

2017010278 - New best Jordans for sale Release date

first type: broken helmet shield! must wear a helmet, no, no, no helmet! helmet for the rider, is the last barrier. to buy the premise of the helmet must be certified by the national security! So X treasure on the helmet, please choose carefully. < p > this trick but deadly skills, self harm is bigger also, CD time long, the use of a must replace the helmet, can continue to use. second: the hand of god! cycling, not to charge the knee, gloves, gloves, the role is very important! slow shock! Sweat, fall protection when the palm of your hand! gloves buy, not too much, but you have to pay their own household hands, especially boys! third: combat force detection! said we can win! < p > really warrior is no winds fear of windblown sand and don't be afraid to look sharp rivals, because we are comfortable (24K) riding glasses! < p > and summer riding, riding with dark glasses, a lot of benefits can in not being aware of the detection of the enemy, can't say, self understanding ah. fourth: sweat shirt! < p > riding sports, sweating quantity is relatively large, it is generally recommended wear quick drying clothes, and riding clothes to wear can significantly reduce air resistance there is no. And a comfortable ride will allow you to show where (of course, there is no where there is no ~) fifth: the left and right hand stroke! < p > brake, whether you are hand brake and backhand gate (that is, the left hand brake or the right rear brake), rational use of them is very important. Here not to discuss the specific front and rear brake use, because for different cycling movement, before and after the brakes using the ratio and sequence are not the same, but the individual difference is relatively large, not the most, only the most suitable you riding! But is generally recommended novice, try to use the front and rear brakes together, as Diancha, don't crush the brakes. About Bo, once made it into gold hands ~Chapter six: iron work! riding pedaling the best use of forefoot, such minimal damage to the ankle, and pedaling more smoothly! The entry of the students should pay attention to a lot of anti-skid foot nails do not become a meat grinder. All the best pants travel, sunscreen anti scratch. want to further enhance the students can be very necessary to change the lock step and lock the shoes, and that the acid Shuang can only say who knows ah! seventh: Gold left hand! finally to the grass root favorite! (to the wrong wall to ah, I said is reasonable use.

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