

Fixing a flat

Step	What to do
1	Remove the wheel and let out remaining air
2	Use tyre levers to unhook one side of the tyre
3	Pull out the tube and find the hole
4	Check inside the tyre for thorns or glass
5	Fit a new or patched tube with a little air
6	Reseat the tyre without pinching the tube
7	Inflate to your pressure and refit the wheel

Notes