
STAGES SOLO

www.stagesindoorcycling.com



STAGES SOLO



Subscription

Clubs choose from a 1, 2, or 3 year subscription for Stages Solo. Year 1 is included in the initial bike purchase. Subscriptions include:

- Regular software updates delivered over the air during non-use hours. Club admins determine when minor updates get done, and Stages pushes any updates needed for security reasons
- Rider compatibility with the Stages Flight ecosystem. Registered riders can upload their workouts to their free Stages Flight accounts. They can view and track Solo, Flight, and Flight mobile workouts together in their rider dashboard
- Unlimited free Stages Flight accounts for all riders.

Solo Overview

Born from our success in the indoor studio and with our Stages Flight group display technology, Stages Solo is a commercial performance bike for the cardio floor. Stages Solo provides a real bike feel, an engaging cycling interface, diverse ride journeys, highly accurate training feedback, and the ability to track fitness goals and achievements over time. Adding a new level of motivation, Stages Solo is designed for the rider who wants an exhilarating cycling experience but in a personalised, single-rider environment.

- Provides an approachable solo rider experience
- Stimulating and exciting visual interface motivates riders to set, track, and meet goals
- Performance oriented commercial bike feels like, rides like, fits like an outdoor bike
- Accurate, consistent, direct measured power data
- Provides an alternative cycling option in addition to studio cycles

Ride Journeys

Riders of all fitness levels and experience will find motivation and success on the Stages Solo bike. Every ride is personalized, based on an individual's FTP and desired ride type. Riders can set goals and track results over time. Accuracy points are earned and accumulate over time, and a list of unlockable achievements entice riders to try their legs at a variety of challenges.

- Riders choose from a library of ride experiences based on style, ride goals, and desired length
- Fifteen, 30, or 45 min ride lengths
- Featuring Stages Beats, Stages Mix, and Stages Coach ride styles
- Quick Start, Select Ride, New to Solo, Sign In, and Fitness Test menu options
- Rider metrics include Total Distance, Total Kcal, Heart Rate, FTP, Effort Gauge, Accuracy & Total Accuracy Points, Watts, and Power Zones
- Three, 8, and 20-minute FTP calculator rides



This product connects via ANT+™ and Bluetooth.

Visit www.thisisant.com/directory for compatible products and apps.

Stages Solo comes standard with the following premium features:

BIKE

Bike Weight - 96 lbs (43 kg).

Bike + Tablet Dimensions - 24.5" W x 49.5" L (62.23cm W x 125.7cm L).

Frame Material & Construction - 6061 T-6 aluminum alloy, advanced hydro & air formed tubing, TIG weld.

Frame Finish & Color - Industrial powder coat, Steel Blue.

Assembly Hardware - Stainless steel.

Drive System - CarbonGlyde featuring Gates® Carbon Drive™ carbon fiber belt.

Gear Ratio - 5:1.

Resistance System - Magnetic Eddy current with SprintShift resistance lever, micro-adjust resistance dial, & emergency push-to-stop.

Q-Factor - 158mm.

Handlebars - Comfort coated aluminum Stages RoadBar.

Adjustment System - StagesFit with FitLoc height & patented fore-aft adjustment.

Flywheel - High-inertia, cast iron perimeter weighted.

Pedals - SPD & toe cage.

Rider Fit Range - 4'10" (147cm) to 6'10" (208cm).

Max User Weight - 350 lbs (158 kg).

Power Measurement - Stages Power meter, HR compatible via Bluetooth

Power Input - 110/240v power to the tablet.

TABLET

Touchscreen - 10 pt cap touch.

OS - Android 5.1.

Dimensions - 15.1" W x 8.8" (38.4cm x 22.3cm)

Storage - Local (large bandwidth not required)

Connectivity - Wifi

WARRANTIES*

Frame - 15 yrs.

CarbonGlyde Carbon Fiber Belt - 10 yrs.

Mechanical System - 3 yrs.

Labor & Electronics - 1 yr.

Wear Items - 6 mos.

Tablet - 1 yr standard; yrs 2 & 3 optional with purchase.

*Advertised warranties valid for US and UK only. Consult with your sales representative for local warranty information.