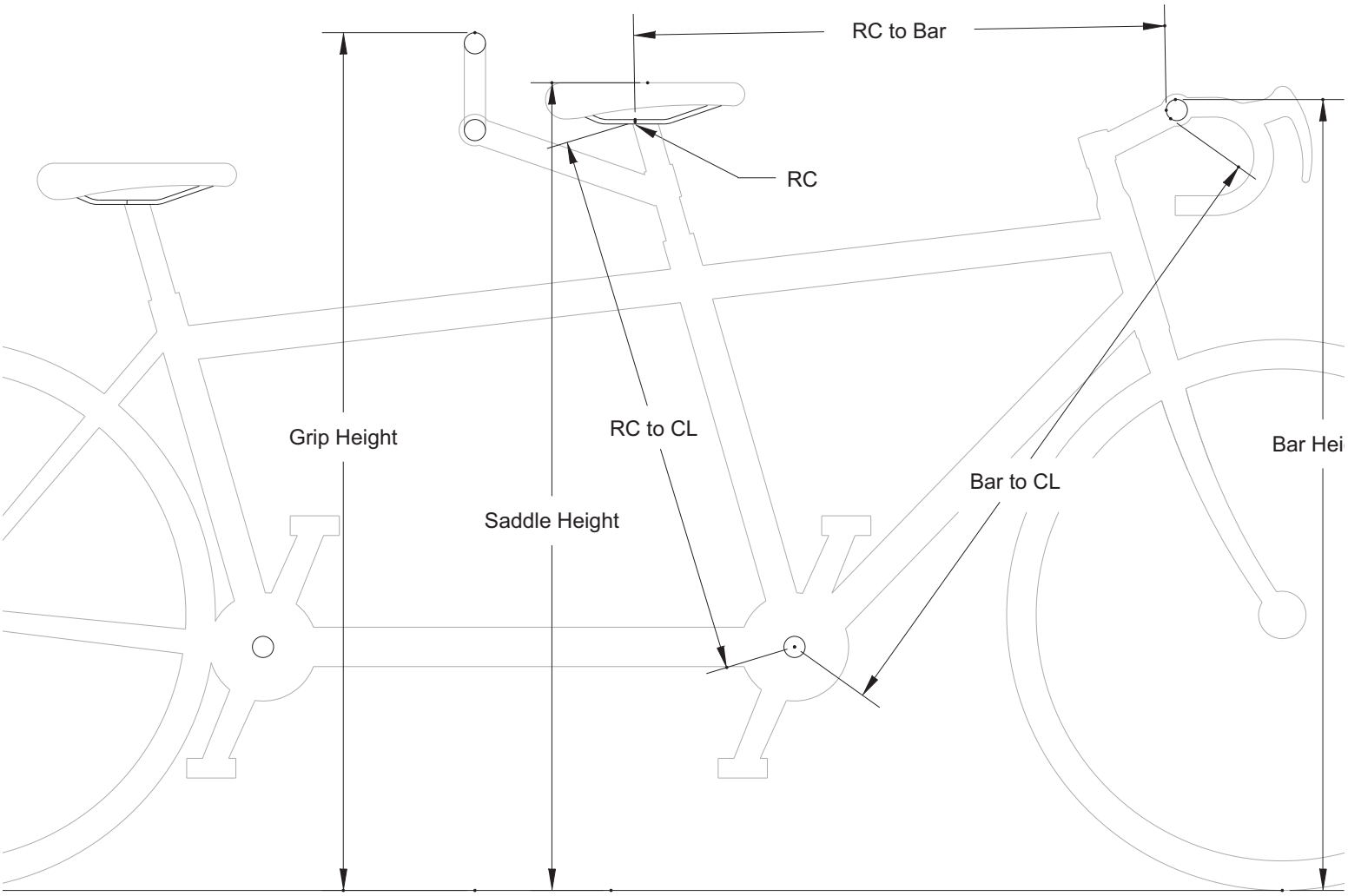

First mark the center of the straight portion of the saddle rail (RC).

Measure from the rail center to the center of the cranks/bottom bracket (RC to CL)

Measure from the rail center to the back side of the handlebars, at the stem clamp (RC to Bar)

Measure from the back side of the handlebars, at the stem clamp,
to the center of the cranks/bottom bracket (Bar to CL)

Be sure the bike is level and your tape measure or yard stick is close to vertical, and
measure from the top of the saddle to the floor (Saddle Height)

And measure from the top of the handlebars, at the stem clamp, to the floor (Bar Height)

Do all the same measurements for the stoker position.

If you have riser bars, or where you put your hands is higher than the bar/stem clamp,
please take an additional measurement from the top of you grip position to the ground.