

# 'M' check checklist



5. Handle bars	✓
They're firmly tightened and don't wobble.	
The front tyre's in line with the middle of the handlebars.	

6. Brakes	✓
They work (test them one at a time).	
The brake pads aren't worn down or loose.	

9. Saddle and seat post	✓
The saddle and seat are firmly secured and don't wobble.	
The seat post isn't above the maximum height limit.	

4. Stem and bike frame	✓
The wheels move in the same direction as the stem.	
The frame has no cracks, dents, or other damage.	

3. Front lights and reflectors	✓
The lights work, they're not cracked or damaged.	
The lights are angled forward towards the ground.	

2. Front wheel	✓
It's secured to the bike frame and spins freely.	
The wheel frame and spokes aren't damaged.	

1. Front tyre	✓
It's firm (pump it if needed).	
It's not worn or damaged.	



7. Pedals	✓
They can spin freely and aren't damaged.	
They're secured properly to the bike.	

8. Chain	✓
It goes around easily when the pedals are moved.	
It's lightly oiled and not dusty or rusty.	

10. Back light and reflectors	✓
The lights work, they're not cracked or damaged.	
The lights are angled backwards towards the ground.	

11. Back wheel	✓
It's secured to the bike frame.	
The wheel frame and spokes aren't damaged.	

12. Back tyre	✓
It's firm (pump it if needed).	
It's not worn or damaged.	