



STAGESBIKE™

Assembly and Start Up Guide

English
Deutsch
Español
Français
Italiano
简体中文
繁体中文
日本語
한국어

 manuals.stagescycling.com



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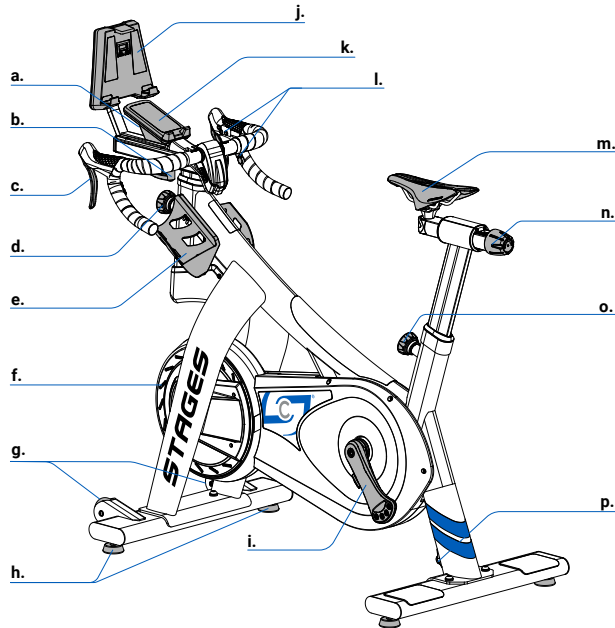
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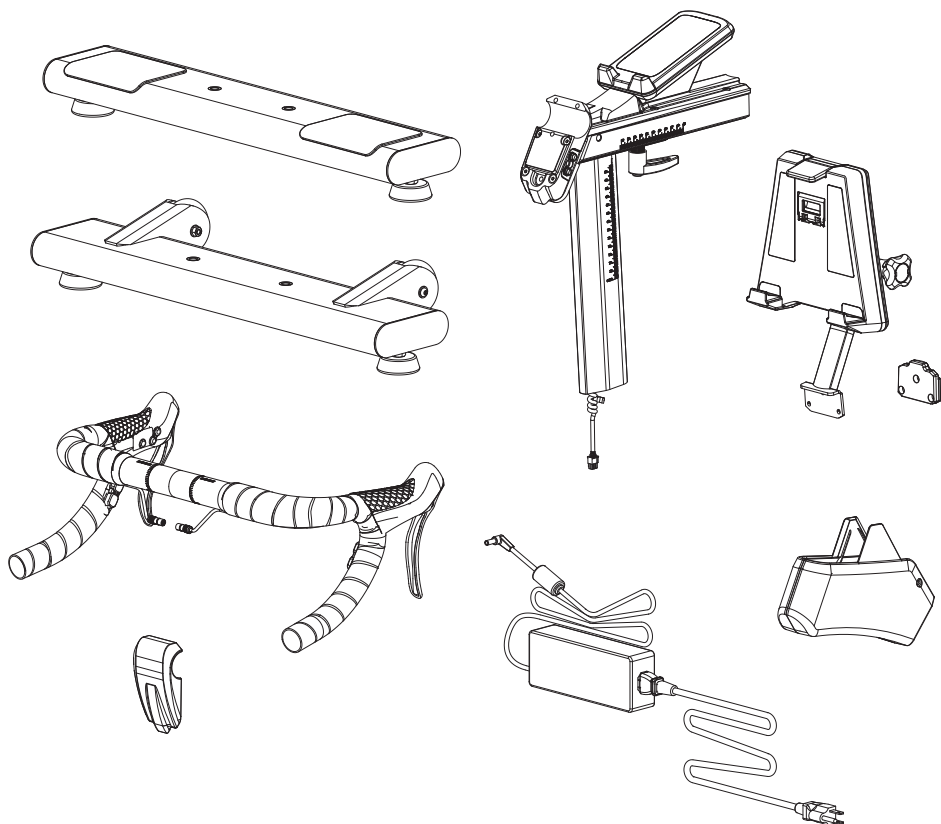
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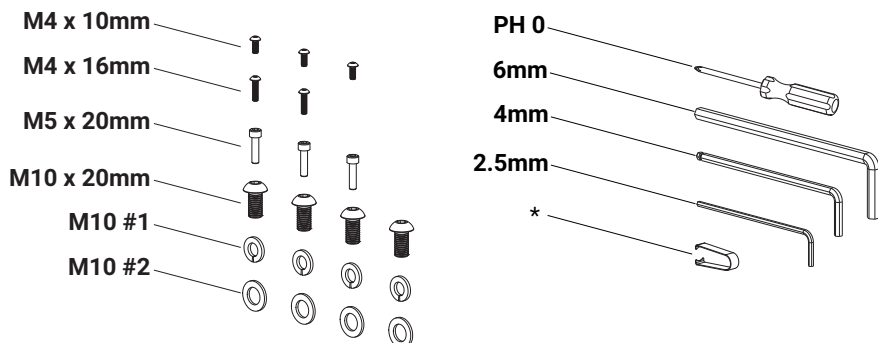


	English	Deutsch	Español	Français	Italiano	简体中文	繁体中文	日本語	한국어
a.	USB ports	USB-Ports	Entradas USB	Ports USB	Porte USB	USB接口	USB介面	USBポート	USB 포트
b.	Handlebar fore/aft lever	Lenker-Vor-/Rückhebel	Ajuste longitudinal del manillar	Réglage avant/arrière du guidon	Leva longitudinale manubrio	把手前/后杆	把手前/后杆	ハンドルバーフォア/アフトレバー	핸들 앞/뒤 레버
c.	Brake lever	Bremshebel	Palanca de freno	Poignée de frein	Leva del freno	制动杆	制動杆	ブレーキレバー	브레이크 레버
d.	Handlebar height knob	Lenker-Höhenknopf	Perilla de altura del manillar	Réglage de hauteur du guidon	Manopola altezza manubrio	把手高度旋钮	把手高度旋钮	ハンドルバー高さ調整ノブ	핸들 높이 손잡이
e.	Water bottle holder	Wasserflaschenhalter	Soporte para botella de agua	Porte-bidon	Portaborraccia	水壶座	水壺座	ウォーターボトルホルダー	물병 홀더
f.	Flywheel	Schwungrad	Volante de inercia	Volant d'inertie	Volano	飞轮	飛輪	フライホイール	플라이휠
g.	Wheel	Rad	Rueda	Roue	Ruota	轮子	輪子	ホイール	휠
h.	Leveling Feet	Nivellierfuß	Patas niveladoras	Pieds réglables	Piedini di livellamento	调节脚	調節腳	レベルフィート	수평 조절 다리
i.	Stages Power Meter	Stages Power Meter	Medidor de potencia Stages	Stages Power Meter	Potenziometro Stages	Stages功率计	Stages功率計	Stagesパワーメーター	Stages 파워 미터
j.	Tablet holder	Tablet-Halter	Soporte de tableta	Porte tablette	Supporto tablet	平板电脑托架	平板電腦托架	タブレットホルダー	테블릿 홀더
k.	Media tray	Medienablage	Mediateca	Support multi-média	Ripiano multimediale	媒体托盘	媒體託盤	メディアホルダー	미디어 선반
l.	Shift buttons	Umschalt-tasten	Botones de cambio	Boutons de changement de vitesse	Pulsanti del cambio	换挡按钮	換檔按鈕	シフトボタン	변속 버튼
m.	Saddle	Sitz	Asiento	Selle	Sella	鞍座	鞍座	サドル	안장
n.	Saddle fore/aft knob	Sitz-Vor-/Rückknopf	Ajuste longitudinal del asiento	Réglage avant/arrière de la selle	Manopola longitudinale sella	鞍座前/后旋钮	鞍座前/后旋钮	サドルフォア/アフトラノブ	안장 앞/뒤 손잡이
o.	Saddle height knob	Sitz-Höhenknopf	Perilla de altura del asiento	Réglage de la hauteur de selle	Manopola altezza sella	鞍座高度旋钮	鞍座高度旋钮	サドル高さ調整ノブ	안장 높이 손잡이
p.	Power adapter plug	Stromadapterstecker	Enchufe del adaptador	Connecteur d'alimentation	Presa adattatore di corrente	电源适配器插头	電源適配器插頭	電源アダプタプラグ	전원 어댑터 플러그

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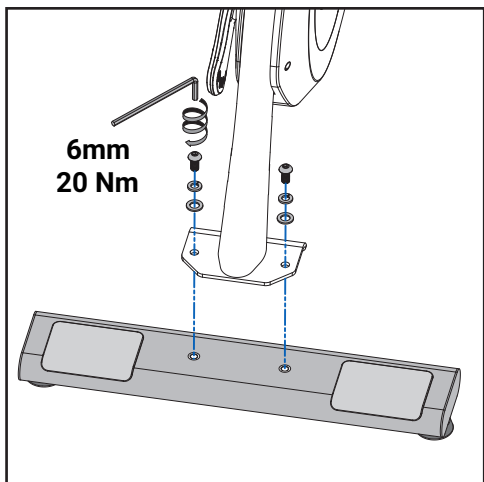


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Strumenti e ferramenta / 工具和硬件 / 工具和硬體 / 工具と金具 / 도구 및 하드웨어

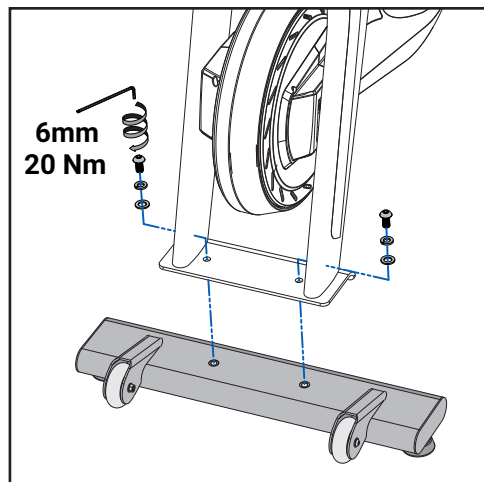


*Wire connector extraction tool for optional accessories. / *Kabelklemmen-Lösewerkzeug für optionales Zubehör. / *Herramienta de extracción del conector de cable para accesorios opcionales. / *Outil d'extraction de connecteur pour accessoires optionnels. / *Strumento di estrazione cavo di connessione per accessori opzionali. / *可选配件的电线接头起拔器。 / *可選配件的電線接頭起拔器。 / *オプションのアクセサリ一用ワイヤコネクター取り外し工具。 / *옵션 액세서리의 와이어 커넥터를 빼어내는 도구.

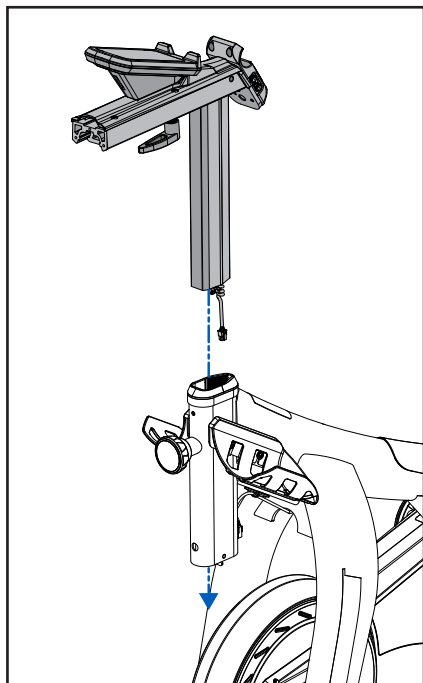
1. 2 x M10x20mm + M10 #1 + M10 #2



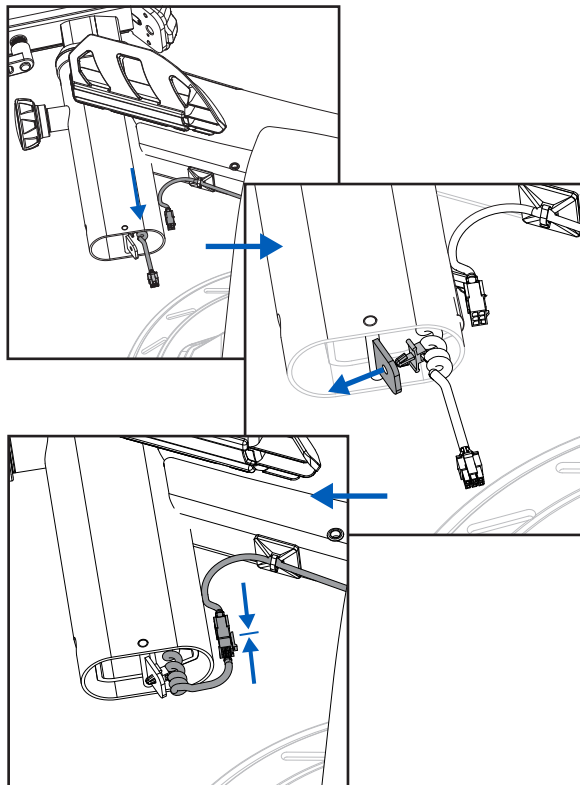
2. 2 x M10x20mm + M10 #1 + M10 #2



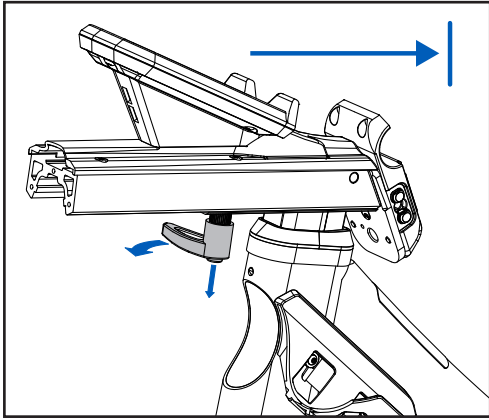
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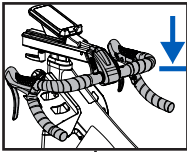
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5.

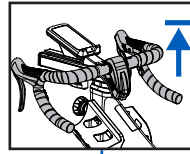


b.

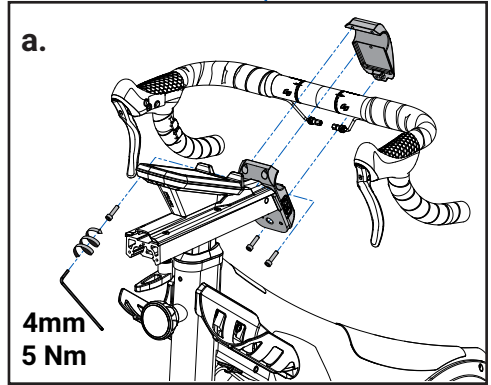


6. 3 x M5x20mm 

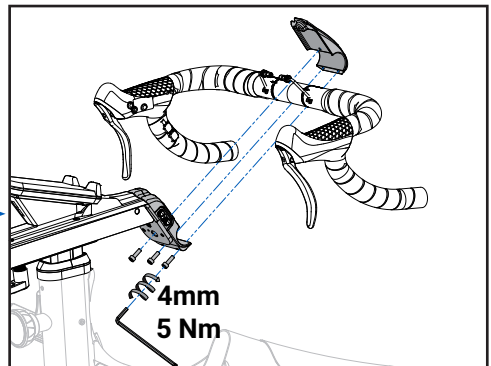
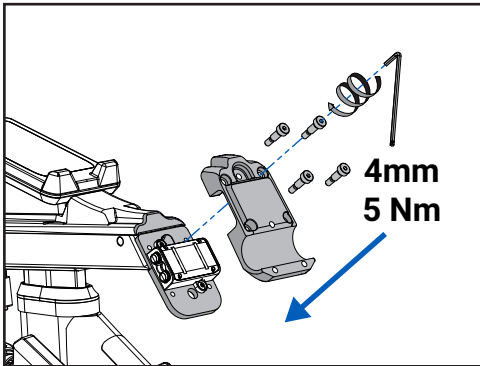
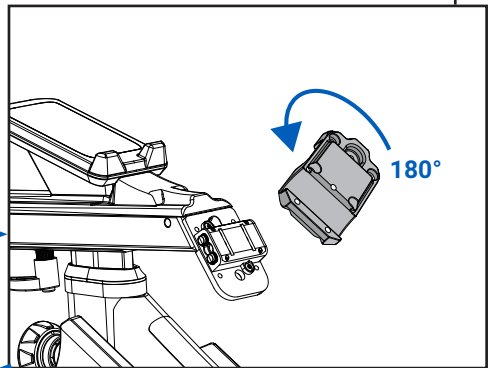
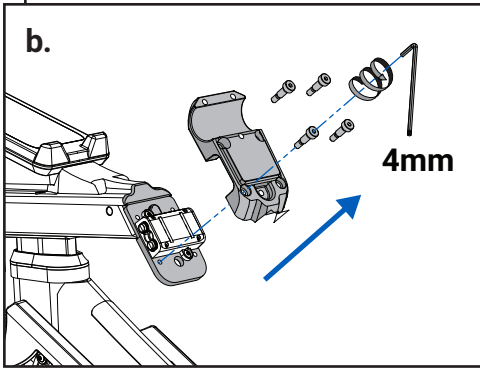
a.



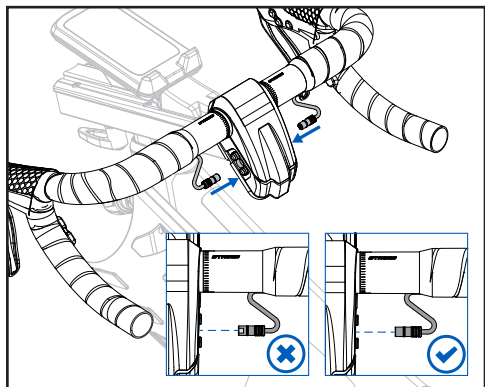
a.



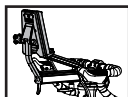
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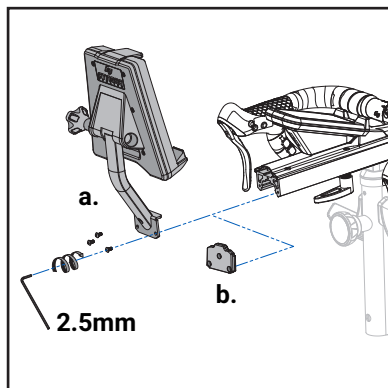
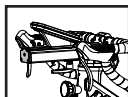
7.

8. 3 x M4x10mm 

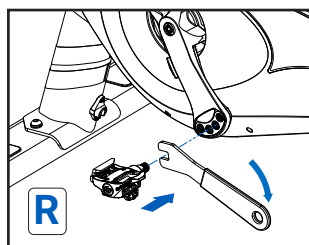
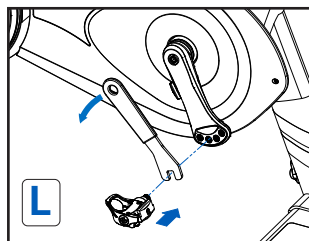
a.



b.



9.



See pages 10-11 for crank length information and pedal disclaimer.

Informationen zur Kurbellänge sowie den Pedal-Haftungsausschluss finden Sie auf Seite 13-14.

Ver páginas 16-17 para información sobre la longitud de biela y aviso legal sobre pedales.

Voir pages 19-20 pour la longueur des manivelles et les avertissements à propos des pédales.

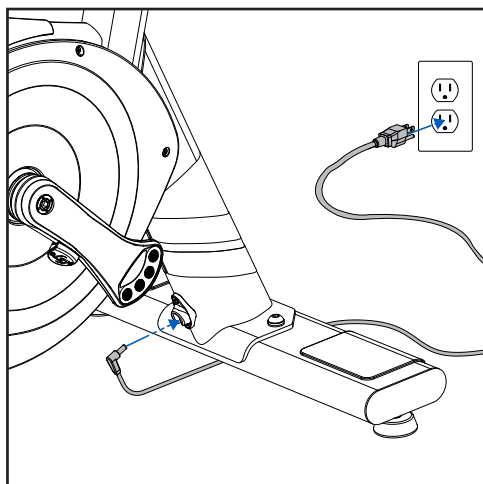
Vedi le pagine 22-23 per informazioni su lunghezza pedivella e liberatoria pedale.

請參見第25-26頁曲柄長度信息和踏板免責聲明。

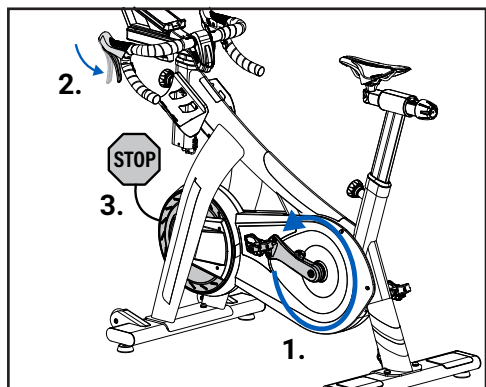
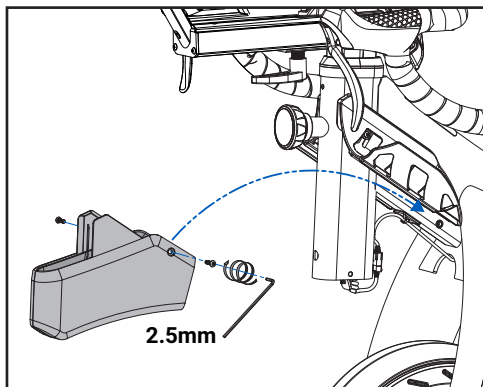
請參見第28-29頁曲柄長度資訊和踏板免責聲明。

31-32ページのクランク長の情報とペダル免責条項をご参照ください
크랭크 길이 정보와 페달 주의 사항은 34-35페이지를 참조하십시오.

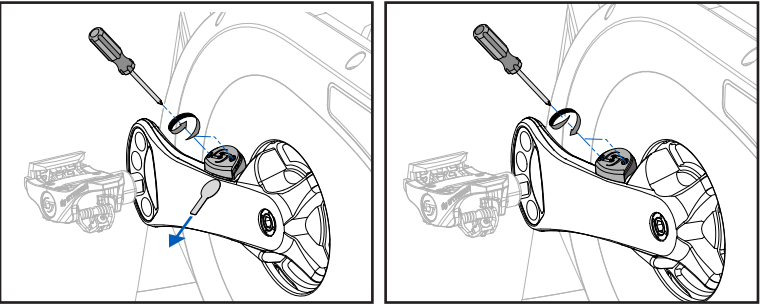
10.



11.

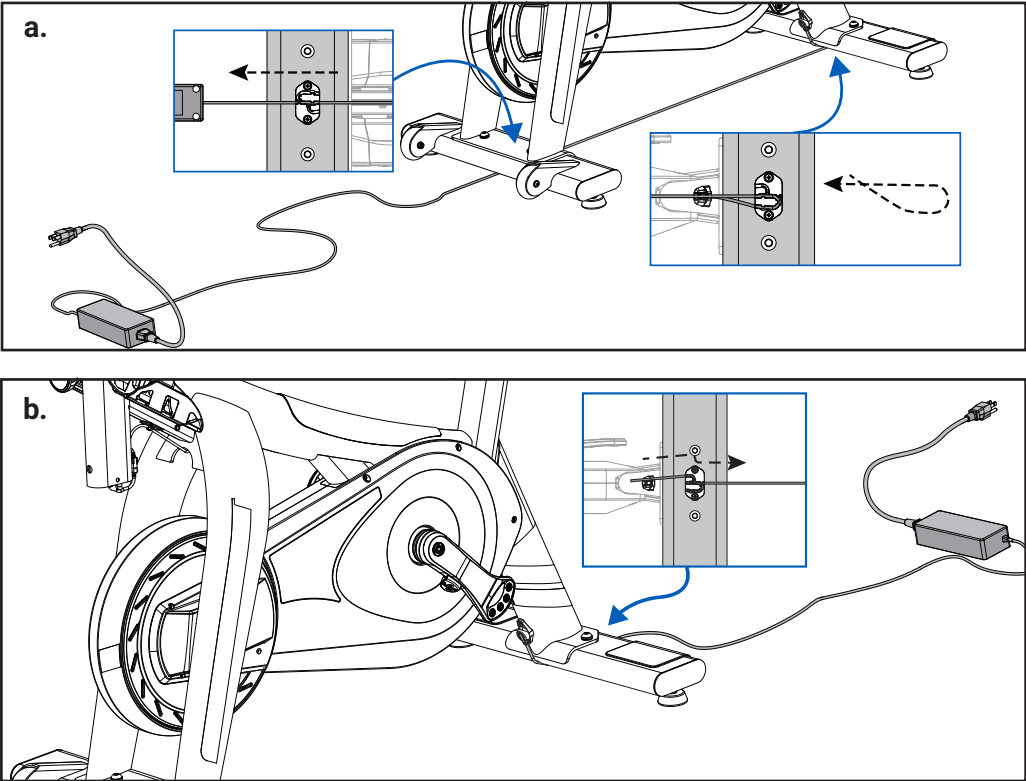
12. 2 x M4x16mm 

Power meter battery install / Powermeter Batterie installieren / Instalación de la batería del medidor de potencia / Installazione della batteria del potenziometro / 功率计電池安裝 / 功率計電池安裝 / パワーメータバッテリーの取り付け / 파워 미터 배터리 설치



X 2

Power cord routing / Netzkabelführung / Tendido del cable de alimentación / Chemin du câble d'alimentation / Percorso del cavo di alimentazione / 电源线布线 / 電源線佈線 / 電源コード接続方法 / 전원 코드 라우팅



Product specifications

Bike footprint: 62.2in x 22.2in (1.58m x 0.56m)

Safe zone footprint: 109.5in x 69.3in (2.78m x 1.76m)

Bike net weight: 138lbs (62.5kg)

Power measurement: Stages LR power meter

Power meter accuracy: +/- 1.5%

Max resistance: 300w at 40rpm, 1500w at 120rpm

Max brake force: 120 Nm

User height min/max: 4'10" to 6'10" (1.47m to 2.08m)

Max user weight: 300lbs (136kg)

Power max rating: 24V, 6.24A

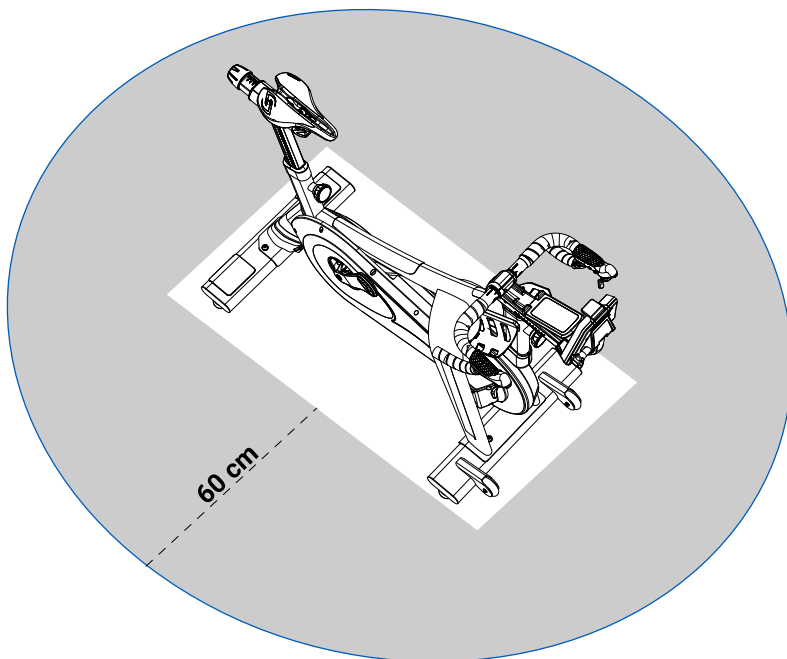


This product is ANT+ certified and complies with the following specified ANT+ Device Profiles:



www.thisisant.com/directory

Safe zone footprint: For your safety, the bike should have a minimum of 23.6in (60cm) of empty space around the perimeter of the bike at all times. Maintaining this safe zone will help avoid injuries when mounting and dismounting the bike.



⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your indoor cycling bike before using your indoor cycling bike. Stages Cycling assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. Use the Stages Bike only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the Stages Bike are adequately informed of all precautions.

4. **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

5. Keep the Stages Bike indoors, away from moisture and dust. Do not put the Stages Bike in a garage or covered patio, or near water.
6. Place the Stages Bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2ft (60cm) of clearance around the bike.

7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

8. Keep children under age 12 and pets away from the Stages Bike at all times.

9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection.

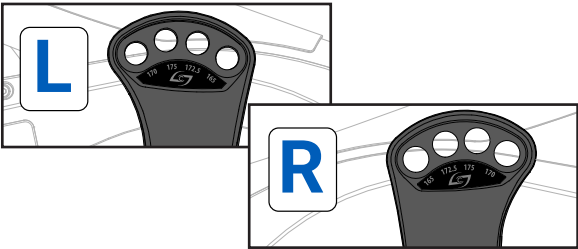
10. The Stages Bike should not be used by persons weighing more than 300lbs (136kg).

11. Always keep your back straight while using the Stages Bike; do not arch your back.

Selecting a crank length

Crank length can be chosen by rider preference, matching the length to an existing bike, or estimated based on rider height. The chart below can be used as a reference guide to select a crank length, if you do not have an existing preference.

Length	Height
165mm	Up to 5'6" / 168cm
170mm	5'6-5'9 / 168-176cm
172.5mm	5'9-6' / 176-183cm
175mm	6' / 183cm and up



Crank length is selected on the bike by installing your own pedal into the corresponding pedal threads for your chosen crank length. Reference the labels on each crank arm to determine which set of pedal threads corresponds to each crank length.

The crank length can be updated at any point by removing the pedals and reinstalling them into a different length, then updating the configuration setting in the Stages Link app.

⚠ PEDAL DISCLAIMER: The Stages Bike does not come supplied with pedals. Please review the following warnings when installing and using your own pedals. **Stages Cycling assumes no risk or warranty related to pedal malfunction or improper installation methods.**

- Inspect pedals and cleats for damage or wear regularly to ensure safety while operating the bike.