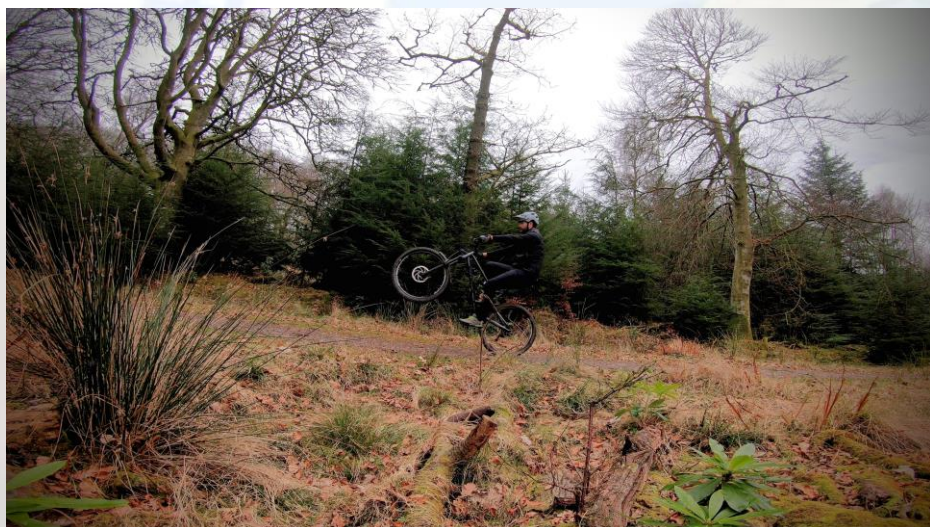


How to do a Wheelie

A wheelie is a great skill to learn, it's really useful to master this before attempting to do a manual. Wheelie's can take a while to learn, but lots of patience and practice will help with the process.



- Find a quiet location to practice, either flat or a slight incline is perfect
- Make sure you have a helmet and gloves on
- You want your seat to be quite high as this makes it easier, and you want to be in an easy gear for pedaling
- Start off at a gentle speed
- You want to be sitting down and have your weight over the front of your bike to begin with, next you want to put in a big pedal stroke with lots of power and then shift your weight back as the front wheel begins to lift off the ground.
- As the front wheel comes up, keep pedaling and straighten your arms
- To maintain the balance point you want to do the following :
 - If it feels like the front wheel is coming up to high, use your back brake to bring it back down
 - if the front wheel starts to drop, put more power into the pedals and this will raise the front wheel again.
- Always have the back brake covered when doing a wheelie, it will save you from falling off backwards!

