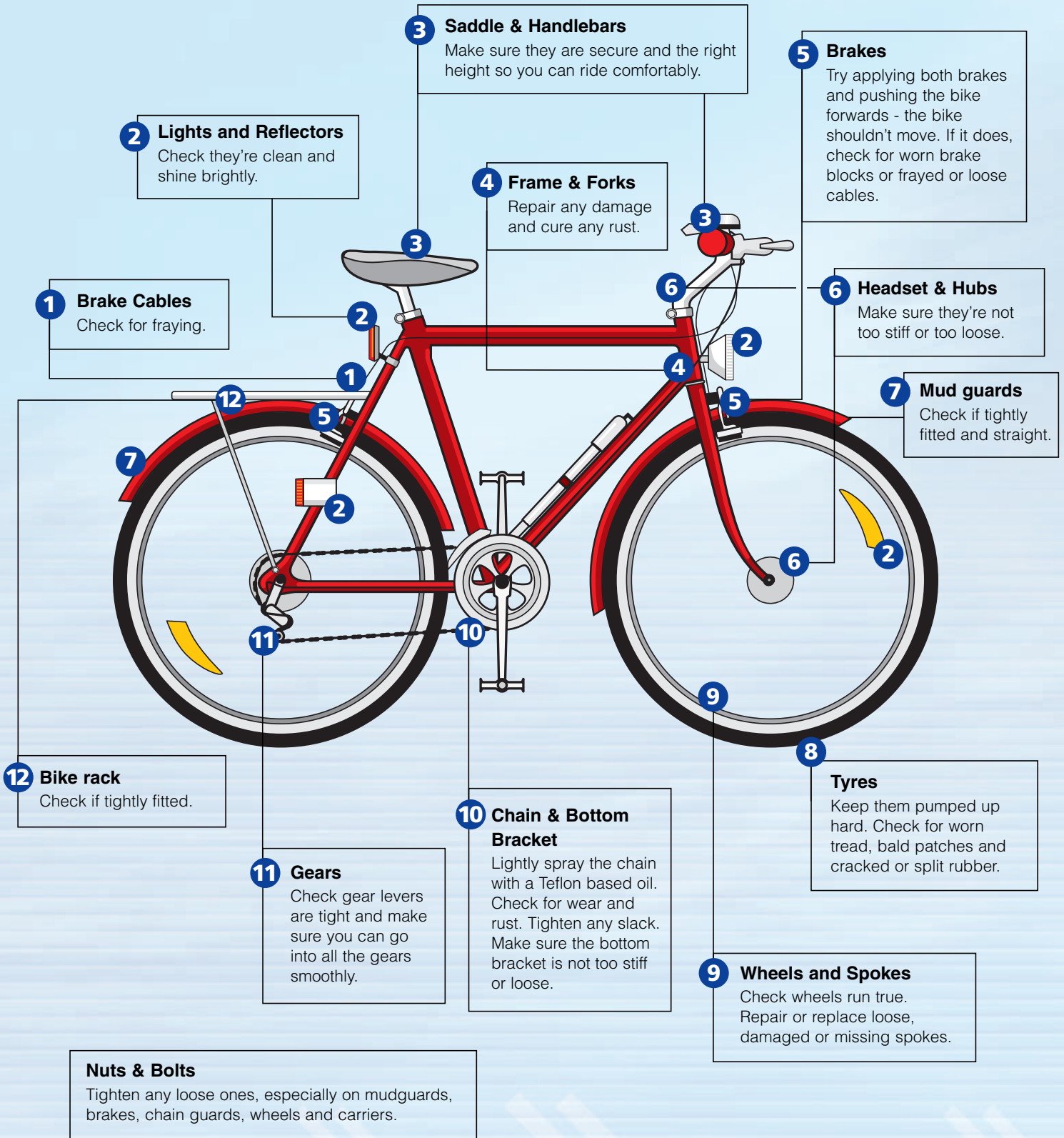


3 Is your bike fit to use?

Your bicycle handbook, and your cycle dealer can help you to make sure that YOUR bicycle is safe. Here are some simple checks that you can do on your own.



Only carry out necessary adjustments or repairs if you know what to do. If you are unsure, take your bike to your local cycle dealer for help and advice.

