

Stages Indoor Cycling Technical Information and Service Bike Service and Manual

Preventative maintenance for Stages indoor bikes

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Preventative maintenance will help keep your bike(s) in good working condition and running smoothly. Each task is easy to perform and will help avoid future issues, which can occur if the bike(s) are not properly maintained.

Daily:

- After each ride, wipe down all bikes using mild soap and water or a mild cleaner - do not use products with ammonium chloride to clean the bikes.
[How to clean a Stages indoor bike](#)

Weekly:

- Re-tighten the pedals within one week of receiving the bike (torque to 42 N·m).
- Commercial environments: Inspect pedals for fraying straps, broken bindings, tightness (torque to 42 N·m).
- Lubricate the seat and handlebar stems and fore/aft sliding tubes using a silicone lubricant if needed - do not use white lithium grease or 3-in-1 oil.
[How to lubricate the seat and handlebar stems and the fore/aft sliding tubes](#)
- Check the seat and handlebar stems and fore/aft sliding tubes if they are visibly dirty, clean as needed.
[How to clean a Stages indoor bike](#)
- Visually inspect all hardware components.

- Check and adjust the FitLocs or Pop-pin assemblies.
[Adjusting the FitLoc lever on a Stages Indoor Cycling Bike](#)

Monthly:

- Home environments: Inspect pedals for fraying straps, broken bindings, tightness (torque to 42 N·m).
- Check crank bolt torque (torque to 52-57 N·m or 38-42 lb-ft).
- Check power meter battery levels and replace batteries as needed.
[Changing the batteries in the Stages Power meter \(971-0100 & 971-0101\)](#)
[Changing the batteries in the Gen. 3 Stages indoor power meter \(971-0103\)](#)
- Check SIC1 console battery levels and replace batteries as needed. *Note: the SIC1 console on bikes with a self-generating dynamometer and console battery pack and the SIC2 console do not require batteries.*
[Changing the batteries on the SIC1 Console](#)
- Check and update console firmware.
[Updating the firmware on a SIC1 console](#)
[SIC1 console Bluetooth radio firmware updates \(text & video\)](#)
[How to update the firmware on the Stages SIC2 console](#)

Yearly:

- Replace the pedals every year, for maximum performance & safety.
[Stages dual-sided pedal installation guide](#)
[Stages SP2/SP3 pedal installation guide](#)
[How to adjust the cleat tension on Stages SP3 and dual-sided pedals](#)
- Inspect the bottom bracket.

Stages Solo and Les Mills Virtual Bikes

In addition to the applicable tasks listed above:

- After each ride, use a microfiber cloth to wipe down the tablet display. Do not spray any liquids directly onto the tablet.
- If not downloaded automatically, check for Solo software updates. *Note: the Solo bike should be connected to the internet at all times.*

[How to check the software version on your Stages Solo tablet](#)

- The LMVB should be connected to the internet at all times. Software updates will occur automatically.