

# The M Check

Source: ATG Training



**Make sure your bike is safe to ride. Always use the M Check.**

# Know your Bike

[www.cyclinguk.org](http://www.cyclinguk.org)  
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- |                         |                           |                          |                                    |
|-------------------------|---------------------------|--------------------------|------------------------------------|
| 1. Stem & Bars          | 8. Front Suspension/Forks | 15. Top tube             | 22. Bottom Bracket                 |
| 2. Brake Levers         | 9. Tyre                   | 16. Seat tube            | 23. Front Derailleur               |
| 3. Gear Shifters/Levers | 10. Rim                   | 17. Seat Post Clamp      | 24. Chain                          |
| 4. Headset              | 11. Spokes                | 18. Seat Post & Seat Pin | 25. Rear Derailleur                |
| 5. Head tube            | 12. Front Hub             | 19. Saddle               | 26. Rear Cassette                  |
| 6. Headset              | 13. Down tube             | 20. Cranks               | 27. Quick Release Skewer/Axle Nuts |
| 7. Fork Crown           | 14. Frame                 | 21. Front Chainrings     | 28. Disk Brake (Calliper/Rotor)    |