

Stages SC1/SC2 Assembly and Installation Standard Operating Procedure (SOP)




(SC1)



(SC2)

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This SOP (along with other reference material provided) contains all information necessary to assemble and install the Stages SC1 and SC2 bikes.  Failure to assemble or install the bikes correctly could result in risk of physical injury to the rider, the need for secondary service calls, Customer return of the product, and other risks.

ASSEMBLY/INSTALLATION TOOLS

Box cutter knife	13mm socket
15mm pedal wrench	2.5mm hex key/T-handle
14mm wrench	3mm hex key/T-handle
17mm wrench	4mm hex key/T-handle*
#2 Phillips screwdriver	Click-type torque wrench (3/8" drive)**
Socket wrench (3/8" drive)	8mm hex socket**
5mm hex key or socket (3/8" drive)	#0 Phillips screwdriver***
6mm hex key or socket (3/8" drive)	

*For optional console/accessory installation only

**For optional power meter installation only

***Only used to replace batteries in power meter if needed (not for general assembly)

HARDWARE/PARTS INCLUDED



*The above photo shows the accessory box contents for an SC1. The contents are the same for the SC2, but the handlebar stem and stabilizers will have a slightly different appearance.

****Do not mix up the hardware between the SC1 and SC2 bikes. The stabilizer bolts are designed specifically for each frame and are not interchangeable.**

A	User manual	E	Handlebar stem
B	Pedals (1 left, 1 right)	F	Rear stabilizer
C	Handlebar endcap w/ hardware (4 screws)	G	Front stabilizer
D	Hardware pack (M10 bolts x4, M10 washers x8, M10 nuts x4)		

ASSEMBLY SOP

***All the photos in this guide depict the assembly of an SC1. SC2 components may have a different appearance but the assembly process remains the same.**

UNPACKAGING THE BIKE

PREP ASSEMBLY AREA:

1. Lay a packing blanket out flat on the floor to serve as the assembly area. **Note: if a blanket is not accessible, the bike's box can be used as an alternate assembly area.*

OPEN THE BOX:

1. Open the top of the box by pulling the staples loose to view the contents inside.



2. Use a **box cutter knife** to take down one of the broad sides of the box. Cut top-to-bottom at the left and right seams.



3. Pull the flap of the box down to the floor.



REMOVE ACCESSORY BOXES & HANDLEBARS:

1. Remove the two (2) accessory boxes and set them aside.



2. Undo the two (2) black Velcro® straps holding the handlebars to the bike frame and set the handlebars aside. **Note: only one strap pictured below.*



PLACE BIKE ONTO BUILD SURFACE AND REMOVE ALL PACKAGING:

1. Move the bike onto the building surface (blanket or cardboard flap). **Note: the bikes are heavy (SC1 weighs ~125 lbs, SC2 ~100 lbs.) and they are very front-loaded.*



2. Remove all packaging material from the bike, including the transparent sticker on top of the resistance knob shown below. **Note: do NOT use any sort of blade while unpackaging the bike.*



LAY OUT ASSEMBLY COMPONENTS:

1. Use a **box cutter knife** to carefully open the accessory boxes and remove the contents. The small box contains the user manual, left and right pedals, hardware pack, handlebar endcap w/ screws, and the handlebar stem. The larger box contains the front and rear stabilizers.



ASSEMBLY

INSTALL HANDLEBAR STEM:

1. Use a **2.5mm hex key/T-handle** to loosen the lower screw of each water bottle holder a couple turns, then rotate the bottle holders upward. **Note: it is not necessary to remove the screws.*

User-right side:



User-left side:



2. Use a **3mm hex key/T-handle** to fully loosen the screws on each side of the nose cap. Once fully loosened, you do not need to remove the screws from the plastic.

**Note: only one side shown below.*



3. Remove the nose cap by gently prying it apart while pulling it off of the frame.



4. Remove the handlebar stem from its bubble-wrap packaging. Use a **5mm hex key/socket** to remove the limit screw from the bottom of the handlebar stem. **Note: do NOT discard this screw – it will be reinstalled in the next step.*



5. Fully loosen the handlebar up/down knob by turning counterclockwise, then pull it outward and insert the handlebar stem into the frame as far as it will go.



6. Be sure that the handlebar stem is at its **lowest point**, then insert the limit screw through the round gap in the frame and fully tighten it using a **5mm hex key/socket**.



RE-INSTALL NOSE CAP & WATER BOTTLE HOLDERS:

1. Gently pry apart the nose cone and reinstall it onto the frame.



2. Use a **3mm hex key/T-handle** to re-tighten the screw on one side of the nose cone (user-left side shown below). **Note: gently push the nose cone forward as you tighten to ensure a snug fit.*



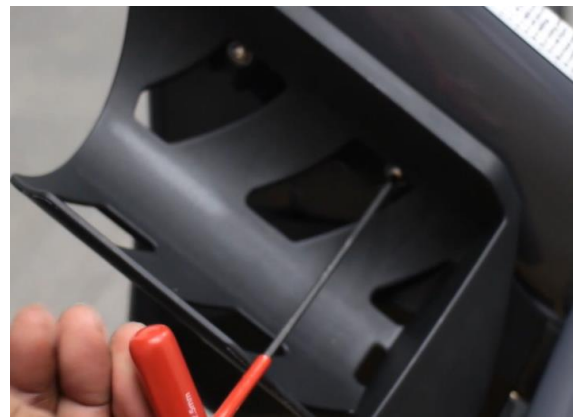
3. Pull the washer on the exposed water bottle holder screw out towards the head of the screw.



4. Rotate the water bottle holder back down into place ensuring that the plastic slot is set **behind** the washer.



5. Gently tighten with a **2.5mm hex key/T-handle**. Repeat on the opposite side.



6. Repeat steps 2-5 on the opposite side.

7. Fully tighten the handlebar up/down knob on the front of the bike by turning it clockwise.



INSTALL HANDLEBARS:

1. Remove the packaging materials from the handlebars including the **strip of clear tape** around the center of the shaft. **Note: do not remove the wedge from its slot. If it falls out, reinstall it so that it sits flat and in line with the surface of the shaft.*



2. Insert the handlebars through the handlebar stem from the rear of the bike, then turn the fore/aft knob clockwise to tighten them in place. **Double-check that the wedge is in the slot prior to insertion.**



INSTALL STABILIZERS:

1. Ensure that both seat adjustment knobs (fore/aft and up/down) are fully tightened down.



2. Carefully tilt the bike onto its rear. If possible, have a second person hold the bike steady in this position.



If assembling the bike alone, you can still tilt the bike into this position. Always take a moment to ensure that the bike is balanced and will not tip over. After safely balancing the bike continue to [step 3](#).



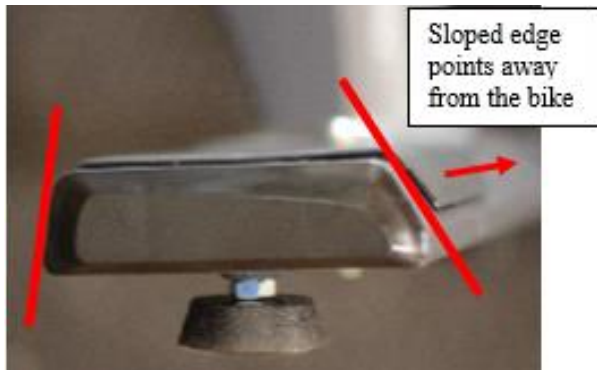
If you are assembling alone and cannot balance the bike safely, follow the steps below for an alternate method:

- Carefully tilt the bike back into the upright position (as if you were to ride it).
- Use one hand to lift the rear end of the bike a few inches off the ground while you slide the rear stabilizer underneath it. Set the rear end of the bike back down onto the stabilizer and ensure that the bolt holes line up.

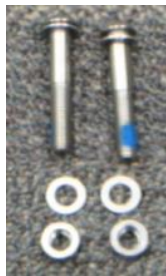
SC1 assembly: make sure that the curved, edge-overlapping portion of the black step plates are pointing away from the bike.



SC2 assembly: the step plates overlap both edges of the stabilizer but one edge is more sloped. Align the sloped edge so that it points away from the bike. The bolt holes will not line up unless oriented correctly.



- c. Open the hardware bag and remove two (2) bolts, four (4) washers, and two (2) nuts. **Note: hardware is not interchangeable between the SC1 and SC2.*

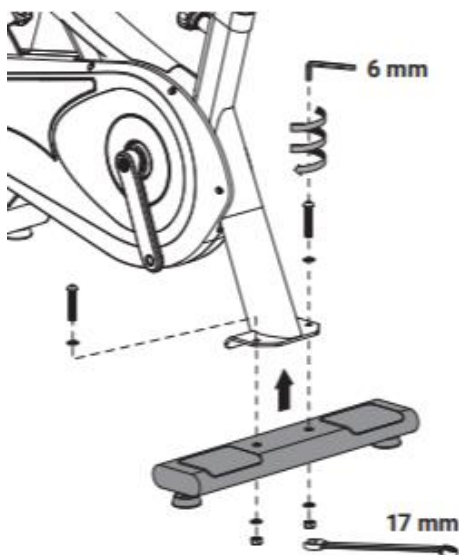


SC1 bolts – only threaded halfway

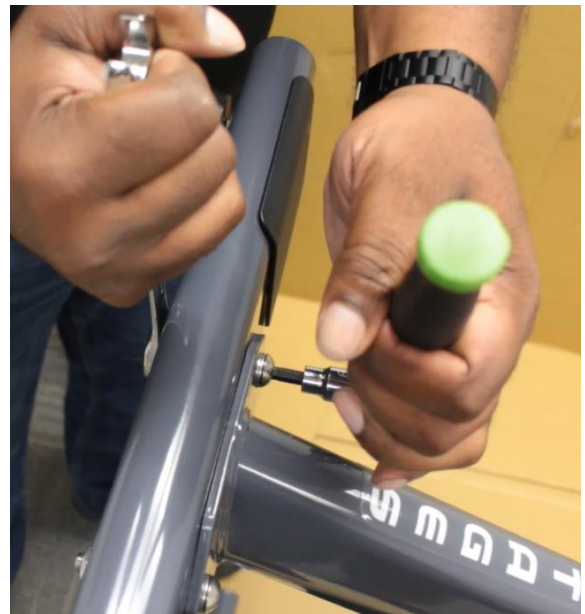


SC2 bolts – longer, fully threaded

- d. Place a washer onto each bolt and insert them through the bolt holes from the top side, then place a second washer and a nut onto each bolt and hand tighten.



- e. Use a 6mm hex key/socket and 17mm wrench to firmly tighten the hardware. Alternate back and forth between the bolts as you go to ensure that they are tightened evenly.



- f. Tilt the bike onto its rear once again. The rear stabilizer will keep the bike from tipping over. **Continue to step 3 to install the front stabilizer.** **Note: picture below does not show the rear stabilizer installed.*



3. Open the hardware bag and remove two (2) bolts, four (4) washers, and two (2) nuts. **Note: hardware is not interchangeable between the SC1 and SC2.*

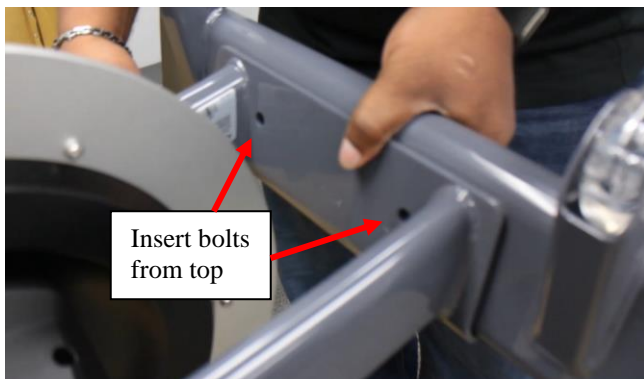


SC1 bolts –
only threaded
halfway



SC2 bolts –
longer, fully
threaded

4. Align the front stabilizer so that the bolt holes are lined up and the wheels are pointing away from the bike. Place a washer onto each bolt and insert them through the bolt holes from the top side.



5. Place a second washer and a nut onto each bolt and hand tighten.



6. Use a 6mm hex key/socket and 17mm wrench to firmly tighten the hardware. Alternate back and forth between the bolts as you go to ensure that they are tightened evenly.



7. Tilt the bike forward so that the front stabilizer is on the ground. Then use the wheels to roll the bike onto the far side of the building surface (cardboard or blanket).



8. Push down on the handlebars so that you can use the transport wheels to roll the bike onto the far side of the building surface (cardboard or blanket).



9. Set the bike down onto its front end.



***Note:** be sure that the end of the handlebar shaft lands on the soft build surface for protection.



***Note:** if you have already installed the rear stabilizer onto the bike, skip ahead to [step 14](#).

10. Remove the remaining two (2) bolts, four (4) washers, and two (2) nuts from the hardware pack. ***Note:** hardware is not interchangeable between the SC1 and SC2.



SC1 bolts –
only threaded
halfway



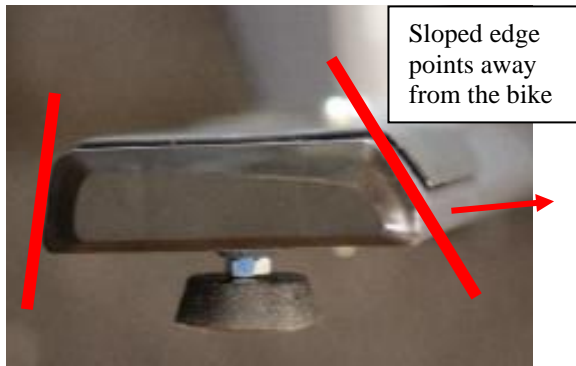
SC2 bolts –
longer, fully
threaded

11. Align the rear stabilizer so that the bolt holes are lined up. See below for SC1 vs. SC2 alignment.

SC1 alignment: make sure that the curved, edge-overlapping portion of the black step plates are pointing away from the bike.



SC2 alignment: the step plates overlap both edges of the stabilizer but one edge is more sloped. Align the sloped edge so that it points away from the bike. The bolt holes will not line up unless oriented correctly.



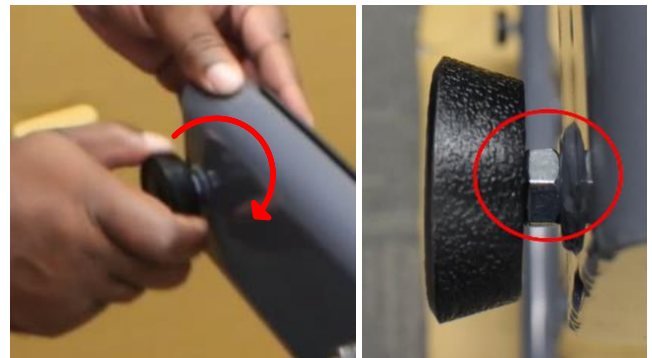
12. Place a washer onto each bolt and insert them through the bolt holes from the top side, then place a second washer and a nut onto each bolt and hand tighten.



13. Use a **6mm hex key/socket** and **17mm wrench** to firmly tighten the hardware. **Alternate back and forth** between the bolts as you go to ensure that they are tightened evenly.



14. While the bike is tipped forward, turn all four (4) leveling feet clockwise until they are tight against the bottom of the stabilizers. This will make leveling the bike easier if additional adjustment is needed later. **Note: there should be no gap between the foot, the nut, and the bike.*



15. Tilt the bike back into the upright position with both stabilizers on the ground.



INSTALL HANDLEBAR ENDCAP:

1. Unpackage the handlebar endcap and its four (4) screws.



2. Use a **#2 Phillips screwdriver** to install the endcap onto the handlebar. Begin threading all four (4) screws before fully tightening any of them.



3. After all the screws have been started, double back and fully tighten them to snug. **Note: do not overtighten or you may crack the endcap.*

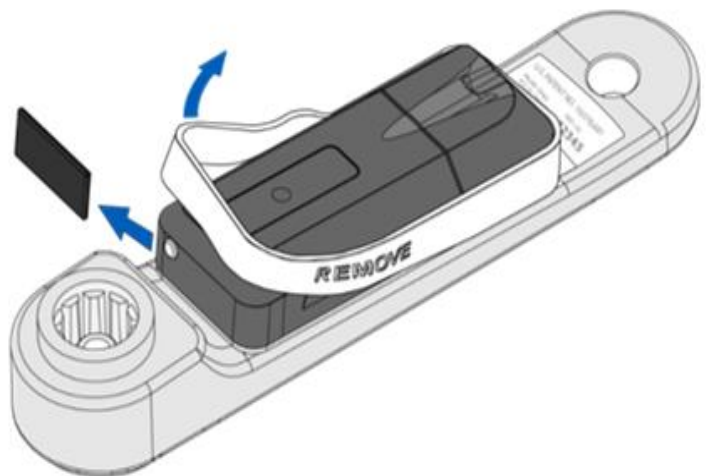


INSTALL POWER METER (IF APPLICABLE)

Only use this section if the bike came with a boxed power meter inside the main box (power meter box examples shown below). If there is no boxed power meter, skip to the next section [INSTALL PEDALS](#).



1. Open the power meter box and remove the white rubber band surrounding the battery housing on the power meter and the black plastic spacer beneath it. Discard the band and spacer.



2. Use a **socket wrench** and **8mm hex socket** to remove the user-left crank arm from the bike by turning counterclockwise. Use one hand to push down on the emergency brake for extra leverage and to help keep the crank arm steady while you loosen the crank arm. **Note: it will take moderate force to initially break the crank arm free.*

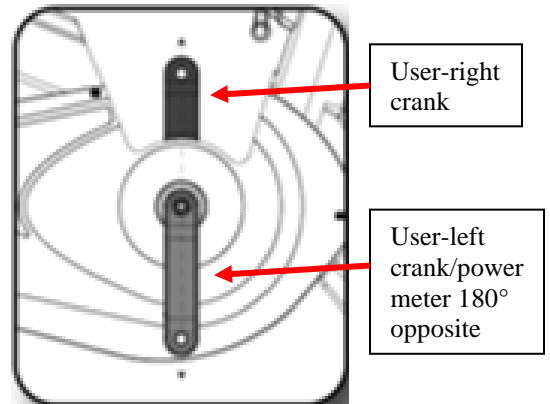


3. As you continue to loosen the crank arm, it will slowly separate itself from the bike. Once fully loosened, remove the crank arm to reveal the splines of the bottom bracket.



⚠️ Continue on to step 4 for further instructions or see [here](#) for a more in-depth guide and [video](#) on installing a power meter correctly. (The guide was originally a SoulCycle At-Home Bike resource but the installation steps are identical for these bikes.)

4. Orient the power meter so that it is 180° opposite the user-right crank and set it onto the bottom bracket.



5. Use an **8mm hex socket** to begin threading the embedded bolt in the power meter clockwise. **Note: if it feels like it is immediately very tight to thread, remove the power meter and start again as you may be cross-threading.*



6. Continue to thread the power meter onto the bottom bracket until it has bottomed out and there is no gap remaining. This will require moderate force. **Note: it will take several full revolutions to bottom out the power meter against the bottom bracket.*



7. Attach an **8mm hex socket** to a **torque wrench** set to **between 52 – 57 N·m (or 38 – 42 lb-ft)**. Insert the socket into the power meter bolt as far as it will go to reduce stripping/slipping and tighten the power meter further.




8. **For best results, put the power meter in the 9 or 10 o'clock position and hold it down with one hand while using the other hand to push down the torque wrench.** Continue applying force with the torque wrench through the “click” which indicates that the proper torque has been reached. **Note: following the “click”, inspect the joint between the power meter and bottom bracket once more. If there is any gap whatsoever, remove the power meter and reinstall.*



⚠ It is extremely important to install the power meter correctly for the safety of the Customer. Again, see [here](#) for an in-depth guide or [here](#) for a video on installing a power meter correctly.

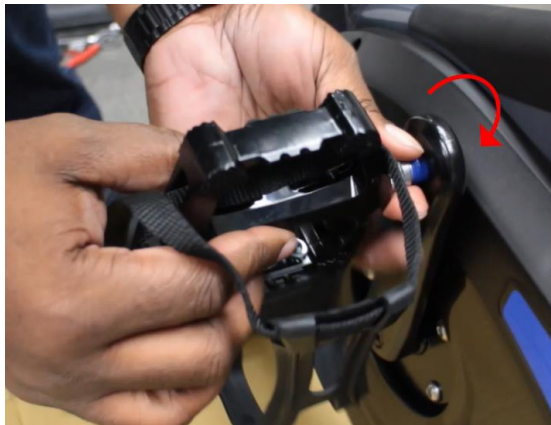
INSTALL PEDALS:

 See [here](#) for a more in-depth guide on installing pedals correctly. (The guide was originally a SoulCycle At-Home Bike resource but the installation steps are identical for these bikes.)

1. Unpackage the pedals and locate the left and right markings on the spindles (“CR-L” and “CR-R”) that indicate the user-left and user-right side pedals.



2. Install the user-right pedal onto the user-right crank arm by tightening the spindle **towards the front of the bike** (in this case, clockwise) by hand. **Note: always begin threading by hand to help avoid cross-threading.*



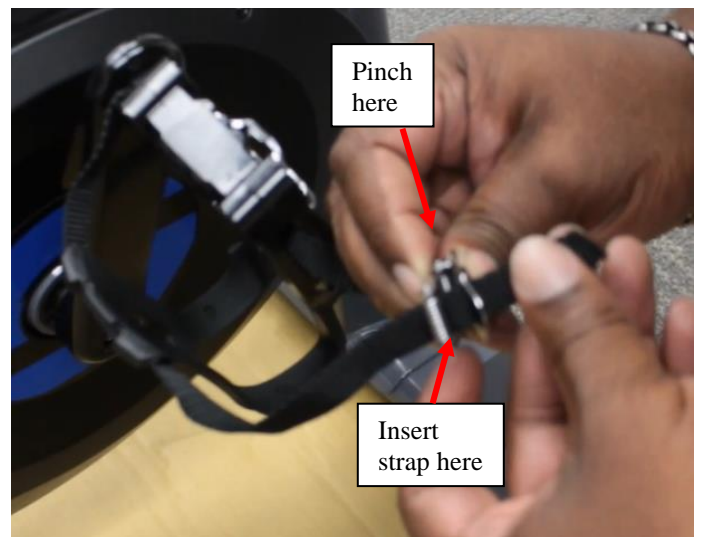
3. Once you can no longer tighten by hand, use a **15mm pedal wrench** to keep tightening the pedal as far as you can.



4. To finish, use your body weight to press down on the brake for extra leverage while you tighten until the pedal is **very firmly secured**. Depending on the position of the pedal, you may need to stand on the rear stabilizer so that the bike does not lift off the ground from the force. **Note: loose or improperly installed pedals pose a large injury risk to the user.*



5. Pinch the clip on the pedal strap to open the clasp and insert the strap through the clip (user-left pedal shown below).

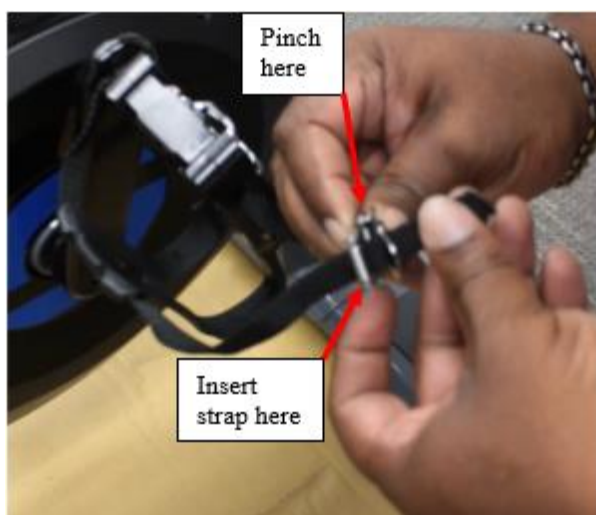


6. Repeat [steps 2-5](#) on the user-left pedal, tightening towards the front of the bike (counterclockwise).

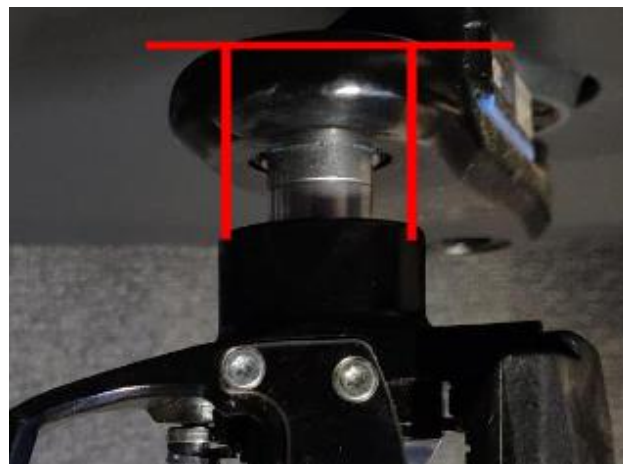
⚠ User-left side is reverse-threaded; turn the pedal spindle counterclockwise to tighten.



Do not forget to insert the pedal strap through the clasp.



7. The photo below shows a correctly installed pedal: the spindle is straight into the crank arm and fully threaded with no visible threads/Locite. **Note: this photo shows a different style of pedal and a crank with a power meter which a standard SC1/SC2 will not have.*



***If any optional accessories are being added to the bike, install them now. See [ACCESSORY INSTALLATION \(OPTIONAL ADD-ONS\)](#) for reference.**

***If the bike came with no power meter and no console, assembly is complete. Continue to the [Post-Assembly Quality Check](#).**

***If the bike came with a power meter only (no console), continue to [Zero Reset a Power Meter Without a Console](#).**

***If the bike came with a power meter AND console, continue to [Install Console](#) (top of next page).**

INSTALL CONSOLE (IF APPLICABLE)

Only use this section if the bike came with a boxed console inside the main box (console box shown below). If there is no boxed console, continue to [Zero Reset a Power Meter Without a Console](#) (if power meter is installed) or [Post-Assembly Quality Check](#) (if no power meter).



1. Open the console box and remove the contents: console (connected to the console base), hardware pack (two (2) each of screws, washers, channel nuts), and three (3) C batteries.



2. Loosen the handlebar fore/aft knob, push the handlebars all the way forward, then re-tighten the knob.



3. Use a #2 Phillips screwdriver to remove four (4) screws from the handlebar stem endcap, then slide the endcap forward as far as you can.



4. Slide the black weather strip out from the top of the handlebar stem and remove it. **Gently** bend it upward as you pull it over the endcap. Discard the weather strip.



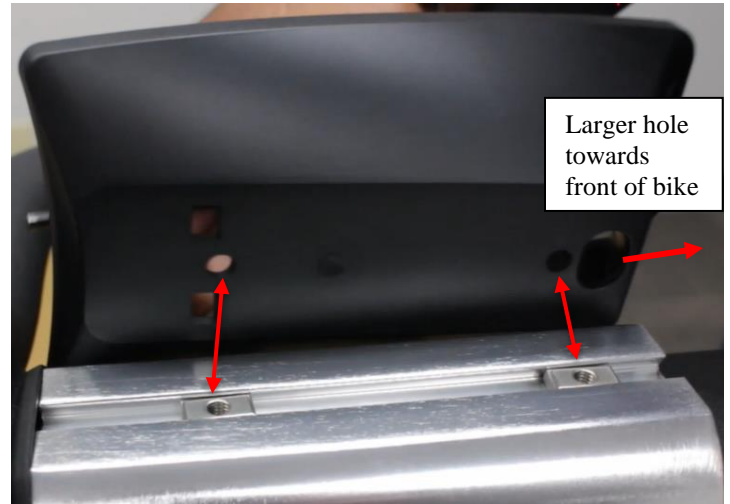
5. Insert the channel nuts from the hardware pack into the groove on top of the handlebar stem.



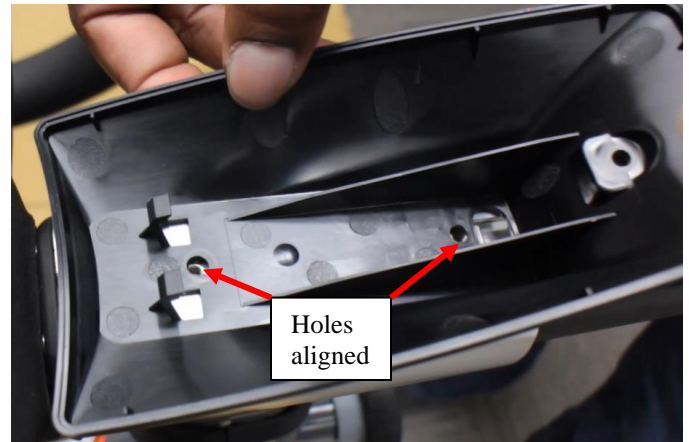
6. Remove the thumbscrew from the back of the console and set it aside. Then separate the base of the console from the top by pulling them apart.



7. Hold the console base sideways next to the handlebar stem and align the channel nuts so that they match up with the small round holes in the base. The larger round hole should be towards the front of the bike.



8. Set the console base onto the handlebar stem once the holes are aligned. You can use a small hex key or screwdriver to help line up the holes better if needed.



9. Place one (1) washer on each screw and loosely thread them by hand into the channel nuts through the console base. **Do not fully tighten at this time.**



10. Slide the handlebar endcap back into place and use a #2 Phillips screwdriver to reinstall the four (4) screws.



11. Slide the loosely attached console base towards the front of the bike until there is **no visible gap** between the console base and the endcap. Then use a **4mm hex key/T-handle** to fully tighten the console base into place.



12. Insert the three (3) C batteries into the console so that the negative terminals are contacting the springs.



13. Press any button to wake the console. The screen will light up and say "USB".



14. Re-attach the console to the base. **Note: the prongs on the base insert into the gaps in the console.*



15. Gently push down on the console to click it into place. Then re-install the thumbscrew on the underside.



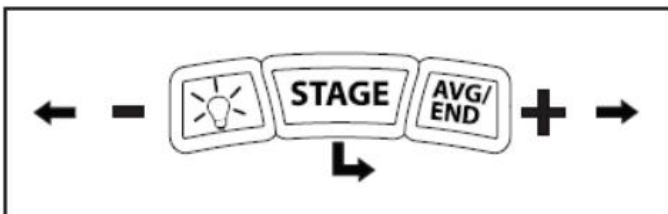
PAIR POWER METER TO CONSOLE (IF APPLICABLE)

*See [here](#) for a video guide to pairing the power meter and console.

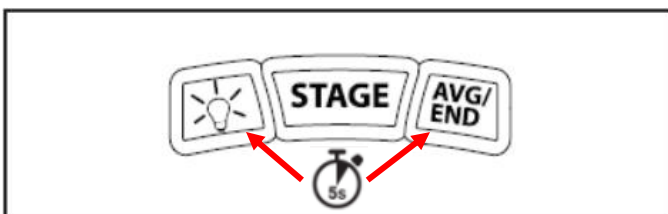
If the bike has no console to pair the power meter to, skip to [Zero Reset a Power Meter Without a Console](#).

Console button guide:

Use the left and right buttons (**BACKLIGHT** and **AVG/END**) to scroll backward and forward through the menu, and the center button (**STAGE**) to select.



1. Activate the console by pressing any button.
2. Press and hold the **BACKLIGHT** and **AVG/END** buttons for 5 seconds to enter the **SETTINGS** menu.



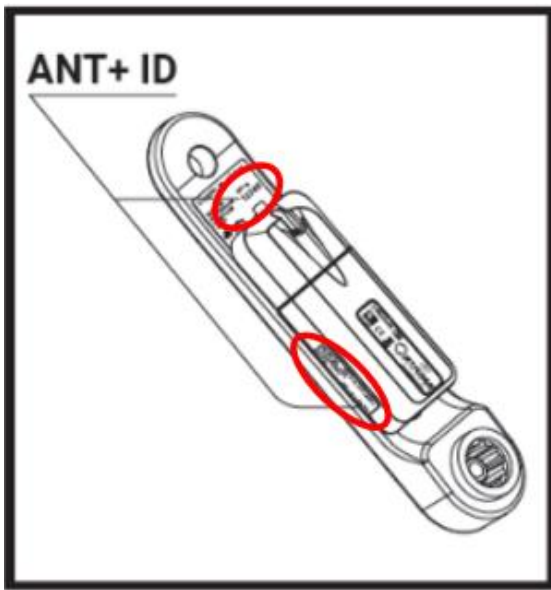
3. Press **AVG/END** to advance the menu to **PAIRING** and then press **STAGE** to select.



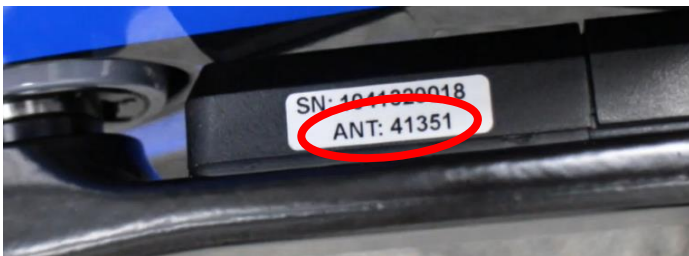
4. Press **STAGE** again to select **PWR SENSOR**. The console will now show **ENTER ANT**.



5. Locate the 5-digit **ANT+ ID number** which is labeled in two locations on the power meter.



The ANT+ ID number is easiest to view if you turn the crank so that it is in the 3 o'clock position.



6. Press **STAGE** to select **ENTER ANT**. The screen will show a 5-digit number at the top with the first digit highlighted.



7. Stand on the user-left side of the bike and pedal for several revolutions to wake the power meter up. **Note: the power meter will not wake up unless the bike is being pedaled on the left side.*

8. Continue pedaling as you enter the 5-digit **ANT+ ID number** from the power meter into the console. Press **BACKLIGHT** to increase the highlighted digit and press **AVG/END** to advance to the next digit. Once the displayed **ANT+ ID number** matches the power meter (**41351** in this example), press **STAGE** to advance.



9. The screen will say **SPIN CRANK** and start a 30 second countdown. Continue pedaling on the user-left side. Once successfully paired, the screen will display **PAIRED** ✓. Skip the next section and continue to [step 10](#).



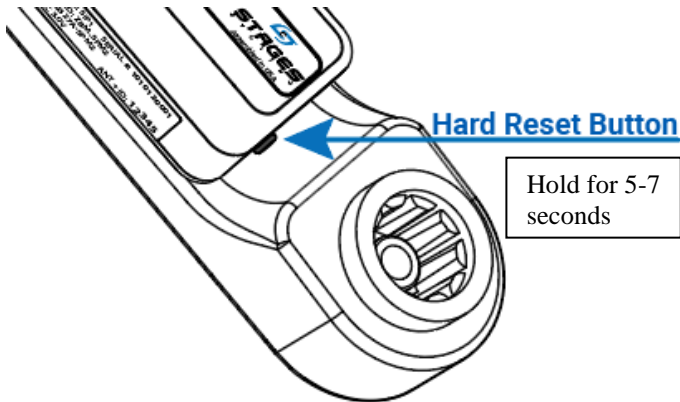
Note: **IF PAIRING FAILS, the console will return you to [step 5](#). Redo steps 5-9 to reattempt pairing, ensuring that you enter in the ANT+ ID number correctly.*

***IF PAIRING CONTINUES TO FAIL** after multiple attempts, continue to the next section for some simple troubleshooting steps or refer to the [power meter/console troubleshooting table](#).*

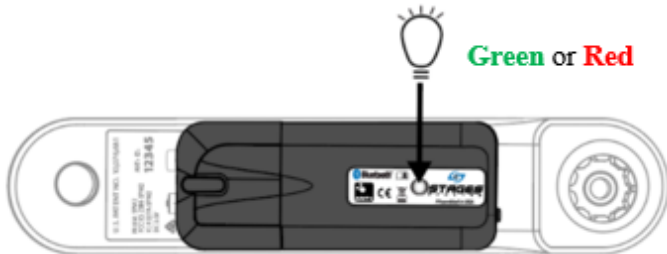
POWER METER TROUBLESHOOTING:

1. Hard Reset the power meter

- Hold down the hard reset button on the power meter for 5-7 seconds.



- The small LED light on the inner surface of the power meter will blink for 10-15 seconds after the hard reset is complete. The color of the light will tell you the **battery level**: **green** means the battery level is sufficient while **red** means the batteries are low and should be replaced. See [here](#) for directions.



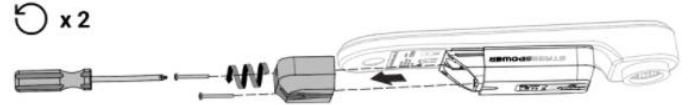
- After the hard reset, [re-attempt to pair the power meter and console](#). Sometimes multiple hard resets are necessary to enable successful pairing. Repeat as needed.
- If the pairing continues to fail after multiple resets, see below to check if the power meter needs a firmware update.

2. Update power meter firmware

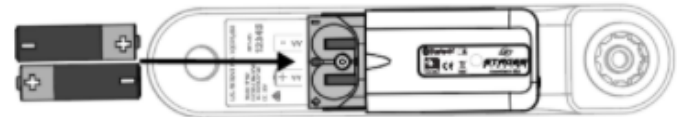
- To update firmware you must have the **StagesPower app** downloaded onto your mobile device. Links below:
 - [StagesPower Android](#) – requires Android 4.4 or newer
 - [StagesPower iOS](#) - compatible with Bluetooth 4.0 devices, which includes the iPhone 4s or newer, as well as the iPad 3 or newer.
- Put the console into **SETTINGS** mode by pressing and holding the **BACKLIGHT** and **AVG/END** buttons for 5 seconds.
- See **firmware update instructions** [here](#).

3. Replace the batteries in the power meter

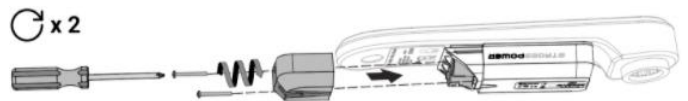
- Use a small #0 Phillips screwdriver to remove the two (2) battery cover screws, then slide the battery cover off the housing.



- Remove existing batteries from the housing. If needed, rotate the crank into the downward position so the batteries slide out.
- Insert two (2) new AA batteries according to the orientation shown on the power meter.



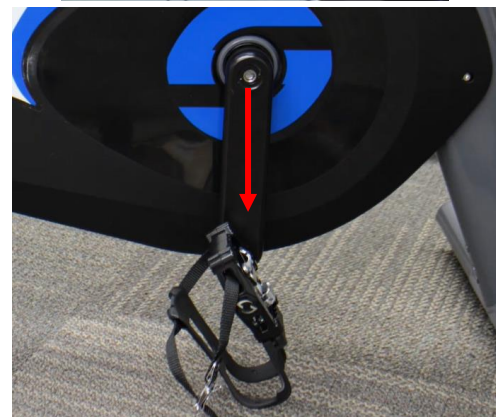
- Reinstall the battery cover and tighten the screws to snug. **Do not overtighten the screws as this may damage the battery case.**



- [Re-attempt to pair the power meter and console](#). **If pairing continues to fail, refer to the [power meter/console troubleshooting table](#) or contact Stages Support at (800) 717-8076.**

PAIR POWER METER TO CONSOLE (cont'd):

- Once paired, the **ZERO RESET** screen will appear automatically. Rotate the left crank straight down into the 6 o'clock position so that it is completely still. Ensure that there is no weight on the crank/pedal and push **STAGE**.



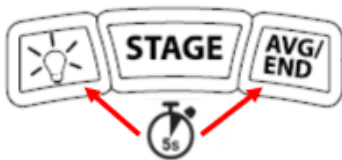
11. The **Zero Reset** will take several seconds. A successful reset will display the word **SUCCESS** and an **ADC (calibration) value between 790 – 990**. If the number is outside of that range (even if it says **SUCCESS**) or if the console shows **FAILED**, please attempt the process again after ensuring that the crank is in the proper position with no weight applied to the pedal. **If the Zero Reset continues to fail, see the section below for steps to using your mobile device to reset the power meter or reference the [power meter/console troubleshooting table](#).**



ZERO RESET THE POWER METER WITHOUT A CONSOLE (IF APPLICABLE)

***Some SC1/SC2's will come with a power meter but not a console. In these cases, the power meter will need to be zero reset/calibrated via the StagesPower app using an iOS or Android smartphone or tablet. Follow the steps below:**

***If using this section to Zero Reset a power meter that is already paired to a console, navigate the console onto the SETTINGS screen by holding the BACKLIGHT and AVG/END buttons for 5 secs, then follow the steps below. If you skip this step, the app will not be able to locate the power meter.**



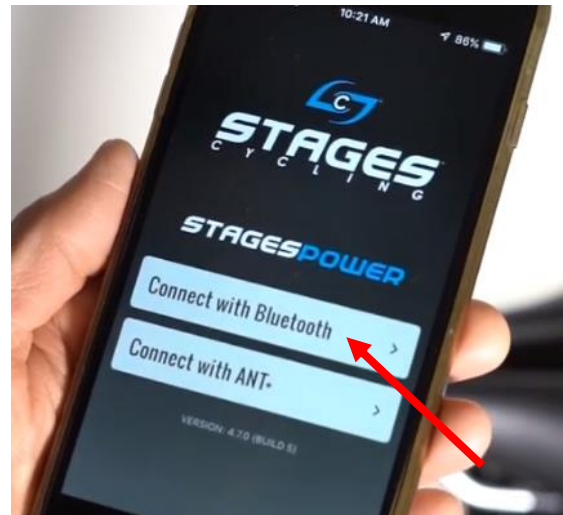
1. Download the **StagesPower app** onto your mobile device. Links below:

- [StagesPower Android](#) – requires Android 4.4 or newer
- [StagesPower iOS](#) - compatible with Bluetooth 4.0 devices, which includes the iPhone 4s or newer, as well as the iPad 3 or newer.



***Note: all pictures in this section show the iOS version of the app unless otherwise specified.**

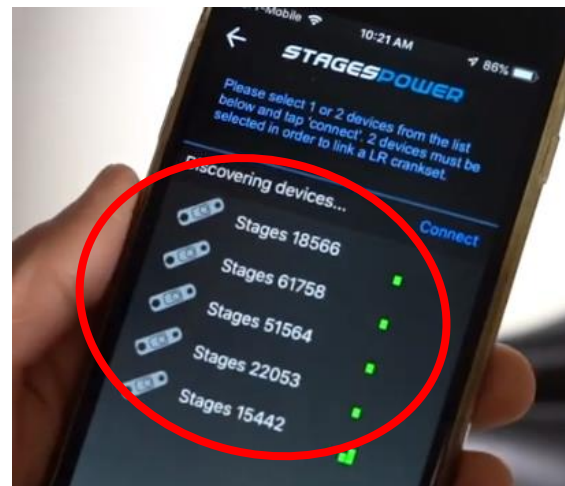
- Use your hand or foot to rotate the user-left crank of the bike several rotations to activate the power meter.
- Launch the **StagesPower app** on your mobile device.
 - On Android:** the available power meters will automatically display.
 - On iOS:** Select **Connect with Bluetooth**.



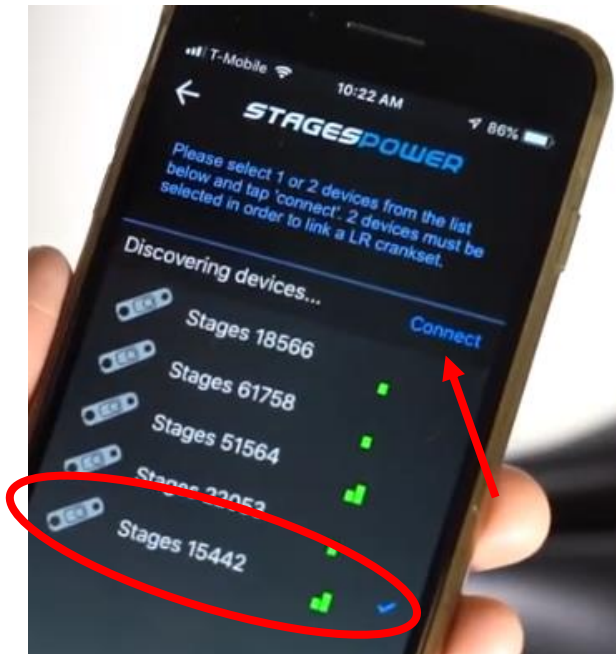
- The app will detect the available power meters and display their **ANT+ ID** numbers.

If you do not see the ANT+ ID from your power meter on the screen:

- Pedal the left crank some more to ensure that it is broadcasting.
- Close out of the StagesPower app and then re-open and try again.
- [Hard reset the power meter](#) (and/or replace batteries if the light blinks RED).
- If after several attempts the app still cannot find the power meter, contact Stages Support at (800) 717-8076.



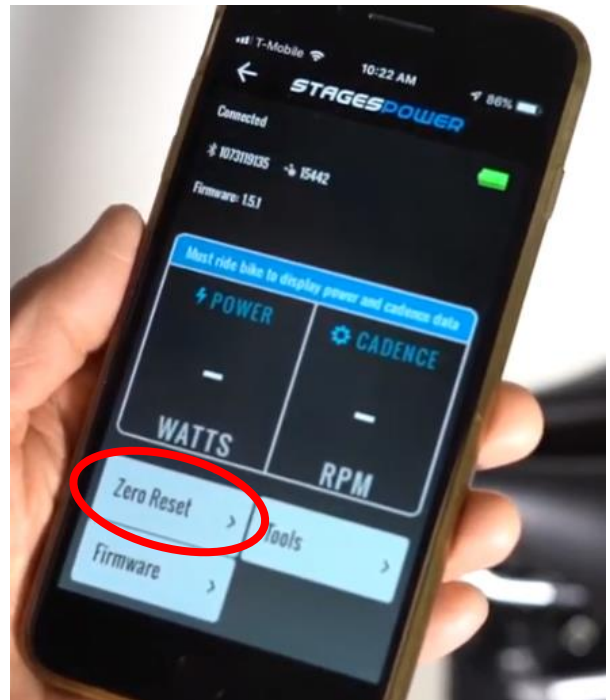
5. Select the ANT+ ID number that matches the ANT+ ID number shown on the power meter on the bike. Then tap **Connect**. (Stages 15442 selected below as shown by the blue checkmark)



6. Rotate the user-left crank into the straight down (6 o'clock) position and ensure that it is motionless with **NO** weight on the pedal.



7. Tap **Zero Reset**.
- On Android:** the Zero Reset process will begin immediately.
 - On iOS:** tap **PERFORM ZERO RESET** on the next screen to start the process.



8. Upon completion, the app will display an ADC value and a temperature reading. **A successful Zero Reset will display an ADC value between 790 – 990.**

Image of successful Zero Reset on iOS with ADC of 908:

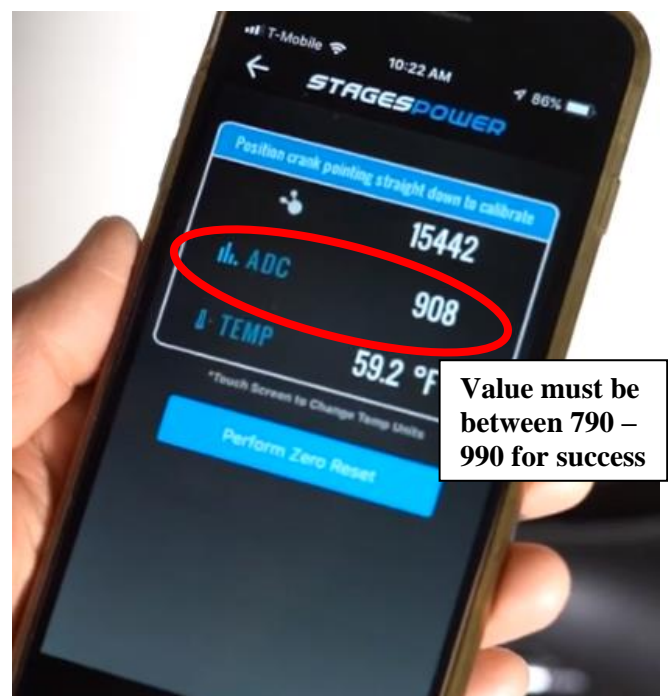
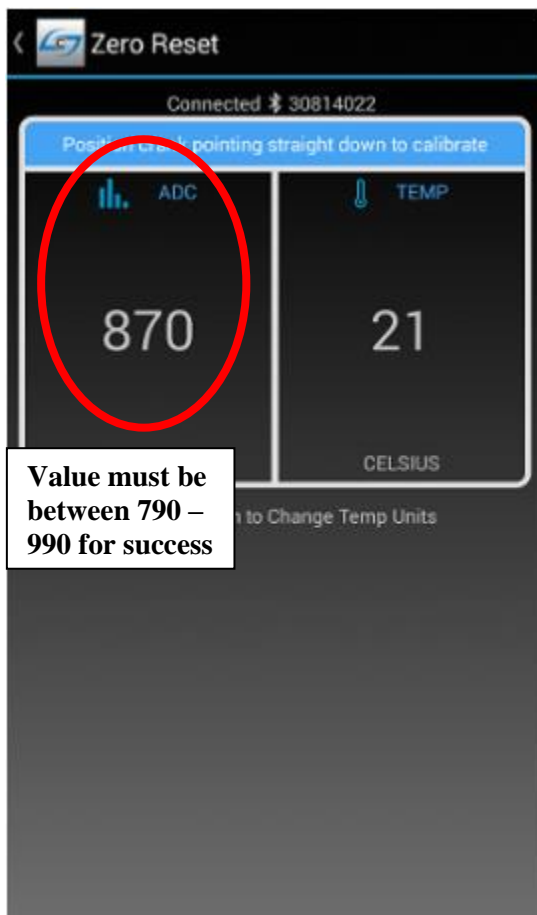


Image of successful Zero Reset on Android with ADC of 870:



If you do not see a value returned within 30 seconds, tap the back arrow in the top left corner and attempt to zero reset again. If the crank no longer displays "Connected" at the top of the screen, you may need to rotate the crank and reconnect to the app, as the power meter will enter sleep mode after a period of inactivity.

POST-ASSEMBLY QUALITY CHECK

***See also: [Pre-Installation Checklist](#)**

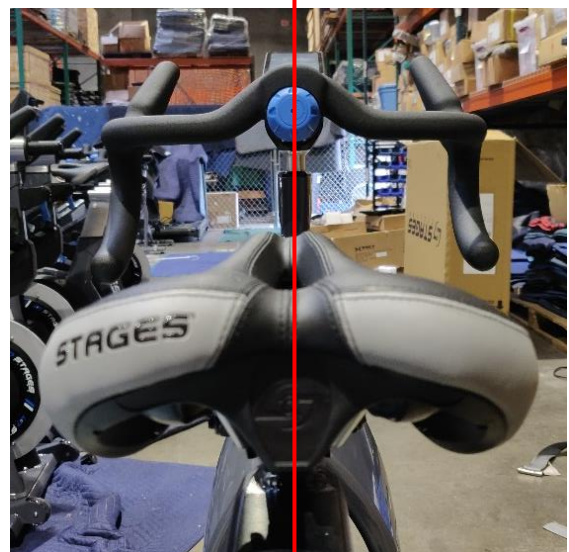
SADDLE ALIGNMENT/TIGHTNESS:

1. Ensure that the saddle is **straight and level** (see photos below), then use a **socket wrench and 13mm socket** to verify that both of the saddle clamp nuts beneath the seat are fully tightened.

The front and back of the saddle should be level when viewed from the side.



The center of the saddle should line up with the center of the handlebars (viewed from the rear).



- a. If the saddle is not straight and/or level, use a **socket and 13mm socket** to **slightly loosen one of the nuts**. It is not necessary to loosen both nuts.
- b. Make the necessary adjustments by maneuvering the seat up/down/left/right until it is straight and level.

- c. Re-tighten the nut that you loosened and double-check that the second nut is also tight.



FUNCTIONALITY OF ADJUSTMENT KNOBS & SLIDES:

1. Complete the following steps for each adjustment knob on the bike (**seat fore/aft, seat up/down, handlebar fore/aft, handlebar up/down**)
 - a. Fully loosen the adjustment knob by turning it counterclockwise.
 - b. Verify full range of motion either up and down or forward and back. The movement of each slide should be smooth and easy. **You must pull the up/down knobs outward to allow the slides to move up/down.**
 - c. Adjust the slides to the following settings:
Handlebar and seat fore/aft: 0
Handlebar height: 2
Seat height: 6
 - d. Fully re-tighten each knob by turning it clockwise.
 - e. **Refer to the [mechanical troubleshooting table](#) as needed if issues arise.**



HARDWARE TIGHTNESS:

1. Use a **6mm hex key/socket & 17mm wrench** to double-check the tightness of the hardware on the front/rear stabilizers. See [here](#) for reference.
2. Use a **15mm pedal wrench** to verify that both pedals are secured **very tightly**. See [here](#) for reference.
3. Ensure that all leveling feet are adjusted tightly up against the bottom of the stabilizers. ****Note: the bike does not need to be completely level at this time. Wait until the bike has been delivered and set in its designated location before leveling. See [here](#) for reference.***
4. ***Bikes with power meters only*** Use a **torque wrench and 8mm hex socket** to verify that the power meter is installed correctly - **NO GAP** between the power meter and the bike and tightened up to spec: **52 – 57 N·m (or 38 – 42 lb-ft)**. See [here](#) for reference.
5. ***Bikes with consoles only***
 - a. Gently attempt to wiggle the console side-to-side and forward/back. If the console moves in any direction, detach the console from the base and use a **3mm hex key/T-handle** to tighten the screws in the console base. See [here](#) for reference. **Make sure the console is aligned properly before tightening (see photo below).**
 - b. Check that the **rear edge** of the console base is touching but not overlapping the black handlebar stem endcap. If not aligned properly, remove the console from the base, use a **3mm hex key/T-handle** to loosen the console base screws, align the base properly, then re-tighten the screws and reinstall the console. See [here](#) for reference.



- c. Ensure that the thumbscrew on the underside of the console is tight.
6. ***Bikes with added accessories only*** Check the tightness of tablet/phone/dumbbell holders, aerobars, and media shelf (if installed). See [here](#) for reference.

TEST RIDE FUNCTION CHECK:

1. Get on the bike and pedal:
 - a. Listen for any rubbing/scraping noises
 - b. Listen/feel for excessive vibration
 - c. Verify functionality of resistance knob – turn clockwise to increase resistance, counterclockwise to decrease resistance, and press straight down to engage the brake.
 - d. ***SC2 only*** Verify functionality of the SprintShift lever near to the resistance knob. Moving the lever to the left/right will instantly decrease/increase resistance a noticeable amount.
 - e. **Refer to the [mechanical troubleshooting table](#) as needed if issues arise.**



SprintShift

- f. ***Bikes with consoles only*** Press any button on the console to wake it up, then press **STAGE** to enter **WARM UP** mode. Continue to pedal and ensure that numbers are populating on the screen in the **WATTS**, **RPM**, and **SPEED** sections. **If numbers do not populate, refer to the [power meter/console troubleshooting table](#).**



VISUAL INSPECTION:

1. Ensure that stabilizers are facing the proper direction (**wheels facing forward, step plates facing backward**).
2. Handlebar and seat fore/aft slides are set to 0.
3. Handlebar height is set to 2.
4. Seat height is set to 6.

INSTALLATION SOP

DELIVER BIKE



Due to Covid-19, Customers have the option to choose a doorstep delivery as opposed to room-of-choice. Make sure to deliver the bike in the method chosen by the Customer.

BIKE TRANSPORT AND PLACEMENT:

1. Carry the bike **with a partner** or use a furniture dolly to bring it to the Customer's desired location. **DO NOT roll the bike on the transport wheels or they will scuff.** There are two (2) methods if using a dolly:
 - a. Vertical placement – seatpost and rear stabilizer contact the dolly. **Seat must be adjusted to lowest setting.**



- b. Diagonal placement – the center of each stabilizer contacts opposite corners of the dolly.



2. Face the bike in the Customer's preferred direction. If the Customer has a mat to go underneath the bike, center the bike on the mat.

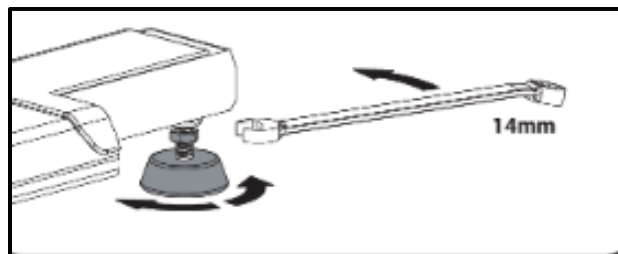
FINAL BIKE SETUP

LEVEL AND PREP BIKE:

1. Stand beside the bike in its preferred location and check that it is level by gently attempting to rock it side to side. If it wobbles, at least one foot will need to be adjusted (typically just one). If there is no wobbling, the bike is leveled properly – skip to step 3 below.



2. Identify the leveling foot that is not in full contact with the ground and turn it counterclockwise until it is. Double-check using the wobble test that the bike is level, then adjust the nut up against the stabilizer and tighten with a **14mm wrench**.



3. Adjust the **seat fore/aft** and **handlebar fore/aft** to 0. Fully tighten both adjustment knobs.
 4. Adjust the **seat height** to 6 and the **handlebar height** to 2. Fully tighten both adjustment knobs.
 5. Wipe down the bike with a cloth so it looks brand new.
- *Steps 6 and 7 only to be completed on bikes with consoles and/or power meters added.**

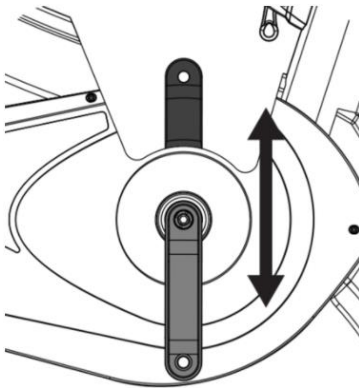
6. Verify that the power meter is paired to the console and broadcasting data.

- a. Press any button on the console to wake it up.
- b. Press **STAGE** to enter **WARM UP** mode.
- c. Pedal on the **user-left side of the bike** and ensure that numbers are populating in the **WATTS**, **RPM**, and **SPEED** sections on the console. **If numbers do not populate, refer to the [power meter/console troubleshooting table](#).**



7. Zero Reset the power meter.

- a. **If the bike has a power meter but NO CONSOLE, [use the app to zero reset](#).**
- b. Use your hand or foot to spin the user-left crank a couple revolutions to ensure that the power meter is awake.
- c. Position the user-left crank so that it is pointing straight down and completely still, with no load on the pedal.



- d. Activate the console by pressing any button.
- e. Press and hold the **BACKLIGHT** button for three (3) seconds to initiate the Zero Reset.

- f. After several seconds, the console will display an ADC value and the word **SUCCESS** or **FAILED**. **The ADC value must fall within the range of 790 – 990 in order to be successful regardless of whether the console shows SUCCESS.**



- g. If the Zero Reset succeeded, continue to step 7. If it failed or showed a value outside of 790 - 990, repeat the Zero Reset process beginning with step 5a, making sure that the power meter is completely still and positioned correctly during the reset with no load.
- h. **If the Zero Reset continues to fail, see the [power meter/console troubleshooting table](#) and/or contact Stages Support at (800) 717-8076.**



ACCESSORY INSTALLATION (OPTIONAL ADD-ONS)

See below for the list of available accessories that some Customers may purchase to be added to their bike, including photos and links to installation guides. Any accessories ordered by the Customer will be contained in a small box within the main bike box.

Stages Tablet Holder ([Installation guide](#))



Stages Aerobar ([Installation guide](#))



Stages Phone Holder ([Installation guide](#))



Stages Dumbbell Holder ([Installation guide](#))



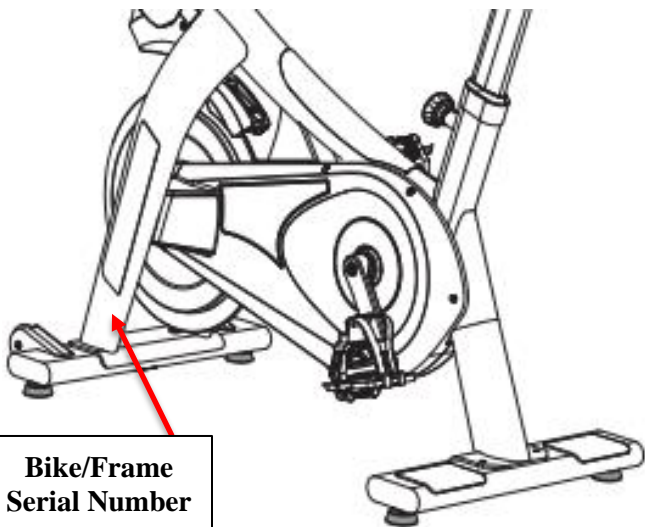
Stages Media Shelf ([Installation guide](#))



SERIAL NUMBER LOCATIONS

Each bike, console, and power meter (if included) have a serial number. Please have appropriate serial numbers ready when calling into Stages Support. See below for the location of the serial number for each component.

BIKE/FRAME SERIAL NUMBER is located on a sticker on the inside of the user-left front fork.



POWER METER SERIAL NUMBER (if included) is located just above the ANT+ ID number on the side of the power meter housing.



CONSOLE SERIAL NUMBER (if included) is located on the outer wall of the battery compartment. Remove the thumbscrew on the underside of the console and then detach the console its base to view the sticker.



MECHANICAL TROUBLESHOOTING

Below are potential mechanical issues with a bike that could be detected and resolved PRIOR TO INSTALLATION. The table contains links to troubleshooting guides/videos in the righthand column. If any parts or assistance is needed, please immediately contact [Stages Support at \(800\) 717-8076](tel:8007178076).

Problem	Likely Cause(s)	Solution
Metal on metal scraping sound	Brake rubbing on flywheel	Adjust brake carriage
Bike wobbles or is not sturdy while riding	Bike is not level	Level bike
	Stabilizers are loose	Tighten stabilizers
Excessive vibration while riding	Bike is not level	Level bike
	Belt is too tight	Call Stages Support
	Axle hardware needs adjusting or is damaged	
Knocking noise while riding	Flywheel bearing is loose or damaged	Call Stages Support
Saddle is loose, crooked, or tilted	Saddle nuts not tight	Adjust saddle and tighten saddle nuts
	Saddle misaligned	
Seat or handlebar stem is loose or moves while riding	Pop-pin not locked into place	Tighten pop-pin by turning clockwise
	Pop-pin is jammed	Remove pop-pin from frame and see if the shaft is bent/damaged. If so (or if assistance disassembling is needed), call support. If not bent - loosen, lubricate with silicone spray, and reinstall.
Pedal is loose/crooked, or fell off	Pedal installed incorrectly during assembly	Remove pedal and re-install correctly . If pedal or crank threads are damaged, call Stages Support.
Handlebar slides back and forth freely	Missing handlebar wedge	Remove the handlebar endcap and remove the handlebars from the stem. If no wedge is present , call support to order one.
	Tape not removed from handlebar wedge prior to insertion	Remove the handlebar endcap and remove the handlebars from the stem. Remove the tape from around the handlebar wedge and reinstall the handlebars .
Handlebar/seat will not adjust forward/back	Adjustment components are jammed or damaged	Call Stages Support
Power meter loose or fell off	Power meter installed incorrectly during assembly	Remove power meter and reinstall correctly .
Noticeable aesthetic damage	Factory or assembly error	Call Stages Support
Any other mechanical issue	n/a	Call Stages Support

POWER METER/CONSOLE TROUBLESHOOTING

Below are potential issues with a power meter or console that could be detected and resolved PRIOR TO INSTALLATION. The table contains links to troubleshooting guides/videos in the righthand column. If any parts or assistance is needed, please immediately contact [Stages Support at \(800\) 717-8076](tel:8007178076).

Problem	Likely Cause(s)	Solution
Console powers on, but displays no data while riding in warmup mode	Console and power meter not paired	Pair power meter to console
	Dead/missing batteries in power meter	Hold the reset button on the power meter for 5-7 seconds . If the light blinks RED , replace batteries in power meter
	Power meter not calibrated	Zero reset the power meter
	Power meter needs to be reset	Hard reset the power meter
Console not powering on	Dead/missing batteries in console	Replace the batteries in the console
	Console is damaged or broken	Call Stages Support
Console and power meter will not pair	ANT+ ID numbers do not match	Enter correct ANT+ ID number into console and reattempt to pair power meter
	Dead/missing batteries in power meter	Hold the reset button on the power meter for 5-7 seconds . If the light blinks RED , replace batteries in power meter
	Power meter needs to be reset	Hard reset the power meter
	Power meter needs a firmware update	Put the console into SETTINGS mode (hold the BACKLIGHT and AVG/END buttons for 5 secs), Then use the app to update the firmware
Zero reset failing repeatedly	Power meter not awake/transmitting	Pedal the user-left crank with moderate force for several seconds then reattempt zero reset .
	Power meter had load applied or was not aligned straight down	Ensure that power meter is pointing straight down (6 o' clock position) with no weight on it and reattempt zero reset
	Dead/missing batteries in power meter	Hold the reset button on the power meter for 5-7 seconds . If the light blinks RED , replace batteries in power meter
	Power meter needs to be reset	Hard reset the power meter
	Unknown issue	Use the StagesPower app to zero reset power meter
	Power meter needs a firmware update	Put the console into SETTINGS mode (hold the BACKLIGHT and AVG/END buttons for 5 secs), Then use the app to update the firmware
Flashing red light on power meter after hard reset	Batteries need to be replaced	Replace batteries in power meter
Any other power meter/console issues	n/a	Call Stages Support