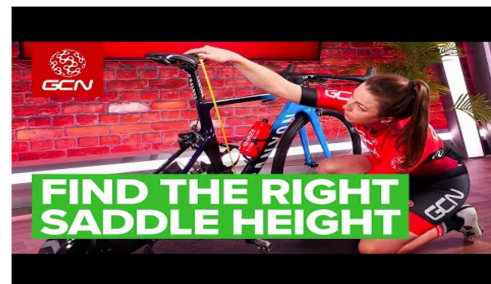




GET TO KNOW YOUR BIKE

Before you hit the road, it's important to know your bike inside and out. This guide covers the essentials, from gear checks and maintenance tips to safe riding techniques, so you can stay confident and prepared every mile of the way. Whether you're new to cycling or brushing up before the summer, these basics in these videos will help you ride smarter, safer and stronger.

[How to Find the Perfect Saddle Height](#)



[How to Find the Perfect Bike Fit](#)



[How To Use Clip-In Pedals and Cleats](#)



[How To Shift Your Gears Correctly](#)



[How to Use a CO2 Inflator](#)



[How to Fix a Flat Tire](#)



[How to Pack a Cardboard Bike Box](#)

