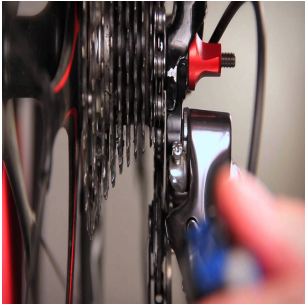


## How to adjust your front and rear derailleurs



Keeping your gears running smoothly will help you enjoy your cycling much more. These two videos from [Cycling Weekly](#) show how easy it is to adjust your front and rear derailleur yourself.

There's no need to take it to a bike shop for these simple adjustments so you'll have extra money to spend on other goodies :-).

### **How to adjust your front derailleur**

### **How to adjust your rear derailleur**

You can view the full written instructions and images on [Cycling Weekly](#)