

Stages SC3 Assembly and Installation Standard Operating Procedure (SOP)



TABLE OF CONTENTS

ASSEMBLY/INSTALLATION TOOLS	1
HARDWARE/PARTS INCLUDED	1
UNPACKAGING THE BIKE	2
ASSEMBLY	3
SPACER CHECK/TAPING BATTERIES IN POWER METER.....	11
PAIR POWER METER TO CONSOLE	16
POST-ASSEMBLY QUALITY CHECK.....	19
DELIVER BIKE	22
FINAL BIKE SETUP	22
ACCESSORY INSTALLATION (OPTIONAL ADD-ONS)	24
SERIAL NUMBER LOCATIONS.....	25
MECHANICAL TROUBLESHOOTING	26
POWER METER/CONSOLE TROUBLESHOOTING.....	27

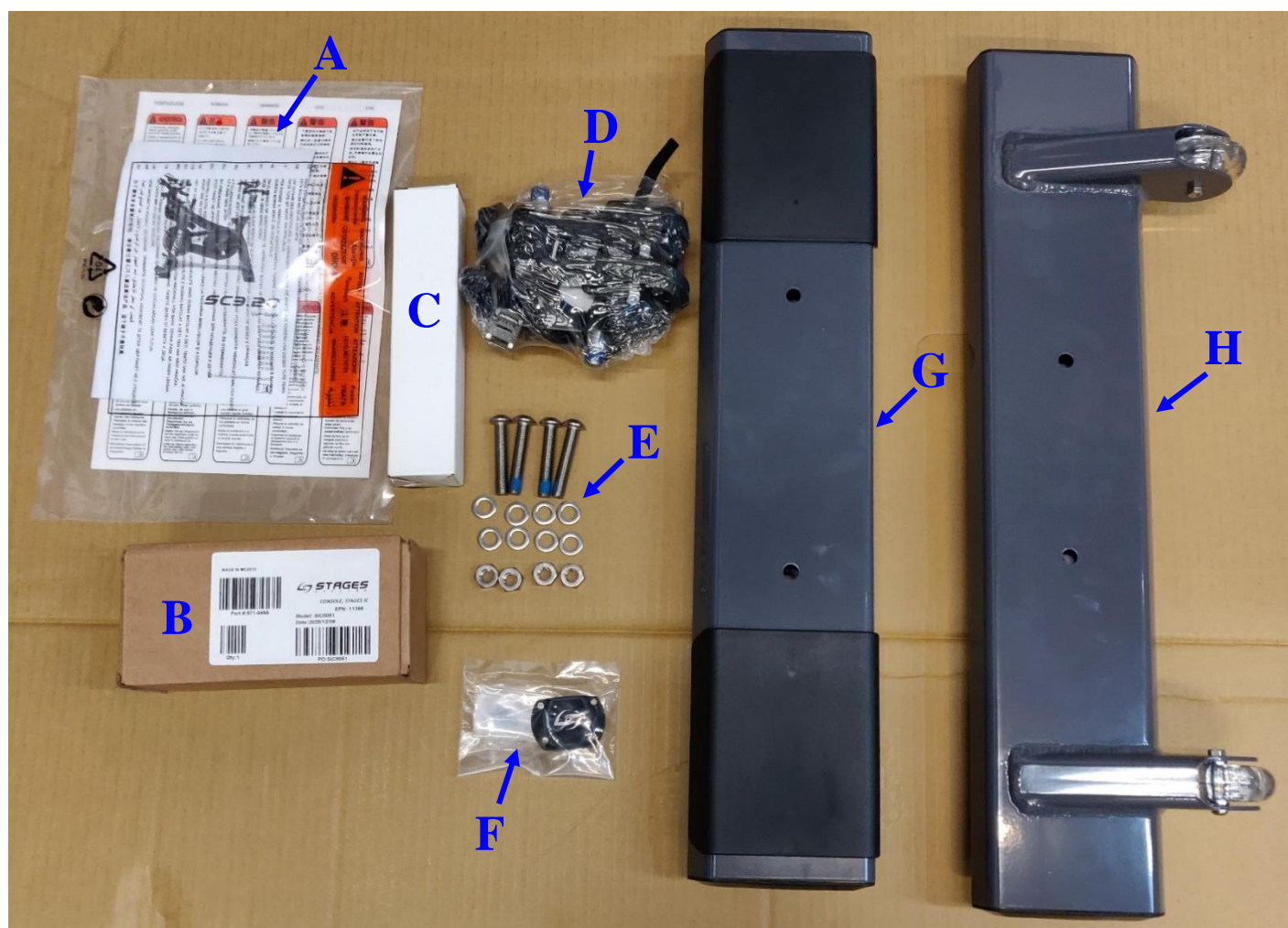
This SOP (along with other reference material provided) contains all information necessary to assemble and install the Stages SC3 bike. ⚠️ Failure to assemble or install the bike correctly could result in risk of physical injury to the rider, the need for secondary service calls, Customer return of the product, and other risks.

ASSEMBLY/INSTALLATION TOOLS

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

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

HARDWARE/PARTS INCLUDED



A User manual	E Hardware (M10 bolts x4, M10 washers x8, M10 nuts x4)
B Console (SIC2), boxed	F Handlebar endcap w/ hardware (4 screws)
C Power meter, boxed	G Rear stabilizer
D Pedals (1 left, 1 right)	H Front stabilizer

ASSEMBLY SOP

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 four (4) 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 bike weighs ~100 lbs and is 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 unpacking the bike.*



LAY OUT ASSEMBLY COMPONENTS:

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



ASSEMBLY

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.**



3. Remove the thin strip of tape from the top of the handlebar stem.



INSTALL STABILIZERS:

1. Ensure that the seat fore/aft (blue knob) and up/down (FitLoc) slides 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](#).

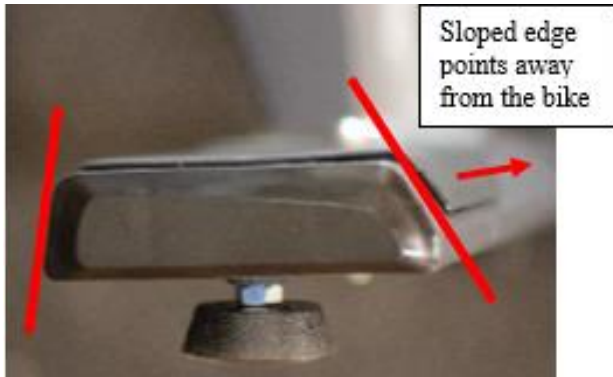


If you are assembling alone and cannot balance the bike safely, follow the steps below for an alternate method:

- a. Carefully tilt the bike back into the upright position (as if you were to ride it).

- b. 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.

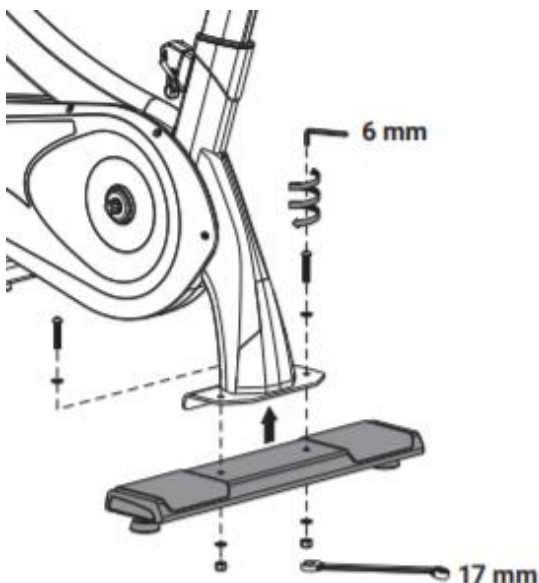
The step plates overlap both edges of the stabilizer but one edge is more sloped. Align the sloped edge so that it points away from the bike. The bolt holes will not line up unless oriented correctly.



- c. Open the hardware bag and remove two (2) bolts, four (4) washers, and two (2) nuts.



- 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.



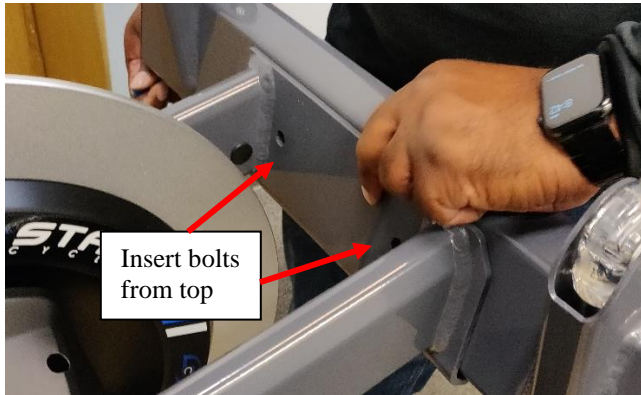
- f. Tilt the bike onto its rear once again. The rear stabilizer will keep the bike from tipping over. **Continue to step 3 to install the front stabilizer.** **Note: picture below does not show the rear stabilizer installed.*



3. Open the hardware bag and remove two (2) bolts, four (4) washers, and two (2) nuts.



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/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. 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.***



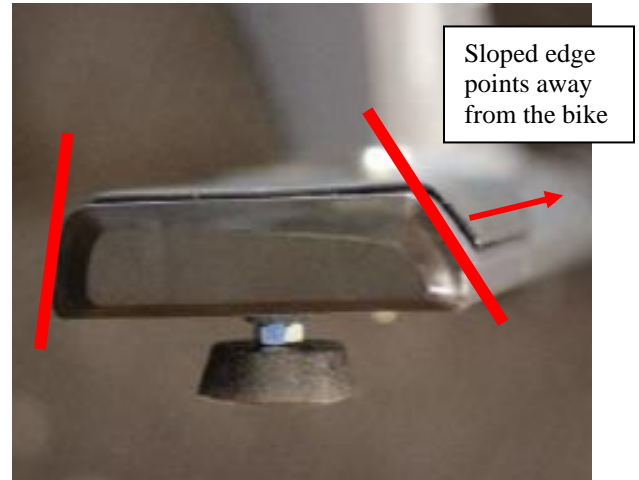
***Note: if you have already installed the rear stabilizer onto the bike, skip ahead to [step 13](#).**

9. Remove the remaining two (2) bolts, four (4) washers, and two (2) nuts from the hardware pack.



10. Align the rear stabilizer so that the bolt holes are lined up with the holes in the frame.

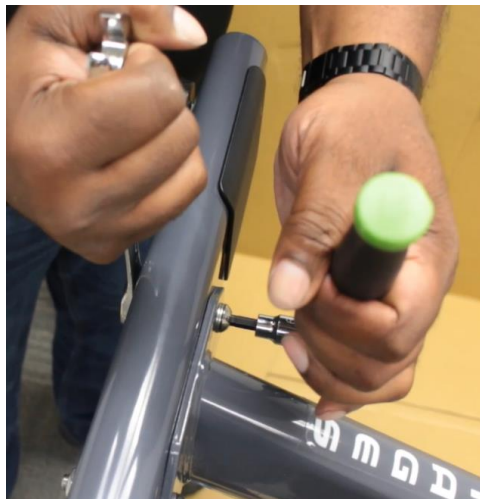
The step plates overlap both edges of the stabilizer but one edge is more sloped. Align the sloped edge so that it points away from the bike. The bolt holes will not line up unless oriented correctly.



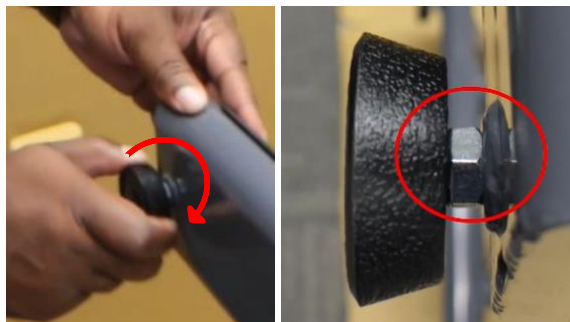
11. Place a washer onto each bolt and insert them through the bolt holes from the top side, then place a second washer and a nut onto each bolt and hand tighten.



12. 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.**



13. 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.***



14. 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:

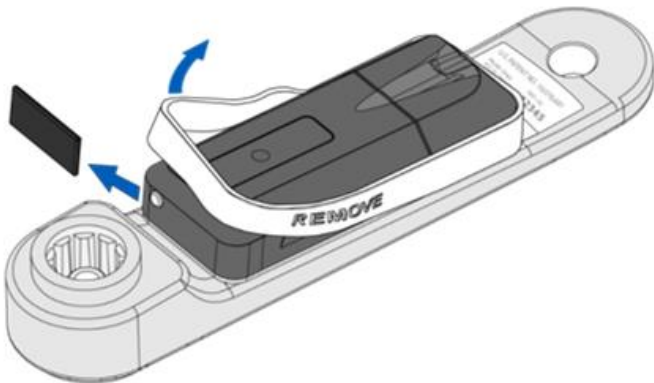
IF POWER METER IS PRE-INSTALLED ONTO THE BIKE SKIP THIS SECTION

 See [here](#) for a more in-depth guide and [video](#) on installing a power meter correctly.

1. Unpackage the power meter and discard the box/plastic.



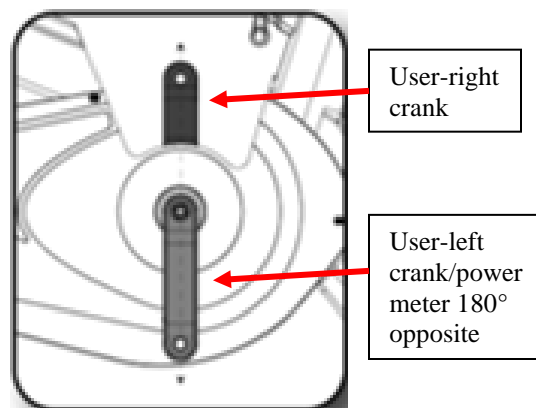
2. Remove the white rubber band surrounding the battery housing on the power meter and the black plastic spacer beneath it. Discard the band and spacer.



3. Remove the black plastic cap from the user-left side of the bottom bracket, exposing the greased splines.



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.*

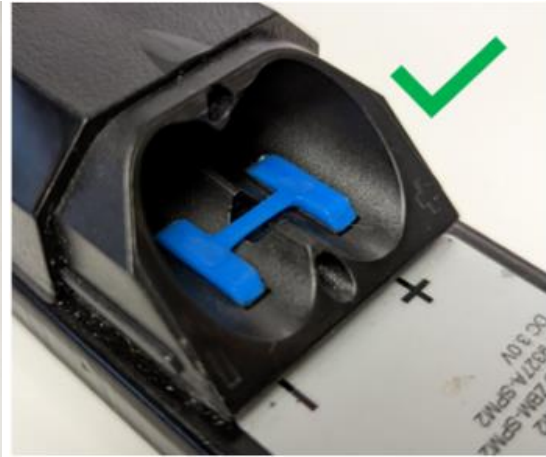


⚠ It is extremely important to install the power meter correctly for the safety of the Customer. Again, see [here](#) for an in-depth guide or [here](#) for a video on installing a power meter correctly.

Spacer Check/Taping Batteries in Power Meters

Tools Required

- #0 Phillips screwdriver
 - Electrical tape
 - Scissors/knife/etc. for cutting the tape
- **Power meters built on or after 10/03/22 (S/N A100322xxxx) should have a blue battery spacer pre-installed. If installing a fleet of bikes with serial numbers on/past the date above, spot check some bikes for the spacer then skip the rest of this section and DO NOT tape the batteries.**

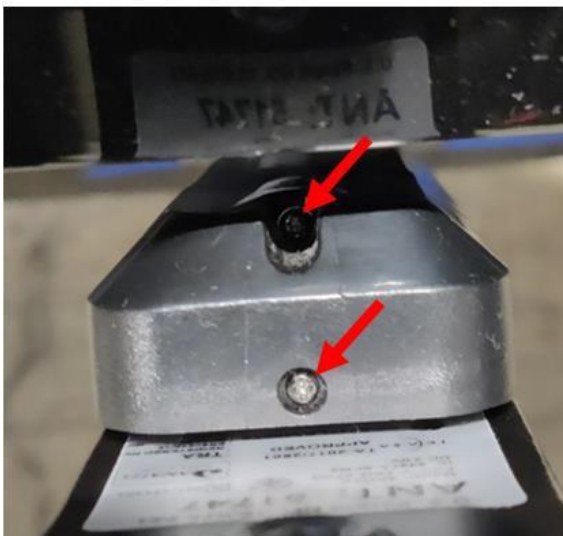


- **Power meters built before 10/03/22 will NOT have spacers pre-installed. Continue following the steps below to tape the batteries.**

Procedure

1. With the power meter (user-left crank) pointing straight up, use a #0 Phillips screwdriver to loosen the 2 screws on the power meter battery cover. Remove the cover and the 2 batteries.

After several turns, the screws should be loose enough for the cover to be removed. You do not need to fully remove the screws from the cover.

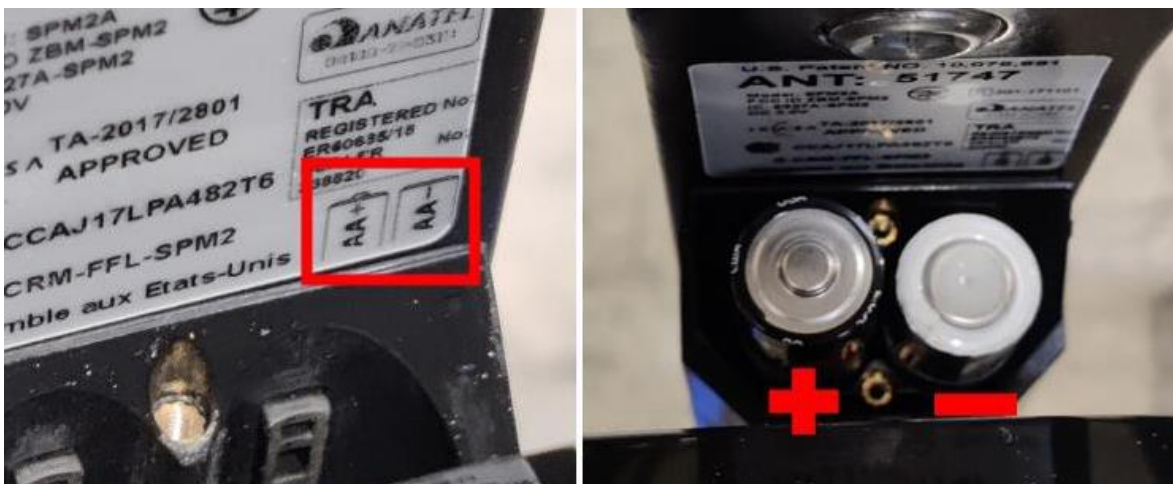


2. Cut a strip of electrical tape approximately 1.75 to 2 inches (4.5 - 5cm). Stick it to the center of one battery, then carefully roll it onto the battery so that it covers almost the entire circumference but **does not overlap**. Repeat this process on the second battery.

Ensure that the tape is applied smoothly and there are no creases or air bubbles.



3. Reinsert the taped batteries into the power meter according to the orientation shown on the sticker above the battery housing.



The batteries should slide into place smoothly. If the batteries won't reinsert without force, remove them, undo the tape, cut the tape a little shorter to decrease the overlap, then reapply the tape, and reattempt to insert.

4. Reinstall the battery cover and tighten both screws **until snug** using a #0 Phillips screwdriver.

Overtightening the screws may result in stripping the hardware, damaging the battery cover, or power meter connectivity issues.

5. Power on the console and pedal the user-left crank to verify that **non-zero** RPM and watts data is being transmitted. If not, verify that tape is not too thick on the batteries and that the batteries are oriented properly.

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 the SC3.)

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.*



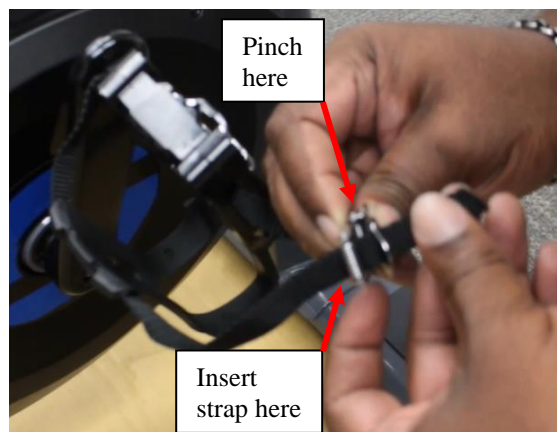
3. Once you can no longer tighten by hand, use a **15mm pedal wrench** to continue tightening the pedal as far as you can.




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.*

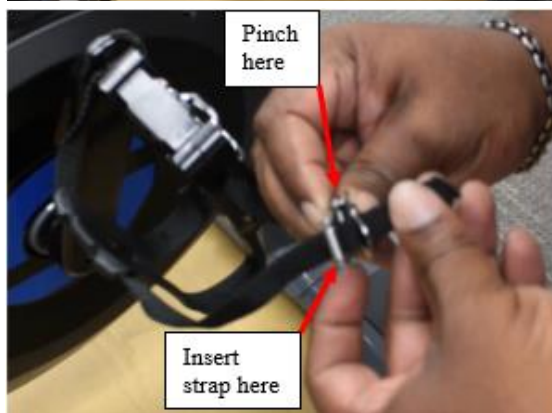


5. Pinch the clip on the pedal strap to open the clasp and insert the strap through the clip (user-left pedal shown below).

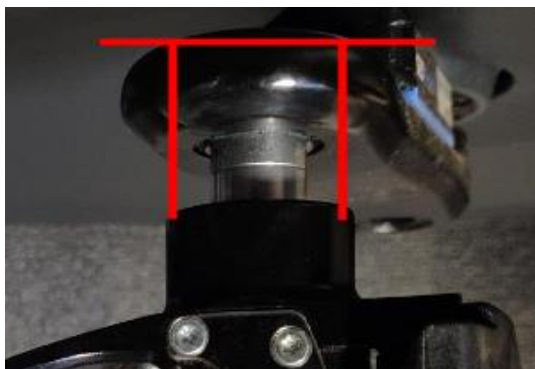


6. Repeat [steps 2-5](#) on the user-left pedal, tightening towards the front of the bike (counterclockwise).

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



7. The photo below shows a correctly installed pedal: the spindle is straight into the crank arm and fully threaded with no visible threads/Loctite.



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

INSTALL CONSOLE:

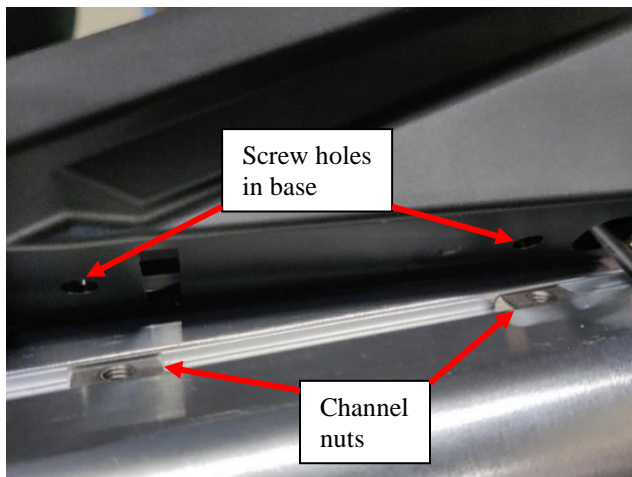
1. Open the console box and remove the contents: console, console base, three (3) screws, and two (2) washers.



2. Thread the power wire through the larger round gap of the console base and set the base on top of the handlebar stem.



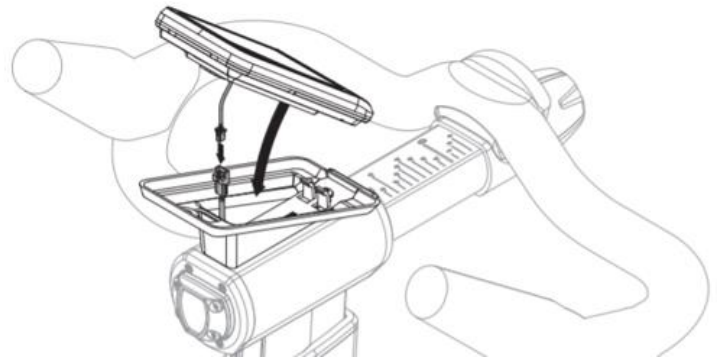
3. With the wire poking up through the base, tilt the base to the side so that you can see the rectangular channel nuts within the channel on top of the handlebar stem. Slide the nuts so that they line up with the screw holes in the console base.



4. Place one (1) washer onto two (2) of the screws and use a **3mm hex key/T-handle** to begin threading the screws into the nuts. **Prior to fully tightening them, slide the console base toward the rear of the bike so that the edge of the base meets but does not overlap the black handlebar stem endcap.** Fully tighten the screws once aligned.



5. Connect the console wire to the power wire ensuring to match up the red and black terminals. Then set the connected wires into the center channel of the console base so that they will not be pinched. Attach the console to the base by snapping it into place.



6. Use a **3mm hex key/T-handle** to install the last screw into the screw hole above the USB port on the underside of the console. **This screw must be installed at a slight angle to avoid cross-threading, NOT straight up and down.**

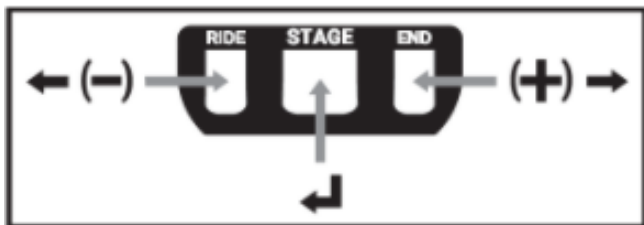


PAIR POWER METER TO CONSOLE

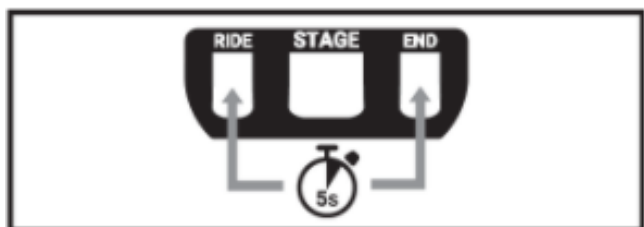
*See [here](#) for a video guide to pairing the power meter and console.

Console button guide:

Use the left and right buttons (**RIDE** and **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 **RIDE** and **END** buttons for 5 seconds to enter the **SETTINGS** menu.



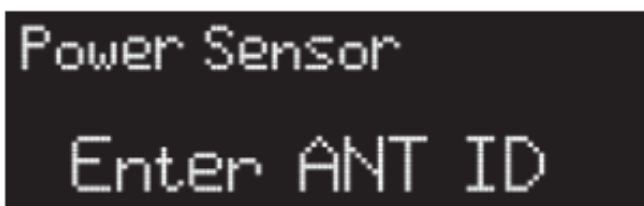
3. Press **END** to scroll down to **PAIRING** and then press **STAGE** to select.



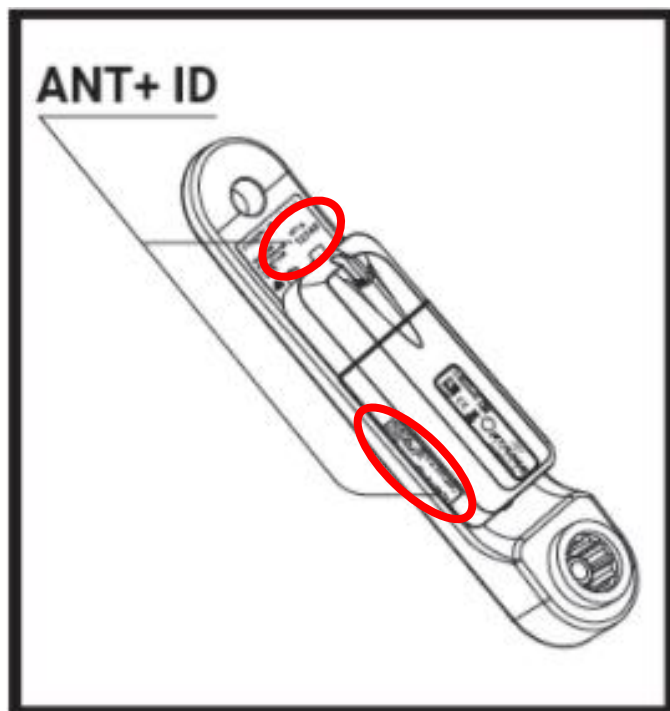
4. Scroll to **POWER** and press **STAGE** to select it.



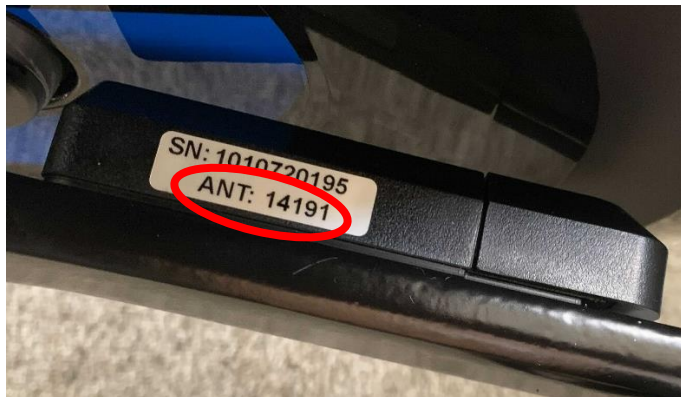
5. Press **STAGE** again and the console will display **Enter ANT ID**.



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

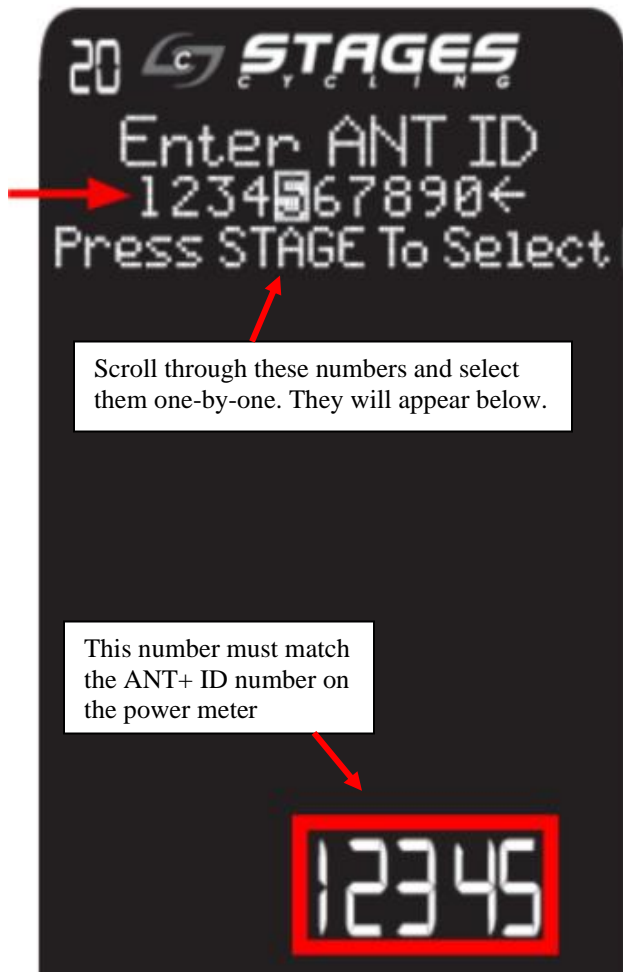


The ANT+ ID number is easiest to view if you turn the crank so that it is in the 3 o'clock position.

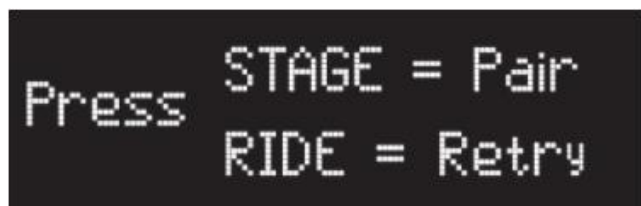


7. Stand on the user-left side of the bike and pedal for several revolutions to wake the power meter up. **Note: the power meter will not wake up unless the bike is being pedaled on the left side.*

8. Continue pedaling as you enter the 5-digit **ANT+ ID number** from the power meter into the console. Use the **RIDE** and **END** buttons to scroll left and right, then press **STAGE** to select the highlighted digit and advance to the next digit. Once the displayed **ANT+ ID number** matches the power meter (**12345** in this example), press **STAGE** to advance.



9. Continue pedaling on the user-left side and press **STAGE** again to initiate pairing or press **RIDE** to re-enter the ANT+ ID number.



10. The screen will say **Spin Crank** and start a 30 second countdown. Continue pedaling on the user-left side until the process is complete (typically only a few seconds).



11. If the pairing process is successful, the screen will display **PASSED** ✓. Skip the troubleshooting section below and continue to [step 12](#).



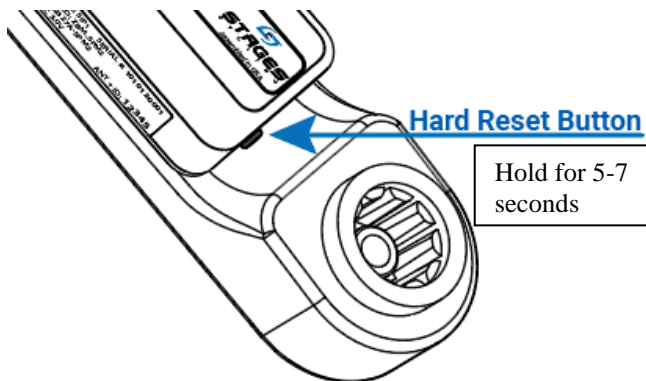
Note: **IF PAIRING FAILS, the console will return you to [step 5](#). Redo steps 5-11 to reattempt pairing, ensuring that you enter in the ANT+ ID number correctly.*

***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](#).*

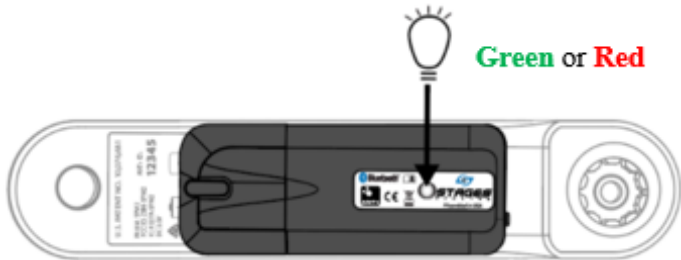
POWER METER TROUBLESHOOTING:

1. Hard Reset the power meter

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



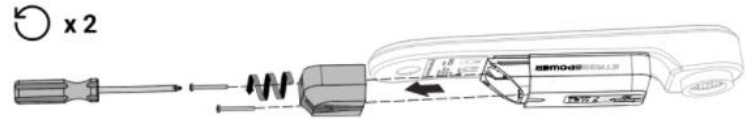
- The small LED light on the inner surface of the power meter will blink for 10-15 seconds after the hard reset is complete. The color of the light will tell you the **battery level**: **green** means the battery level is sufficient while **red** means the batteries are low and should be replaced. See [step 3](#) for directions.



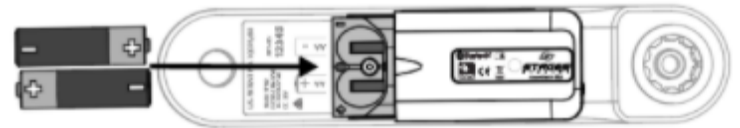
- After the hard reset, [re-attempt to pair the power meter and console](#). Sometimes multiple hard resets are necessary to enable successful pairing. Repeat as needed.
 - If the pairing continues to fail after multiple resets, see below to check if the power meter needs a firmware update.
- ### 2. 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.
 - Shut down the console (guide [here](#)).
 - 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 successfully paired, you must **Zero Reset** the power meter. This screen will appear automatically, shortly after pairing. Press **STAGE** to select **YES**.



- Rotate the user-left crank so that it is **pointing straight down (6 o' clock position)** with **NO weight** applied to the pedal. Then press **STAGE** to start the Zero Reset process.



14. 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 or show values outside of 790 – 990, refer to the [power meter/console troubleshooting table](#).**



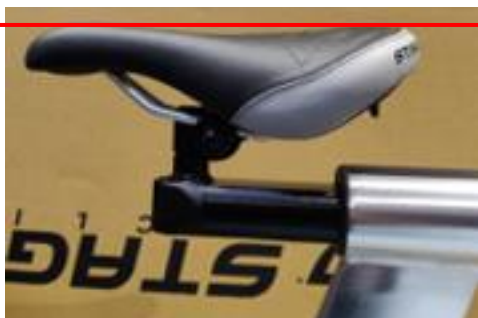
POST-ASSEMBLY QUALITY CHECK

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

SADDLE ALIGNMENT/TIGHTNESS:

1. Ensure that the saddle is **straight and level**, then use a **socket wrench and 13mm socket** to verify that both 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/LEVERS AND SLIDES:

1. Complete the steps below for the two (2) fore/aft adjustment knobs on the bike (seat and handlebar):
 - a. Fully loosen the adjustment knob by turning it counterclockwise.
 - b. Verify full range of motion forward and back. The movement should be smooth and easy.
 - c. **Adjust each fore/aft slide to 0.**
 - d. Fully re-tighten the knob by turning it clockwise.
 - e. Refer to the [mechanical troubleshooting table](#) as needed if issues arise.



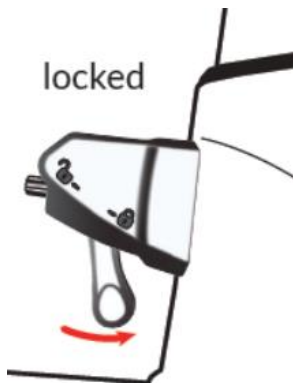
2. Complete the steps below to check the functionality of the two (2) FitLoc levers on the bike (up/down adjustments for seat and handlebar):
- Use one hand to hold the seat/handlebars steady while you pull the blue FitLoc lever outward into the unlocked position.



- While keeping the lever pulled out, verify full range of motion up and down. The movement should be smooth and easy.



- Adjust the **handlebar height to 2** and the **seat height to 6**. Lock each into place by pushing the FitLoc inward until it audibly clicks. This should require moderate force. **If you cannot get the lever to click and lock, the FitLoc will need to be adjusted looser.** See the next section: [Adjusting the FitLoc lever](#).



- With the FitLoc locked in place, attempt to wiggle the slide forward and back. There should be no movement. **If the slide wiggles back and forth, the FitLoc will need to be adjusted tighter.** See below for steps to adjust.

ADJUSTING THE FITLOC LEVER (if necessary)

***See [here](#) for a video guide to adjusting the FitLoc.**

- Unlock the FitLoc and adjust the slide to its lowest position.
- While keeping the lever pulled outward, use your **fingers** or a **6mm hex key** to adjust the black bolt **clockwise to tighten** or **counterclockwise to loosen**. The mechanism is sensitive – **only make one slight adjustment at a time**.



- After each adjustment, lock the slide into place at a medium height and check that the FitLoc locks into place firmly, leaving no forward and back play in the stem. A properly adjusted FitLoc will make a slight popping noise when correctly adjusted.

HARDWARE TIGHTNESS:

- 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.
- Use a **15mm pedal wrench** to verify that both pedals are secured **very tightly**. See [here](#) for reference.
- 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.
- 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. **Console check:**

- 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 **front 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. Use a **3mm hex key/T-handle** to ensure that the screw on the underside of the console is tight.
6. ***Bikes with added accessories only*** Check the tightness of tablet/phone/dumbbell holders, aerobars, or 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. Verify functionality of the SprintShift lever near the resistance knob – moving the lever to the left/right will instantly decrease/increase the resistance a noticeable amount.
 - e. **Refer to the [mechanical troubleshooting table](#) as needed if issues arise.**



SprintShift

- f. 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 **MPH** 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 assembled 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.
3. Remove the L-shaped cardboard/Styrofoam piece from between the flywheel and front stabilizer.

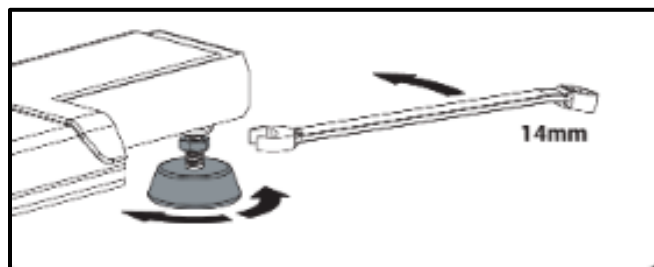
FINAL BIKE SETUP

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 FitLocs.

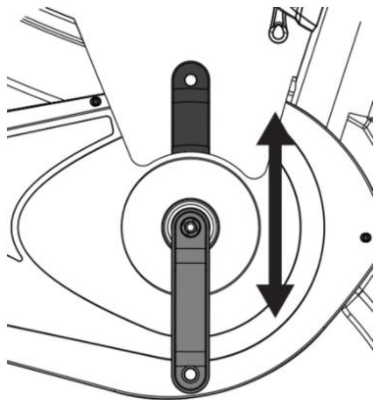
5. Verify that the power meter is paired to the console and broadcasting data.

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



6. Zero Reset the power meter.

- Use your hand or foot to spin the user-left crank a couple revolutions to ensure that the power meter is awake.
- Position the user-left crank so that it is pointing straight down and completely still, with no load on the pedal.



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

- 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.**



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

7. Wipe down the bike with a cloth so it looks brand new.



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 Phone Holder ([Installation guide](#))



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



Stages Aerobar ([Installation guide](#))



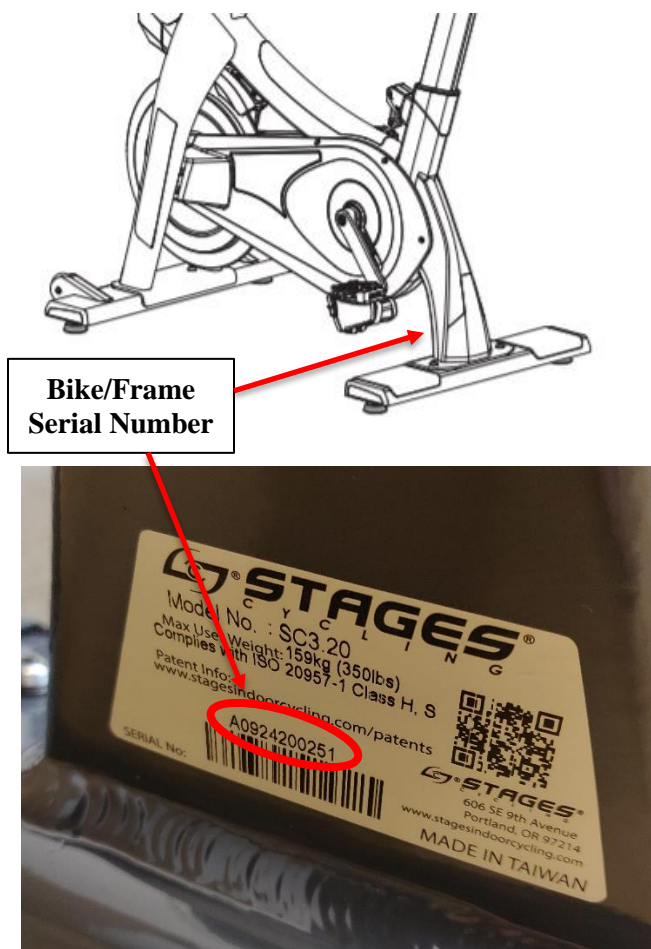
Stages Dumbbell Holder ([Installation guide](#))



SERIAL NUMBER LOCATIONS

Each bike, console, and power meter 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.

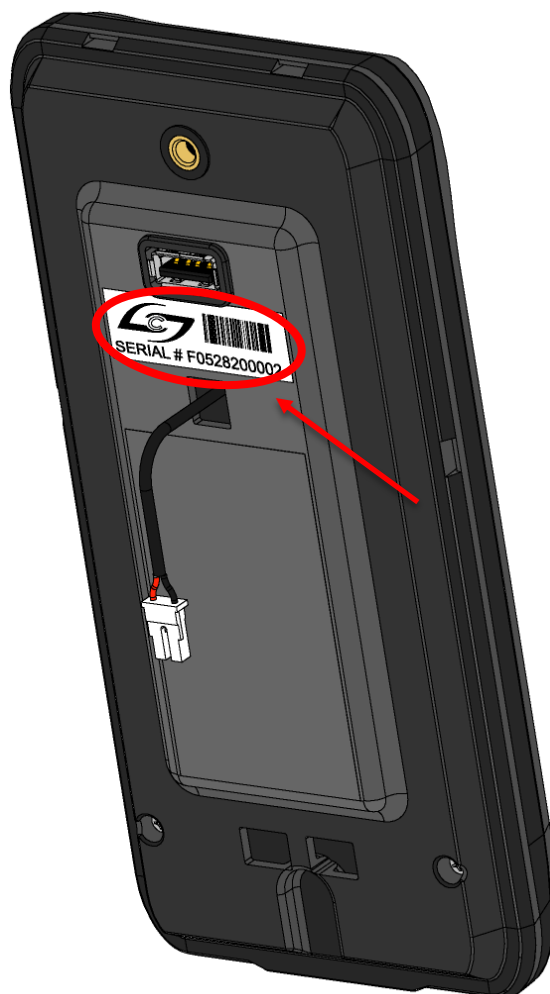
BIKE/FRAME SERIAL NUMBER is located above the barcode on a sticker just above the rear stabilizer.



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



CONSOLE SERIAL NUMBER is located on the backside of the console. Use a **3mm hex key/T-handle** to remove the screw from under the top of the console and then detach the console from 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	FitLoc not locked into place	Lock FitLoc into place by pushing inward.
	Fitloc is not adjusted correctly (too loose or too tight to the point where it cannot be locked into place)	Adjust the FitLoc
FitLoc is jammed or unable to be adjusted	FitLoc is damaged or needs lubrication	Call Stages Support
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	Console not charged	Call Stages Support
	Console is damaged or broken	Call Stages Support
Console buttons flashing	Low battery in console	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