

The M check

Seat

- Correct height
- Level
- Below safety line

Back Wheel

- Tyre inflated
- Spins freely
- Fastened securely

Chain

- Oiled
- Tensioned

Pedals

- Spin freely



Handlebar

- Turns wheel freely
- Centred and tight
- Bar ends are plugged

Brakes

- Stop front wheel
- Stop back wheel
- Pads adjusted correctly
- Cables not frayed
- Levers easy to reach

Front wheel

- Tyre inflated
- Spins freely
- Fastened securely