

Spinner® Bike Handlebar & Seat Wobble Issue Repairs

Applies to

Models: Spinner® Shift™ and Rally™ Indoor Cycles






Issue/Symptoms

The handlebar and seat height adjustment pop-pin bolts can loosen during workouts allowing the posts to move within the frame leading to handlebar or seat wobble respectively. Also, the handlebar post has loose fitment issues with the frame post mount which exacerbates the handlebar wobble whenever the pop-pin bolt loosens.

Resolution

- 1) Add anti-seize grease to the pop-pin bolt threads to help prevent the bolt from loosening and to improve the pop-pin bolt tightening/loosening action.
- 2) Apply a thin layer of silicone lubricant to the handlebar and seat assembly posts to smoothen the up/down movement.
- 3) Add anti-slip grip tape to the handlebar post mounting sleeve to tighten the handlebar frame post fitment.

Tools & Materials required

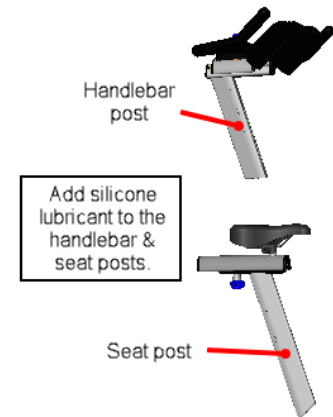
QTY	COMPONENT	
1	5 mm hex key	
3	17 mm (2x), 21 mm (1x) open end wrenches	
1	Lucas Red "N" Tacky #2 Grease ⁽¹⁾	
1	3-IN-ONE 120001 All-Temperature Silicone Drip Oil ⁽¹⁾	
1	Anti-Slip Self Adhesive Grip Tape ⁽²⁾ (recommended 1" wide)	
Notes: (1) General purpose products that can be purchased online or at most hardware or auto supply stores. (2) Retailers where you can purchase Anti-Slip Grip tape: Amazon or Home Depot (2" wide tape will need to be cut into 1" wide strips).		

Procedure

Review entire procedure before starting. The [Spinner® Shift™, Ride™, and Rally™ Bike](#) Service Manual procedures will be referenced to complete these tasks.

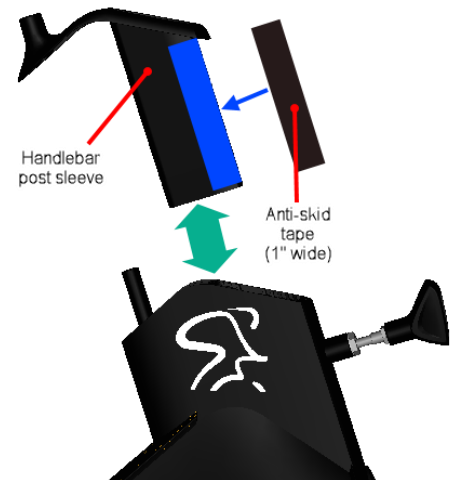
- 1 Clean and apply a thin film of the 3-IN-ONE SILICONE lubricant onto the handlebar and seat posts. Do not apply lubricant to the handlebar or seat forward/back sliders.

- a Pull the height adjustment pop-pin and remove the handlebar assembly post from the frame, see the Service Manual "[Handlebar Assembly Replacement](#)" procedure.
- b Clean the handlebar assembly post.
- c Put a small amount of 3-IN-ONE SILICONE lubricant onto a clean rag and then use the rag to apply a thin coat of the lubricant onto the surface of the handlebar post.
- d Reinstall the handlebar assembly post onto the frame, see the Service Manual "[Handlebar Assembly Replacement](#)" procedure.
- e Repeat procedure to add 3-IN-ONE SILICONE lubricant to the seat assembly post, see Service Manual "[Seat Assembly Replacement](#)" procedure.



- 2 Add anti-slip self-adhesive grip tape to the handlebar post mounting sleeve.

- a Pull the handlebar pop-pin and remove the handlebar assembly post from the frame, see the Service Manual "[Handlebar Assembly Replacement](#)" procedure.
- b Remove the Resistance Knob, see Service Manual "[Resistance Knob Replacement](#)" procedure.
- c Remove the handlebar post sleeve from the frame post mount.
- d Add a 1" wide strip of anti-slip grip tape on the front right side of the handlebar post mounting sleeve.

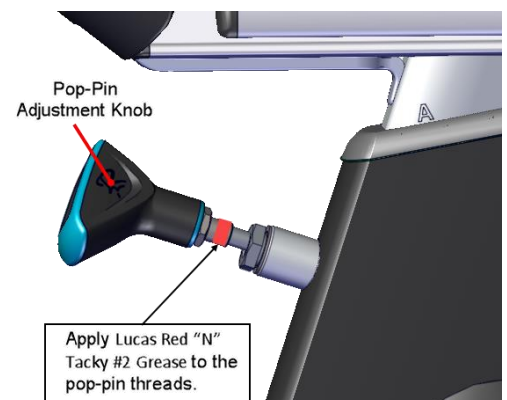


Caution: Only apply a 1" wide strip of anti-slip tape. Do not add additional tape onto the post mounting sleeve. Extra tape can cause fitment and operation problems with the handlebar post.

- e Reinstall the handlebar post sleeve into the frame handlebar post mount.
- f Reinstall the resistance knob and handlebar post assembly, see Service Manual "[Resistance Knob Replacement](#)" and [Handlebar Assembly Replacement](#) procedures.

- 3 Add a coating of the "Lucas Red "N" Tacky #2 Grease" to the threads of both the handlebar and seat post height adjustment pop-pin bolt threads.

- a Fully loosen the handlebar height adjustment knob and add a small amount of the "Lucas Red "N" Tacky #2 Grease" to the pop-pin threads. Tighten and loosen the adjustment knob a couple of times to evenly coat the threads. Fully tighten the adjustment knob.
- b Repeat procedure to add "Lucas Red "N" Tacky #2 Grease" lubricant to the seat height adjustment pop-pin threads.



- 4 Verify the bike operation and return to service.