

## Schwinn IC3, IC4: How can I tighten my seat or seat post?

ID: 13889.2

Follow this troubleshooting guide to help resolve issues involving the seat on the Schwinn IC3 and IC4 Indoor Cycling bikes.

Some common complaints may include:

- Seat is loose
- Seat Post is loose

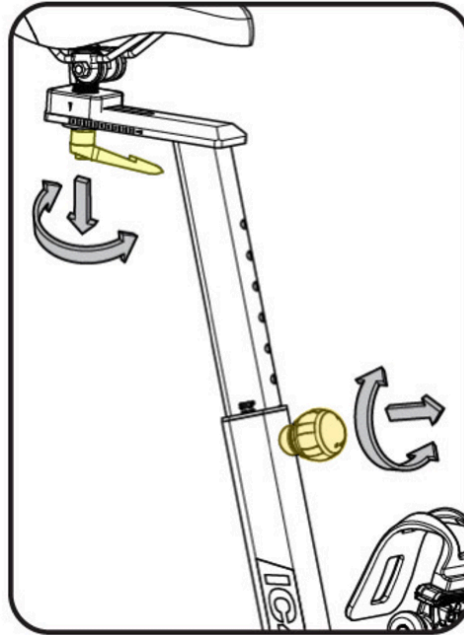
**Follow these steps to troubleshoot the issue**



[\(BowFlex® | How to Adjust the Seat and Handlebars on Your IC Bike\)](#)

1. Tighten the Seat and Seat Post Adjustment Knobs (**reference 1**). **Important:** Do not attempt to tighten the adjustment knobs while seated on your bike [\[13889.A\]](#).

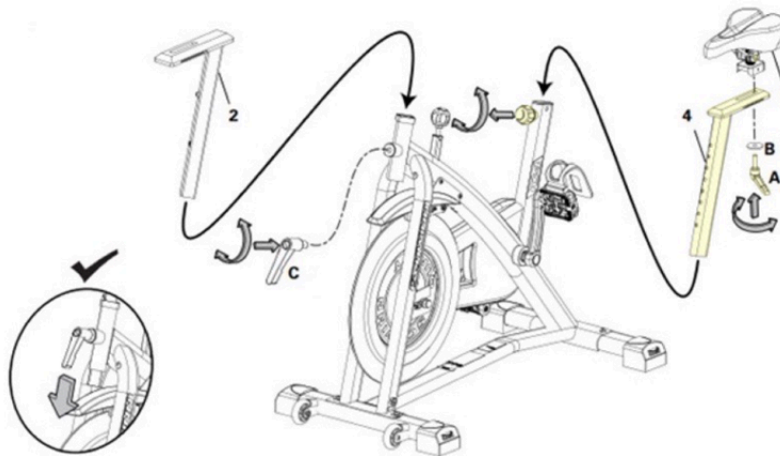
(Reference 1)



*The Seat Adjustment Knob is located underneath the seat.  
The Seat Post Adjustment Knob is located on the seat post, facing the front of the bike.*

2. If the issue persists, disassemble the seat assembly. Loosen the Seat Post Adjustment Knob and remove the seat assembly from the frame. Fully loosen the Seat Adjustment Knob and remove the Seat from the Seat Post.
3. Reassemble the seat assembly. Insert the Seat Post into the frame and engage the Seat Post Adjustment Knob with the holes on the Seat Post. Place the Seat on the Seat Post and fully tighten both knobs (**reference 2**). Instructions on assembling the seat assembly can be found in the [assembly manual \[13889.B\]](#).

**(Reference 2)**



*The Seat Post (4) should be inserted into the frame with the Seat Adjustment Knob engaged in the holes of the Seat Post.  
The Seat (3) should be secured onto the Seat Post (4). Tighten both knobs completely.*

***Need additional assistance?***

## 1 Customer Care Contact Information

**Please contact Customer Care at [1-800-605-3369](tel:1-800-605-3369) for additional help or to order replacement parts. Some replacement parts may also be available for purchase [online here](#). A list of part numbers referenced within this guide can be located at the bottom of this page.**

**Customer Care - Hours of Operation:**

Monday - Friday 6:00am - 5:00pm PST

*The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options.*

*Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.*

## 2 Contact Tech Team / Advanced Troubleshooting

***If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.***

**Submit a Case with case type Advanced Troubleshooting**