

The M bike check

Seat

- Hip height
- Sitting straight ahead and at a comfortable angle
- At least 3cm of the seat post sitting inside the bike frame

Back wheel

- Tyre inflated
- Spins freely
- Fastened securely

Chain

- Black or grey colour, lightly oil if orange or brown

Pedals

- Spin freely

Handlebar

- Turns wheel freely
- Front wheel facing ahead when handlebar is straight
- The end of each handlebar should be closed

Brakes

- Stop front wheel
- Stop back wheel
- Cables not frayed
- Levers easy to reach - your wrists shouldn't be bent when squeezing

Front wheel

- Tyre inflated
- Spins freely
- Fastened securely

