

# Weighting and un-weighting

Get this technique right and you will improve your bike skills. It's all about shifting your weight at the right time. It should feel really fluid and smooth, not stiff and awkward.

1. As you approach the bump get into the attack position.
2. Move your weight forward as your bike climbs (**Pic 1**).
3. As you crest the rise and start to drop over it, move your weight back and then momentarily into the attack position (**Pic 2**).
4. Continue to move back on the bike as it rolls over and off the bump (**Pic 3**).

