



Zencranks are currently available for testing free-of-charge to industry related people interested in adopting them in racing at both amateur, veteran and professional level (on a first-come first-served basis).

They are also for sale at special introductory price --with 45 days 100% satisfaction or refund guarantee.

Zencranks PAS include: cranks, bottom bracket and pedals.

CRITERIA - SIZE AND PARAMETERS FOR POSITIONING WITH ZENCRANKS PAS

| HEIGHT (move saddle forward) | INSEAM | PEDAL ARM | SADDLE |
|---------------------------------------|-------------------|-----------|--------|
| 165-172cm (vs/traditional 170mm) | 75-82cm 2-3cm | 178mm | |
| 173-180cm (vs/traditional 170mm) | 83-87cm 3-5cm | 184mm | |
| 180-190cm (vs/traditional 172,5mm) | 87-92cm 5-8cm | 190mm | |
| 190-197cm (vs/traditional 175mm) | 92-97cm 7-9cm | 195mm | |
| over 195cm (vs/traditional 175mm) | 91-95cm 8-12cm | 200mm | |

Zencranks PAS in 200mm length require a specific geometry and extremely rigid frames.

Inseam measurement is often not exact: is best to use saddle height with Look KEO pedals. In case of use of other pedals such as Time, Speedplay, Kewin add 6-8mm: at same height the inseam may vary 4-6cm!

Above mentioned parameters are ideal for cyclists in good shape and optimal weight with well defined muscles. In other cases and more specifically with abundant belly reducing hip flexibility is important to use a shorter crank than the ones suggested. For time trail and track racing it is important to evaluate different parameters such as aerodynamics and optimal cadence. We suggest a dynamic-postural evaluation with Dr. Zani or an authorized specialist to modify the small arm size and add thickness to the sole of the shoes.

Have you received your test unit? [Here are some tips to help you get started.](#)

Once the saddle height is determined, we must determine the horizontal position of the saddle with the appropriate knee-pedal line. Because Zencranks differs from standard and has oversized bearings integrated in the pedal arms, the ideal vertical line has been obtained with K.O.P.S. (knee over pedal spindle) method. This consists in vertical alignment of anterior tibial protuberanza (under the rotulae) with the center of the bearing axel and the cleat with the bottom bracket. This is a very critical and important step to prevent cramps and pain in the legs. The pedal arm is inclined 10° forward depending on small brace-lever used. We also recommend to double check the position of the shoe cleat to prevent forward positioning that would cause instability in the pedal stroke. With new generation shoes usually the cleat is almost to the maximum rear position, and laterally shall be moved towards the external to overlap the sole of the shoe on the integrated arm of the pedal to keep the same Q factor.

Please contact us if you are interested in ordering.

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[Zencranks Inquiry](zencranks.php "Zencranks Inquiry")