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effortlessly loft the front end of your bike using your hips instead of your arms to avoid losing momentum ... plus there are huge bonus points for style!

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The correct way of neutralising your front end and stopping it from

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plummeting down is to drive it up the same as a manual by pushing with your legs. Put it this way, if you can manual properly then drops of any size are easy. Come in low and think about pushing your bike out into the space in front of you.

**How to manual a mountain bike -**

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## **MBR**

Performing a manual can be broken down into a few key steps. Before performing this mountain bike skill, make sure you have enough open trail to practice. Begin your manual by riding at a comfortable speed. When ready, pull up on your handlebars and shift your weight down and back over your

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rear wheel.

## **Mountain Bike Skills for the Hills: How to Manual | PRO ...**

Katy shows us how a pro does the manual. If you can successfully nail the manual on your mountain bike, you will not only allow yourself to successfully conquer a host of other skills including



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bunny hops, you'll also be able to take on obstacles on the trail with a lot more ease. It is important to perfect your positioning, movement and braking on the bike before trying this out though as it will make the learning process far easier.

## **Mountain Bike Skills: How to Manual**

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Basic MTB skills The first skills most riders learn are centered around staying safely on the trail, riding efficiently, and gaining overall balance on the bike. These are the skills that allow us to crash less and ride longer, making mountain biking more enjoyable.

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An essential reference book for anyone wanting to learn more about mountain bike skills and how to improve. Written by Chris Ball and featuring input from top downhill, cross country & freeride professionals including Steve Peat, Gee Atherton, Greg Minnaar, Sam Hill,

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Christoph Sauser, Cam McCaul and more.

## **Mountain Biking The Manual | MTB skills book | Mountain ...**

A manual, like a wheelie, is a technique for keeping the front wheel off the ground while you roll on the rear wheel. It differs from a wheelie in that you don't

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pedal. Manuals aren't just a fun way to show off—they can also increase your speed and efficiency on the trail.

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Hands down, enrolling in the Intermediate/Advanced clinic was the best thing I've ever done to improve my

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speed and ability on the bike. I am so much faster on singletrack and through technical sections/jumps that even if people are more fit than me, I still keep up with them (and kind of love watching them do a lot more work than they need to).

**manual - Ninja Mountain Bike**

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Mountain bike riding is just one big journey of self-development. Once you find a trail you learn to ride it better. Once you learn a skill you learn to do it better and smoother - with most skills branching off into other skills. It's just a big spaghetti bowl of bikespoloration, and it rocks!

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## **5 Basic mountain bike skills every beginner should learn**

You don't need mountains to go mountain biking. Just about any off-pavement riding will reward you with fresh air, great exercise and—if hills or mountains are present—the exhilaration of scenic views and long downhill



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stretches.. Mountain biking does require some different skills than road cycling.

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to learn and requires good technique rather than strength. Many mountain bike riders confuse the manual with riding a wheelie, a dark art performed by MTB experts and BMX enthusiasts.

### **Mastering Mountain Biking Skills: the Manual | The Adventurerr**

The Global Mountain Bike Network is the

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best MTB YouTube channel, with videos for everyone who loves dirt: from the full-faced helmet downhill mountain biker to the lycra-clad cross country rider ...

## **How To Manual Like A Pro - MTB Skills**

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become a better rider. These are 5 essential skills that you can practice anywhere! Whether it's a car park, the ...

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Downhill Body Position Tips. Drop your heels. Bracing your feet against the pedals helps your body maintain stability

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and resist the forces that downhill braking puts on your body. Keep your arms and legs bent. When your arms or legs are locked out, you aren't able to react to the terrain.

## **Uphill and Downhill Mountain Biking Skills | Liv Cycling ...**

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### **Mountain Bike Skills Manual:**

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## **Fitness And Skills For Every ...**

Mountain biking is much like downhill skiing, since you must shift your weight from side-to-side down narrow, bumpy descents. Your bike will have the tendency to track in the direction you look and follow the slight shifts and leans of your body. You should not think so much about steering but the direction



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in which you wish to go.

## **The Basics: Mountain Bike Skills You Need to Know | ACTIVE**

Modern mountain bike brakes have tremendous modulation and adjustability. Know how to use them, and they'll be your best ally. Mountain biking is a dynamic sport that requires

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speed, finesse and fitness. Often times in pursuit of speed and fitness we lose sight of the finesse, and forget to hone our handling skills.

### **Top 10 Ways to Improve Your Mountain Biking Skills ...**

Bike checks and set-up, correct balance, weight shift and movement on your bike,

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braking, climbing and descending techniques, the four key MTB skills- Manual front wheel lifts, Power-assisted Front wheel lifts, Rear wheel lifts, and track stand and more.

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