

Parts of a Bike

2



BIKE FIT

Stand over clearance over the top tube is important to be able to ride safely. You can adjust the seat height and stem length to adjust pedal stroke and reach.

Helmet Fit

3

FIT IT PERFECTLY



ADJUST STRAPS

These should form a tight V under your earlobes



BUCKLE UP

Strap should be snug (not tight) under your chin



CHECK

Your helmet needs to be this close to your eyebrows.

Mountain bike helmets are designed to cover more of the back of your head in case of crashes, and have visors and lots of vents cooling.

Some mountain bike helmets come in full-face models for protection in bike parks or steep downhill trails. There are also helmets with removable full-face options so you can ride with or without the part that goes over your chin.

Remember to fit your helmet correctly and securely to ensure your safety, even when riding to the trails or in the carpark.