

How to do a front wheel lift on your mountain bike.

A front wheel lift can be used to get your front wheel up onto obstacles making it easier to get over them. A front wheel lift is different than a wheelie. Later on it can turn into a cat walk across the parking lot to impress your friends.

To start you must match your speed to your gear. You have to be able to make a large enough difference in your speed to get the front wheel off the ground. If the gear is too hard unless you have legs the size of tree trunks, it will take too much power to make a quick acceleration and pop the wheel up. If you are in too easy a gear your pedal revolution won't propel you far enough to bring the wheel off the ground.

Start out by riding up a small incline, gravity will help lift the wheel. Shift into an easy gear so you can travel at a slower speed making it easier to practice. Position your feet in your power stroke position which is at 2:00 and 8:00. As you push through your power stroke slightly pull up on your bars with your arms and rock your shoulders back like you're in a rocking chair. The key is timing your power stroke with the rocking back motion.

Remember your safety is your rear brake. If you start going over backwards stopping the rear wheel will cause your momentum to throw your front wheel back down.