

Improve your skills

Jumping



Arrive with enough speed to clear the jump.

Prior to take off pre load your body and as the bike hits the jump lip explode forwards and upwards allowing the bike to leave the ground.

As you travel through the air keep an eye on your landing, allow the bike to come through you body to ensure the wheels match the angle of the ground.

Absorb the landing with your body before moving back into attack position.