

Saddlerwerkz
Ride Beyond dreams



Saddlerwerkz Basic Bike Mechanics Course (for conventional bikes) 2023

Course Outline

- 1 Introduction of bicycle
- 2 Naming of parts
- 3 Identifying of tools specific to bicycle
- 4 How to fix a flat tube
- 5 Identifying and adjustment of various brakes
- 6 Types of Chain(s)
- 7 Adjustment of derailleurs
- 8 Recognising types of pedals
- 9 Crankset identification
- 10 Essential bike maintenance
- 11 General bike fit

Notes:

- A) Course will be conducted by Coach Joseph Ho who is a certified Bike mechanic and Cycling Coach Level 1
- B) The duration of the course will for 3 hours and charges will be at \$100.00 / pax
- C) Some bike specific tools may be supplied (More information will be provided after confirmation of course)
- D) Learners are welcome to bring along their own bicycle as this will be helpful for familiarisation of their own bicycle parts
- E) Number of participants to start the course will be min 3pax, max of 5pax.