

How to Lubricate the Adjustment Slides on a Stages Indoor Cycle

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Overview

Standard operating procedure for lubricating the handlebar and seat adjustment slides on a Stages Indoor bike (up/down and fore/aft).

Common Service Indicators

- Sticky or dragging feeling when adjusting a seat or handlebar slide
- Preventative maintenance

Bike Model Applications

- All models

Estimated Time Required

5 mins

Tools Required

- Clean white rag/towel
- 100% silicone spray (not brand-specific)
- **It is NOT recommended to use white lithium grease or 3-in-1 oil.**

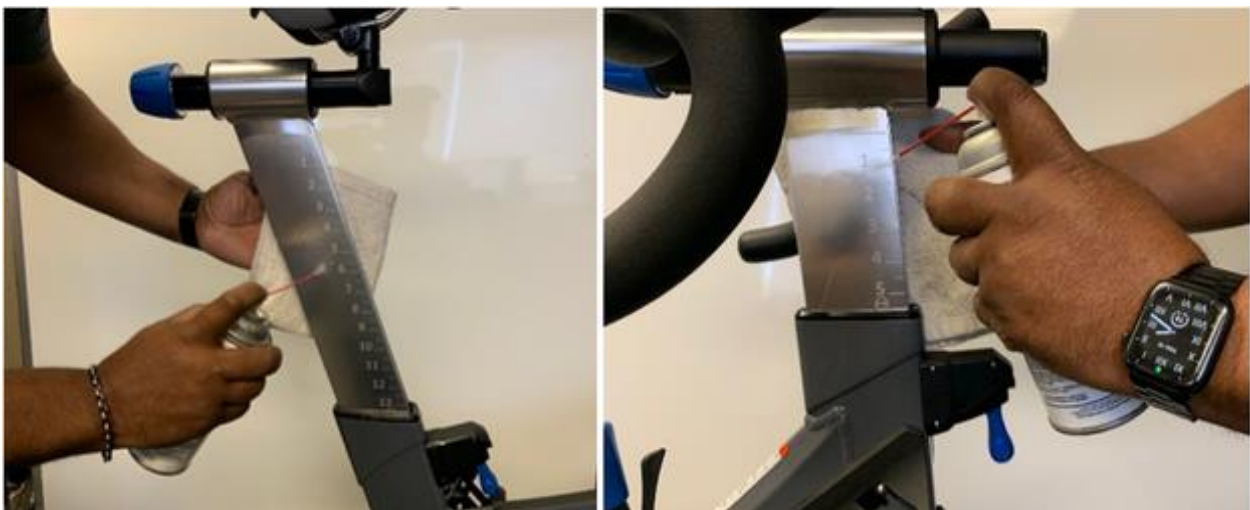
Procedure

Lubricating the Seat/Handlebar Stem (Up/Down Slide)

1. Raise the seat and handlebar to their highest position.



2. Spray the silicone directly onto the seat/handlebar stem while holding the rag/towel behind the stem to catch any errant spray or splash. Repeat on the opposite side of each stem.



3. Use the rag/towel to spread the silicone around the entire surface of the stem and then wipe off any excess silicone.



4. Adjust the seat and handlebar heights to the customer's preference (if consumer) or to the facility's standard settings (if commercial) and fully tighten them.



Lubricating the Seat/Handlebar Fore/Aft Slides

Steps 1-4 in this section only depict the seat fore/aft slide but the steps for the handlebar slide are identical.

If your bike has a console or tablet near the handlebar, take care to keep the silicone from contacting those components.

1. Fully loosen the adjustment knob by turning it counterclockwise and push the seat/handlebars all the way forward.



2. Spray some silicone directly onto the exposed surface of the fore/aft slide, then push the seat/handlebars all the way backward.



3. Spray some silicone on the rear side of the fore/aft slide, then move the seat/handlebars back and forth a few times to help spread the silicone onto the entire surface.



4. Use the rag/towel to spread the silicone around the entire surface of the slide and then wipe off any excess silicone.



5. Adjust the seat/handlebar so that it is set to 0, then turn the knob clockwise until it is fully tightened.

