

MOUNTAIN BIKING PRE-RIDE CHECKLIST

CHECKING YOUR BIKE

- Tires: Properly inflated and free of damage.
- Brakes: Front and rear brakes are responsive.
- Chain: Lubricated and free of rust or dirt.
- Bolts and Screws: Everything is tightened and secure.
- Suspension: Working smoothly (if applicable).

PACKING ESSENTIALS

- Water: Hydration pack or water bottle.
- Snacks: Energy bars or fruit for longer rides.
- Repair Kit: Spare tube, tire levers, multi-tool, mini pump.
- First Aid Kit: Basic supplies for minor injuries.
- Phone: Charged, with a portable charger if necessary.

WARM-UP EXERCISES

- Dynamic Stretches: Leg swings and arm circles.
- Squats: A few bodyweight squats to warm up the legs.
- Shoulder and Neck Rolls: To reduce tension.
- Pedaling: Gentle pedaling to get the heart rate up.