

****Instructions Assuming bike is on it's LEFT side****

First, HIT THE KILL SWITCH.

Next, turn off the gas if necessary.

Make sure the bike is in gear if you can get to it. If the bike is not in gear and you cannot get it in gear the technique becomes more difficult but can still be done.

Standing with your butt toward the seat, stoop down and with your right hand take the left grip.

When you grab the grip, pull it until it is as close to the tank as possible. With your left hand find something sturdy to grab hold of under the seat. The closer your left hand is to your body the better.

You place your butt mid way on the edge of the seat.

This is CRUCIAL. The placement of your butt too high or too low on the seat will not give you the leverage angle. You are pushing the bike with your butt and upper legs. You will have to pull up with your arms a bit but mostly you will be pushing the bike up with your legs.

You must have good traction under your feet or you will slip. If there is gravel under your feet sweep it away with your boots until you get dirt. Same for grass. Be careful not to push the bike over the other side.

Once you have the bike up, carefully put the side stand down and lower the bike to it. If you can't get to the side stand with the heel of your boot, turn carefully and grab both grips then put the bike on side or center stand.

The process is the same if the bike is on its right side. NOTE: But your hands are reversed, of course. Your LEFT HAND is on the RIGHT GRIP and your RIGHT HAND grabs UNDER THE SEAT. It is easier to get it into gear. Remember to put the side stand out first so that you can ease the bike onto it once it is upright.

If you feel like there is no way this bike is going up like this, then move the position of your butt. If that doesn't work try changing the flex of your knees. Be careful. Often when you get the angle just right the bike goes up like it's made of paper.