

Objective

Session plan

First things frst. Checking your cycle is in peak condition

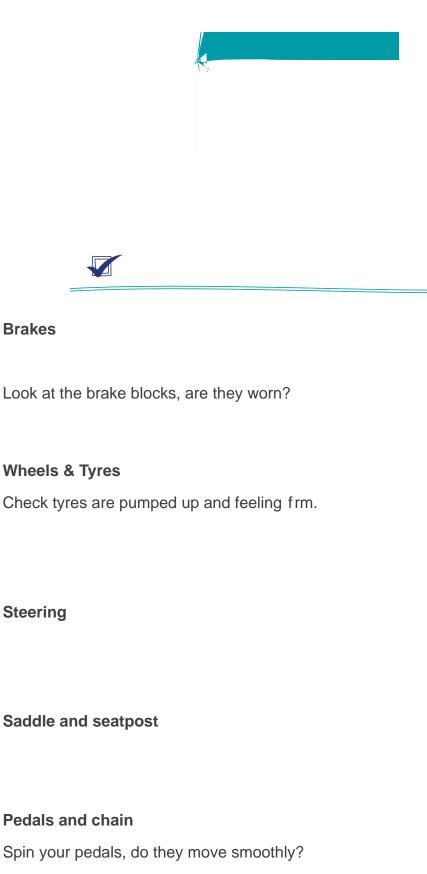
your cycle. If you fnd any problems you might be able to fx them yourself, eg pumping tyres, oiling the chain etc.

Additional resources









Take a look at your chain, it should be silver or grey not rusty brown! Make

Frame

Check over the frame for damage, dents and rust. It's important to keep your cycle clean and dry after use to keep it in tip-top condition!