

Stages Indoor Cycling Pre-Installation Checklist (SC1/SC2/SC3)

This checklist is to be completed after assembling the bike but prior to delivering and installing.

Note: If any service or parts are needed, refer to support.stagesindoorcycling.com and/or call Stages customer support at 1-800-717-8076 immediately.

Saddle alignment and tightness:	
	Saddle is straight (center of saddle aligns with center of handlebars)
	Saddle is level (front and back of saddle are same height)
	Saddle nuts under the seat are VERY TIGHT (socket wrench & 13mm socket)
Adjustment knobs/slides functionality:	
	Slides move smoothly through full range of motion
	Seat and handlebar fore/aft both set to 0 (and fully tightened)
	Seat height set to 6 (and fully tightened)
	Handlebar height set to 0 (and fully tightened)
	Both FitLoc levers properly adjusted *SC3 Only
Hardware tightness:	
	Stabilizers (6mm hex key/socket & 17mm wrench)
	Pedals are threaded completely into the crank arm, not crossthreaded/crooked, and are TIGHT (15mm pedal wrench)
	Leveling feet (fully tightened up against the stabilizer)
	Power meter (no gap between itself and bottom bracket, tightened to 52 – 57 N·m (or 38 – 42 lb-ft) USING A TORQUE WRENCH and 8mm socket *All SC3's, any SC1/2 with power meter added
	Console screw (underside of console) *All SC3's (3mm hex), Any SC1/2 with console added (thumbscrew)
	Console base (wiggle test; if it wiggles, remove console & tighten w/ 3mm hex. Ensure proper alignment indicated below before tightening) *All SC3's (FRONT edge of console base aligned to endcap) *Any SC1/2 with console added (REAR edge of base aligned to endcap)
	Accessories *If added (aerobar, media shelf, phone/tablet/dumbbell holders)
Ride and function check the bike:	
	Listen for rubbing/scraping noises & make adjustments as needed - Is the brake carriage or belt guard/shroud misaligned?
	Listen and feel for excessive vibration
	Test resistance knob and brake (and SprintShift lever *All SC2's/SC3's)
	Console function (enter warm up mode while pedaling the bike, ensure that non-zero data is populating on the display) *All SC3's, any SC1/2 w/ console added
Firmware check:	
	Console firmware up to date *All SC3's, Any SC1/2 with console added
	Power meter firmware up to date *All SC3's, any SC1/2 w/ power meter added
Visual inspection:	
	Stabilizers facing proper direction (wheels and step plates outward)
	Plastic tab/white band removed from power meter *All SC3's, any SC1/2 w/ power meter added
	All other packaging material removed
For service guides and videos please see our online support portal	