
100%
CYCLING
IN & OUT

WWW.STAGESINDOORCYCLING.COM





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STAGES

STAGES
CLINIC

WELCOME

At Stages Cycling, we're focused 100% exclusively on cycling, with full ownership of our products. Our teams around the world are dedicated to supporting those products, as well as the athletes and studios who use them. Stages has taken the guesswork out of training, both on the road and in the studio. Our SC bike series, the choice of the world's top club operators and boutique studios, is the fastest growing indoor bike in the world. Its feel, fit and performance take every studio experience to a new level.

Many elite outdoor cycling teams and individuals choose Stages Power because when using the most accurate measure of performance, they can develop and adhere much more successfully to their fitness goals. Now your studio riders can benefit from the same precise data professionals use, and map their fitness strategies to more quickly reach their own goals.

Stages team members from left to right: Pat Warner, Senior VP Andy Flack, Master Educator | Cameron Chinatti, Director of Education | Elena Lapetra, Commercial Director UK.

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In 2012, the Stages Cycling brand launched with the release of its uniquely designed power meter for outdoor bikes. The Boulder, Colorado facility houses a full production line that builds power meters and outfits alloy and most recently carbon crank arms with the meters. The Stages brand's global reach is fueled by its partnership with several world champion cycling teams and professional cyclists. Stages Cycling products currently sell in more than 50 countries with a presence in over 5000 bike shops globally.

Stages Cycling continued its growth in cycling with the introduction of the SC series of commercial indoor cycling bikes in 2015, and has not stopped innovating since. Stages is now the largest power meter manufacturer in the world, with both indoor and outdoor meters. The world's most prestigious indoor studios, as well as the world's best outdoor athletes and teams, choose Stages Cycling.

Equinox club



STAGES POWER

WHAT MAKES A STAGES POWER METER DIFFERENT?

Stages Power is the #1 selling power meter in the world, considering both our indoor and outdoor meters. Hundreds of professional outdoor cyclists and teams choose Stages Power because of our accuracy, consistency, and dedication to the customer experience. Our indoor power meter features the same technology as the outdoor meters that world class athletes around the world choose.

DIRECT POWER MEASUREMENT

The Stages Power meter directly measures the cyclist's power output. Proprietary strain gages are laid precisely along the crank arm that detect the smallest flex of that steel arm. As the cyclist pushes down on the crank arm during a pedal stroke, this flex is measured and used to determine the force applied to the pedal stroke, or torque. That torque measurement is a key component of a rider's power output (Torque x Cadence).

ACTIVE TEMPERATURE COMPENSATION (ATC)

Measuring power output is simple in a controlled environment, but when a power meter is subject to temperature changes (such as in a cool studio that heats up over the duration of a class), the accuracy can be compromised by those changes in temperature. The strain gage wires used to measure power are highly affected by changes in temperature, so if the power meter system does not take changing temperatures into account, power readings will be inaccurate. Stages

Power meters are equipped with ATC (Active Temperature Compensation). ATC actively allows the power meter to compensate for temperature changes that would otherwise affect the ability of the strain gages to accurately measure force.

In cycling, there is one way to measure fitness accurately and that is by using a power meter. The data teams capture from both training and racing with Stages Power helps to quantify how its riders are performing, which drives coaching decisions.





"Whether you're training to lose weight, set a personal best up a climb, improve your bike split, the real time metrics that a power meter provides will give you the best opportunity to succeed." – Benjamin Sharp USA Cycling level 1 certified coach



SC BIKE SERIES

Built to appease the most discerning outdoor cyclist, the Stages indoor bike is strong enough to take on any indoor cycling programming. Get to know the SC series indoor bikes by Stages Cycling. With the SC series studio bikes, Stages Cycling proves world-class bikes aren't only found on the road. This smooth riding, easy to adjust, low-maintenance, state-of-the art bike is equipped with Stages Power® meters and available to for both personal in-home use and cycling studios.

SC3

The Stages SC3 is the global leader in premium indoor cycling. Innovative features such as the aluminum frame, CarbonGlyde, magnetic braking system, FitLoc, and SprintShift also make it the simplest bike to maintain. Ergonomically fit and engineered for function, the SC3 seamlessly and wirelessly connects to rider technology via Bluetooth® and ANT+™.

Stages Power, the most accurate, reliable, and consistent direct power meter on the market, is included on the SC3. The SC3 is the only indoor studio bike that comes standard with a Stages Power meter and self-generating EcoSCRN display.



The SC3 comes standard with the following premium features:

Bike Weight - 96 lbs (43 kg).
Bike Dimensions - 24.5" W x 43.5" L (62.23cm W x 110.49cm L).

Frame Material & Construction - 6061T-6 aluminum alloy, advanced hydro & air formed tubing, TIG weld.

Frame Finish & Color - Industrial powder coat, Steel Blue.

Assembly Hardware - Stainless steel.

Drive System - CarbonGlyde featuring Gates® Carbon Drive™ carbon fiber belt.

Gear Ratio - 5:1.

Resistance System - Magnetic Eddy current with SprintShift resistance lever, micro-adjust resistance dial, & emergency push-to-stop.

Q-Factor - 158mm.

Handlebars - Comfort coated aluminum Stages RoadBar.

Adjustment System - StagesFit with FitLoc height & patented fore-aft adjustment.

Flywheel - High-inertia, cast iron perimeter weighted.

Pedals - SPD & toe cage

Rider Fit Range - 4'10" (147cm) to 6'10" (208cm).

Max User Weight - 350 lbs (158 kg).

Power Measurement - Stages Power meter, Stages EcoSCRN display with self-generating power source.

Warranties:

Frame - 15 yrs.

CarbonGlyde Carbon Fiber Belt - 10 yrs.

Mechanical System - 3 yrs.

Labor & Electronics - 1 yr.

Wear Items - 6 mos.

*Advertised warranties valid only for the US and UK. Please ask your sales representative for your local warranty terms.

SC2

Designed for the world's most popular rhythm classes, the new SC2 is the bike for the studio that wants to take advantage of the smoothest ride and make their awesome instructors shine.

The NEW Stages RhythmBar accommodates all rhythm hand positions comfortably, and the next-generation SprintShift makes switching between intervals quick and easy. The no-fuss FitLoc height adjustment system gets your riders safely fit and on the bikes easily. The CarbonGlyde drive system provides Stages' signature smooth ride. Tech and entertainment compatible, it's a bike that can easily be upgraded to provide a full power and data experience.



The SC2 comes standard with the following premium features:

Bike Weight - 96 lbs (43 kg).

Bike Dimensions - 24.5" W x 43.5" L (62.23cm W x 110.49cm L).

Frame Material & Construction - 6061 T-6 aluminum alloy, advanced hydro & air formed tubing, TIG weld.

Frame Finish & Color - Industrial powder coat, Steel Blue.

Assembly Hardware - Stainless steel.

Drive System - CarbonGlyde featuring Gates® Carbon Drive™ carbon fiber belt.

Gear Ratio - 5:1.

Resistance System - Magnetic Eddy current with SprintShift resistance lever, micro-adjust resistance dial, & emergency push-to-stop.

Q-Factor - 158mm.

Handlebars - Comfort coated aluminum Stages RhythmBar.

Adjustment System - StagesFit with FitLoc height & patented fore-aft adjustment.

Flywheel - High-inertia, cast iron perimeter weighted.

Pedals - SPD & toe cage

Rider Fit Range - 4'10" (147cm) to 6'10" (208cm).

Max User Weight - 350 lbs (158 kg).

Power Measurement - Optional, not included;

compatible with Stages Power meter and Stages Power standard battery powered console.

Warranties:

Frame - 15 yrs.

CarbonGlyde Carbon Fiber Belt - 10 yrs.

Mechanical System - 3 yrs.

Labor & Electronics - 1 yr.

Wear Items - 6 mos.

*Advertised warranties valid only for the US and UK. Please ask your sales representative for your local warranty terms.

SC1

Boasting a solid steel frame with a focus on stability, the SC1 bike is designed to emulate the noticeably smoother feel of freshly cured asphalt that every cyclist yearns for. Ergonomically built and engineered for simplicity and function, the SC1 can be upgraded with the Stages Power meter and a standard battery powered console. The SC1 is our entry level bike, but still offers premium features, and is the perfect bike for the high end studio that is not focusing on data tracking or measurement.



The SC1 comes standard with the following premium features:

- Bike Weight** - 114 lbs (51.5 kg).
- Bike Dimensions** - 20.1" W x 39" L (51 cm W x 99 cm L).
- Frame Material & Construction** - Chrome-moly steel, mandrel-formed steel, TIG weld.
- Frame Finish & Color** - Industrial powder coat, Steel Blue.
- Assembly Hardware** - Stainless steel.
- Drive System** - CarbonGlyde featuring Gates® Carbon Drive™ carbon fiber belt.
- Gear Ratio** - 5:1.
- Resistance System** - Magnetic Eddy current with micro-adjust resistance dial, emergency push-to-stop.
- Q-Factor** - 169 mm.
- Handlebars** - Comfort coated aluminum Stages RoadBar.
- Adjustment System** - StagesFit with standard pop-pin height & patented fore-aft adjustment.
- Flywheel** - High-inertia, cast iron perimeter weighted.
- Pedals** - SPD & toe cage
- Rider Fit Range** - 4'10" (147cm) to 6'10" (208cm).
- Max User Weight** - 350 lbs (158 kg).
- Power Measurement** - Optional, not included.

Warranties:

- Frame** - 10 yrs.
 - CarbonGlyde Carbon Fiber Belt** - 10 yrs.
 - Mechanical System** - 3 yrs.
 - Labor & Electronics** - 1 yr.
 - Wear Items** - 6 mos.
-

*Advertised warranties valid only for the US and UK. Please ask your sales representative for your local warranty terms.

SPRINTSHIFT

A unique feature invented and only offered by Stages Cycling, we give you not one, but two means to control your resistance level while riding. Get instant control through our unique 3-position SprintShift. Start your ride in the "off" position and gradually shift up through intervals, or instantly dump all resistance after a tank-emptying effort. Alternatively, use the traditional resistance dial to fine-tune your ride. Used in combination, the two control modes provide a personalized experience.





STAGES FIT

We've applied road bike geometry to the SC bike frame to create a bike that allows your members to quickly and safely find their ideal ride positions. Our proprietary fore/aft and height adjustment mechanisms facilitate making those changes easily.

CARBONGLYDE

Stages can help studios bring outdoor riders inside by offering a drive train that delivers a truly natural road feel. Our indoor bikes feature the Gates® Carbon Drive™ carbon fiber belt, which provides the most realistic outdoor road feel with none of the traditional chain drive maintenance. Backed by Stages' unparalleled 10-year warranty, CarbonGlyde is more efficient, easier to adjust, and longer wearing than the inferior poly-v belts on the market.



ECOSCRN CONSOLE

Our dynamo-powered EcoSCRN display for the SC3 bike eliminates the cost and waste of batteries. The EcoSCRN display simply delivers the accurate data cyclists need to stay motivated during their ride. The always-on backlight makes it easy to track numbers even in low studio light. All workout data is transmitted via ANT+ and Bluetooth, both widely used means of communicating data.



CUSTOM

Your bikes. Your studio. Your brand, distinct style, and features. In a simple process, the studio works with Stages designers to create their ultimate studio bike, factory direct. Choose your frame color and custom decals using your brand and marks. Choose from two handlebar options and other select components, and add your favorite accessories to bring your studio vision to life.

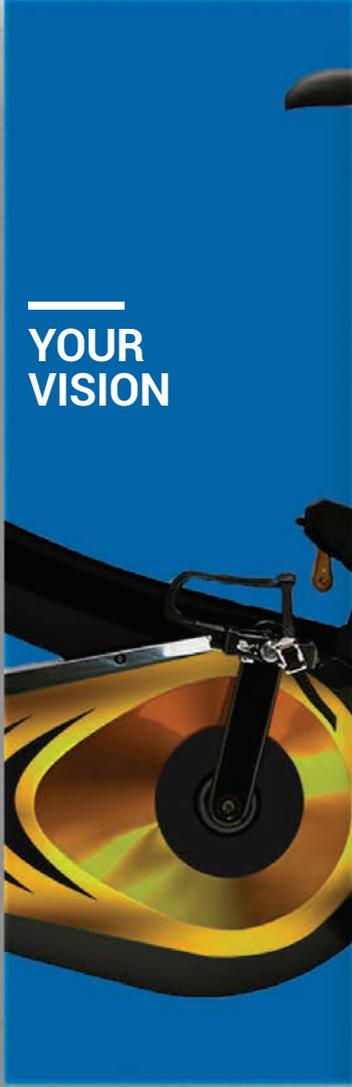




—
**YOUR
DESIGN**



—
**YOUR
BRAND**



—
**YOUR
VISION**



—
**YOUR
DREAMS**

STAGES FLIGHT

Stages Flight is an interactive group display experience that allows each rider to work to their optimal training level individually while in a group environment. It's designed to make training with power meters simple, accessible, and usable for the indoor cycling market. Stages Flight is where data and science meet entertainment and fun to produce amazing results. Beginner cyclists to pro level racers can all be in the same class and getting the same workout, while simultaneously setting personal goals and tracking their performance. Instructors can create fantastic experiences, deliver incredible classes, and present their clients with value and results. Stages Flight technology is plug and play for studios that share our vision and commitment to customers.

Stages Flight features intensity and virtual rides, GPS and fitness challenges, and in-studio and global competitions.



STAGESFLIGHT

Powered by VIBRAC

THIS INTERVAL: 0

7 NEXT



Spinja



Bexy



AJK



GM



F1



Sunbergam



wardyboy



PV



Hoggie



BIKE 18



BIKE 22

TARGET

Interval 23
130-135%
00:50

130%

Interval 24
50-50%
00:33

24

25

23

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6

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23



FLIGHT CONTROL

The Flight Control mobile tablet makes instructors' lives even easier while coaching Stages Flight rides. Class can simply be controlled directly from the bike, but Flight Control also allows the instructor to get off their bike and interact with all members before and during class. Flight Control easily enables instructors to identify who is riding every bike, enhancing each member's personalized experience within the group setting.



STAGES SOLO

Born from our success in the indoor studio and with our Stages Flight group display technology, Stages Solo is a commercial performance bike for the cardio floor. Stages Solo provides a real bike feel, an engaging cycling interface, diverse ride journeys, highly accurate training feedback, and the ability to track fitness goals and achievements over time.

Adding a new level of motivation, Stages Solo is designed for the rider who wants to experience the fun cycling experience of the studio but in a personalized, single-rider environment.





PERFORMANCE

Stages accuracy on the cardio floor.

CONNECTED

Connect your members with a studio experience.

CLOUDBASED

Analyze and access your results on the go.

MOTIVATION

Deliver results for ambitious cyclists.

DIRECT POWER

Grand tour winning technology for your members.

ACCESSORIES

Stages Bike Number Plates:

The magnetic Stages bike number plates make it quick and simple for studios to number their bikes. Now available for both front and rear of the bike.

Stages Aerobar.

The Stages aerobar attachment is compatible with all SC series bikes and handlebars and allows the rider to assume a traditional aero position.



Stages Media Shelf:

Easily installed, the Stages media shelf is compatible with all SC bikes and can be used with or without a console. The media shelf is a favorite on instructor bikes for phone accessibility.

Stages Dumbbell Holder:

Capable of holding weights up to 5 kg (12 lb), the simple and durable Stages dumbbell holder fits on all Stages SC indoor bikes.



APPS

STAGES POWER:

The Stages Power app has dual purpose. Maximize your outdoor Stages Power meter performance using the app. Indoors, you can utilize the app to perform a zero reset to ensure accurate measurements, as well as update firmware with the latest features and functionality.

STAGES FLIGHT:

For use with the Stages Flight group display system, members use the Stages Flight app to book classes, run their own FTP test, track outdoor rides and other activities to see their own personalized data and chart their progress, and share it all on social media.



STAGES SP3 PEDAL

Designed and created by Stages Indoor Cycling, the patent-pending SP3 sets the new standard for premium indoor cycling pedals. With revolutionary features such as the one-click, tool-free quick release platform and easy-adjust strap system, SP3 is the ultimate upgrade to complete the upscale cycling experience. Compatible with LOOK Delta, SPD cleats, and training shoes, cages are interchangeable on both left and right pedals.



STAGES CYCLING UNIVERSITY

Stages Cycling University provides a unique learning experience where attendees receive in-depth cycling education on the world's best indoor bikes and power meters. Our interactive certifications ensure that participants and instructors not only receive the finest education, but they also have resources right at their fingertips for continuous learning, delivered via our InKling app. Once enrolled in a course, access your education materials on your smart phone, tablet or web browser at home.

We understand there isn't a one size fits all model for education and training delivery. That's why we created a number of different types of learning experiences to address the needs of our customers. We have multi day courses, full day courses, 1/2 day courses and short master classes. Experience a live course at your studio with a Stages Master Educator. Course time includes presentations, hands-on learning, group activities, and ride time on the Stages bikes. In addition, our education is now available online, in 2-hour learning modules. Our courses are accredited with ACE, AFAA, NASM, canfitpro, REPS Canada, REPS UK, and AFLCA.

FULL DAY COURSES

INSTRUCTOR ESSENTIALS

INSTRUCTOR FUNDAMENTALS

PARTIAL DAY COURSES

4 HOUR POWER

MASTER CLASS WORKSHOP

WORKSHOPS

PARTY WITH A PURPOSE

SMARTER INDOOR CYCLING:
THE ART OF GOAL SETTING

POWER & PLAY: MUSIC, WATTS,
& THE INVISIBLE ROAD

CUE/muni/K/shōn: THE POWER OF VERBAL
CUEING

IT'S A BEAUTIFUL DAY IN YOUR
NEIGHBORHOOD

TRIPLE THREAT MINDSET

YOUR OPTIMAL INTERVALS

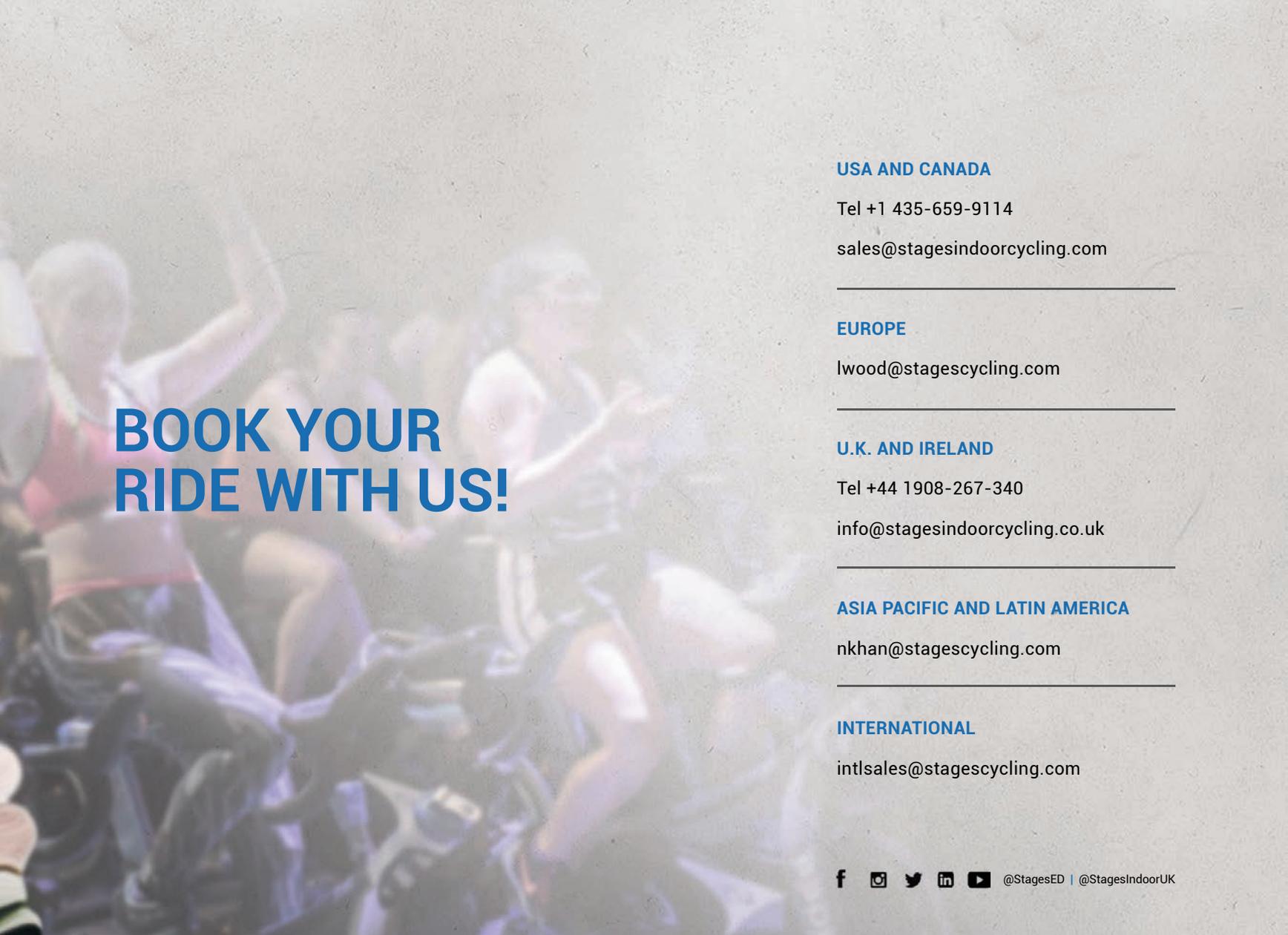
OH NO! NOT THE POWER POLICE!

FTP ANCHORING



Reebok Les Mills Live London | Neil Troutman,
Stages International Master Educator.





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