

Saddle/Clamp Replacement

Date	29 Nov 2022
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Overview

Standard operating procedure for replacing the saddle on a Stages Indoor bike.

Bike Model Applications

- All models

Common Service Indicators

- Damaged or worn saddle/clamp

Tools Required

- 13mm hex socket
- Socket wrench

Parts Required

- 000-7612 - Saddle w/ hardware, all black
OR
- 000-5807 - Saddle w/ hardware, black & grey
OR
- 000-4348 - Kit, saddle hardware only

Estimated Time Required

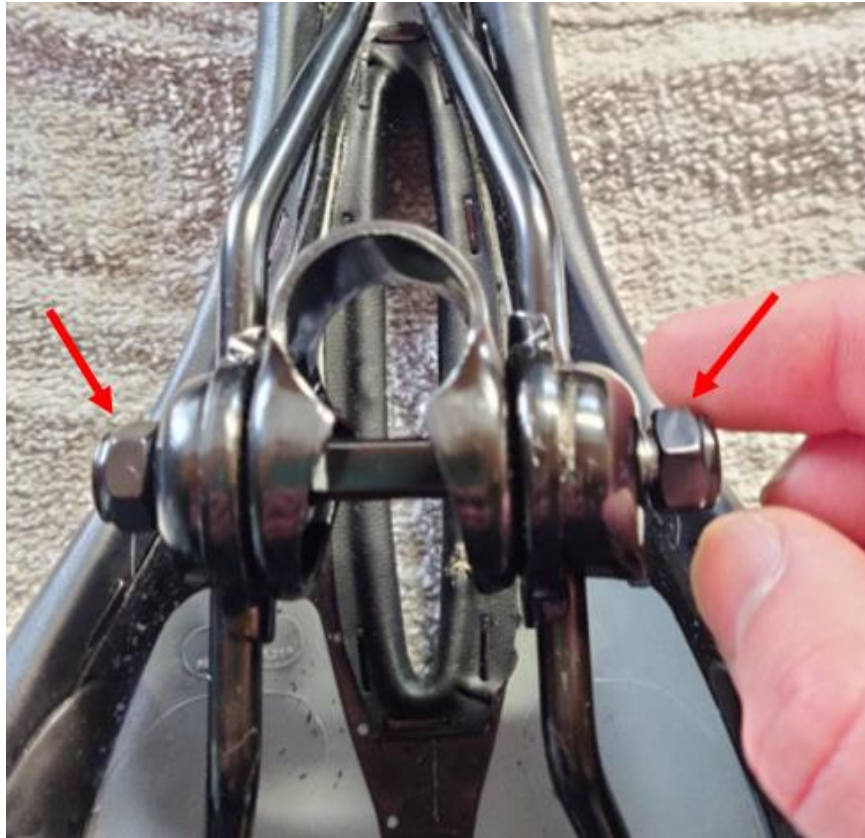
5-10 mins

Procedure: New Saddle with Pre-Installed Clamp

1. Use a 13mm hex socket to loosen the nuts beneath the saddle until you can remove the saddle/clamp assembly from the seat post. You do not need to remove the nuts.



2. Loosen the nuts underneath the new saddle so that the clamp will fit over the seat post (you may need to use a socket wrench).



3. Flip the saddle and clamp over and ensure that the clamp is sitting between the two “Max” lines painted on the rails. Adjust as needed by sliding the saddle forward or back (loosen the nuts if the saddle won’t slide).



4. Install the new saddle onto the seat post. Tighten each saddle nut **slightly** using a 13mm hex socket - this will make aligning the saddle easier. Once the clamp nuts are tight enough to hold the saddle in place but loose enough to allow you to manipulate the saddle's positioning, align the saddle so that it points straight towards the handlebars and is level with the floor (or to the user's preference).



5. Once satisfied with the saddle alignment, use a 13mm hex socket to **FIRMLY** tighten both saddle nuts. Alternate back and forth between each nut so that you tighten them as evenly as possible.



6. Verify that the clamp shaft is not protruding more than slightly through either clamp nut. If the shaft is protruding too far on one side, loosen that side several turns and then tighten the other side to pull the shaft further that direction. Repeat as necessary.

If the shaft is uneven it can catch on a user's clothing or skin.



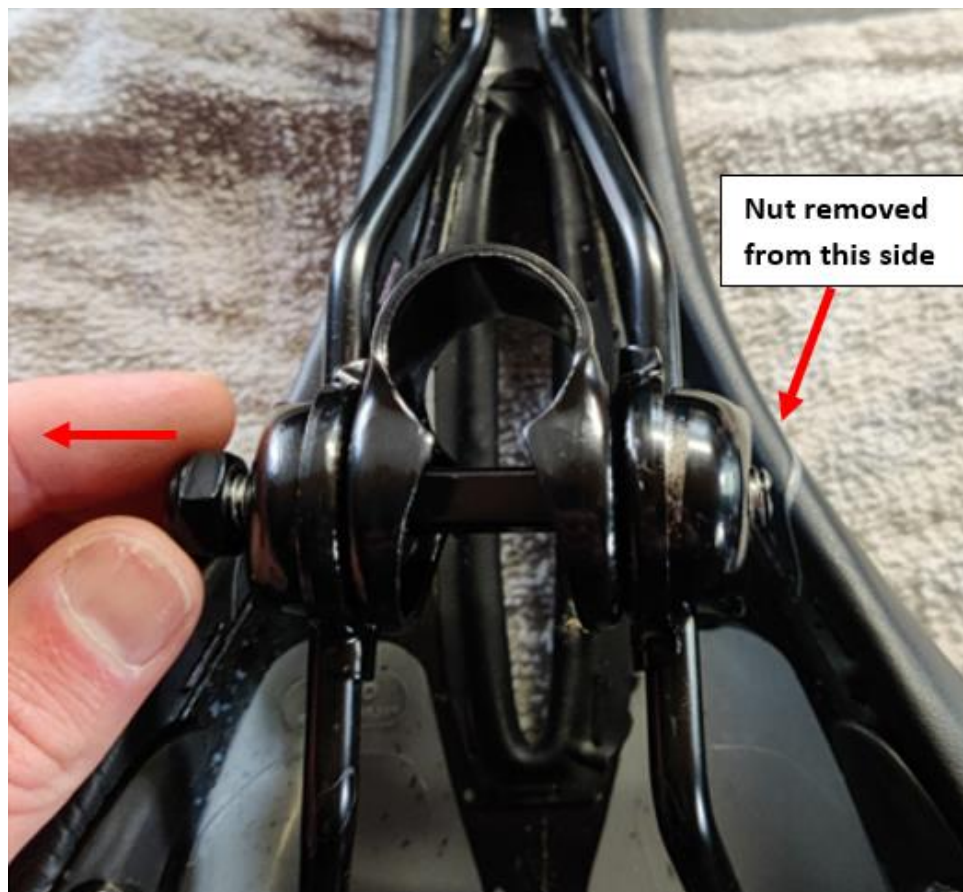
See next page for Clamp Replacement Procedure (if needed)

Procedure: Clamp Replacement Only

1. Use a 13mm hex socket to loosen the nuts beneath the saddle until you can remove the saddle/clamp assembly from the seat post.



2. Use a 13mm hex to remove one of the clamp nuts, then grasp the remaining nut and pull the shaft out of the clamp. Remove the remaining pieces of the clamp from the saddle and discard.



3. Completely disassemble the new saddle clamp by undoing the 2 nuts and pulling all the pieces off the shaft (if the nuts are too tight to remove by hand, use a 13mm socket).



4. Lay the saddle down on a flat surface so that the metal rails on the underside are pointing upward. Place the two “grooved” internal clamps of hardware onto the saddle rails parallel with one another so that the grooved surfaces are facing outward. These pieces have a built in channel that the saddle rails should fit nicely within.



5. The U-shaped center piece of the clamp has complementary grooves that interface with the grooves of the internal clamps. Pivot one of the internal clamps upward **while keeping the saddle rail within the channel** and bring the center piece into contact with it. Rotate the center piece slightly back and forth until you feel the grooves of both surfaces mesh together.

The closed end of the center piece should be towards the point of the saddle; the open end should be towards the back of the saddle.



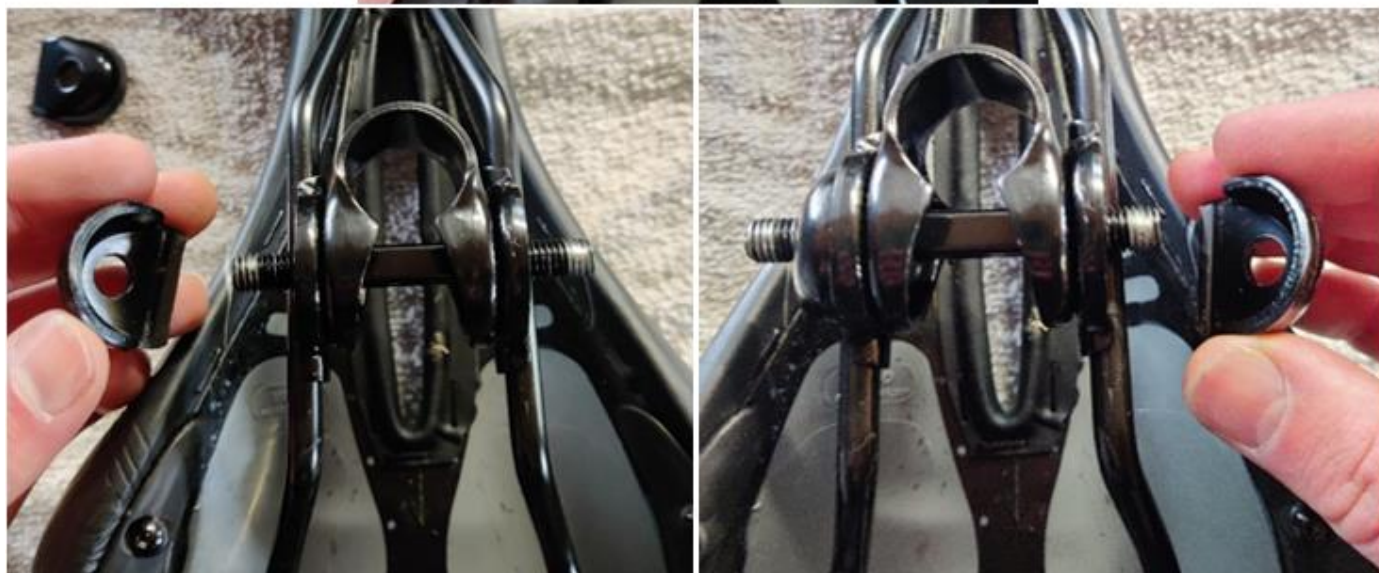
6. Keep the center piece and the first internal clamp pinched together tightly as you pivot the second internal clamp upward to meet the open side of the center piece. Once the second internal clamp is in contact with the center piece, apply moderate force downward - the center piece should “snap” into place neatly between the two internal clamps.

It is a snug fit - once the centerpiece is in place correctly you should not need to keep your hand on it to hold it in.



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7. Insert the shaft through the internal clamps and center piece so that the exposed threads are even on each side. Then insert the external clamps onto the shaft - the rounded portion of the external clamps should be facing upward and the flat portion should be running parallel to the saddle rails.



8. Install the nuts back onto both ends of the shaft by hand (only a few threads for now).



9. Follow **steps 3-6** of the “**Saddle With Pre-Installed Clamp**” procedure above to finish adjusting the clamp and installing the saddle.