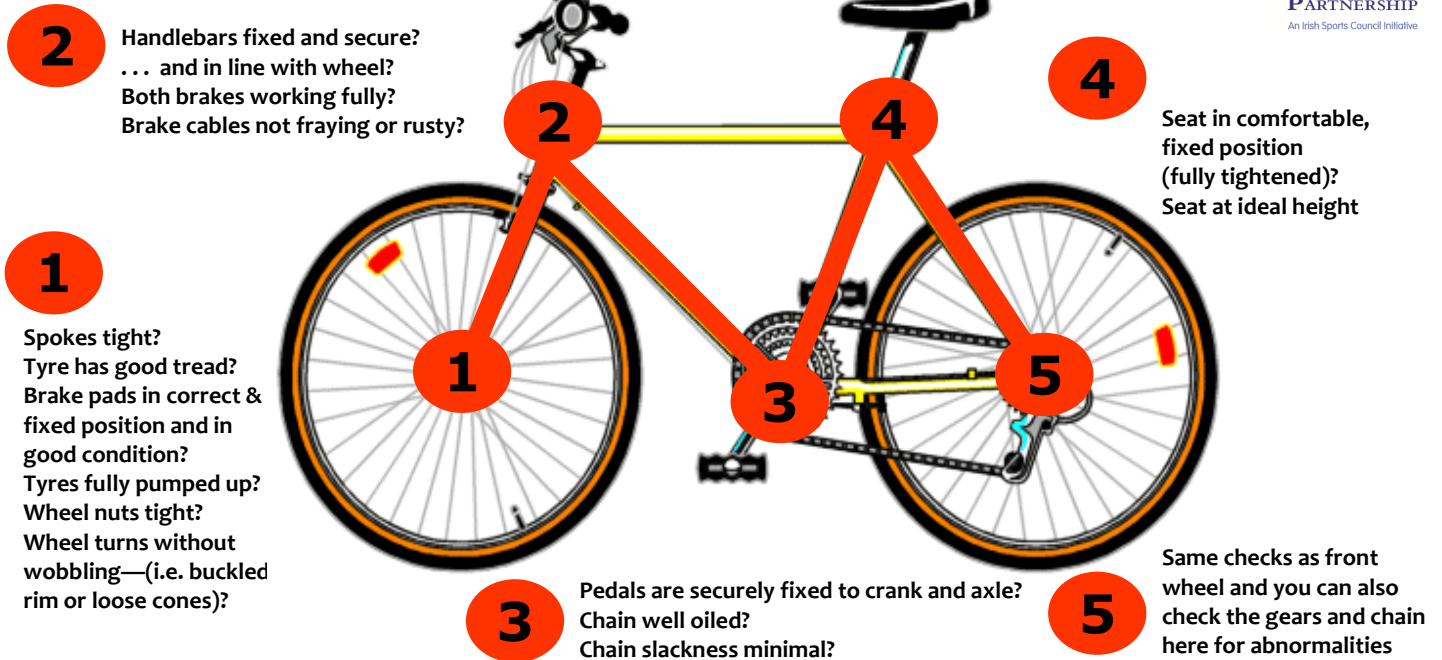


# The Beautifully Basic M-CHECK

Here is the cleverly named 'M-check' to help you remember all the things that you should check regularly on your bike:



If the answer is 'NO' to any of these questions, then tighten it, heighten it, lower it, pump it....

If you're not sure how or you don't have the tools, take it to your local friendly bike shop.

If the answer is 'YES', then pedal away, but don't forget to keep on M-checking!