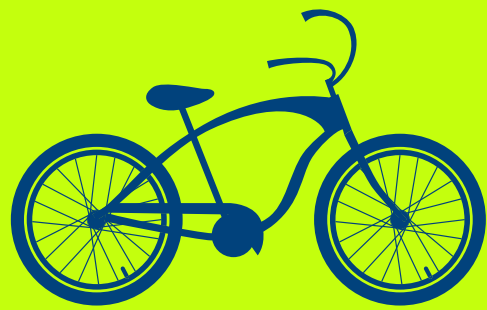
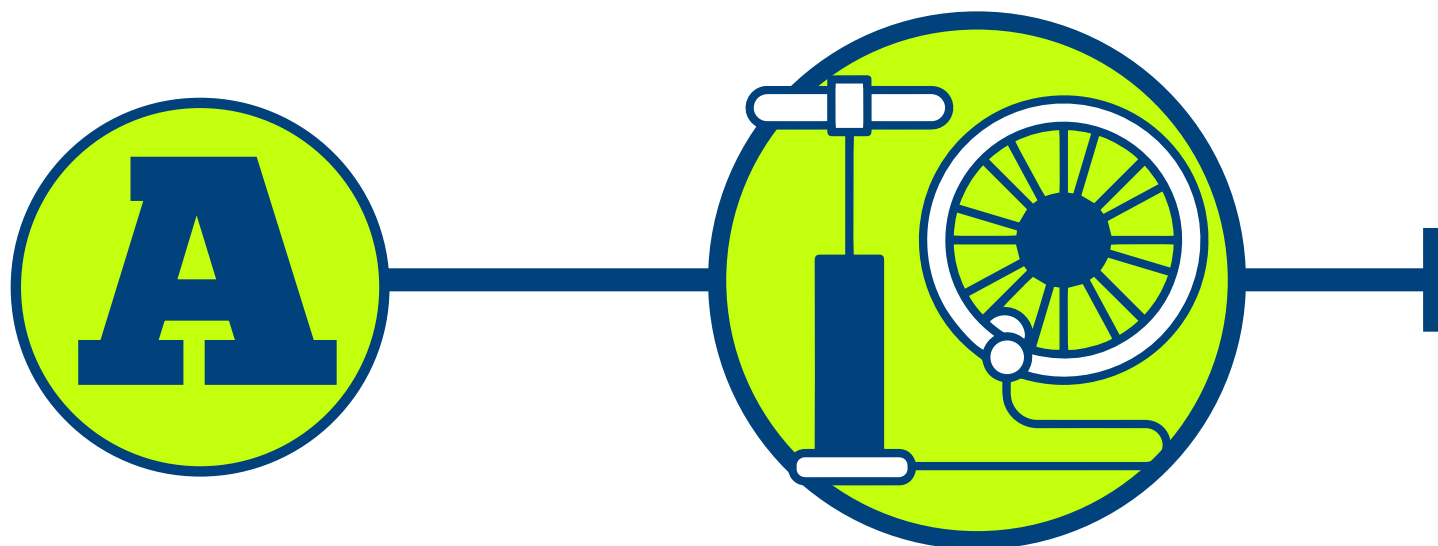


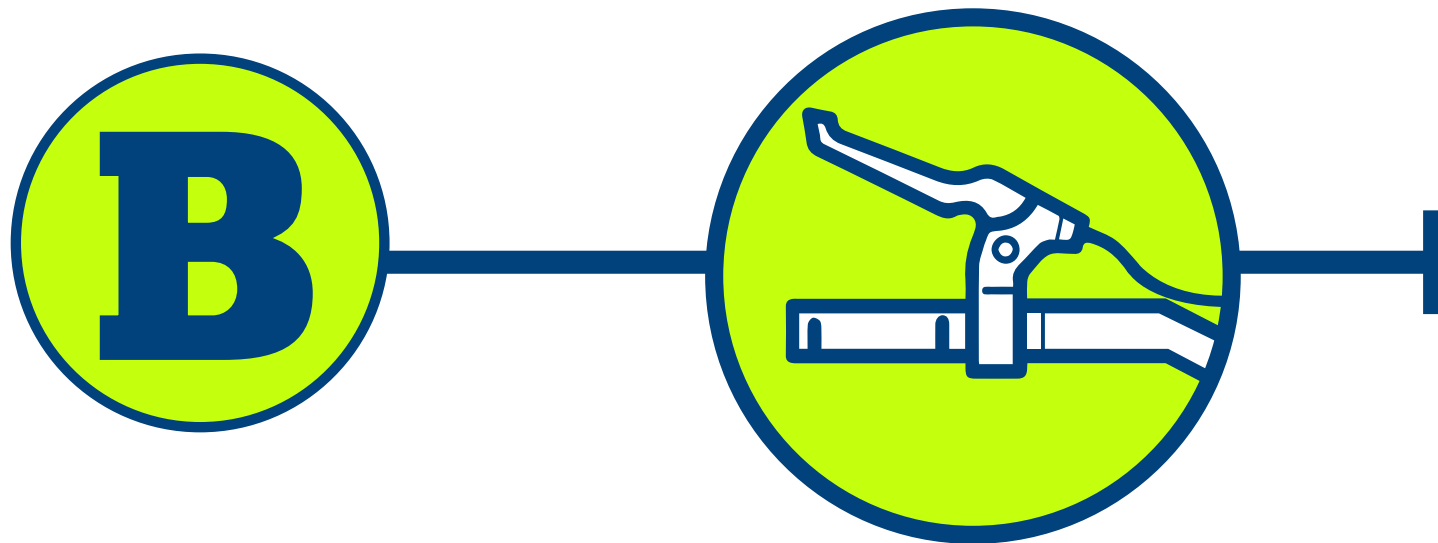
Is your bike
up to
spec?



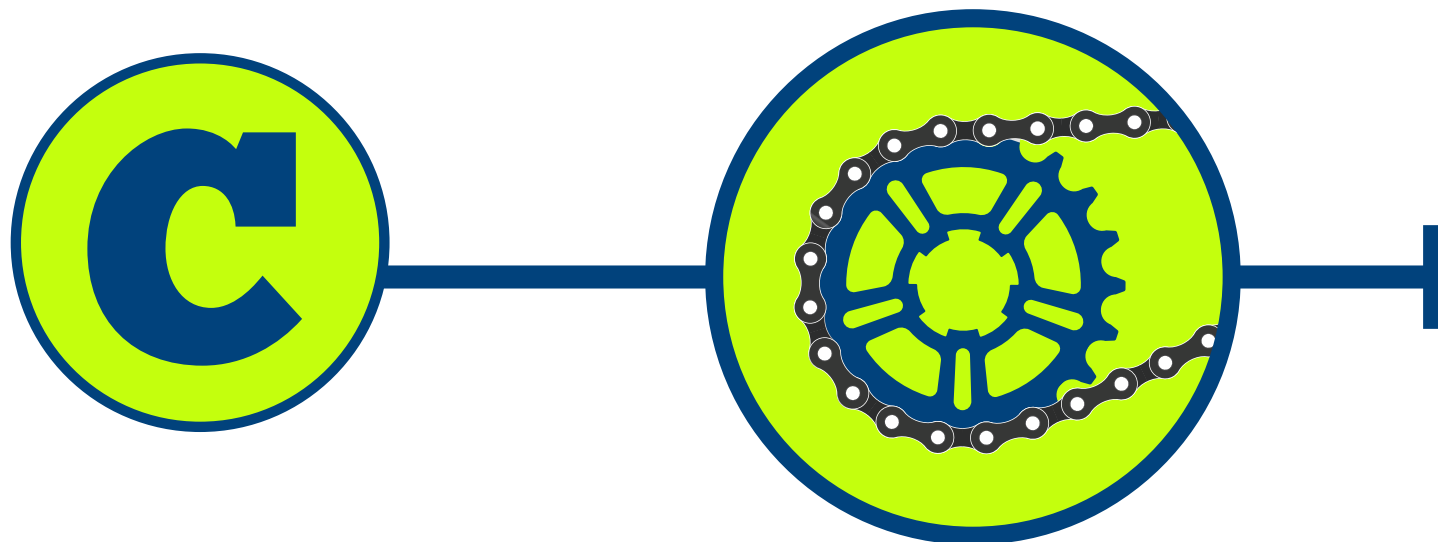
Do the
ABC ✓
quick check



Air
Pump up
your tyres



Brakes
Test both
your brakes
work



Chain
Clean, check
and oil your
chain

Before every journey, make sure your
bike is safe and roadworthy.