

How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



Front wheel: Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: Check to see if

- Under-inflated /punctured
- Worn or cracked

Front brake: check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

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Frame: check to see if:

- Frame not bent or damaged