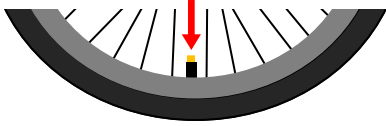


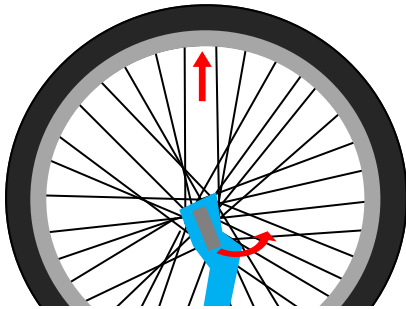


1



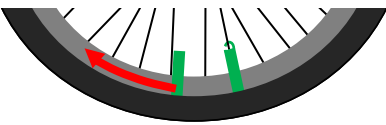
Release all the excess air out of the tyre. If you've had a puncture, there probably won't be much.

2



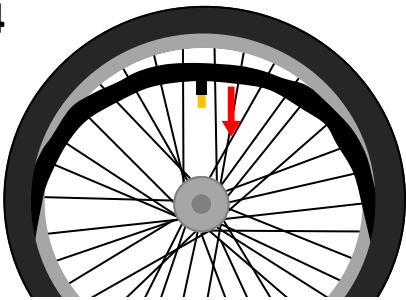
Unlock the wheel and remove it from the bike.

3



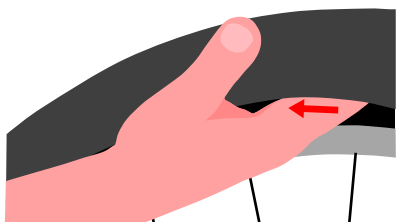
Insert a tyre lever and lever the tyre from the rim in one place. Clip to a spoke and use the other lever to remove one side of the tyre from the rim.

4



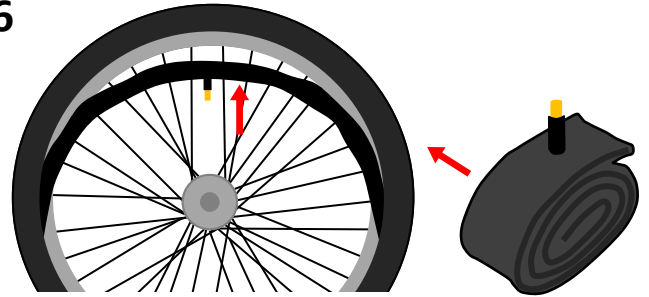
Remove the old inner tube from the rim.

5



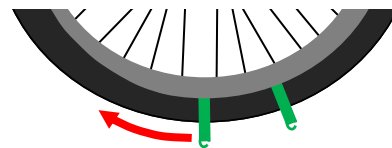
Insert your fingers inside the tyre and check the whole tyre for sharp objects sticking through.

6



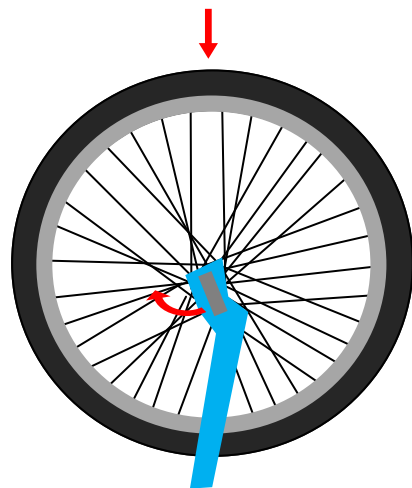
Make sure all sharp objects are removed from the tyre, you don't want another puncture before you've set off! Insert the new inner tube, taking care to line up the valve to the hole in the rim.

7



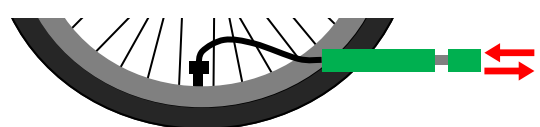
Use one tyre lever to push the tyre back into the rim, hold it where it is, and use the other lever to locate the tyre into the rim all the way around.

8



Insert the wheel back into the fork and lock it into place using the quick release lever or nut.

9



Pump the tyre up to the required pressure and replace the dust cap on the valve.