



TAKE TIME TO RIDE!

Partes de la BTT MTB Parts



1 cuadro	frame	12 masa	hub
2 tijera	fork	13 rallos	spokes
3 amortiguador	shock absorber	14 rin	rim
4 manubrio	handlebar	15 llantas	tires
5 poste	stem	16 piñon	cassette
6 telescopio	headset	17 cadena	chain
7 asiento	saddle	18 cambio frontal	front derailleur
8 tubo del asiento	seatpost	19 cambio trasero	rear derailleur
9 plato / estrellas central	chainring	20 palanca de cambios	derailleurshifters
10 bielas	cranks	21 frenos	brakes
11 pedales	pedals	22 palanca de freno	brakes levers

Safety Checklist

A - Air: _____

B - Brakes: _____

C - Cranks & Chain: _____

SPIN - Your Wheels & Gears, Handlebars: _____



CHANGING A TIRE

Step 1: Remove the wheel from the bike.

Step 2: Completely deflate the tire.

Step 3: Slide the rounded end of one of the tire tools between the tire and the rim. Working slowly and taking care not to

pinch the tube, pry the tire away from the rim and press down to keep the tire off the rim.

Step 4: Slide a tire tool between the tire and rim. Work this tool around the rim until the tire pops free.

Step 5: Remove the tire and inner tube from the rim. Patch or replace the inner tube.

Step 6: Take the tire and slip one edge of it all the way around the rim. It should be possible to do this by hand, although you can use one of the tire tools if necessary.



Step 7: Place the inner tube completely inside the new tire, taking care to line up the inner tube valve with the valve hole in the rim (see B). Push the tube as far into the tire as possible. It might help to inflate the tube very slightly.

Step 8: Using your hands, push as much of the second edge of the tire onto the rim as possible. Continue pushing the tube into the tire as needed.

Step 9: Gently finish rolling the second edge of the tire into place over the rim edge. Work slowly and avoid snapping the tire into place as this tends to pinch the tube and cause air leaks.

Step 10: Inflate the tire to the recommended pressure written on the side of the tire, and replace the wheel on the bike.