Stages Cycling Stages SC3

Stages Indoor Cycling Bike SC3 User Manual

Model: Stages SC3

Introduction

Welcome to the Stages Indoor Cycling Bike SC3 user manual. This guide provides essential information for setting up, operating, maintaining, and troubleshooting your new indoor cycling bike. Designed for both home use and cycling studios, the Stages SC3 offers a world-class cycling experience with precise power measurement and intuitive controls. The Stages SC3 is equipped with Stages power meter technology, ensuring consistent and accurate data capture. Its robust design and advanced features make it suitable for various training programs, including high-intensity interval training (HIIT).



Figure 1: Stages SC3 Indoor Cycling Bike, showcasing its sleek design and robust frame.

Safety Information

Before using the Stages SC3 Indoor Cycling Bike, please read and understand all safety instructions. Failure to do so may result in injury or damage to the equipment.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the bike is placed on a flat, stable surface.
- Keep children and pets away from the bike during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 350 pounds (158 kg).
- Regularly inspect the bike for loose parts or damage. Do not use if damaged.
- Keep hands and feet clear of moving parts.

Setup

Follow these steps to set up your Stages SC3 Indoor Cycling Bike:

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all parts are present according to the packing list.
2. **Assembly:** Assemble the bike according to the detailed assembly instructions provided in the separate assembly guide. Ensure all bolts and fasteners are securely tightened.
3. **Placement:** Place the bike on a level, stable surface. Use the leveling feet on the bike's base to ensure stability and prevent wobbling.
4. **Initial Adjustments:**
    - **Seat Height:** Adjust the seat height so that your leg has a slight bend at the knee when the pedal is at its lowest point.
    - **Seat Fore/Aft:** Adjust the seat horizontally so that your kneecap is directly above the pedal spindle when the pedals are in the 3 and 9 o'clock positions.
    - **Handlebar Height:** Adjust the handlebar height for a comfortable riding position. For a more aggressive stance, lower the handlebars; for a more upright position, raise them.
5. **Power Source:** The SC3 power meter is battery-powered. Ensure two standard AA batteries are correctly installed in the power meter unit. The battery life is over 2000 hours.
6. **Device Pairing:** The Stages SC3 power meter can connect to external devices via Bluetooth 4.0 or ANT+. Refer to your specific fitness app or device's instructions for pairing. It is compatible with iOS and Android devices.



Figure 2: Side view of the Stages SC3, illustrating adjustable components like seat and handlebars.

Operating

The Stages SC3 is designed for intuitive operation, providing precise control over your workout.

1. ECOSCRN Console

The ECOSCRN console displays key workout metrics. This advanced control unit does not require battery changes for its operation. The display provides real-time data including:

- **Watts:** Your power output.
- **RPM:** Revolutions Per Minute (cadence).
- **Speed:** Your simulated speed.
- **Time:** Duration of your workout.
- **Distance:** Simulated distance covered.
- **Calories:** Estimated calories burned.



Figure 3: Close-up of the ECOSCRN console, showing various workout metrics.

2. Stages Power Meter

The integrated Stages Power meter provides accurate and consistent power measurement, essential for structured training. This technology is developed and refined for professional data capture.



Figure 4: Detail of the Stages Power meter located on the crank arm.

3. SprintShift Resistance Control

The unique three-stage SprintShift lever allows for instant, macro-level resistance changes without the need to constantly turn a dial. This feature is ideal for quick transitions during workouts, such as HIIT.

- **Stage 1:** Lowest resistance, suitable for warm-ups or recovery.
- **Stage 2:** Medium resistance, for steady-state riding.
- **Stage 3:** High resistance, for challenging climbs or sprints.

You can quickly add or drop resistance with a flick of the switch, allowing for dynamic workout adjustments.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Stages SC3 Indoor Cycling Bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The bike features a low-maintenance design. Consult the separate assembly guide for any specific

lubrication points, if applicable.

- **Battery Replacement:** The Stages Power meter uses two standard AA batteries. Replace them when the battery indicator on your connected device or the console shows low power. Battery life is approximately 2000+ hours.
- **Belt Drive:** The CarbonGlyde drive system is designed for durability and smooth operation with minimal maintenance. No lubrication is required for the belt.

Troubleshooting

If you encounter issues with your Stages SC3, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
No power data on device	Low or dead power meter batteries; device not paired; power meter not awake.	Replace AA batteries; ensure Bluetooth/ANT+ is enabled and paired; spin pedals to wake power meter.
Resistance not changing	SprintShift lever not fully engaged; mechanical issue.	Ensure lever clicks into position; inspect resistance mechanism for obstructions.
Bike is unstable/wobbles	Uneven floor; leveling feet not adjusted.	Adjust the leveling feet on the base of the bike until stable.
Unusual noises during operation	Loose components; foreign object; worn part.	Check all fasteners for tightness; inspect for foreign objects; contact support if noise persists.

For more detailed troubleshooting or issues not listed here, please refer to the official Stages Cycling support resources.

Specifications

Model Number	Stages SC3
Brand	Stages Cycling
Material Type	Aluminum Alloy
Power Source	Battery Powered (2x AA for power meter)
Resistance Mechanism	Magnetic
Special Features	Adjustable Seat, Speed Monitoring, Stages Power Meter, SprintShift Resistance
Recommended Uses	Indoor Cycling
Length	43.5 inches (110.5 cm)

Width	24.5 inches (62.2 cm)
Maximum Weight Recommendation	350 pounds (158 kg)
Maximum Height Recommendation	208 centimeters (81.9 inches)
Minimum Height Recommendation	62.23 centimeters (24.5 inches)
UPC	785983722704
First Available Date	January 13, 2021
Manufacturer Discontinued	No

Warranty

Stages Cycling products are manufactured to high-quality standards and are backed by a manufacturer's warranty. Specific warranty terms and conditions may vary by region and product. Please retain your proof of purchase for warranty claims.
For detailed warranty information, please visit the official Stages Cycling website or contact their customer support.

Support

For further assistance, technical support, or to purchase replacement parts, please contact Stages Cycling directly:

- **Official Website:** https://www.stagesindoorcycling.com/
- Refer to the website for contact forms, email addresses, and phone numbers for your region.

Stages Cycling is committed to providing excellent customer service and support for their products.

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