

## **Bikeright! Maintenance Course Content**

### **Week 1 - The beginning**

Is your bike is a total stranger? Learn the correct names for the parts of a bike. Find out how to adjust your seat to the correct height. Learn about tyre pressure, wheel sizes and how to clean and lubricate what is now a new friend!

### **Week 2 - Wheels**

We'll show you how to remove and replace your wheels correctly as well as how to remove and replace tyres without causing a puncture. Learn to fit a new inner tube, mend a puncture and learn about different tyre options for you and your cycling needs.

### **Week 3 - Brake blocks and callipers**

Learn how to replace your brake blocks to achieve maximum wear and braking power. Find out how to tell if your brake blocks need replacing.

### **Week 4 - Brake cables**

Learn how to quickly clean and re-lubricate brake cables. Learn how to change brake blocks and set the cable for maximum efficiency. Start identifying different cables and choose those best for you.

### **Week 5 - Chains**

Discover how to break and join a chain correctly, how to eliminate stiff links and how to lubricate them. Learn when and why a chain needs changing and how to deal with a broken chain.

### **Week 6 - Setting rear gears**

At last – rear gears debunked! Learn how to change your cables, lube gear cables, how a derailleur works and what to do with those to little screws at the back. Learn how to set up your gears and if they won't set up, learn why.

A magical experience!

