



SC2 / SC3

User Guide | English

Deutsch

Español

Français

Italiano

한국어

日本語

繁體中文

简体中文



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WARNING DECAL PLACEMENT

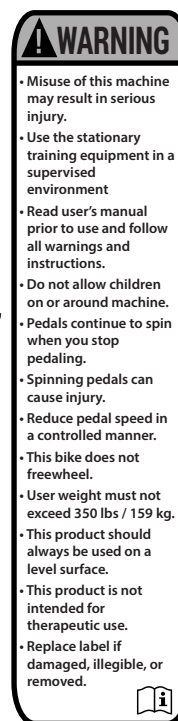
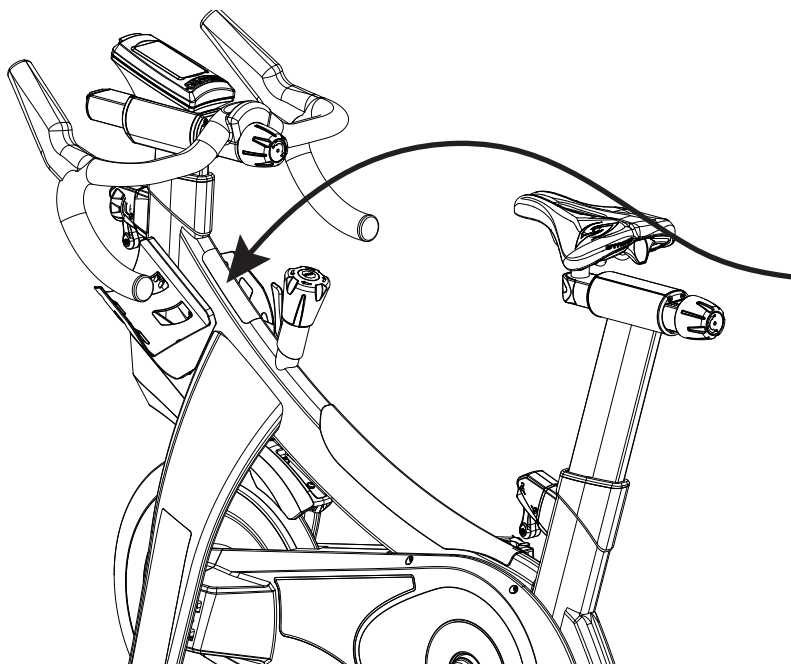
This drawing shows the location(s) of the warning decal(s).

If a decal is missing or illegible, see “Contacting Customer Service” and request a free replacement decal. Apply the decal in the location shown.

Warning decals in other languages are included.

Apply the warning decals on top of the English warnings in the indicated location(s) if desired.

Note: The decal(s) may not be shown at actual size.



BEFORE YOU BEGIN

Thank you for selecting the new Stages® SC2 or SC3 indoor cycling bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The Stages indoor cycling bike provides a selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the indoor cycling bike.

If you have questions after reading this manual, please see the following page. To help us assist you, note the product model number and serial number before contacting us. The location of the serial number decal is shown in the diagram on page 20.

Before reading further, please familiarize yourself with the parts that are labeled in the diagram on page 20.

IMPORTANT SAFETY INFORMATION

⚠ 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 indoor cycling bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the indoor cycling bike are adequately informed of all precautions.
4. **WARNING:** The indoor cycling bike is intended for use in a supervised environment only.
5. **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
6. Keep the indoor cycling bike indoors, away from moisture and dust. Do not put the indoor cycling bike in a garage or covered patio, or near water.
7. Place the indoor cycling bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the indoor cycling bike (see page 26).
8. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
9. Keep children under age 12 and pets away from the indoor cycling bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the indoor cycling bike. Always wear athletic shoes for foot protection.
11. The indoor cycling bike should not be used by persons weighing more than 350 lbs. (159 kg).
12. Always keep your back straight while using the indoor cycling bike; do not arch your back.
13. The indoor cycling bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. To stop the flywheel quickly, press the resistance knob downward.
15. When the indoor cycling bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.

MAINTENANCE

MAINTAINING THE INDOOR CYCLING BIKE

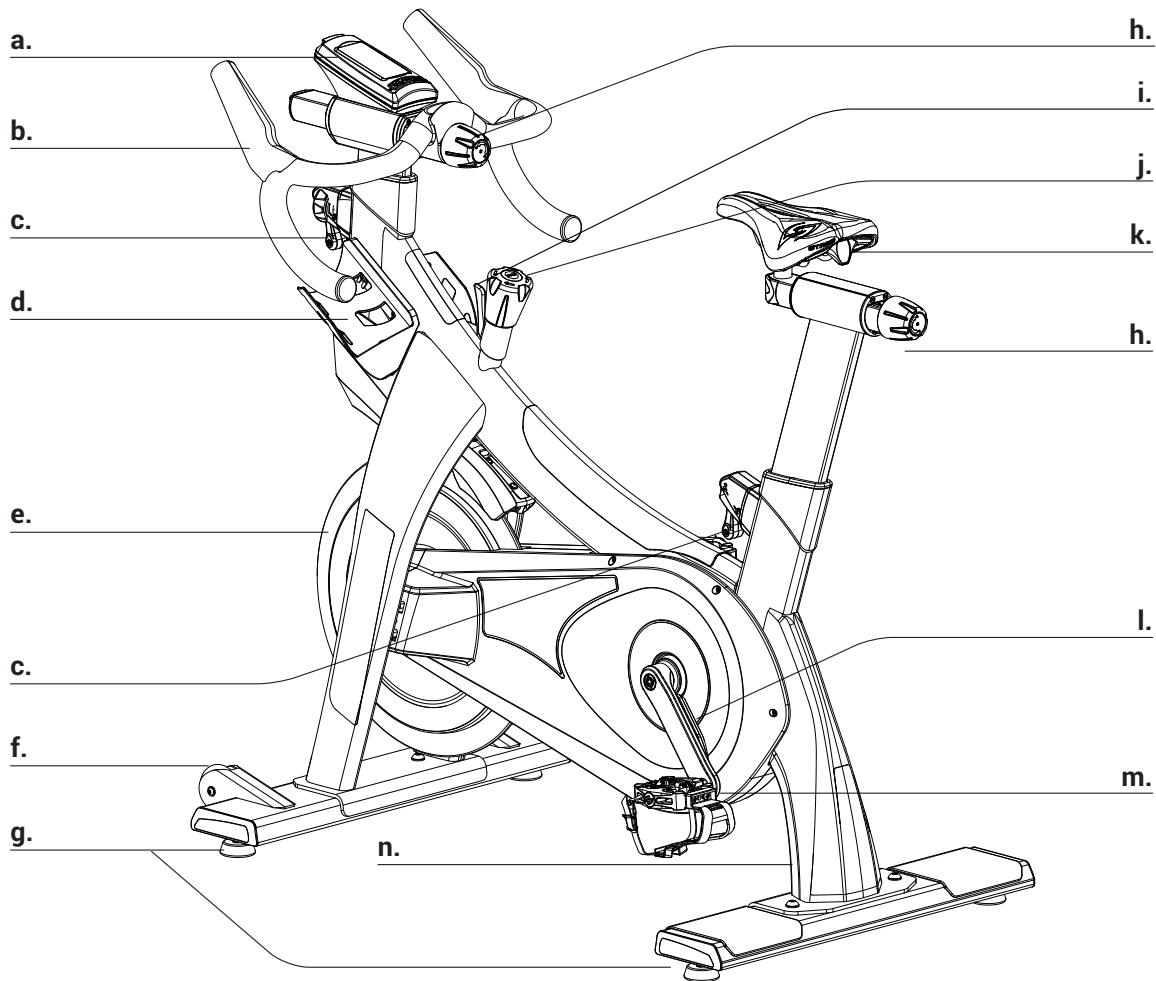
Inspect for and replace any worn parts immediately using only manufacturer approved parts or remove equipment from use until repaired. The safety level of equipment is only maintained when equipment is examined regularly for damage and wear. Clean the indoor cycling bike using a damp cloth and a small amount of mild detergent. For maximum performance and safety, replace the pedals every year. To purchase pedals, see below.

IMPORTANT: To avoid damage to the indoor cycling bike and to prevent injury to the user, use only manufacturer supplied pedals. Other pedals may not be designed for use in fitness clubs or indoor cycling studios and may be dangerous.

CONTACTING CUSTOMER SERVICE

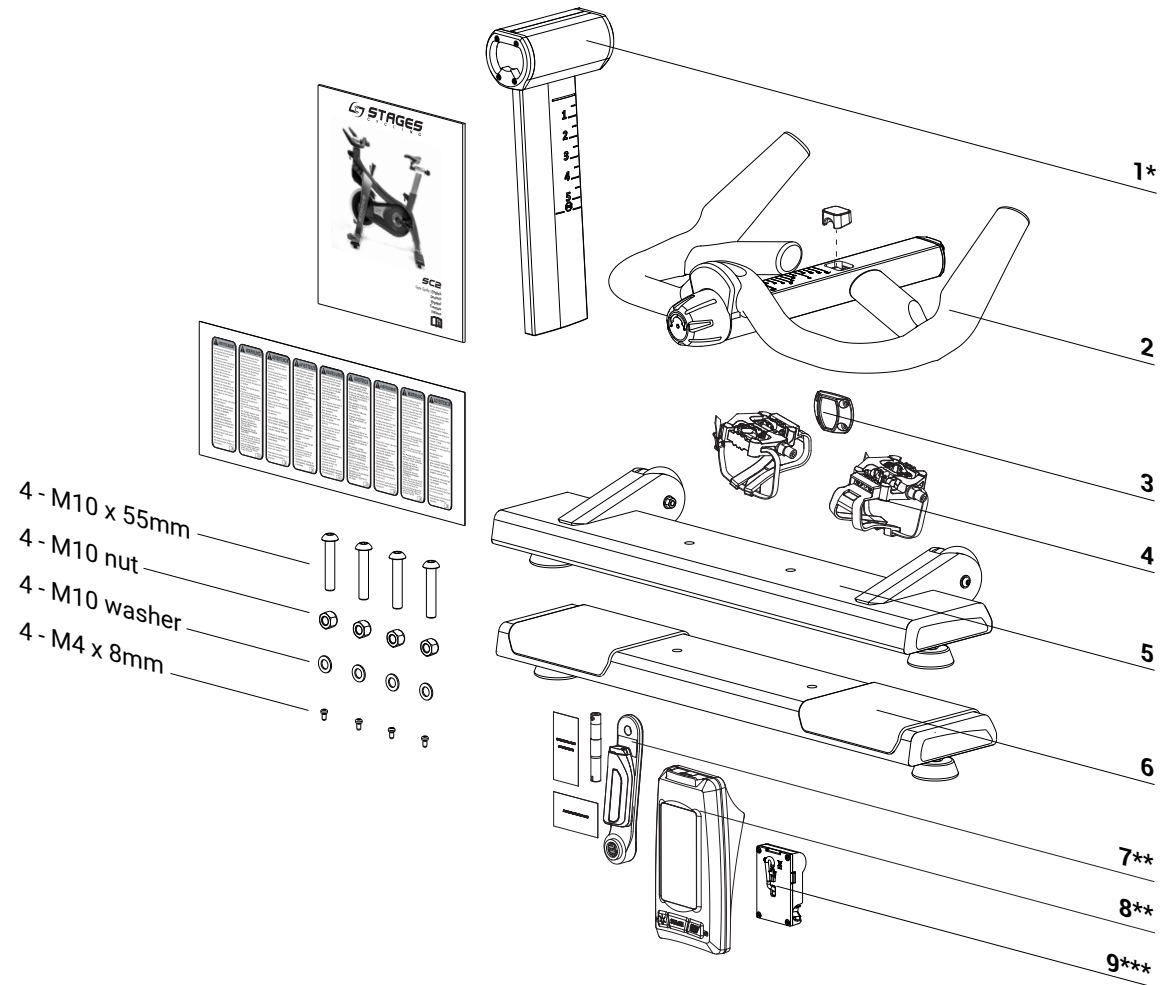
If you have questions, or if parts are damaged or missing, please contact customer care at support@stagesindoorcycling.com, or calling **1-800-717-8076**.

For a list of frequently asked questions (FAQ) or to contact customer care, go to:
<https://support.stagesindoorcycling.com>



#	Part Name (EN)	Name des Stückes	Nombre de la pieza	Nom de la pièce	Nome del pezzo	부품 번호	パーツの名称	部件名稱	部件名稱
a.*	Console	Konsole	Consola	Console	Console	콘솔	コンソール	控制台	控制面板
b.	Handlebar	Lenkstange	Manillar	Guidon	Manubrio	핸들바	ハンドルバー	車把	车把
c.	Fitloc™ Post Lever	Höhenhebel	Palanca de altura	Levier de réglage	Leva montante	포스트 레버	포스트레버	柱桿	柱杆
d.	Accessory Tray	Zubehörablage	Soporte para accesorios	Porte-accessoires	Contenitore accessori	악세서리 트레이	アクセサリートレイ	配件託盤	配件托盘
e.	Flywheel	Schwungrad	Volante de inercia	Volant d'inertie	Volano	플라이휠	フライホイール	飛輪	飞轮
f.	Wheel	Rad	Ruedas	Roue	Ruota	휠	캐스터	輪子	轮子
g.	Leveling Feet	Nivellierfuß	Tacos niveladores	Pied réglable	Piedino stabilizzatore	레벨링 피트	調整脚	調節腳	调节脚
h.	Slider Knob	Schieberdrehknopf	Regulador de longitud	Manette à glissière	Manopola di scorrimento	슬라이더 노브	슬라이더노브	滑塊旋鈕	滑块旋鈕
i.	SprintShift™ Resistance Lever	Widerstandshebel	Palanca de resistencia	Levier de résistance	Leva resistenza	저항 레버	負荷調整レバー	阻力桿	阻力杆
j.	Resistance Knob	Widerstandsdrehknopf	Regulador de resistencia	Bouton de résistance	Manopola di resistenza	저항 노브	負荷調整ノブ	阻力旋鈕	阻力旋鈕
k.	Seat	Sitz	Sillín	Selle	Sedile	시트	シート	鞍座	鞍座
l.*	Stages Power Meter	Powermeter	Medidor de potencia	Capteur de puissance	Misuratore di potenza	파워 미터	パワーメーター	功率計	功率计
m.	Pedal/Strap	Pedal/Riemen	Pedal con correa	Pédale/Sangle	Pedale/Staffa	페달/스트랩	ペダル/ストラップ	踏板/綁帶	踏板/綁帶
n.	Serial Number	Seriennummer	Número de serie	Numéro de série	Numero di serie	일련 번호	シリアル番号	序號	序列号

*SC3: Shipped Separately / Separat geliefert / Envío por separado / Expédié séparément / Spedito separatamente / 별도 배송 / 別送 / 單獨運送 / 单独运送



*Pre-installed on SC3 / Vorinstalliert auf SC3 / Preinstalado en SC3 / Préinstallé sur SC3 / Preinstallato su SC3 / SC3에 사전 설치 / SC3では取り付け済み / SC3預先安裝 / SC3預安裝

**SC2 optional / SC2 optional / SC2 opcional / SC2 en option / SC2 opzionale / SC2에서는 옵션 / SC2ではオプション品 / SC2可選 / SC2可选

***SC3 only / Nur auf SC3 / Solo en SC3 / Seulement sur SC3 / Solo su SC3 / SC3만 해당 / SC3のみ / 僅SC3 / 仅SC3

TOOLS REQUIRED

ERFORDERLICHES WERKZEUG

HERRAMIENTAS NECESARIAS

OUTILLAGE REQUIS

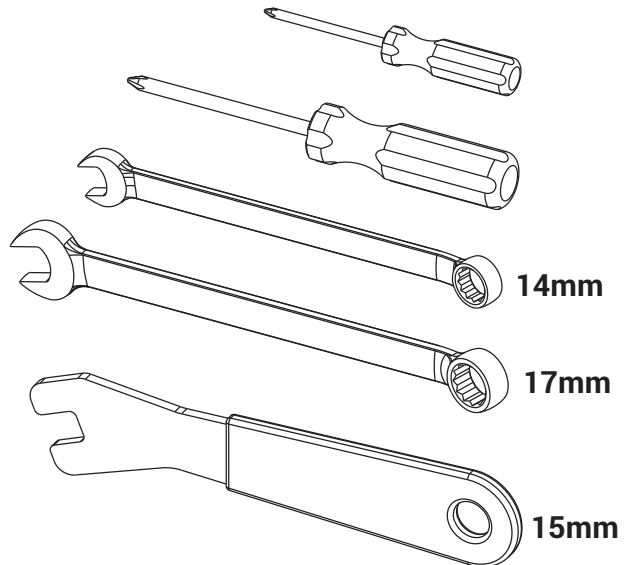
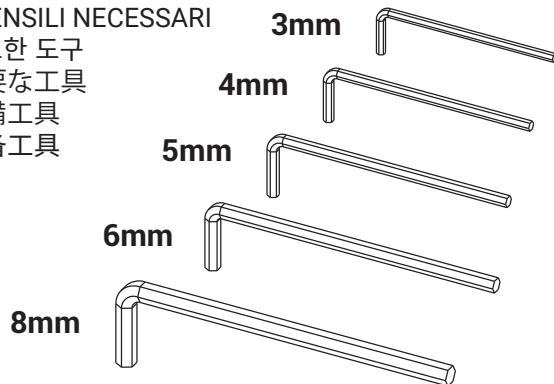
UTENSILI NECESSARI

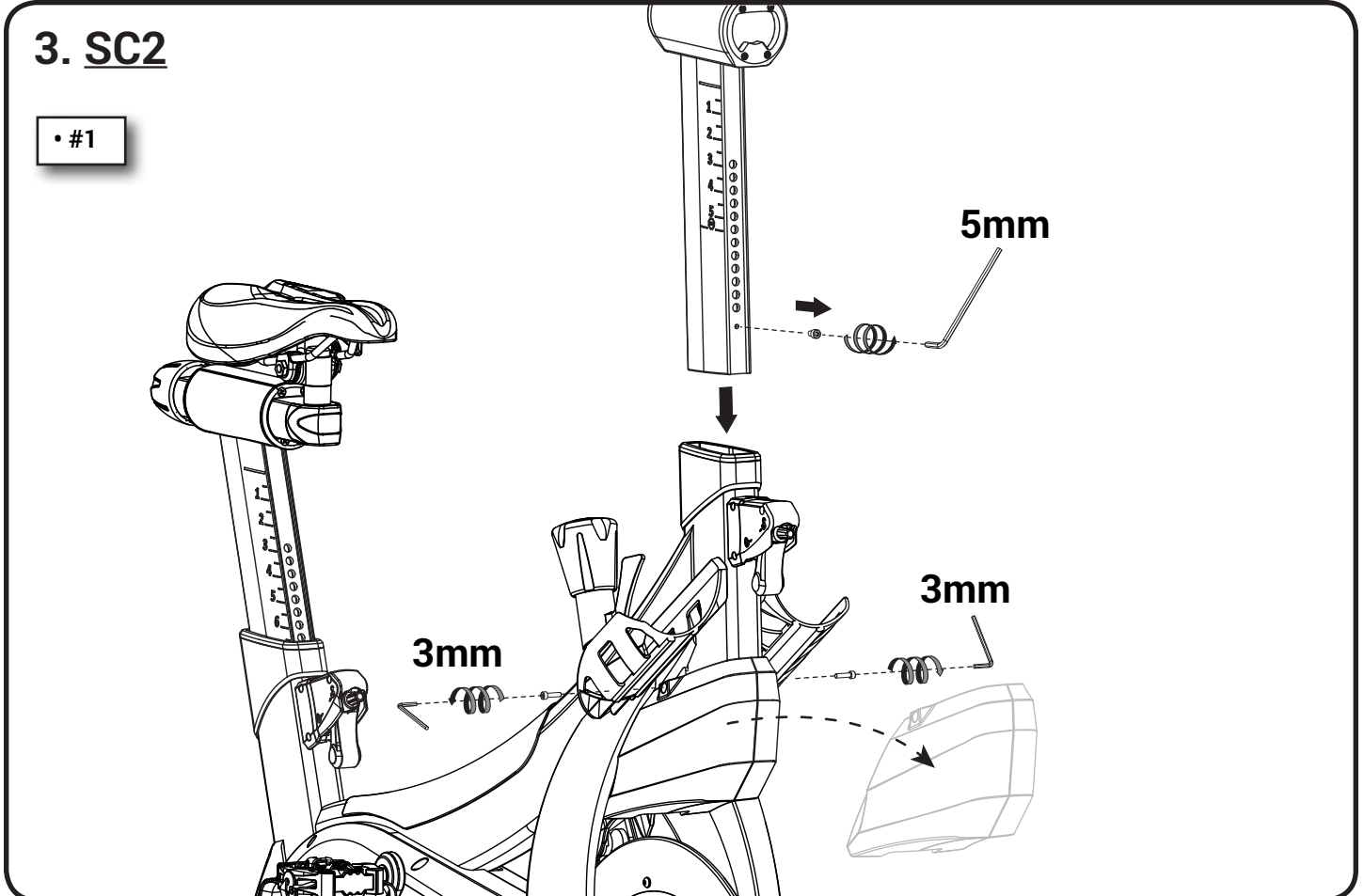
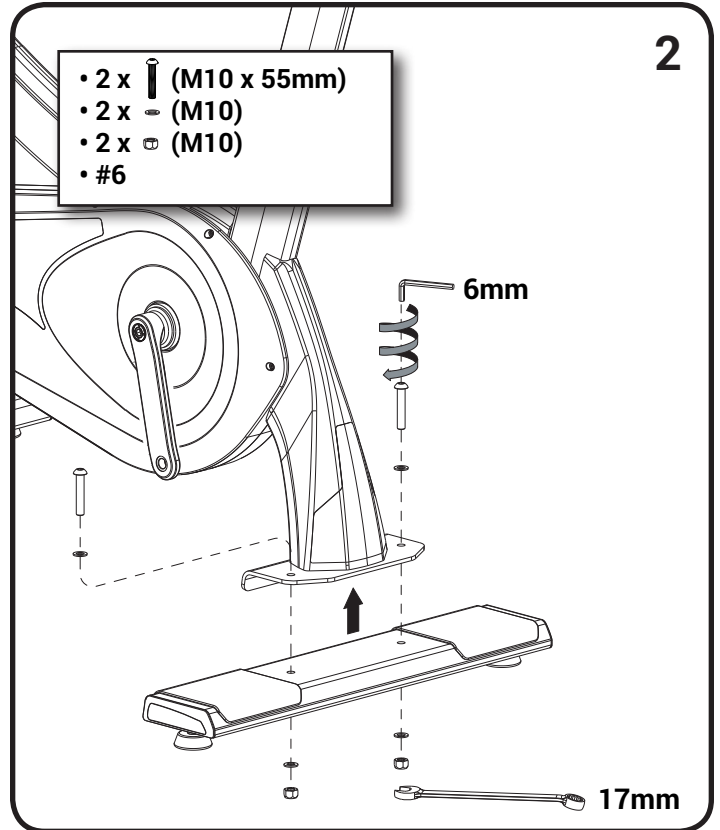
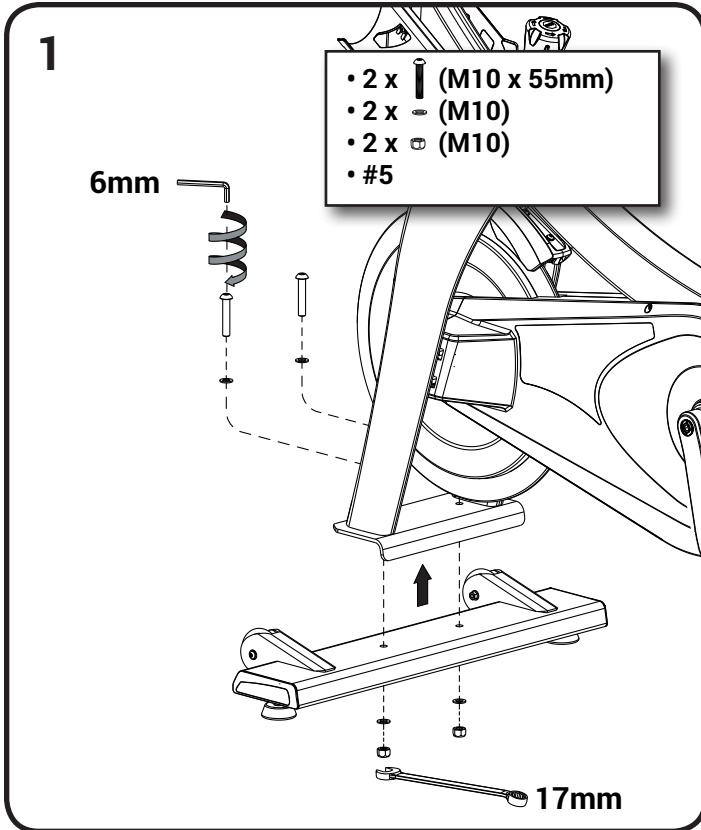
필요한 도구

必要な工具

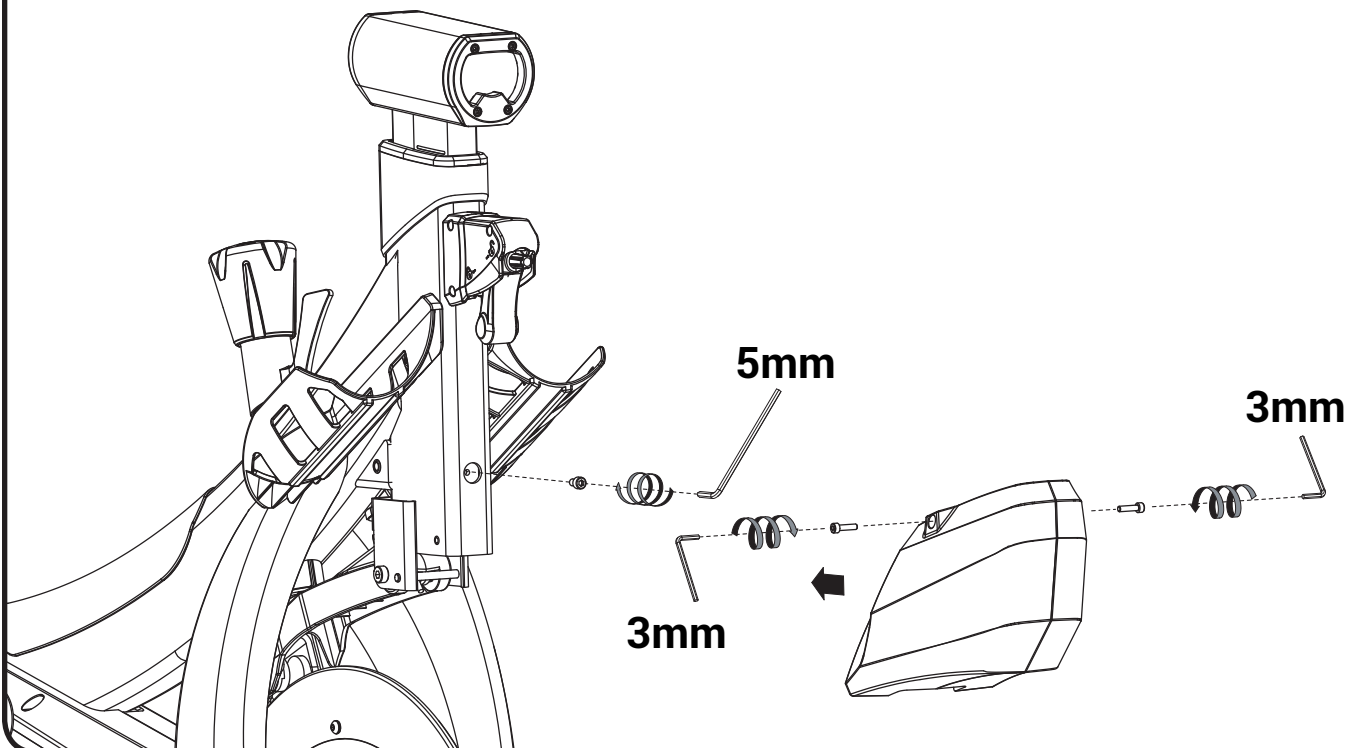
必備工具

必備工具




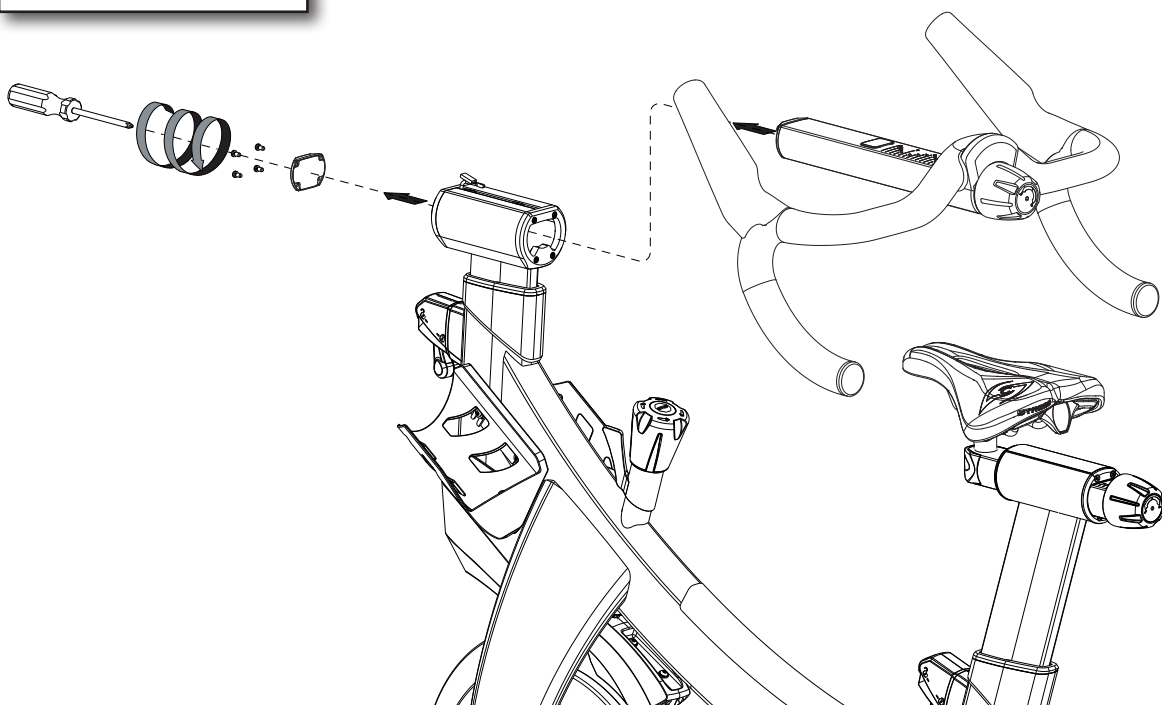


4. SC2



5

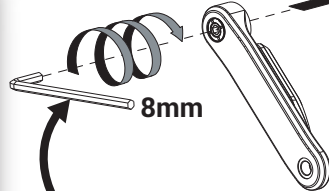
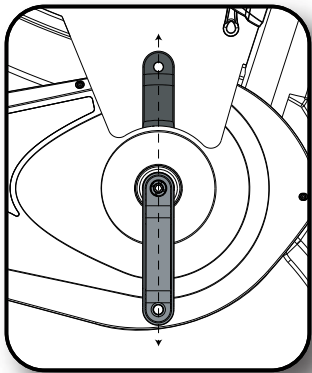
- 4 x  (M4 x 8mm)
- #2
- #3



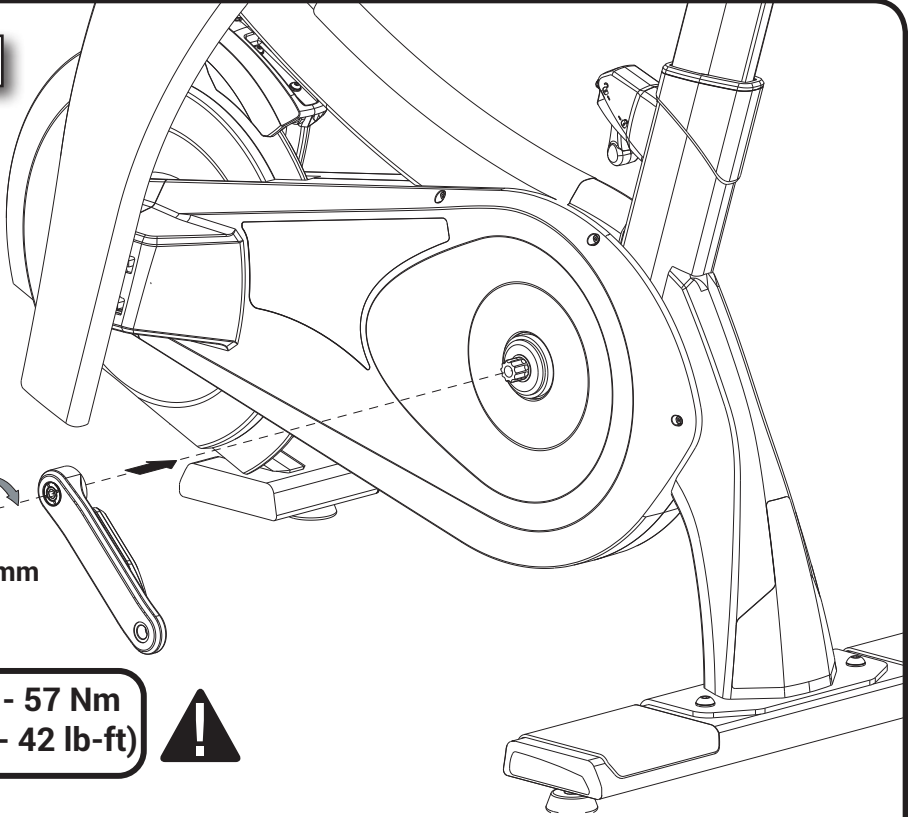
6. Power Meter Option

• #7

Powermeter-Option
Opción de medidor de potencia
Option de captuer de puissance
Opzione per misuratore di potenza
파워 미터 옵션
パワーメーター (オプション品)
功率計選項
功率计选项

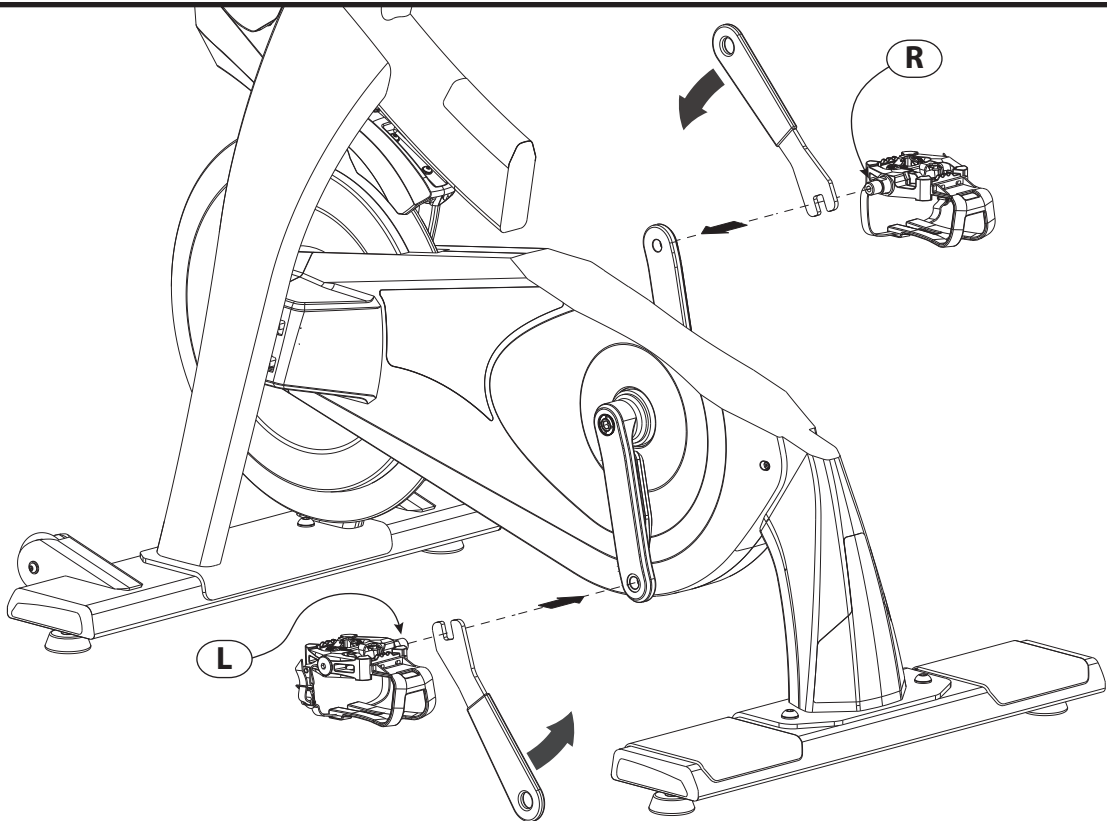


52 - 57 Nm
(38 - 42 lb-ft)



7

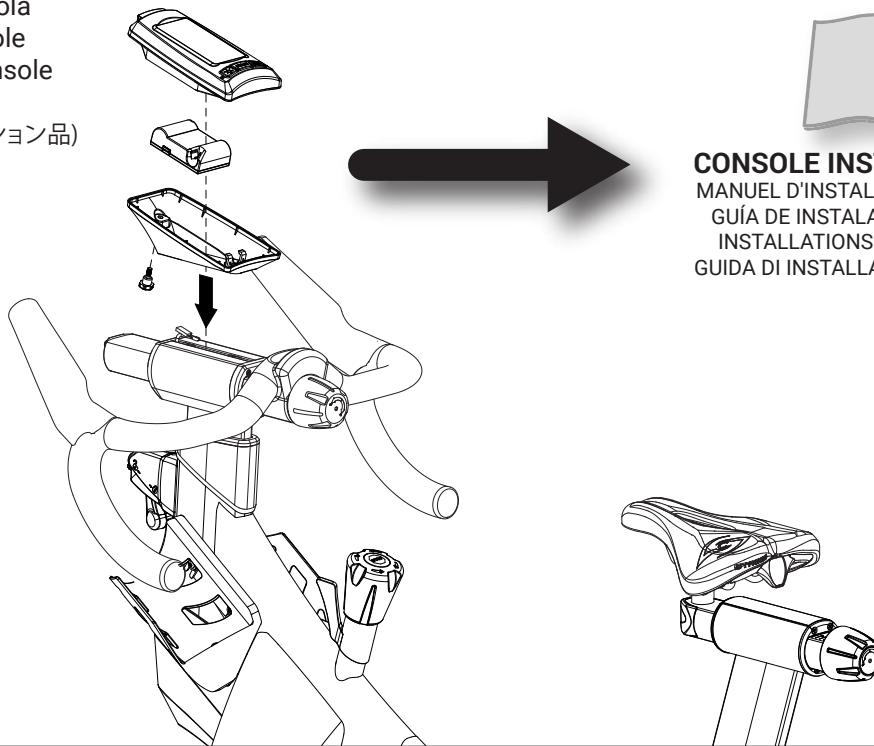
• #4



8. Console Option

Konsole-Option
Opción de consola
Option de console
Opzione per console
콘솔 옵션
コンソール (オプション品)
控制台選項
控制面板选项

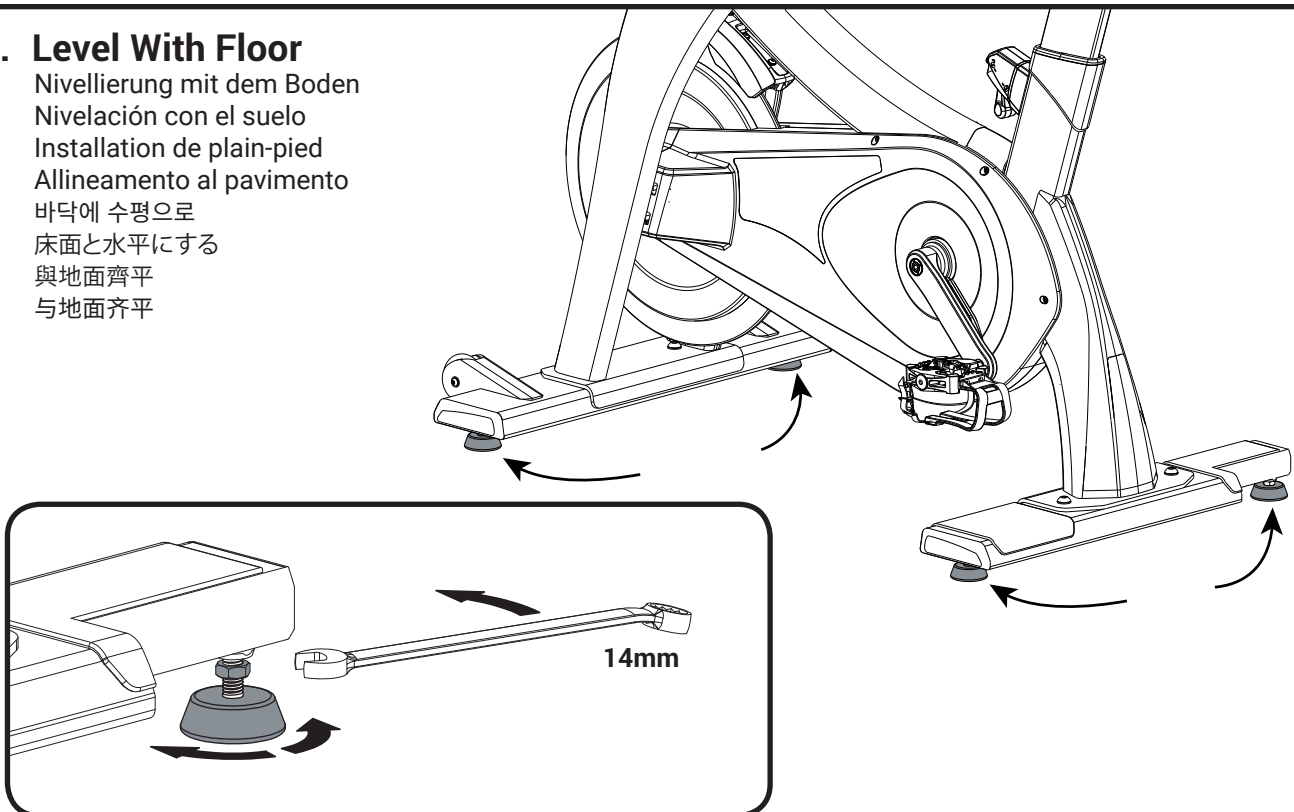
- #8
- #9



CONSOLE INSTALLATION GUIDE
MANUEL D'INSTALLATION DE LA CONSOLE
GUÍA DE INSTALACIÓN DE LA CONSOLA
INSTALLATIONSHANDBUCH KONSOLE
GUIDA DI INSTALLAZIONE DELLA CONSOLE

9. Level With Floor

Nivellierung mit dem Boden
Nivelación con el suelo
Installation de plain-pied
Allineamento al pavimento
바닥에 수평으로
床面と水平にする
與地面齊平
与地面齐平



Battery Installation (Power Meter)

Einlegen der Batterie
Colocación de las pilas
Installation des piles
Installazione delle batterie
배터리 설치
電池の装着
電池安裝
電池安裝



POWER METER INSTALL GUIDE
INSTALLATIONSHANDBUCH POWERMETER
GUÍA DE INSTALACIÓN DEL MEDIDOR DE POTENCIA
MANUEL D'INSTALLATION DU CAPTEUR DE PUISSANCE
GUIDA DI INSTALLAZIONE DEL MISURATORE DI POTENZA
파워 미터 설치 안내서
パワーメーターの取付ガイド
功率表安裝指南
功率表安裝指南

Pairing and Zero Reset

Koppeln und Kalibrierung
Sincronización y puesta a cero
Appariement et réinitialisation du décalage du zéro
Accoppiamento e calibrazione
페어링 및 제로 리셋
ペアリングおよびゼロ点のリセット
配對和調零
配對和調零



CONSOLE USER GUIDE
BENUTZERHANDBUCH KONSOLE
MANUAL DE USUARIO DE LA CONSOLA
MANUEL D'UTILISATION DE LA CONSOLE
GUIDA DELL'UTENTE DELLA CONSOLE
콘솔 사용자 안내서
コンソール用ユーザーガイド
控制台使用指南
控制面板使用指南

For other accessories, see accessory quick start guide for installation instructions.

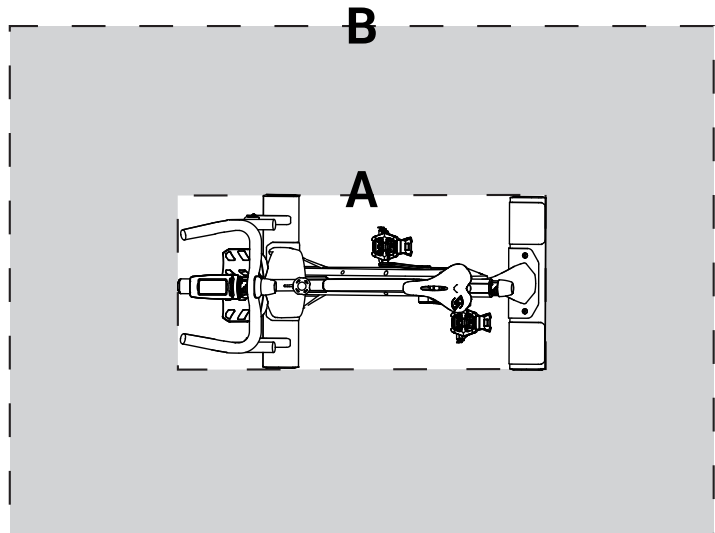
Weiteres Zubehör finden Sie in der Kurzanleitung des Zubehörs für Installationsanweisungen.
Para otros accesorios, consulte la guía de inicio rápido del accesorio para instrucciones de instalación.
Pour d'autres accessoires, consultez le guide de démarrage rapide des accessoires pour les instructions d'installation.
Per altri accessori, consultare la guida rapida per l'accessorio per le istruzioni di installazione.
기타 액세서리는 액세서리 빠른 시작 안내서에서 설치 안내를 참고하십시오.
その他の付属品については、取付方法が記載された付属品用のクイックスタートガイドを参照してください。
有關其他附屬應用程式·請參閱附屬應用程式快速安裝指南獲取安裝說明。
有关其他附件, 请参阅附件快速安裝指南獲取安裝說明。

Footprint

Fußabdruck
Huella
Empreinte
Orma
바닥 면적
フットプリント
佔位面積
佔位面积

A: 0.62m x 1.30m

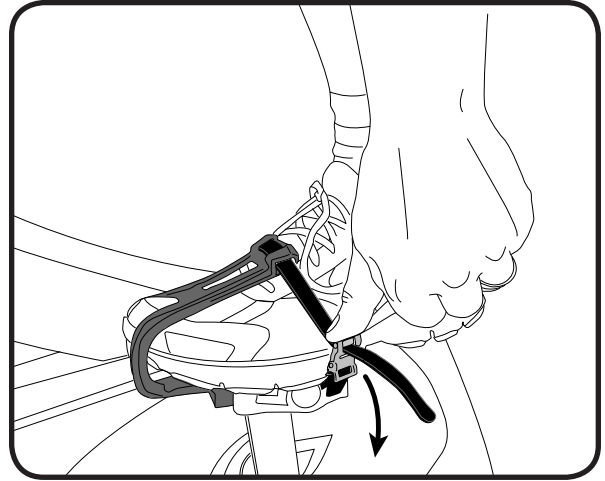
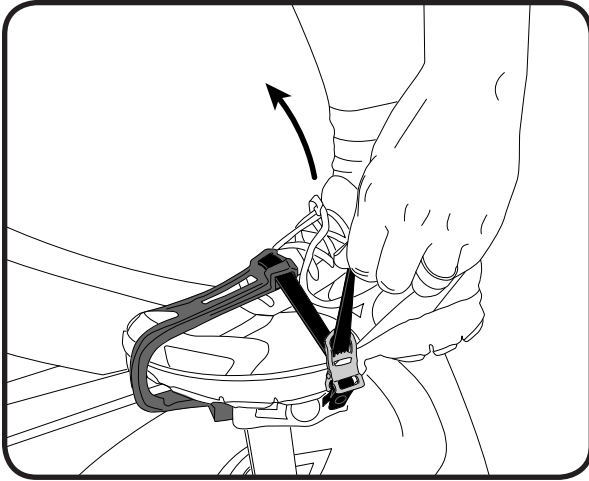
B: 1.82m x 2.50m



Toe Clip Adjustment

Einstellung des Pedalhakens
Ajuste de los rastrales
Réglage du cale-pied
Regolazione cinturino fermapiede

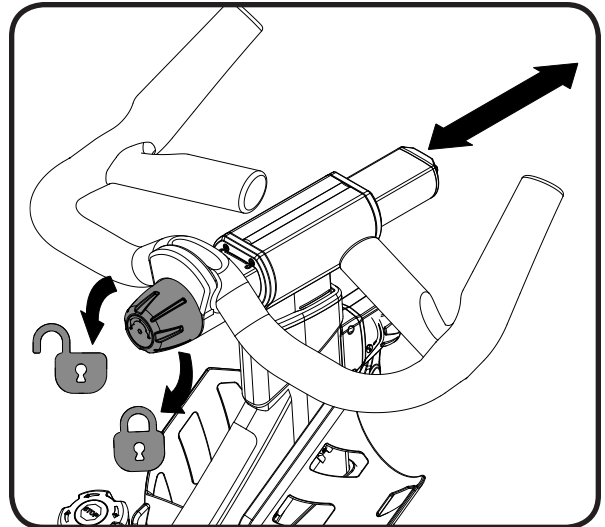
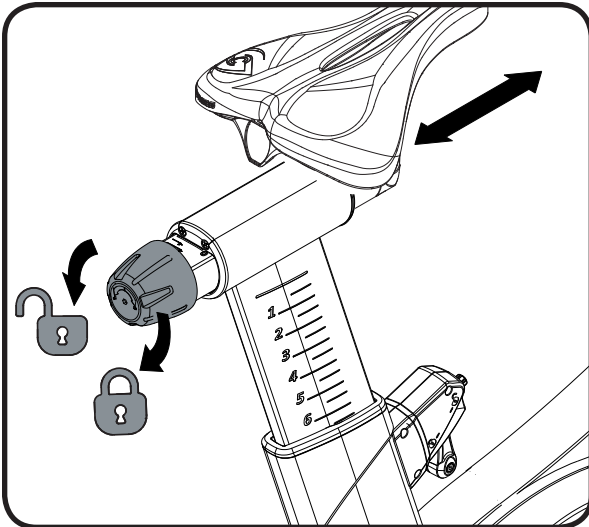
발가락 클립 조정
トゥークリップの調整
鞋頭夾套調整
鞋头夹套调整



Fore/Aft Adjustment

Einstellung vorn/hinten
Ajuste horizontal
Réglage avant/arrière
Regolazione longitudinale

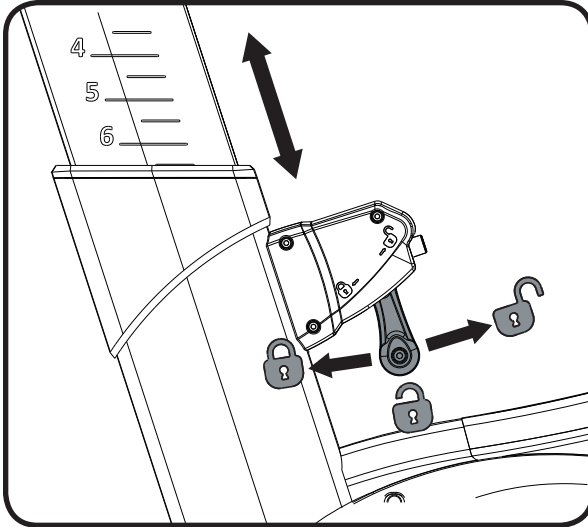
앞/뒤 조정
前後の調整
前/後調整
前/后调整



Vertical Adjustment

Vertikale Einstellung
Ajuste vertical
Réglage vertical
Regolazione verticale

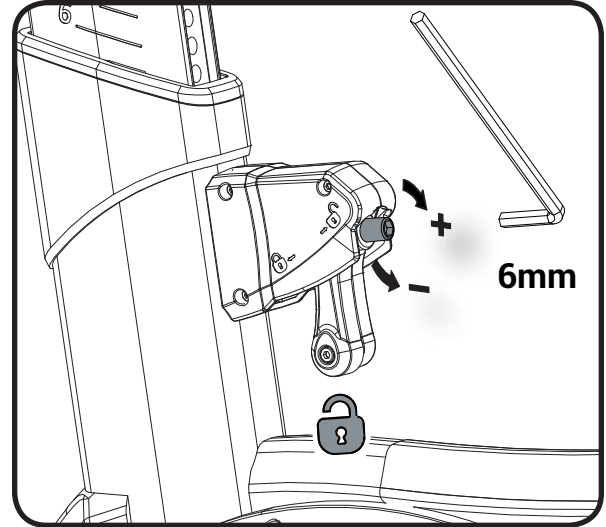
수직 조정
上下の調整
垂直調整
垂直調整



Fitloc Adjustment

Höhenhebeleinstellung
Ajuste de la palanca
Réglage du levier
Regolazione della leva

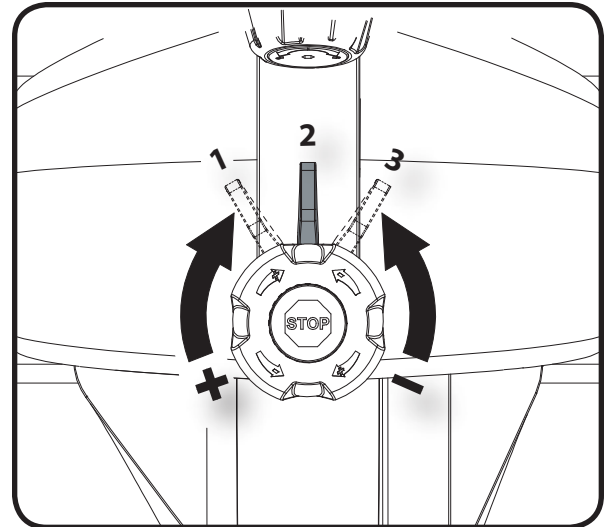
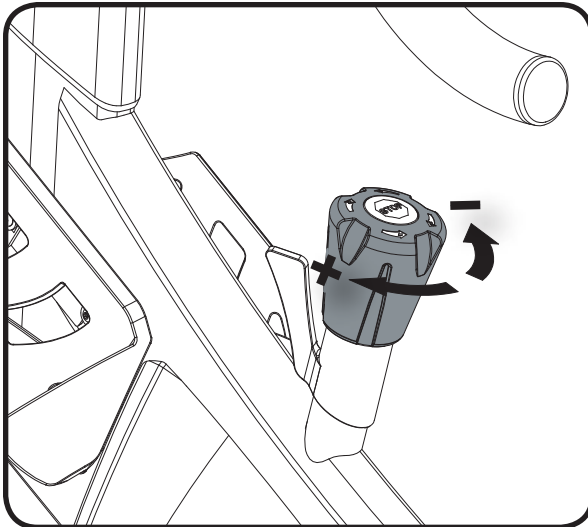
레버 조정
レバー調整
槓桿調整
杠杆調整



Resistance Adjustment

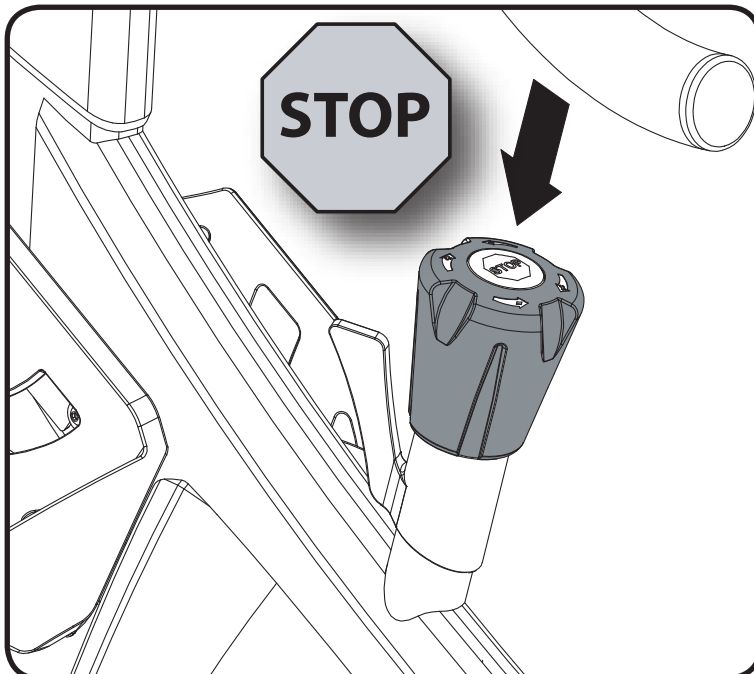
Einstellung des Widerstands
Ajuste de la resistencia
Réglage de la résistance
Regolazione della resistenza

저항 조정
負荷の調整
阻力調整
阻力調整



Emergency Brake

Notbremse
 Freno de emergencia
 Frein d'urgence
 Freno di emergenza
 긴급 브레이크
 非常ブレーキ
 緊急制動
 紧急制动



ATTENTION: European Union Retail Customers

Use Lockout Strap when not in use. If the Lockout Strap was not included in the box, contact your local distributor.

ACHTUNG: Einzelhandelskunden in der Europäischen Union

Verwenden Sie den Sperrriemen, wenn Sie das Gerät nicht verwenden. Wenn der Sperrriemen nicht in der Schachtel enthalten war, wenden Sie sich bitte an Ihren lokalen Vertriebs Händler.

ATENCIÓN: Clientes minoristas de la Unión Europea

Se debe usar la correa de bloqueo cuando no se utilice la bicicleta. Si la correa de bloqueo no se incluye en la caja, póngase en contacto con su distribuidor local.

ATTENTION : clients des services de détail de l'Union européenne

Utilisez une sangle de blocage en cas de non-utilisation de l'appareil. Si aucune sangle de blocage n'était présente dans la boîte, contactez votre distributeur local.

ATTENZIONE: Clienti al dettaglio dell'Unione europea Quando non si usa la cyclette utilizzare la cinghia di chiusura. Se la cinghia di chiusura non è inclusa nella scatola, contattare il distributore locale.

주의: 유럽 연합 소매 고객들

미사용시 잠금 스트랩을 사용하십시오. 잠금 스트랩이 상자에 포함되지 않았으면, 지역의 배급업체에 문의하십시오.

注意: 欧州連合 (EU) の消費者向け

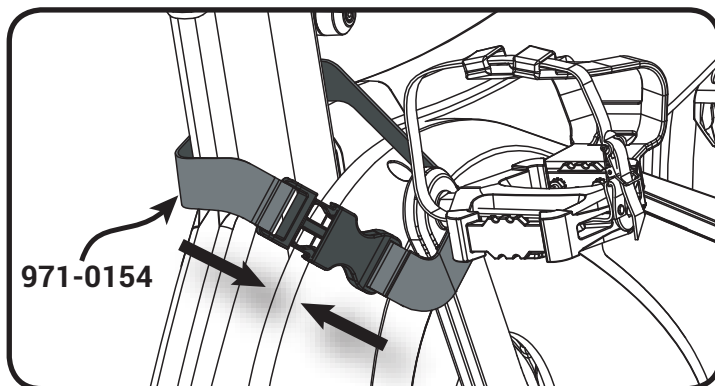
機器を使用していない時は、ロックアウトストラップを使用してください。ロックアウトストラップが同梱されていない場合は、お近くの販売店までお問い合わせください。

注意: 歐盟零售客戶

不使用時請使用鎖定帶。如果包裝箱中未包含鎖定帶，請聯繫當地經銷商。

注意: 歐盟零售客戶

不使用時請使用鎖定帶。如果包裝箱中未包含鎖定帶，請聯繫當地經銷商。





STAGES

C Y C L I N G

