

HOW TO START RIDING A BIKE IN 5 STEPS

1 - WEAR A HELMET AND RIDING OUTFIT



Helmets, knee pads and elbow pads insulate joints and protect against abrasions. So wearing them is recommended for all riders.

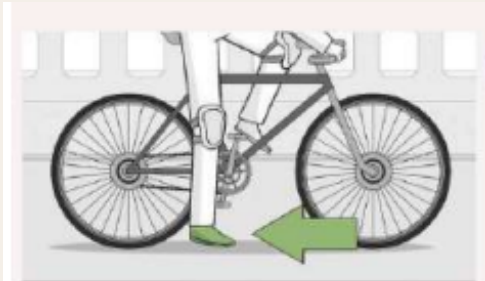
2-ADJUST BIKE SEAT

Lower the bike seat so that the rider can put both feet on the floor while sitting on the bike. The low seat lets you stop yourself with your feet before you fall.



3 - PUT ONE FOOT ON THE GROUND

It doesn't matter which side it will be but your dominant side will feel more natural. For example a right-handed person can stand on the left side of the bike.



4-LOOK STRAIGHT AHEAD

When you look at obstacles, your bike moves towards them. Focus on looking towards where you want the bike to go. Avoiding hazards or other distracting images on the road needs some practice.



5-START PEDALING

Start with one foot on the ground. It should be flat on one pedal with the other foot pointing up. Push it with your foot on the ground, put that foot on the other pedal and go! Keep going as long as you can balance.



More Info!

