

# Maintenance Schedule



### Every Ride

#### Check tyres

If you can squeeze them with your finger and thumb then they need pumping up.



#### Check brakes

Give both brake levers a squeeze to check that the brakes are working, rock the bike back and forth. Check that the brake pads (Rim only) are correctly inline with the rim and not worn out.



#### Check quick releases or bolts

Take hold of each wheel in turn, move from side to side to check they are tight in the frame and forks.



#### Check chain turns freely

Spin pedals backwards to check that the chain runs smoothly.

