

BowFlex IC Bike SE: Machine rocks or has loose hardware ID: 15655.1

Common issue descriptions:

- Unit rocks back and forth during use
- Machine does not sit level on the ground
- Loose hardware (fasteners/screws)
- Noise issues
- Bike is difficult to operate

Tools used in this guide: 4mm and 6mm Allen wrenches, 15mm open-ended wrench

Estimated time to complete: Approximately 15 minutes - two people may be required when tightening stabilizer hardware.

Let's get started! We will check each of the components below (in order) to determine which is causing the issue.

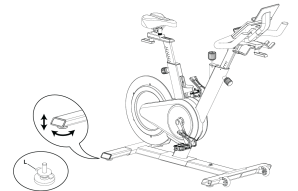
1. [Leveler feet](#)
2. [Hardware installed during assembly](#)

Check the leveler feet

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
None	Less than 5 minutes	Leveling the Machine

If the workout area is not level or the stabilizer rests slightly off of the floor, adjust the leveler feet:

Steps 2 & 3



1. Place your machine in the desired workout area - an ideal location has a solid, level surface [\[15655.A\]](#).
2. For any levelers that need to be adjusted, loosen the locking nuts and adjust the levelers until they all make contact with the floor.
 - If more height is needed, rotate the leveler foot counterclockwise to raise the base of the machine.
 - If less height is needed, rotate the leveler clockwise to lower the base of the machine.
 - The levelers should be set to the minimum height where all feet make contact with the ground.
 - Adjusting the feet too high can cause them to detach or unscrew from the machine, potentially causing injury or damage.
3. Tighten the locking nuts on all level feet, then test if the machine is now stable. Repeat as needed until the issue is resolved [\[15655.B\]](#).
4. If the issue persists, we will continue checking assembly hardware in the next section.

Check hardware installed during assembly

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>

4mm, 6mm hex key/Allen wrench
15mm open-ended wrench

10 to 15 minutes

[Assembly Manual](#)
[Maintenance](#)

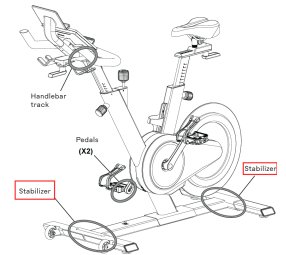
Over time, hardware can become loose due to vibrations during the workout. Hardware should be tightened according to the recommended maintenance schedule in the Owner's or Service Manual.

Check each of the locations listed below to ensure all hardware is fully tightened:

Tighten the Stabilizer hardware

- The front and rear stabilizers are installed on your IC Bike SE during the assembly process. They are secured by four bolts:
 - Two bolts secure the front stabilizer from underneath.
 - Two bolts secure the rear stabilizer from underneath.
- Tighten the four bolts using a 6mm Allen wrench. It may be easier to have a helper assist with this step; since the hardware is under the machine, one person can help hold your bike in position while the other tightens the hardware.
- Once tightened, pedal your bike to test if the noise persists [\[15655.C\]](#).

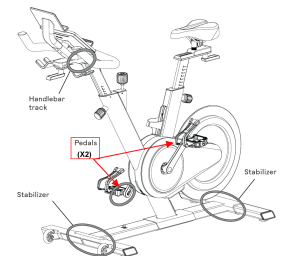
Steps 1 & 2



Tighten both Pedals

- The pedals are installed onto the crank arms of your IC Bike SE during the assembly process.
 - The **Right Pedal** is threaded normally; **rotate the pedal clockwise** to tighten the pedal.
 - The **Left Pedal** is reverse-threaded; **rotate the pedal counterclockwise** to tighten the pedal.
- Using a 15mm open-ended wrench, tighten both pedals.
- Once tightened, pedal your bike to test if the noise persists [\[15655.D\]](#).

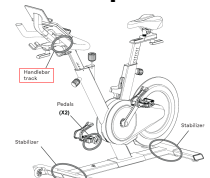
Step 1



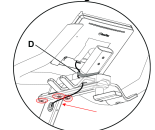
Tighten the Handlebar Track hardware

- The Handlebar Track is installed onto your IC Bike SE during the assembly process. It is secured by four small bolts on the handlebar post:
 - The Handlebar Track is attached by one bolt on each corner of the Handlebar Post.
 - The four bolts are installed on the underside of the Handlebar Track.
- Using a 4mm Allen wrench, tighten the four bolts on the Handlebar Track.
- Once tightened, pedal your bike to test if the noise persists [\[15655.E\]](#).

Step 1



Step 2



Need additional assistance?

[1 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