



# Piano Bench Height Chart

Printable starting settings for a standard piano

A4 PRINTABLE

Match player height to a first bench setting, then fine-tune at the keyboard. This chart follows the same base logic as the Benchoom height calculator for a standard upright piano.

## The 20-second posture check

Use the chart as a first setting. Final check: forearms parallel to the floor, elbows almost level with the keys, shoulders relaxed, and feet flat or supported.

## Start Bench Height by Player Height

| Player height          | Start bench height              | Quick check         |
|------------------------|---------------------------------|---------------------|
| 4 ft 10 in - 5 ft 0 in | 52.4 - 53.1 cm / 20.6 - 20.9 in | Foot support likely |
| 5 ft 1 in - 5 ft 3 in  | 51.4 - 52.1 cm / 20.2 - 20.5 in | Check shoulders     |
| 5 ft 4 in - 5 ft 6 in  | 50.4 - 51.1 cm / 19.8 - 20.1 in | Common adult range  |
| 5 ft 7 in - 5 ft 9 in  | 49.3 - 50.0 cm / 19.4 - 19.7 in | Fine-tune 1 cm      |
| 5 ft 10 in - 6 ft 0 in | 48.3 - 49.0 cm / 19.0 - 19.3 in | Check wrist line    |
| 6 ft 1 in - 6 ft 3 in  | 47.3 - 48.0 cm / 18.6 - 18.9 in | Check knee room     |
| 6 ft 4 in - 6 ft 6 in  | 46.3 - 46.9 cm / 18.2 - 18.5 in | Use calculator      |
| 6 ft 7 in - 6 ft 8 in  | 45.6 - 45.9 cm / 17.9 - 18.1 in | Custom setup likely |

Ranges are starting points for a standard piano. Grand, digital and stand-mounted keyboards can sit higher or lower. Body proportions matter too, especially inseam and torso height.

## Set It in Three Steps

1

### Set from chart

Use the row closest to the player's standing height.

2

### Place hands

Fingers rest on the keys with shoulders relaxed.

3

### Fine-tune

Move up or down until forearms are parallel.



### Want the exact number for your piano type and inseam?

Scan or visit [benchoom.com/piano-bench-height-calculator/](https://benchoom.com/piano-bench-height-calculator/)

Adjustable benches make shared pianos easier to reset for each player.

Benchoom adjustable back-support bench:  
50-61 cm / 19.7-24 in range, solid rubber  
wood, PU leather.