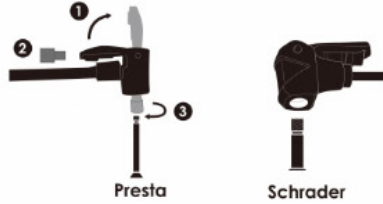
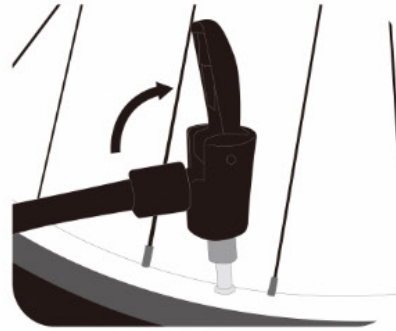


INFLATING YOUR TIRES

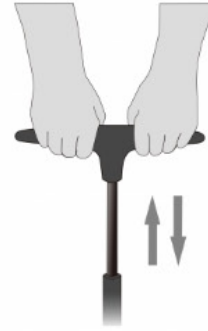
STEP 1 Choose the right valve



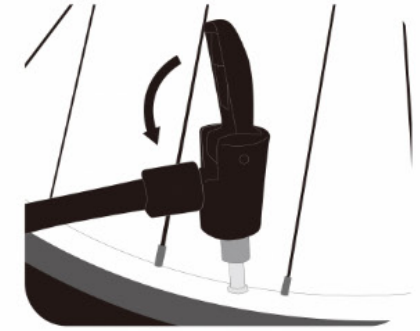
STEP 2 Engage



STEP 3 Pumping



STEP 4 Disengage



HOW TO INFLATE YOUR TIRES

- 01** Rotate the tire until the valve stem is on the bottom of the wheel. By placing the valve down, you avoid placing stress on your pump's hose.
- 02** Remove the plastic cap from the valve and, if you have a Presta valve, lightly unscrew the brass cap just until it stops. Carefully slide the proper pump head straight down onto the valve stem, then lock it by pulling the lever up.
- 03** Pump up the tire. With a floor pump, place one foot on each side of the stand, grip the handle, and pump it up and down. With a hand pump, hold one hand firmly on the valve, nearby spokes and the pump head and move the pump handle with the other.
***** Road tires generally require 80 psi to 130 psi *****
- 04** Remove the pump head by pushing the lever down and sliding it straight off the valve when the tires are at the preferred pressure. Tighten the brass cap on Presta valves and screw on the plastic valve cap.

INFORMATION COURTESY OF LIVESTRONG
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