

# mastering mtb skills

Enhance your enjoyment of riding by learning skills that will help you to conquer any terrain with confidence and style!

What will the skill course cover?

## **Becoming one with your bike**

bike setup for optimum comfort and power  
touching your bike  
balance and body position

## **Pedaling for power**

pedal strokes for power and flow

## **Cornering**

moving through corners  
picking the right lines  
riding corners up and down

## **Obstacles**

lifting those wheels

## **Climbing and descending**

getting perfect traction every time

For more info or to book, contact

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