

Inspire FAE Coaching

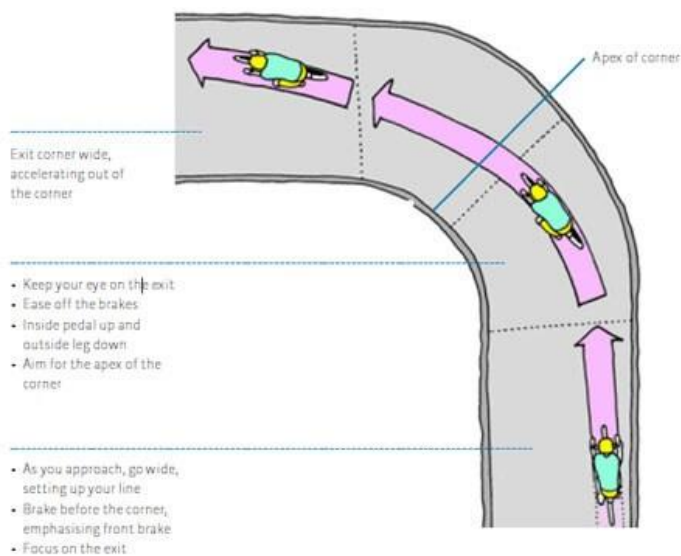
Bike Skills: Cues & Tips

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Power Stance: feet/pedals at 3 & 9 o'clock (pedals parallel to the ground); applies when slowing and coasting



Turning:

- Reduce your speed & release your brakes BEFORE starting the turn
- Apply pressure with the outside foot and arm; counter-steer with the inside arm
- Do NOT attempt to pedal through corners
- Look through the turn with your head and eyes: both should be focused on the exit of the turn
- Outside – Inside – Outside: Start your turn wide on the outside, turn through the apex/inside of the turn, exit outside

Emergency Braking

- Head Up
- Bodyweight back and down
- Feet in the **power stance** & heels down
- Brake evenly

E-Braking: as simple as 1-2-3-4

1: Head Up

2: Heels Down

3: Weight Back

4: Even brakes



Straight Line Riding

- Keep your cadence and stroke pressure even and consistent
- Head and eyes focused on where you want to go
- Speed is your friend: faster is easier