

BowFlex IC Bike SE: Seat Post Movement issues

ID: 15729.1

Common issue descriptions:

Seat wobbles or moves on the post
 Seat will not fully tighten
 Can't adjust the seat
 Seat moves around during use

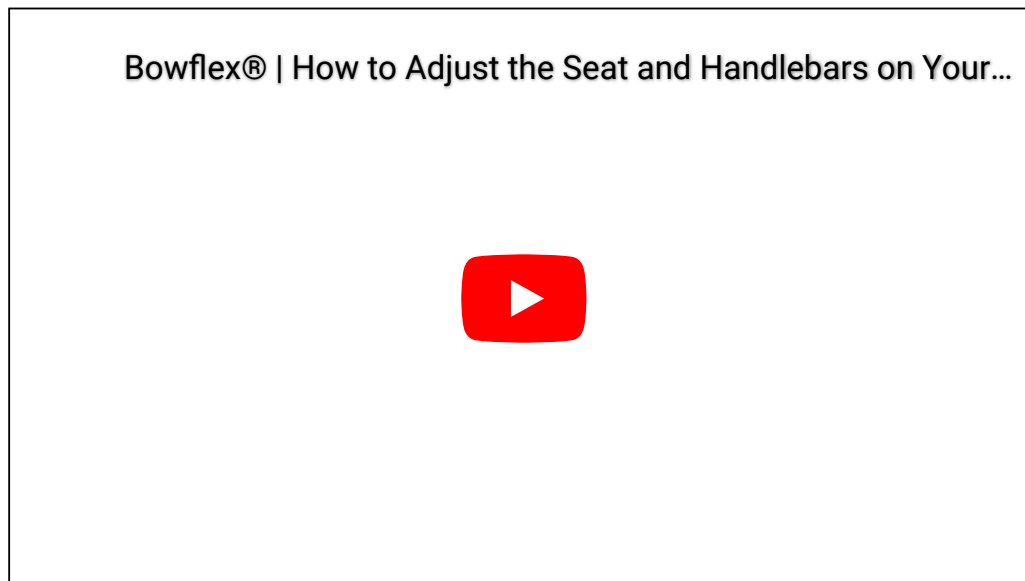
Tools used in this guide: None

Estimated time to complete: Approximately 10 minutes

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

1. [YouTube Tutorial: Seat Adjustments](#)
2. [Seat post adjustment knob](#)
3. [Seat adjustment knob](#)

Watch this brief video: [Adjusting the Seat and Handlebars on Your IC Bike](#)

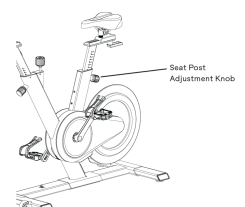


Check the adjustment knob on the seat post

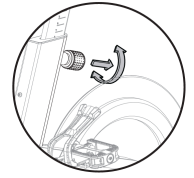
<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
None	Less than 5 minutes	Assembly Manual

1. The seat post is locked into position with an adjustment knob; it is located on the rear side of the post above the flywheel.
2. The pop pin of the adjustment knob should be fully inserted into one of the holes on the seat post. If adjustments are needed:
 - a. Rotate the adjustment knob counterclockwise to loosen it.
 - b. Holding the seat so it does not drop, pull the adjustment knob away from the seat post.

Step 1



- c. Adjust the seat post to the desired height.
- d. Reinsert the adjustment knob into the nearest hole on the seat post. There is one hole for each numbered marking on the post.
- e. Rotate the adjustment knob clockwise to lock the seat post in place, then test if the issue persists [\[15729.A\]](#).

Steps 2 - 3

3. If the issue persists, verify that the adjustment knob is fully tightened [\[15729.B\]](#).
4. If the issue persists, continue troubleshooting the next component below.

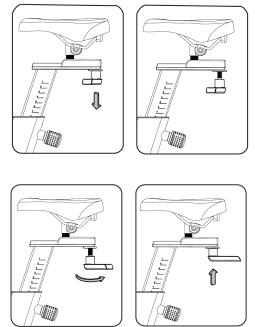
Check the adjustment knob on the seat

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

1. Tighten the adjustment handle under the seat, then test if the issue persists [\[15729.C\]](#). If the seat post or another part blocks you from fully tightening it:

- a. Pull down on the handle
- b. Reposition the handle
- c. Push the handle back into place
- d. Turn the handle to tighten it
- e. Repeat until the handle is fully tightened

2. If the issue persists, please contact Customer Care to submit an [Advanced Troubleshooting case](#) to research this issue further. Our contact information is located at the [bottom of this page](#).

Step 1***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](#)

2 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.