

Stages Cycling

SC3

Product Highlights

The Stages SC3 sets the benchmark for performance, durability and innovation in indoor cycling. Built with a lightweight aluminium frame and featuring CarbonGlyde™, magnetic braking, FitLoc™ and SprintShift™, the SC3 is engineered for smooth rides and simplified maintenance. At its core is the Stages Power® meter — recognised as the most accurate, reliable and consistent direct power meter available. Trusted by elite outdoor cyclists and endorsed by the world's leading indoor cycling studios, Stages is the only brand that bridges the gap between professional training and commercial fitness.

Product features

ACCURATE DIRECT POWER MEASUREMENT

Designed with the Stages Power meter, the same technology trusted by world champions and elite cycling teams. With direct, crank-based measurement and an industry-leading accuracy of $\pm 1.5\%$, it provides consistent, real-time power data that riders can depend on.

SPRINTSHIFT

SprintShift's unique three-stage lever allows for rapid, macro-level resistance changes — ideal for HIIT and interval workouts. Riders can instantly increase or decrease resistance without endlessly turning the dial, while still maintaining the ability to fine-tune with micro-adjustments.

LOW MAINTENANCE, HIGH RELIABILITY

Features the Gates® Carbon Drive CarbonGlyde™ belt and a magnetic resistance system, delivering a smooth, quiet ride with no chains, pads or lubrication required — resulting in reduced maintenance and increased equipment uptime for fitness facilities.

QUICK ADJUSTMENTS

With the industry-leading FitLoc system, adjusting the bike to fit any rider is fast, intuitive and secure, up to five times quicker than traditional twist-to-lock mechanisms. Riders can easily fine-tune the seat and handlebar height, as well as the fore/aft positioning, thanks to the road bike-inspired geometry. Whether it's a quick class turnover or a personalised setup, StagesFit™ ensures every rider is ready in seconds.



Specifications

Dimensions (L x W): 125 x 62 cm

Product weight: 43 kg

Max. user weight: 158 kg

Rider Fit Range: 147–208 cm

Pedals: Dual-sided SPD with toe cage

Drive System: CarbonGlyde featuring Gates Carbon Drive carbon fibre belt

Gear Ratio: 5:1

Resistance System: Magnetic eddy current with micro-adjust resistance dial, emergency push-to-stop.

Q-Factor: 158 mm

Power Measurement: Optional, compatible with Stages Power meter and Stages SIC1 standard battery-powered console.

Connectivity: Bluetooth® & ANT+™

Frame: Aluminium alloy, advanced hydro and air formed tubing. Industrial powder coat, Slate Grey

Warranty: Visit www.precor.co.uk for warranty terms.

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SIC2 Console

Product features

DATA DISPLAY

The SIC2 Console provides real-time and stage-based metrics, including power (watts, kilojoules), cadence (RPM), speed, heart rate (when paired with a compatible strap), time, distance and calories burned. Riders can view both current and average values for each stage and the overall ride.

STAGE FUNCTIONALITY

A dedicated stage button allows instructors or riders to segment workouts into intervals. Each stage can be timed and tracked independently, making it easier to structure and analyse interval-based training sessions.

USER INTERFACE

The console features a simple, easy-to-read layout designed for quick reference during rides. Key metrics are clearly displayed without unnecessary visual clutter.

CONNECTIVITY

Supports Bluetooth® and ANT+™ for data transfer to compatible apps and devices on iOS and Android platforms. This allows for integration with personal fitness trackers and group display systems.

POWER SOURCE

The console is self-powered through energy generated by the rider. No external power or batteries are required, reducing maintenance and simplifying installation.

ACCURACY

Built on Stages Power technology, the console uses direct crank-based measurement with $\pm 1.5\%$ accuracy. This is the same system used in professional cycling, ensuring reliable data for performance tracking.

Specifications

Console Metrics: Power (W), Cadence (rpm), Heart rate (bpm), Speed (km/h or mph), Kilojoules (work), Distance (km or mi), Calories (kcal), Time

Power: Stages Power meter, Stages EcoSCRN display with self-generating power source

Power Accuracy: $\pm 1.5\%$

Connectivity: Bluetooth® & ANT+

Batteries: Power Meter — 2000+ hours battery life using two standard AA batteries; Console: self-powered

Warranty: Visit www.precor.co.uk for warranty terms.

