



DIY Cycle Maintenance Course for Riders

Batch Capacity: 20 Students Fees: 1000/- per student per session | 3000/- per student for all sessions

Session 1 - Cycle & Wheels	Session 2 - Brakes
Day 1: 10 am to 1 pm	Day 1: 2 pm to 5 pm
About Cycle & Cycling	Brakes - Rim Calliper
Types of cycles & choosing the right cycle	Types of rim calliper brakes
Deciding the correct frame size	Brake pads and its maintenance
Correct riding posture - Seat Height & Angle, Handlebar, Brake lever etc	checking Brake pad wear
Pre-Ride Checks	Types of cables and replacement
Post Ride Care	Adjustment and centring - V-Brakes
Cleaning, Degreasing, Lubrication	Adjustment and centring - Dual Pivot Brakes
Regular checks for long-term ride quality	
Wheels Tyre Tube	Brakes - Disk Brakes
Removing and installing wheels	Types of disk brakes
Cautions while removing wheels	General maintenance tips for Disk brakes
How to remove tyre	How to reduce noise on Disk brakes
Tube removal, Fixing a flat tube	Brake pads wear and replacement
Tube replacement	Adjustment and tune-up of Mechanical Disk
Refitting the tyre and Air pressure	Special care for Hydraulic disk brake
Quick Release position and placement	Adjustment and tune-up of Hydraulic disk
Session 3 - Bearings	Session 4 - Gears
Day 2: 10 am to 1 pm	Day 2: 2 pm to 5 pm
Bearings - Headset	General Introduction
Headset Info - Basic maintenance tips	About Gears, Compatibilities, types
Adjusting Threadless Headset	Basic maintenance precautions
Safety Parameters for Stem and headset	Interchangeability and upgrades
Pedal & Crank	Rear Derailleur
Pedal removal and installation	Limit Screw Setting B, H, L
Crank Removal and Installation	Initial Cable tension
Bearings - Bottom Bracket	Final Cable tension
Types of BB	Indexing
Removal and installation of Cartridge BB, External BB	Front Derailleur
Freewheel Cassette	Height and Angle Adjustment (info)
Difference in Freewheel and Cassette	Limit Screw Settings H and L
Removal and installation of Freewheel and cassette	Initial Cable tension
Bearings - Hubs	Final Cable tension
Types of Hubs and basic maintenance tips	Indexing
Generic info on hub adjustment	

All riders bring your own bicycles, puncture kit, multi tool set for the course. Food not included