

# M check

A simple safety check before you ride your bike

**FRAME**

Are the frame and forks free from damage?

**BACK BRAKES**

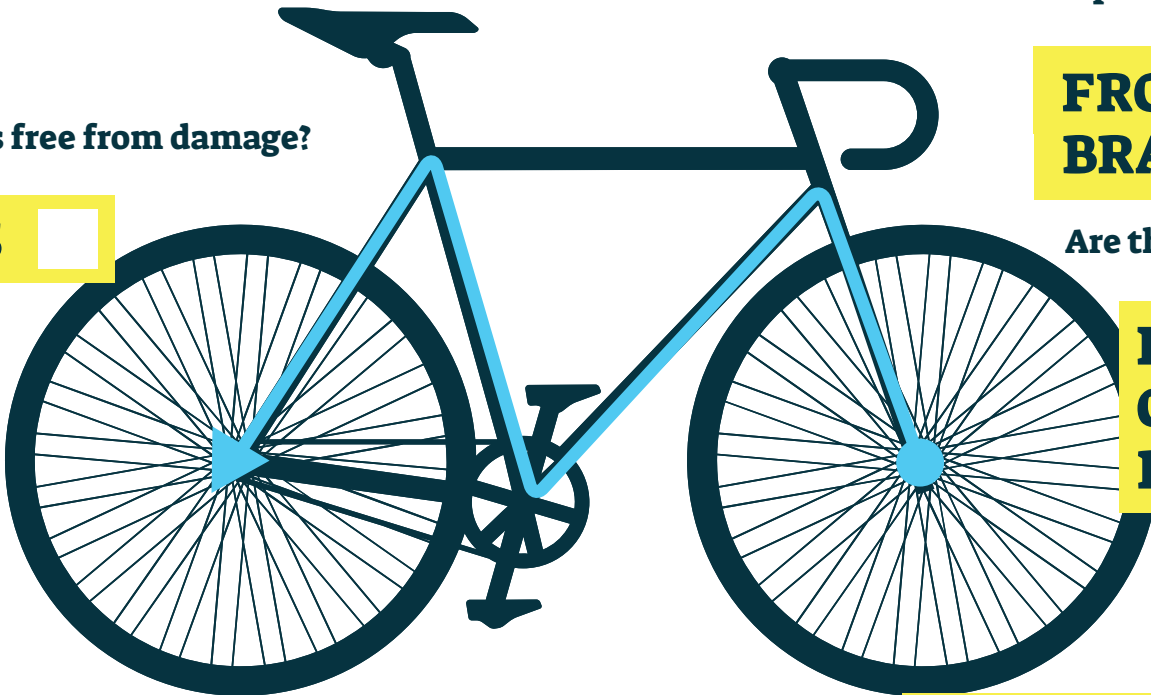
Are they fitted securely?

**BACK QUICK RELEASE**

Are the axel nuts and quick release tight?

**BACK TYRE**

Is it properly inflated and in good condition?



**HEADSET**

Is it free from movement?

**PEDALS**

Do they spin smoothly and are the cranks on tight?

**SADDLE**

Is it the right height and tight?

**BRAKE LEVERS**

Do both levers pull the brakes?

**FRONT BRAKES**

Are they fitted securely?

**FRONT QUICK RELEASE**

Are the axel nuts and quick release tight?

**CHAIN**

Is it clean and oiled?

**FRONT TYRE**

Is it properly inflated and in good condition?