

Body Position on the Bike



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Neutral position is the basic riding position. Out of the saddle, eyes forward, feet level, arms relaxed. Use this position any time you approach anything technical or a descent. Don't be crouched, stand up tall, but don't lock your joints.

Think of your body as a spring. Let your arms and legs work with the suspension.

Spend some time coasting while standing on your pedals without sitting on the seat. Keep your arms bent and don't lock your knees, put your pedals at the 3 and 9 o'clock positions (horizontal). Next, experiment with shifting your body towards the rear of the bike.

You will want to be in this rear shifted standing position when you coast over obstacles or when the trail gets rough. You should be standing on your pedals with your knees bent and your seat should be between your legs. This is your primary standing position.

Braking



The front brake is over 60% of your braking power. The trick is to use it properly. Use one or two fingers for braking, not your whole hand.

Feathering, modulation - gentle repeated "pumping" action to brake, instead of a grab. If you are skidding your bike, you are braking wrong, most likely using too much rear brake.

The way your brakes feel can be adjusted (hard or soft), so can the amount of movement (reach) that the lever has. Small hands will typically need the reach adjusted inward.