

Check list for keeping your bike in great working order



This is what your bike looks like and where everything should be. To check that your own bike is in good working order, you need to make sure that it has all of the parts in the diagram and spot any things that may be faulty.



1 Wheel	Should be securely fixed, no broken/missing spokes, good rim.	<input type="radio"/>
2 Tyre	Tyres should be pumped hard using a good pump to check the recommended pressure printed on the tyre side wall. Check with a pressure gauge. Should have good tread; no splits cracks or holes, valves straight.	<input type="radio"/>
3 Brakes/Lever	For the front brake: hold the brake on and try to push the bike forwards whilst keeping the back wheel on the ground. It should not be able to move. For the back brake: hold the brake on and try to push the bike backwards whilst keeping the front wheel on the ground.	<input type="radio"/>
4 Steering	Put the wheel between your legs and try to turn the handle bars without moving the wheel - should not be able to move. Bars should be right angles to the wheel.	<input type="radio"/>
5 Handlebars	Not distorted; ends protected.	<input type="radio"/>
6 Front Forks	Appears true and undamaged.	<input type="radio"/>
7 Frame	Appears true and undamaged.	<input type="radio"/>
8 Chain Ring	Not bent, teeth not worn.	<input type="radio"/>
9 Pedal Cranks	Straight, no side to side wobble or looseness.	<input type="radio"/>
10 Pedals	Complete turning freely, not bent.	<input type="radio"/>
11 Chain	Not too worn; not slack; lightly oiled not rusty.	<input type="radio"/>
12 Gears	Properly adjusted; lubricated sufficiently.	<input type="radio"/>
13 Saddle	Safely fixed; safe comfortable height.	<input type="radio"/>



**For further assistance and information
we recommend a visit your local bike shop**