

Mountain Biking Progression

Warm-up & Stretches	Paved/Flat
ABC-HQs safety check	Paved/Flat
Bike fitting	Paved/Flat
Safety equipment fitting (Minimum and extras)	Paved/Flat
Positioning (Neutral, Power Position, Bike/Body sep)	Paved/Flat
Setting bike down or getting in/out of bike	Paved/Flat
Brake box	Paved/Flat
Quick brake line (position and vision)	Paved/Flat
Cone course - wiggles, turns, stop boxes	Paved/Flat
Cone course - wiggles, turns, stop boxes	Dirt/Flat
Off-road props (rocks, boards, sticks, slight grades)	Dirt/Flat
Challenge Game (slow, most figure 8s, tripods, etc.)	Dirt/Flat
Shifting	Dirt/Flat
Shifting	Dirt/Gentle Hills
Group Riding Rules/Etiquette/Road Rules	Stationary
Intro Ride	Dirt Road
Novice Ride	Gentle Off-Road w/ limited hazards

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