Follow the frame of the bike from the rear wheel up to the saddle, down to the pedals, up to the handlebars and down to the front wheel. This is your M-check.

**Front wheel**
If you have a quick release make sure it is firmly locked. Shake the front wheel to ensure it is not working loose. Check the tyre pressure. If you have a road bike use your fingers to ensure it is very firm; on an all-terrain bike use your palm to check the correct pressure. Check around the perimeter of the tyre for cracks, bulges, foreign objects and general wear. Check the spokes individually to ensure none have worked loose. Check the wear of the brake pads and ensure they are not binding as the wheel turns. Test that both the front and rear brakes work properly. Do this by moving the bike backwards and forwards whilst you pull the brakes on.

**Handlebars**
Check the stem is correctly positioned, then go to the front of the bike. Squeeze the front wheel between your knees and gently rock the handlebars to ensure there is no play in them.

**Pedals**
Rotate them to ensure they spin freely. Gently hold each one and rock to and from the frame to check there is no sign of wear in either pedal or the crank.

**Chain**
Make sure it is well oiled, with no visible rust and that the links are not damaged or out of place.

**Seat Post**
Hold the saddle firmly and rock it to ensure there is no play and that it won't work loose.

**Rear Wheel**
Carry out the same checks as on the front wheel.

**Front and rear lights**
Check that they work correctly and give a good bright light.

**Bell**
Check it works.