

Is your bike
up to
spec?



Do the
ABC
quick check

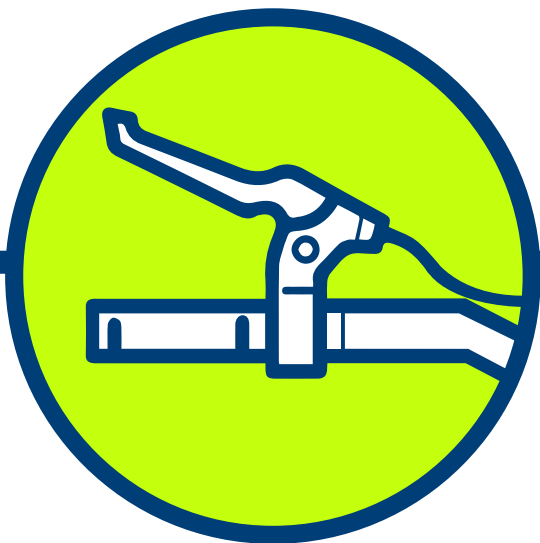


A



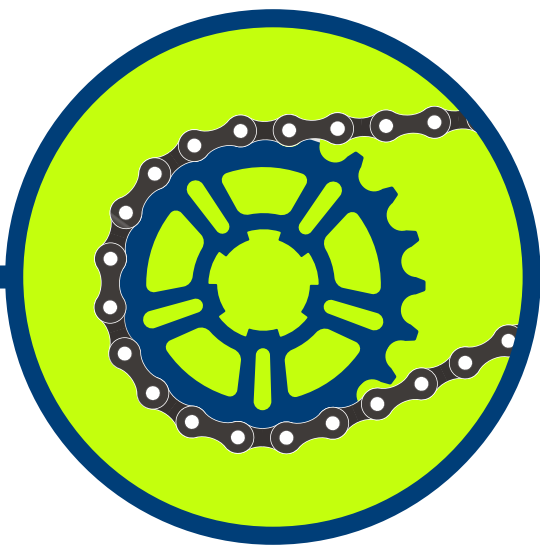
Air
Pump up
your tyres

B



Brakes
Test both
your brakes
work

C



Chain
Clean, check
and oil your
chain

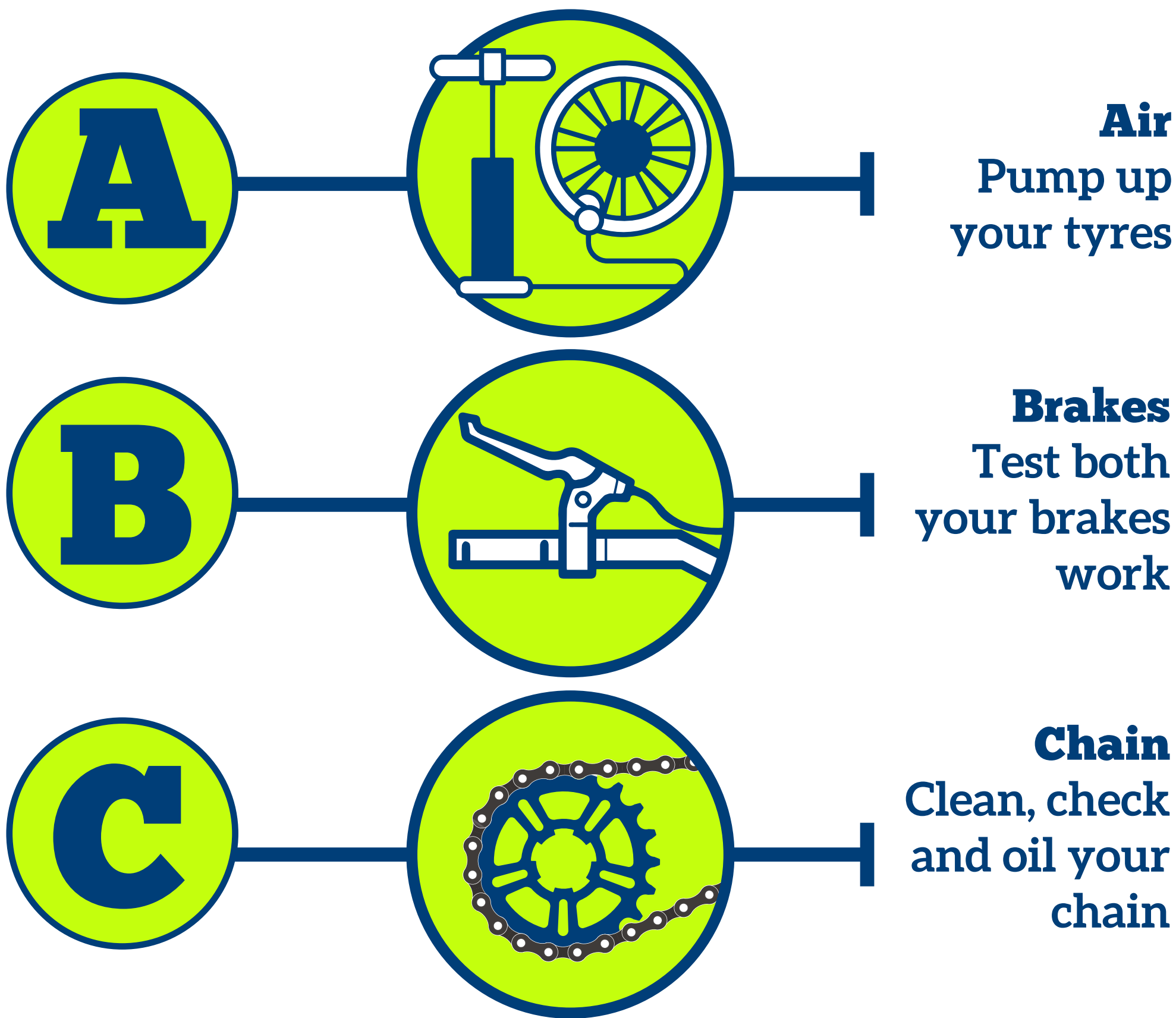
Before every journey, make sure your
bike is safe and roadworthy.

Cycling today?



Why not do your **ABCs** ✓

Then your ride becomes a breeze...



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