



Serpentine

- Start with your front tire on the left side of the cones
- Snap off the rear brake and get your balance
- Use your rear brake as your speed control
- Clutch can be out or use the "Set then Drag" technique (Pg. 39)
- Keep your knees tight and your eyes focused one turn ahead
- Push where you want the bike to go, allow the bike to turn.
- Counterbalance with your upper body
- Try 10 km/h on the way down the hill and 15 km/h on the way up
- Stop with your front tire on the left side of the cones

Dimensions

Space between cones is 15 feet
Exercise boundary is 25.5 feet

Speed

10 km/h to 15 km/h