ONE PAGE SUMMARY

Lifestyle & Hobbies › Cycling › Bike Maintenance

Beginner lessons for Bike Maintenance

Master Basic Bike Maintenance for a Smooth Ride!

DEFINITION

> Bike maintenance involves regular checks and repairs to keep your bicycle in good condition. It's essential for safety and performance.

KEY CONCEPTS

Tire Pressure

Check and maintain proper tire pressure to ensure a smooth ride and prevent flats.

Chain Lubrication

Regularly lubricate the chain to reduce wear and improve gear shifting.

Brake Adjustment

Ensure brakes are properly adjusted for effective stopping power and safety.

Gear Shifting

Learn how to adjust and maintain gears for smooth transitions while riding.

Cleaning

Keep your bike clean to prevent rust and ensure all parts function properly.

EXAMPLES

→ Check tire pressure before every ride.

→ Lubricate the chain every month or after wet rides.

→ Adjust brake pads if they rub against the wheel.

MEMORY TIPS

★ Remember 'T-C-B-G-C' for Tire, Chain, Brake, Gear, Clean.

★ Use 'Lube to Move' to recall chain maintenance.

★ Think 'Stop, Shift, Shine' for brake, gear, and cleaning checks.

COMMON MISTAKES

✗ Neglecting tire pressure checks.

✗ Over-lubricating the chain, attracting dirt.

✗ Ignoring brake adjustments leading to poor stopping.

QUICK RECAP

Regular bike maintenance is crucial for safety and performance. Focus on tire pressure, chain lubrication, and brake adjustments to keep your bike in top shape.