

Pop-Pin Replacement (Handlebar/Seat Stem)

Date	22 Aug 2022
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Overview

Standard operating procedure for replacing a pop-pin (handlebar or seat vertical adjustment assembly) on a Stages Indoor bike.

Bike Model Applications

- All SC1 models*, all SC2 models, SC4/Solo.19, SC4/Solo.21, all models of Les Mills Virtual Bikes

*Different SKU for pop-pin kit due to steel frame

Common Service Indicators

- Damaged/broken pop-pin
- Will not stay tight
- Rough/jagged feeling when adjusting

Tools Required

- Small hex key (1mm or 1.5mm)
- 2mm hex*
- 2.5mm hex*
- 3mm hex
- Medium sized crescent/adjustable wrench**

*Not needed for SC1 models

**Only needed for SC1 models

Parts Required

- **For SC1 models:** 000-7890 - ASSY, LOCKING PIN, STAGES, STL
- **All other models:** 000-7723 - KIT, LOCK PIN, VERT ADJ, W/HDWR, STAGES

Estimated Time Required

10 mins

Procedure

1. Adjust the handlebar or seat stem to its lowest position and fully loosen the pop-pin by turning counterclockwise.

Procedure continues on next page

2. Use a small hex (1.5mm or smaller) to push the pop-pin cap out through the small holes on the rear of the knob, then remove the cap.



3. Use a 3mm hex to remove the screw from the center of the pop-pin, then remove the pop-pin knob.



If working on an SC1 model, skip to step 5.

4. Use a 2mm hex to remove the 2 screws from the pop-pin cover, then remove the cover itself.



5. For SC1 models: Use a crescent/adjustable wrench to break free the larger nut on the pop-pin assembly, then continue to loosen the nut with your fingers until you can remove the assembly from the frame.



For all other models: Use a 2.5mm hex to remove 4 screws from the pop-pin core, then remove the core from the frame.



6. Install the new pop-pin by completing these steps in reverse order.

To install the new pop-pin knob, be sure to line up the flat edges of the inner knob with the flat edges of the protruding shaft. Then reinstall the screw using a size 3mm Allen wrench.

