unforgettable experience”.

Roberto Bucci, Brand Director at Selle Royal.

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