

ABC Check

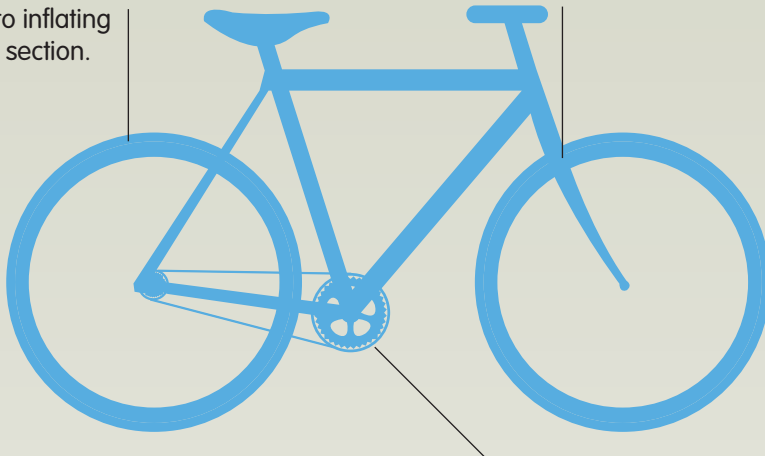
A = Air B = Brakes C = Chain

A

Air, squeeze tyres, checking that there is sufficient air, if unsure refer to inflating a tyre section.

B

Brakes, pull both brakes and rock bike forwards and backwards checking that the brakes will stop the bike, if unsure refer to brakes section.



C

Chain, spin the pedals backwards to check that the chain and cogs rotate easily, apply oil to chain if it is dry, if unsure refer to cleaning and lubrication section.

Follow the ABC...

Glossary of Terms



Noodle

Rubber boot



Brake arm/calliper



Outer Cable

Inner Cable



Brake barrel adjuster



Rear Mechanism/
derailleur



Rear Mechanism/
derailleur
barrel adjuster



Cassette/rear cogs



Cranks

Chain Rings



Jockey Wheel

Jockey Wheel



Chain