

2 Does your bicycle fit you ?

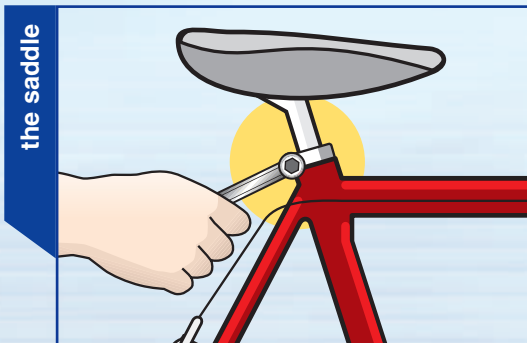
A bicycle which is the wrong size for you is hard to handle.

Complete this "BIKE-FIT" check list.

Bike-Fit - when sitting on the saddle:	Yes	No
Can you reach the handlebars without stretching ?	<input type="checkbox"/>	<input type="checkbox"/>
Can you rest your fingers on the brake levers easily and comfortably without leaning too far forward?	<input type="checkbox"/>	<input type="checkbox"/>
With your legs straight, can you touch the ground with the balls of your feet? (fleshy part of your foot near the toes)	<input type="checkbox"/>	<input type="checkbox"/>

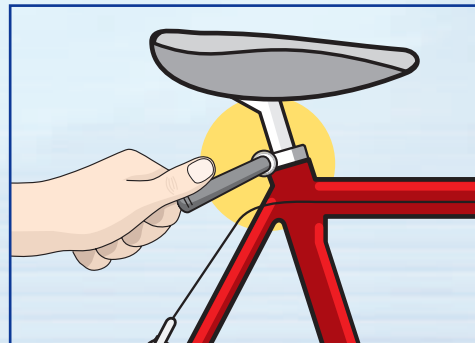
Checklist

If you answer **NO** to any of the questions above, the bike may be the wrong size or your handlebars and saddle may need adjustment. . .

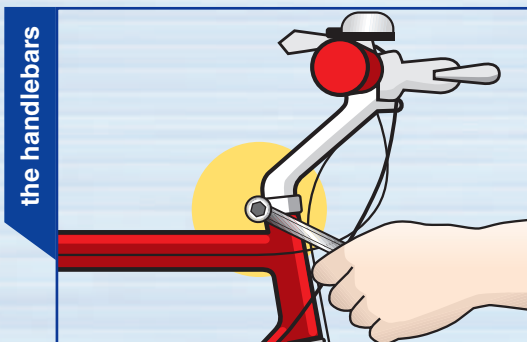


the saddle

Loosen the nut, twist the saddle up or down, then tighten the nut.

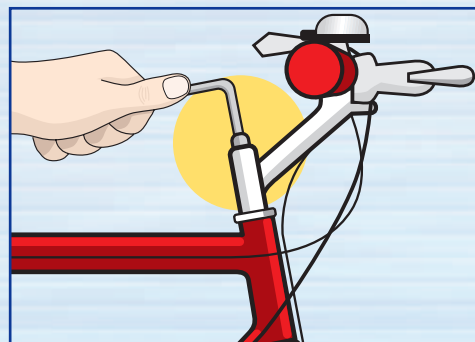


OR Use the quick release and do not go beyond the maximum marking on the seat post.



the handlebars

Loosen the nut, pull the handlebars up or down, then **retighten** the nut.



OR Loosen the stem bolt with an allen key. After moving the stem, **retighten**.

If in doubt seek advice from your local cycle dealer



NOTE: Some beginners like to sit on a lower saddle at first to enable them to "scoot" with their feet whilst they learn to balance.