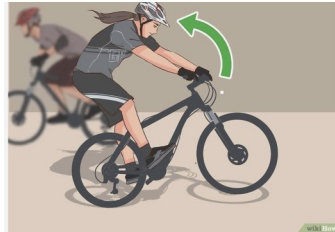


East Bradford Cycling Club

Mountain Bike Skills

Powered Front Wheel Lift



Coaching Points:

- Start in a seated position with your weight towards the rear of the saddle
- Apply a powerful stroke with your lead foot just before the obstacle
- Pull back your shoulders and lower back, pivoting from your hips while applying the power stroke to the pedals
- Keep your arms straight and weight back, pushing your weight through the saddle
- Lift your head as you pull back
- Twist your wrists just like revving the throttle of a motorbike for extra pull
- Imagine you are powering the rear wheel under the front
- Keep your brake covered - feather it if you go too far. Putting on brakes hard will bring your front wheel down.

Harder - Perform a longer lift with a second pedal stroke

Swop feet to power the wheel up

Use the technique out on the trail

The following will form part of our Swiss Skills Competition:

Using the powered front wheel lift only, lift the front wheel and aim to place it down on an object such as bricks, planks rocks, steps or pallets. Something like the brick stacks.

How many layers of bricks can you lift onto and off without knocking them off?

1 Point for 1 layer

2 Points for 2 layers

3 points for 3 layers etc etc

If no bricks are around, use planks or rocks or anything you can think of!

