



The table height is the distance from the floor to the top of the table's cushions. To determine the best height for you, we recommend that you measure from the floor to the bottom or middle of your patella (with shoes on). Please also take into consideration your body proportions and adjusting style. The chart below will assist you in choosing an appropriate table height. Centimeters are approximate.

### Table Height

	14" (36 cm)	15" (38 cm)	16" (41 cm)	17" (43 cm)	18" (46 cm)	19" (48 cm)	20" (51 cm)	21" (53 cm)	22" (56 cm)	23" (58 cm)	24" (61 cm)
<b>5'-0"</b> (152 cm)	X	X	X								
5' 1" (155 cm)		X	X	X							
5' 2" (158 cm)			X	X	X						
5' 3" (160 cm)			X	X	X						
5' 4" (163 cm)				X	X	X					
5' 5" (165 cm)				X	X	X					
<b>5'-6"</b> (168 cm)					X	X	X				
5' 7" (170 cm)					X	X	X				
5' 8" (173 cm)						X	X	X			
5' 9" (175 cm)						X	X	X			
5' 10" (178 cm)							X	X	X		
5' 11" (180 cm)								X	X	X	
<b>6'-0"</b> (183 cm)								X	X	X	
6' 1" (185 cm)								X	X	X	
6' 2" (188 cm)									X	X	X
6' 3" (190 cm)									X	X	X
6' 4" (193 cm)										X	X
6' 5" (197 cm)											X
<b>6'-6"</b> (198 cm)											X

Your Height (shoes on)