

Handlebar Stem Wobble Fix / Stem Sleeve Replacement

Date	14 Nov 2022
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Overview

Standard operating procedure for adding gaskets to the handlebar stem sleeves to reduce wobbling during a ride OR for replacing the handlebar stem sleeves altogether.

Bike Model Applications

- SC1.18 and all earlier SC1 models
- SoulCycle At-Home Bike (SCAHB) models NOT equipped with the Aero-style handlebar stem
- Any other bikes with cylindrical, non-Aero-style handlebar stems

Common Service Indicators

- Side-to-side handlebar stem wobble especially during out-of-saddle riding and when the handlebar stem is adjusted to taller settings

Tools Required

- 3mm hex
- 4mm hex
- 5mm hex
- Diagonal cutting pliers
- Flathead screwdriver

Parts Required

If fixing wobble by adding gaskets:

- 001-0511 - SC1.19 frame bracket rear decal
- 001-0512 - SC1.19 frame bracket front decal

Just one decal can be ordered as either one will provide sufficient material on its own to eliminate handlebar wobble.



If replacing stem sleeves:

- 000-4104 - KIT, VERTICAL SLEEVES

Estimated Time Required

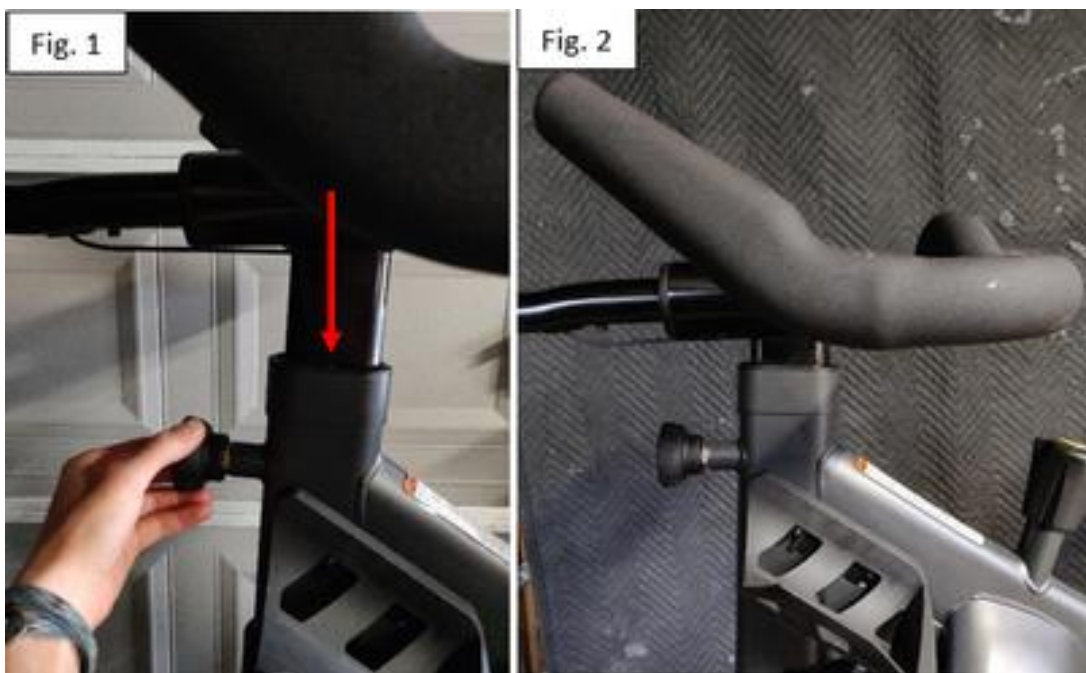
20-30 mins

Procedure

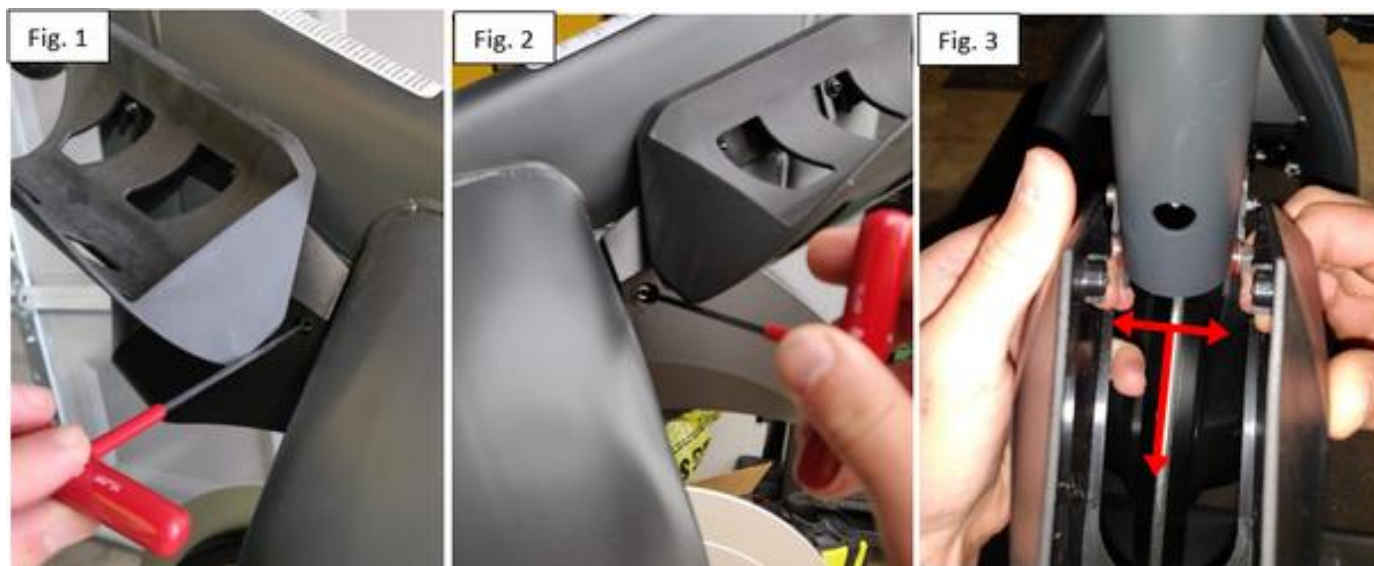
All photos in this guide depict a SoulCycle At-Home Bike.

For SCAHB begin at step 1 below. For SC1/other, skip to step 2.

1. Power off the tablet, remove the tablet from the tablet arm mount, and disconnect the power. **For additional details, follow steps 1-5 in [this guide](#).**
2. Loosen the handlebar pop-pin and then lower the handlebar height to its lowest setting (Figs. 1,2). You do not need to re-tighten the handlebar pop-pin.



3. Use a 3mm hex to remove the two (2) screws from the nose cap (Figs. 1,2). Then use two hands to gently pry the nose cap apart so that it can be removed (Fig. 3).



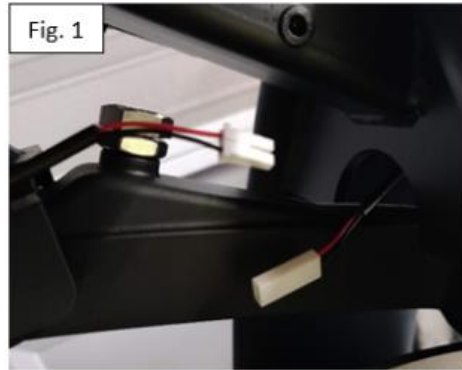
4. Use a 5mm hex to remove the handlebar stem limit screw from within the circular gap in the frame.



For SC1/other, skip to step 6.

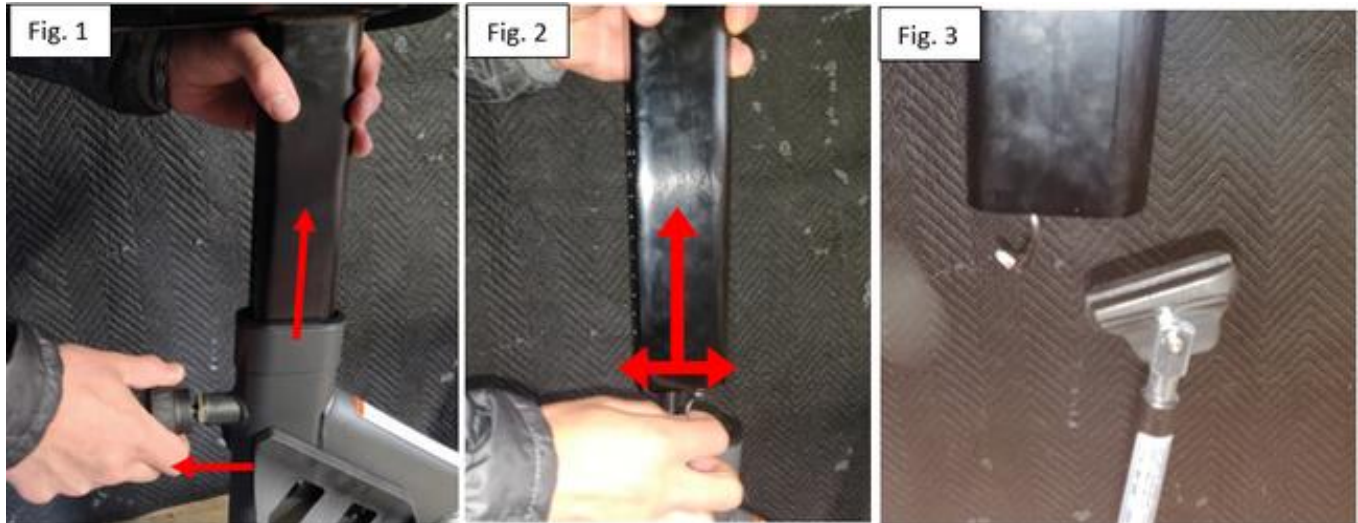
5. Disconnect the power wires (Fig. 1), then use diagonal cutters to snip the two (2) small zip-ties holding the handlebar stem wire to the frame (Figs. 2,3).

BE CAREFUL NOT TO DAMAGE THE WIRE. Also, remember where the zip-ties were attached – they will need to be reinstalled.



6. Fully disengage the handlebar pop-pin (it should still be loose after completing step 2) by pulling it outward (Fig. 1) and remove the handlebar stem assembly by lifting it up and out of the frame of the bike (Figs. 2,3).

(SCAHB only) You may need to wiggle the stem back and forth as you pull it upward to help keep the coiled wire from catching on the gas spring lift assist within the stem.

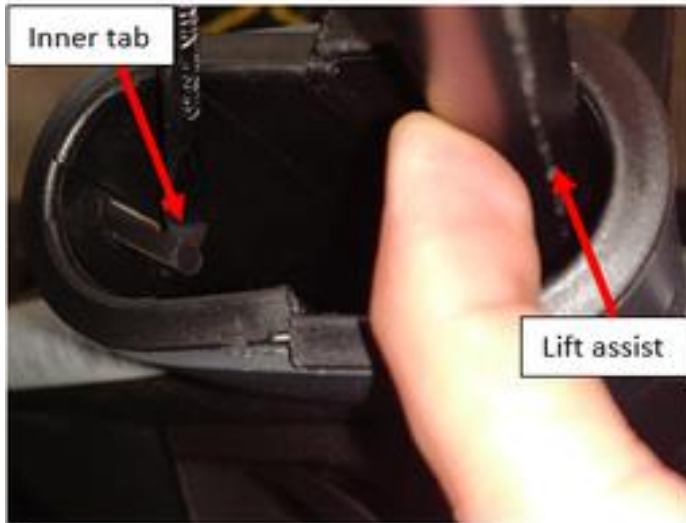


7. Use a flathead screwdriver to **firmly** push the top of the handlebar stem sleeves inward right in the center where the front sleeve meets the rear (Fig. 1). Repeat on the opposite side (Fig. 2). This will disengage the interlocking tabs (Fig. 3).

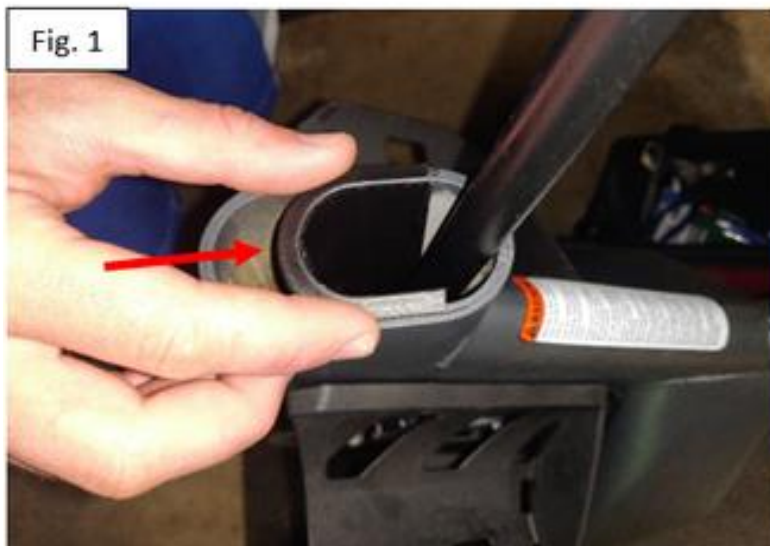


For SC1/other, skip to step 9.

8. Hold the lift assist out of the way and use a flathead screwdriver to release the inner tab of the rear sleeve. Then remove the rear sleeve by pulling upward (Fig. 2).



9. Remove the front sleeve by pushing it inward to clear the pop-pin within the stem (Fig. 1) and then upward, out of the frame (Fig. 2).



If replacing the stem sleeves altogether, skip to step 12.

10. Use diagonal cutting pliers to snip off the small tabs at the top of each sleeve.

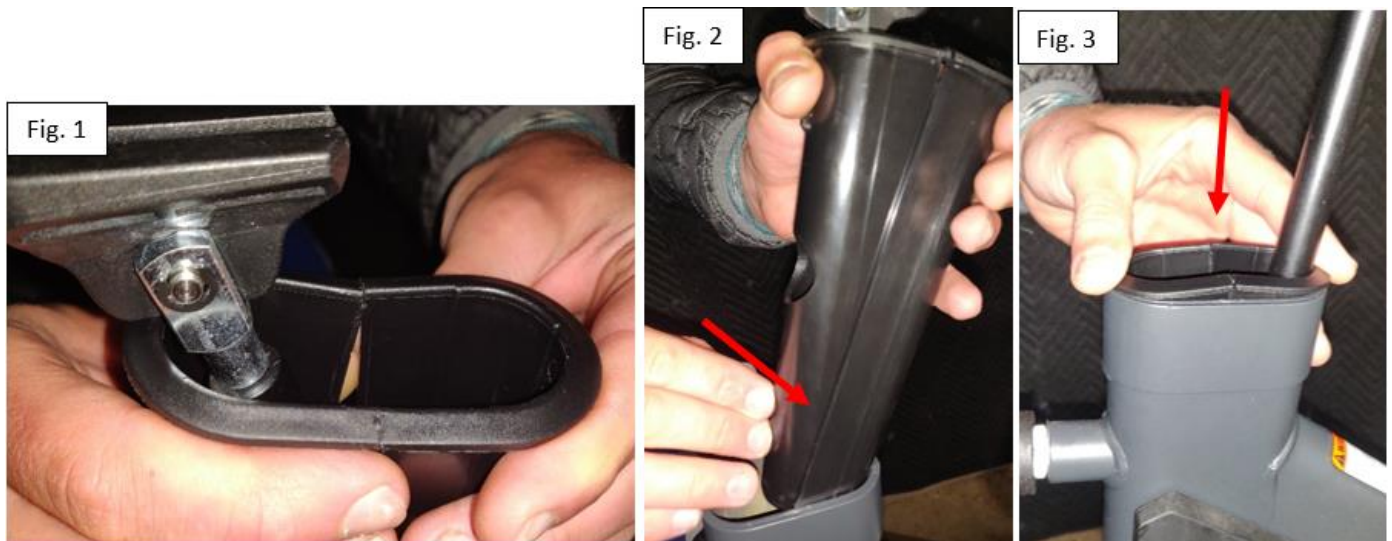


11. Use diagonal cutting pliers or scissors to cut two strips out of the stabilizer gaskets. The strips should be about 1" wide and 4 - 5" long. Peel the strips from their backing and apply one strip to the flat surface of each of the handlebar stem sleeves. **The strips should be applied onto the sleeves so that when the sleeves are aligned together the strips are diagonal and opposite from each other (ex. one strip on the right side towards the front, one strip on the left side towards the back).**



12. To reinstall the handlebar stem sleeves, align the top of the sleeves so that they are flush with the lift assist in between them (SCAHB only, Fig. 1). While keeping them aligned, pinch the lower portion of the front sleeve (the sleeve with the round gap halfway down) and insert it into the rear sleeve at a slight angle (Fig. 2). Then slide the conjoined sleeves downward into the frame of the bike ensuring that the circular gap in the front sleeve clears the pop-pin within the frame (Fig. 3).

Fig. 2 below does not show the gaskets applied onto the sleeves.



13. Insert a long, thin tool such as a screwdriver into the frame and poke the bottom of each sleeve against the corresponding frame wall to fully seat them (Fig. 1). When the sleeves are seated properly, the pop-pin within the frame should protrude through the gap in the front sleeve (Fig. 2) and the center seams of the sleeves should be tight and smooth all the way down on each side (Fig. 3).

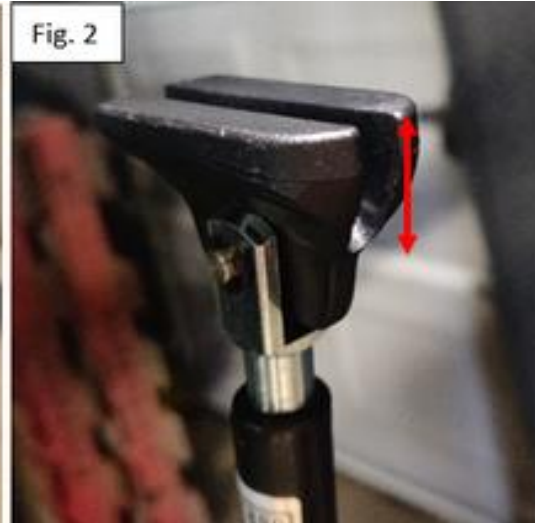
The handlebar stem will feel sticky and will not adjust up/down smoothly if the sleeves are not installed properly.



If the center seams of the sleeves are misaligned, try using a screwdriver or your finger to press them into place. If you cannot align them properly, you will need to remove them and reinsert them again. Return to step 7.

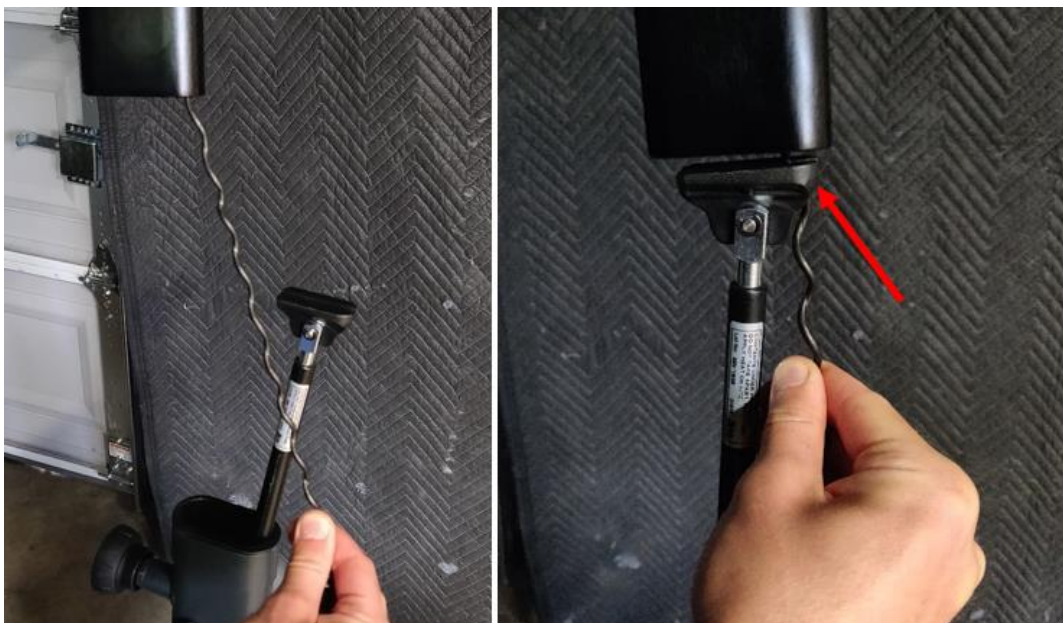
For SC1/other, skip to step 15.

14. Ensure that the lift assist is tightened down and facing the proper direction. To tighten it, simply turn it clockwise until snug. The shorter gap in the plastic head must be facing the front of the bike (Fig. 1) and the longer gap must be facing the rear of the bike (Fig. 2). If you need to loosen the lift assist slightly to align it properly, do so.

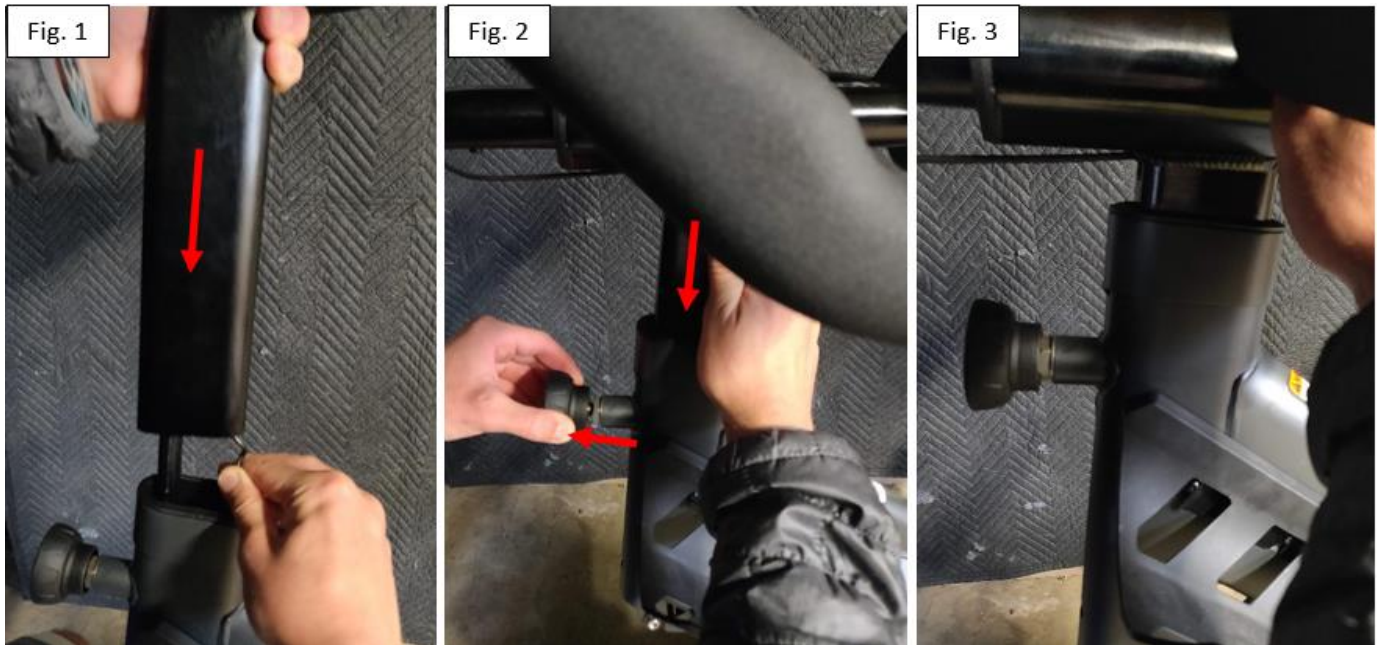


15. To reinstall the handlebar/tablet arm assembly, pull the coiled wire from the bottom of the handlebar stem as taut as you can (Fig. 1) and then thread the wire into the gap in the rear of the list assist head as you bring the handlebar stem down over the head of the lift assist. **Keep the wire as taut as you can.**

For SC1/other, simply reinsert the handlebar stem into the frame as there are no wire components or lift assist.



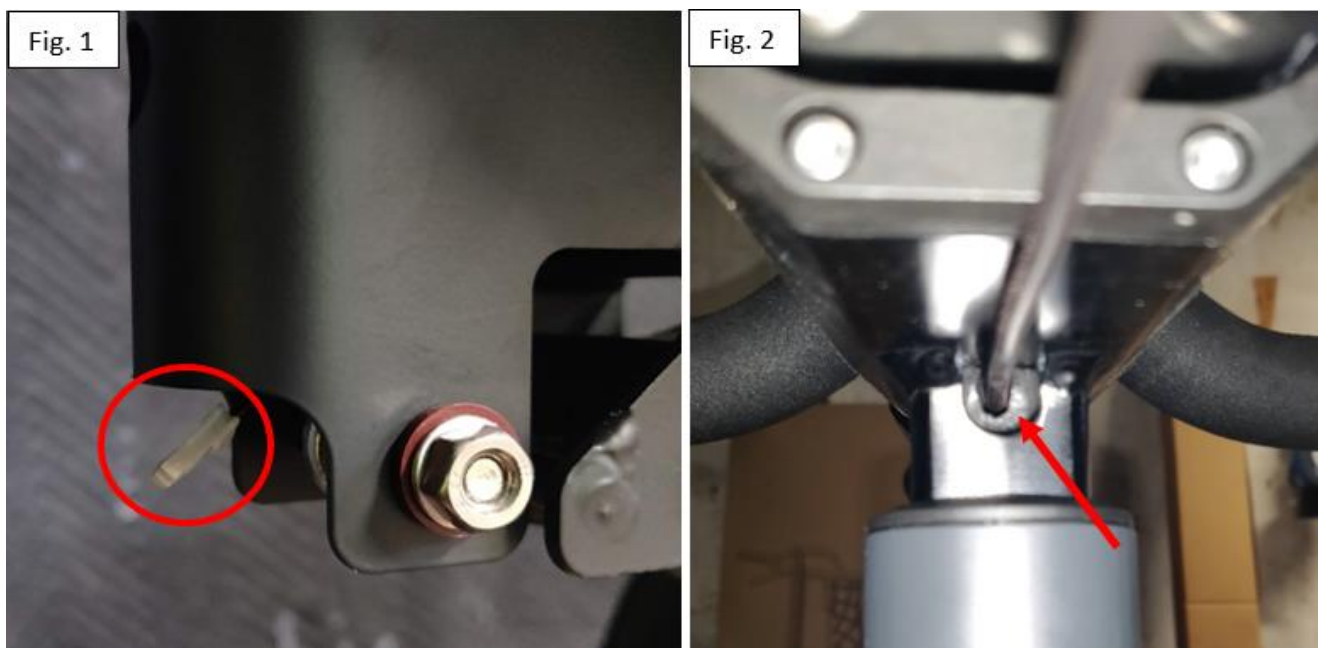
16. Continue bringing the handlebar stem down over the lift assist and into the frame of the bike while keeping the wire taut (Fig. 1). After the stem has inserted into the frame a couple inches, you will need to pull the pop-pin outward (Fig. 2) to allow the stem to continue into the frame until it bottoms out (Fig. 3).



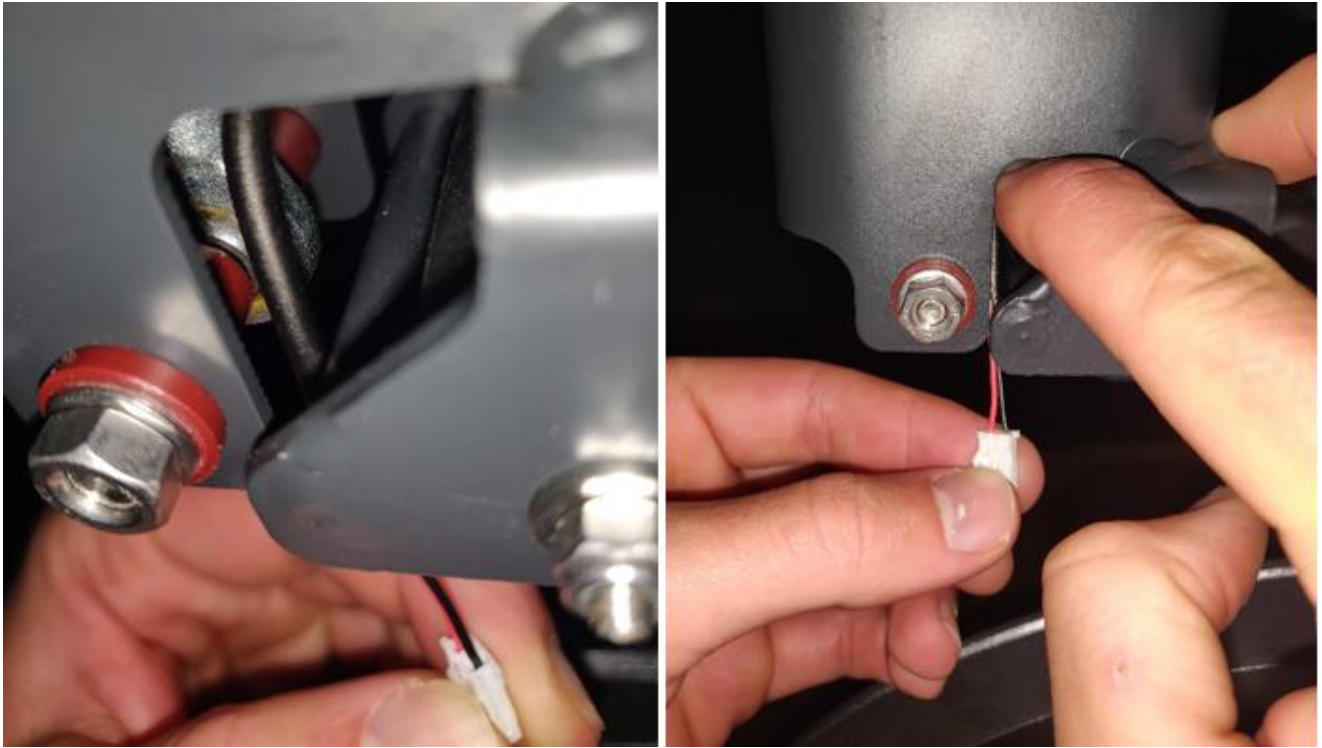
For SC1/other, reverse steps 1-5 to complete the repair.

17. You should see the wire peeking out at the bottom of the frame (Fig. 1). Also, make sure that the wire is threaded properly through the head of the lift assist by looking into the gap at the top of the handlebar stem (Fig. 2).

If you cannot find the wire at the bottom or it is threaded incorrectly at the top you will need to remove the handlebar/tablet arm assembly and reinsert again. Return to step 6, then skip to step 14 and proceed.



18. Thread the wire between the bolt that secures the bottom of the lift assist and the thin round bar at the bottom of the frame.



19. Reverse steps 1-5 to complete the repair.