

How to Clean a Stages Indoor Bike

Date	19 Apr 2021
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Overview

Standard operating procedure for cleaning and disinfecting any Stages Indoor Bike for use after a ride or as part of the preventative maintenance schedule.

Please see [here](#) for additional information regarding disinfecting bikes during the COVID-19 pandemic.

Bike Model Applications

- All models

Estimated Time Required

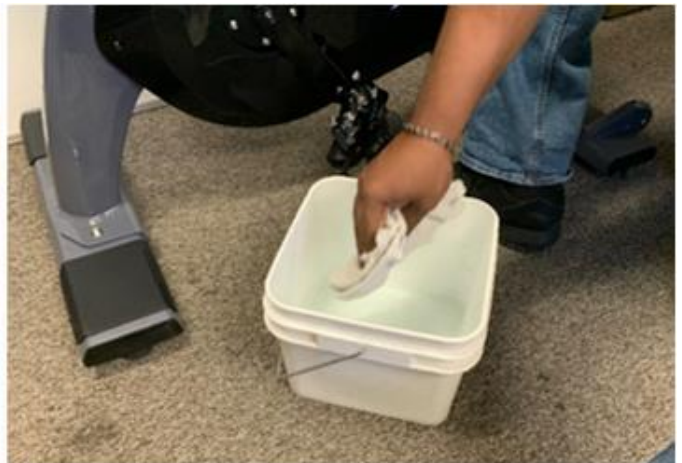
5 mins

Tools Required

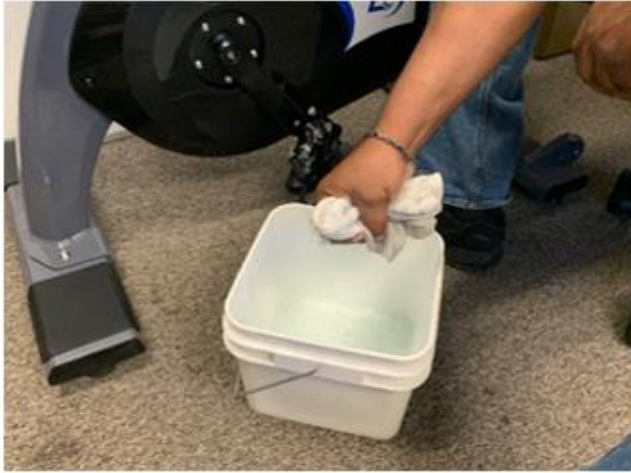
- Clean rag/towel
- Mild soap & water
- Spray bottle or bucket

Procedure

1. Dampen the rag with soap and water using a spray bottle or bucket.



If using a bucket, always wring out the rag/towel before wiping the bike.



2. Wipe the entire bike clean **excluding the seat and handlebar adjustment slides (up/down & fore/aft)**. It is unnecessary to wash those components unless they are visibly grimy. If you need to clean the adjustment slides, wipe them clean in the same fashion as the rest of the bike, then **always be sure to lubricate them afterward using 100% silicone spray.**

