

# ABCDEQ BIKE CHECK



## A

ir

Press tyre with your thumb to make sure the tyre is firm. Below are the suggested pressures.

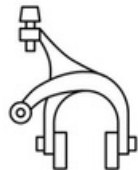
Mountain	25-35 PSI
Kids	30-40 PSI
Hybrid	40-70 PSI
Road	85-100 PSI



## B

rakes

Check that both brakes work and are not rubbing on the wheel. Squeeze the brake lever and make sure there still a gap between the lever and the handlebar.



## C

hain

Lift the back wheel and pedal the bike to check that the chain isn't too dirty or dry. Check it spins freely without clunking.



## D

rop

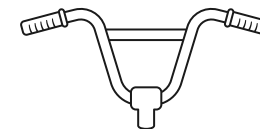
Drop the bike 5cm from the ground. Are there any unusual sounds? Investigate.



## E

nd caps

Ensure the end caps of handlebar grips are undamaged and properly fit to the handlebars.



## Q

uick release

Tighten both wheel quick releases. Check the seat post quick release is also tight.

