

# Creaking/Squeaking Stabilizer Fix

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## Overview

Standard operating procedure for fixing creaking or squeaking stabilizers without replacing parts or installing gaskets.

## Bike Model Applications

- All models (steel-framed bikes are more likely to squeak: SC1, SoulCycle At-Home bike)

## Common Service Indicators

- Squeaking/creaking noise coming from the front and/or rear of the bike while riding

## Tools Required

- 6mm hex
- 17mm wrench
- Grease/lubricant (such as [Park Tool Polylube 1000](#) or similar)

## Estimated Time Required

5 mins

## Procedure

**Optional tip: it can be easier to tip the bike onto its nose or onto its rear end prior to checking the stabilizer hardware. Be sure to tighten down seat and handlebar adjustment knobs first.**

1. Use a 6mm hex and 17mm wrench to ensure that the nuts and bolts in both stabilizers are fully and tightly secured. There should be a slight dimple in the stabilizer visible just beneath the nut when tightened properly.



**Give the bike a quick test ride. If it is still making noise, continue to step 2.**

2. Use a 6mm hex and 17mm wrench to remove both stabilizers. Add some grease to the threads of each bolt prior to reinstalling.

- It is extremely important to tighten the hardware evenly. Do NOT fully tighten one bolt and then move on to the next and fully tighten the other bolt.
- Rather, start by hand-tightening both nuts onto the bolts to prevent cross-threading.
- Then use the 6mm hex and 17mm wrench to tighten the first bolt until it is beginning to feel snug.
- Next, tighten the second bolt a little further than the first.
- Bounce back to the first bolt and finish by firmly tightening it; you should see a slight dimple in the stabilizer when done properly.
- Finally, finish tightening the second bolt the same as the first.



Give the bike another quick test ride. If it is still making noise, the next step is to install gaskets between the stabilizers and the frame of the bike -> [Stabilizer Gasket Installation](#)