1. Know the pump head lever’s “unlocked” and “locked” positions

   ![Diagram of pump head lever positions](image)

   **UNLOCKED**
   (to insert or remove your bike’s tire valve)

   **LOCKED**
   (to pump up the tire)

   **PUMP HEAD**

2. Know your bike tire’s valve type

   ![Diagram of tire valve types](image)

   **SCHRADER**
   Like a car tire; no preparation needed

   **PRESTA**
   Before inserting into pump head, unscrew the built-in brass cap and tap it to un-stick its internal spring

3. Unlock the pump head (flip lever toward hose)

4. Push the pump head **straight** onto the valve, **inserting the valve as far as possible**, especially the Presta type. (It may help to first rotate the wheel so the valve is at the bottom, pointing up.)

5. While holding the pump head **firmly** in place on the tire valve, lock it (flip lever away from hose)

6. Inflate tire (suggested pressure range is printed on tire sidewall)

7. Unlock the lever and **gently** remove the pump head

8. If Presta valve, twist the built-in brass cap all the way in until **tight**

9. Replace the valve’s plastic outer cap, if it had one