

SAR TE TOMOFILINEN BICIKLI ANO 5 ČEKOJRA

1 - PHIRAVEN KACIGA THAJ TOMOFILIBASKORO AUTFIT



O kacige o uloške bašo kočja thaj laktoja izoliririna o zgloboja thaj štitinena taro grebanke. Odoleske, lengoro phiravibe tano baši sa o šofejra.

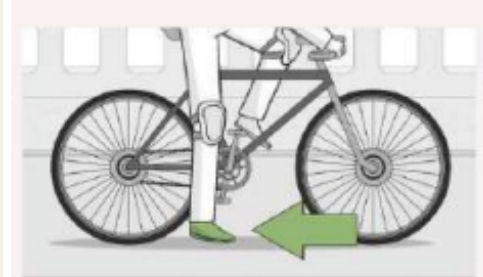
2-MESTINEN O BEŠIBASKORO SEDLO

Tiknaren e bešibaskoro sedlo te šhaj o šoferi mukhela sojdjuy pre tele dži tomofilinela. O tikno sedlo kerela te ačhoven tumare prencar angli te peren.



3 - ČHIVEN JEK PRO TELE

Nane bitno koja rig ka ovel, numa tumari dominantno rig ka osetinel pes majpridodno. Sar egzemplo, o desnako šhaj bešela ki levo rig e bicikleskiri.



4-DIKEN ANGLAL

Keda dikhena o prepreke, tumaro bicikli tomofilinena lende. Fokusirinen tumen ko odova kote mangena te džal tumaro bicikli. O našibe taro našukar bukja kola lena o vnimanie rodela praksa.



5-POČMINEN PEDALENCAR



Počminen jekje preja ki phuv. Trebela te ovel ramno ani pedala a o javer pro čhivdo naupre. Bucinen tumare preja čhivdo ki phuv,čhiven o pro ki pedala thaj počhminen! Džan sa dži kote šhaj balansirinena.



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