

THE A.B.C. CHECK

A ONE-MINUTE CHECK TO BE DONE EVERY TIME YOU RIDE!

AIR

- Are your tyres correctly inflated?
- The recommended tyre pressure is written on the side wall of each tyre.
- Check frequently as all tyres leak a small amount of air!

BRAKES

- Can you reach the brake levers easily?
- Do your brakes lock the wheels firmly? If not, your brakes need tightening!
- Don't forget to check your brake blocks
 - if they are worn, they need replacing.
- Make sure they are correctly adjusted before you ride.

CHAIN

- Look for signs of rust or stiff links.
- Clean your chain with degreaser.
- Frequently lubricate your chain and clean off excess.
- Make sure your chain runs smoothly.

CHECK YOUR

BIKE



LOVE
YOUR
BIKE

BIKE M CHECK

FOLLOW THE STROKES OF THE M TO
MAKE SURE YOU DON'T MISS ANYTHING!

BRAKES

- Do the brakes lock the wheels firmly?
- Are all components tight?
- Are any cables frayed?
- Do the blocks rub against the wheel rims?
- Are the blocks worn down?
- Do the levers pull too far?
- Can fingers reach the levers easily?

SADDLE

- Is saddle tight on post?
- Is post tight into frame?
- Is saddle correct height?
- Check minimum insertion

GEARS (IF FITTED)

- Check that derailleurs do not clash with the wheel spokes.
- Can all gears be selected?
- Do gears slip?
- Are sprockets and cogs worn?

CHAIN

- Does chain remain on chain wheels and sprockets?
- Is the chain slack?
- Any signs of rust or stiff links?

TYRES

- Check condition
- Check inflation pressure

WHEELS

- Are wheel nuts and quick-release tight?
- Is wheel central in frame?
- Are there loose or missing spokes?
- Are bearings tight?
- Are rims worn down?

HANDLEBARS

- Are they aligned with front fork?
- Are all bolts tightened?
- Do lights and bell (if fitted) work?

FORKS AND FRAME

- Are the forks loose at the point that they enter the frame (the headset)?
- Is the paintwork wrinkled?
- Is there any rust?
- Does anything look bent?

PEDALS

- Are they are stable on the cranks?
- Do they spin round easily?
- Wiggling the cranks into and away from the bike will tell you if your bottom bracket is loose.

