Objective



Session plan

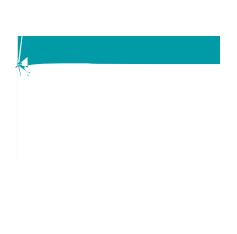
First things frst. Checking your cycle is in peak condition



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

Additional resources





Brakes
Look at the brake blocks, are they worn?
Wheels & Tyres
Check tyres are pumped up and feeling frm.
Steering
Saddle and seatpost
Pedals and chain
Spin your pedals, do they move smoothly?
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!