

BowFlex C7: How do I prevent the seat from rotating on the post? ID: 12151.1

Follow this troubleshooting guide to help resolve issues involving the seat on the BowFlex C7 indoor cycling bike.

Some common complaints may include:

- *Seat rotates on the Seat Post*

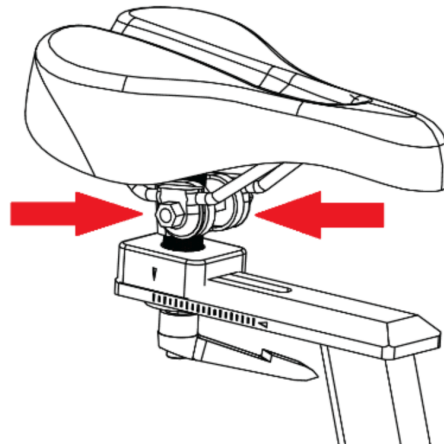
Follow these steps to troubleshoot the issue

Tools you may need:

15mm, 17mm wrenches, or the wrenches from the hardware card included with your machine

1. Locate the Seat Clamp Bolts underneath the Seat (**reference 1**). Using a 15mm/17mm wrench, fully tighten both bolts [\[12151.E\]](#).

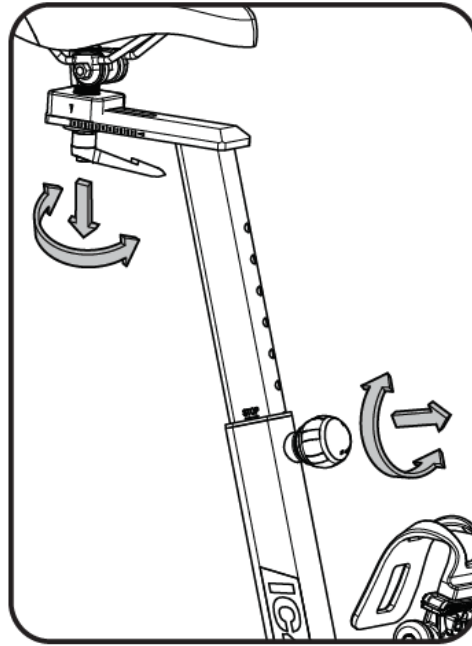
(Reference 1)



The Seat Clamp Bolts are located underneath the seat, on either side of the seat's stem.

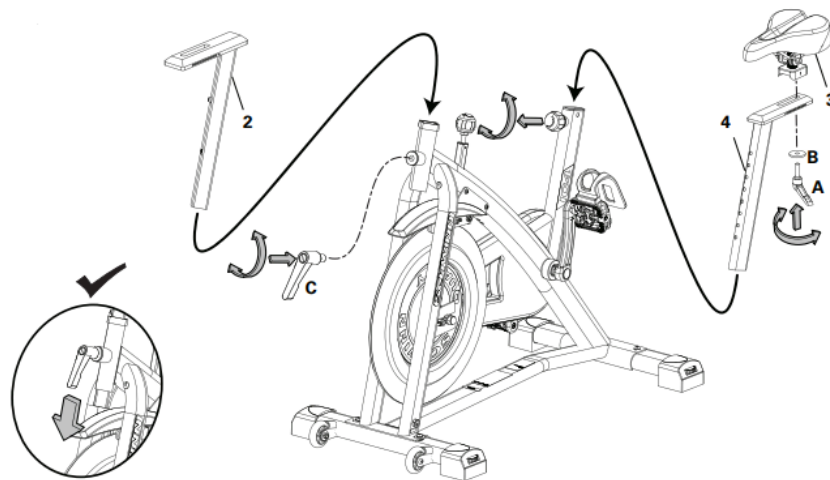
2. If the issue persists, disassemble and reassemble the Seat. Loosen the Seat Adjustment Knob (**reference 2**) and remove the Seat from the Seat Post. With the Seat removed, inspect the Seat Clamp and seat assembly for damage. Reinstall the Seat on the Seat Post and fully tighten the Seat Adjustment Knob and Seat Clamp Bolts (**reference 3**) [\[12151.F\]](#).

(Reference 2)



The Seat Adjustment Knob is located underneath the Seat. Turn the handle clockwise to tighten the Seat.

(Reference 3)



The Seat (3) should be secured onto the Seat Post (4). Tighten the Seat Adjustment Knob (A) by turning the handle clockwise until fully tightened. Tighten the Seat Clamp Bolts using the 15mm/17mm wrench included with your machine until fully tightened.

3. If the Seat continues to rotate or is still loose despite being fully tightened, [order a Seat Assembly \[12151.G\]](#).

Other seat and handlebar adjustment troubleshooting

- [BowFlex C6, C7: How can I tighten my handlebar or handlebar post?](#)
- [BowFlex C6, C7: How can I tighten my seat or seat post?](#)

Need to order replacement parts?

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 Parts Reference Table

<i>Part Description</i>	<i>Part SKU</i>
Seat Assembly	8023427

3 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