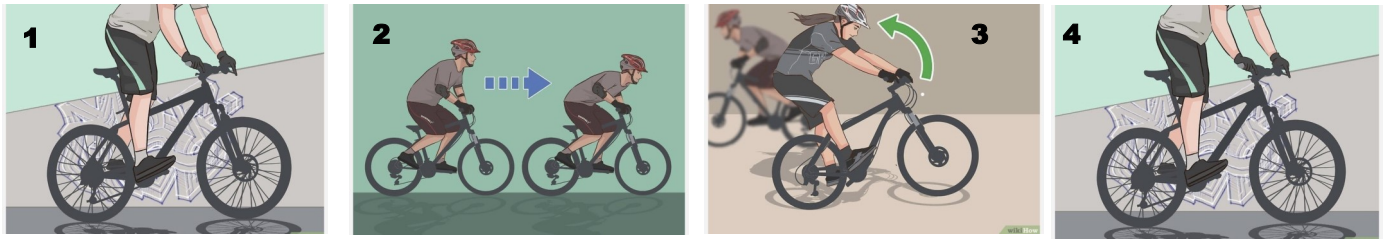


East Bradford Cycling Club

Mountain Bike Skills

Front Wheel Lift to Manual



Coaching Points:

- 1- Start in the ready position, out of the saddle and freewheel at walking pace or above, feet flat
- 2– Shift your body forwards over the bars, bending your arms
- 3– Quickly move your body back, pull up and back with your shoulders and lower back using straight arms and legs, pivoting with your feet by dropping your heels down. This is a quick movement—shoot your body back. Head up as you move back
- Rotate your wrists like revving a motorbike throttle
- Maintain the position with your body towards the rear of the saddle and find your balance point
- Cover your rear brake– if you go too far back, lightly touch it to maintain balance—it brings the bike down if you use the rear brake
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- 4—Back to the ready position as the bike lands

Making it harder: Apply the front wheel lift to a trail—manual over roots or Puddles

Challenge:

Manual 1m = 1 Point

Manual 3m = 3 Points

Manual 6m+ = 5 Points