

KICKR

smart bike trainer

QUICK START GUIDE AND INSTRUCTIONS



wahoo

For safety, read this manual and all safety information thoroughly before assembly and use.

- Full setup instructions, videos, and information about app compatibility can be found on our website at www.wahoofitness.com/instructions.
- Assemble the KICKR only as stated in the information contained in this manual.
- Do not modify the KICKR.
- Images may not reflect final product exactly.

The following instructions must be observed at all times in order to prevent personal injury and physical damage to equipment and surroundings. The instructions are classified according to the degree of danger or damage which may occur if the product is used incorrectly:

⚠ DANGER Failure to follow the instructions will result in death or serious injury.

⚠ WARNING Failure to follow the instructions will result in death or serious injury.

⚠ CAUTION Failure to follow the instructions could cause personal injury and/or physical damage to equipment or surroundings.

KICKR Quick Start Guide

Español: Ver las instrucciones completas para completar la configuración

Français: Pour une installation complète, consulter le mode d'emploi.

Italiano: Vedi istruzioni dettagliate per una configurazione completa

Korean: 완전 한 설치에 대 한 전체 지침을 참조 하십시오

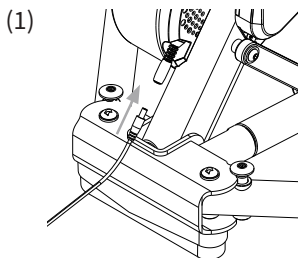
See full instructions for complete setup.

Deutsche: Für die komplette Einrichtung lesen Sie bitte die vollständige Anleitung

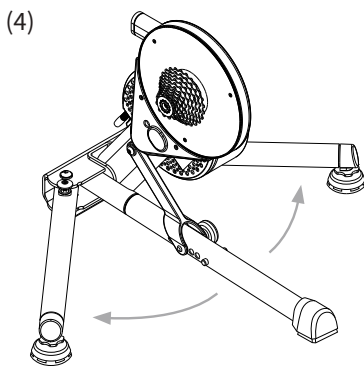
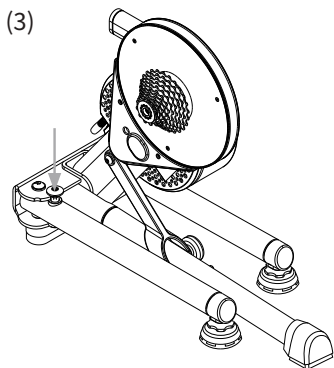
Simplified Chinese: 查看完整设置的全面操作说明

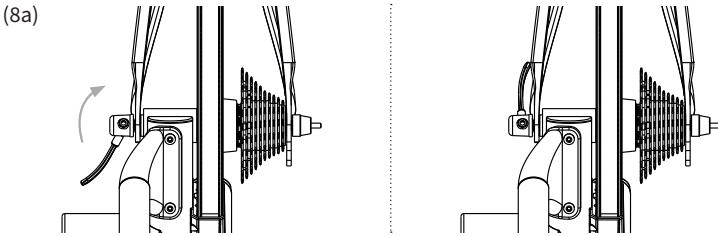
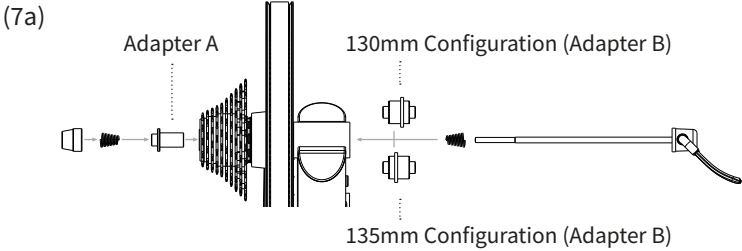
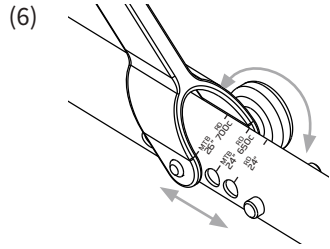
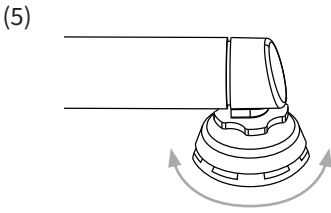
Traditional Chinese: 檢視完整設定的全面操作說明

Japanese: 完全なセットアップについての完全な説明を参照

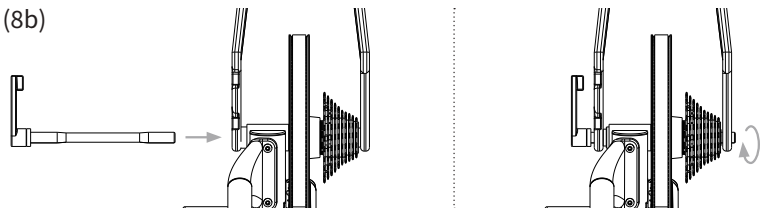
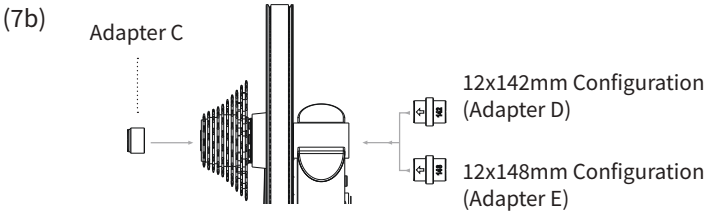


For the best setup experience download the Wahoo Fitness App by scanning the QR Code.





OR



CAUTION

- Before beginning or modifying any exercise program please consult your physician.
- Do not put hands or objects near moving parts of the KICKR.
- The KICKR may become hot to the touch when used for extended periods of time.
- Do not attempt to dismount the bicycle while the flywheel is in motion.
- Keep children and pets away from the KICKR while in use.
- Only use the KICKR on a stable, level surface with properly adjusted leveling feet.
- Use caution when standing while riding on the KICKR.
- Keep the KICKR away from water.
- Only use the power adapter that comes with the KICKR.
- Check to make sure the bicycle is properly secured to the KICKR before every ride.

Thank you for purchasing the Wahoo KICKR!

LEARN MORE:

For instructional videos, compatible apps, FAQs, or to submit a support request please visit: www.wahoofitness.com/support

PLEASE CONTACT US WITH QUESTIONS OR CONCERNS AT:

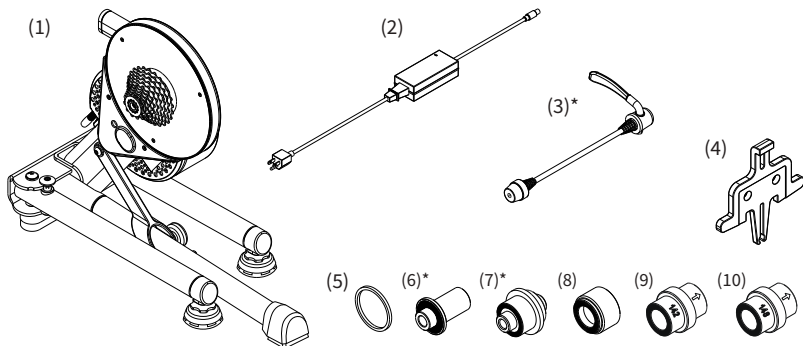
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10am-7pm Eastern Time Zone

UNPACKING

- | | |
|---|---|
| (1) KICKR | (7) Adapter B - Reversible hub spacer for 130mm and 135mm Quick Release |
| (2) AC Power Adapter | (8) Adapter C - For 12x142 and 12x148 Thru Axle |
| (3) Quick Release Skewer | (9) Adapter D - 12x142 Thru Axle |
| (4) Disc Brake Caliper Spacer | (10) Adapter E - 12x148 Thru Axle |
| (5) 1.8mm Spacer | |
| (6) Adapter A - For 130mm and 135mm Quick Release | |



* These items come preinstalled on the KICKR

P **PROTIP:** Save all packaging and protective material for transportation and storage.

KICKR SETUP

Place your KICKR on a stable, level surface and open the legs by (1) pressing down on the blue leg-lock tabs and (2) pivoting the legs outward until they snap in place. *(NOTE: Ensure the leg-lock tabs have popped back up and secured the legs in an open position.)*

(3) Use the included AC power adapter to connect the trainer to a standard wall outlet.



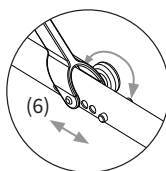
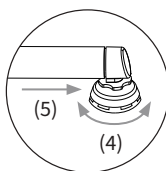
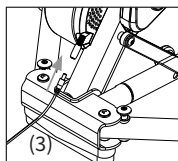
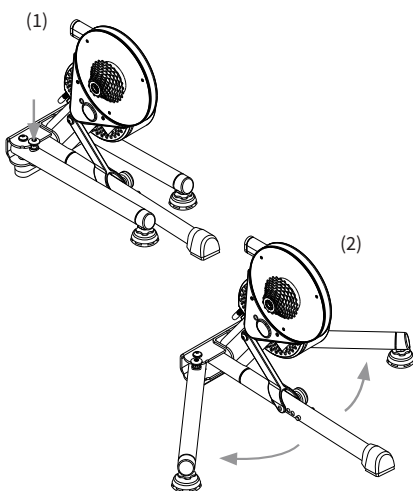
Download the Wahoo Fitness app for free from the Apple App Store or from the Android Google Play Store.

Follow the in app setup guide to complete your profile and to pair sensors.

To stabilize the trainer, adjust the two leveling feet (4) by twisting them left or right until the trainer is level and (5) lock them into place by tightening the blue locknuts against the KICKR leg frame.

⚠ WARNING Check that your trainer is stable before every ride; if needed re-adjust the leveling feet.

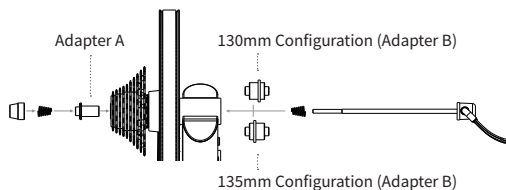
Adjust the height of the trainer to fit your specific wheel size by (6) relocating the height adjustment knob on the center leg to the appropriate setting. If you are unsure of your wheel size, check the tire sidewall or consult your local bike shop.



FOR 130MM OR 135MM QUICK RELEASE

Adapters Needed: A and B

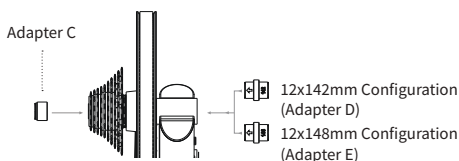
KICKR comes pre-configured out of the box for bicycles with 130mm quick release spacing. If you have a bicycle with 130mm spacing proceed to "Attaching your Bicycle". For 135mm spacing, remove quick release skewer, reverse Adapter B and reinstall quick release skewer.



FOR 142MM OR 148MM THRU AXLE

Adapters Needed: C and D or E

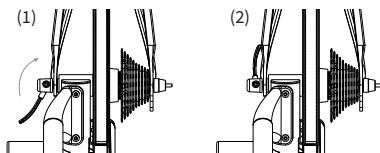
To be used with the 12mm thru axle supplied with bicycle.



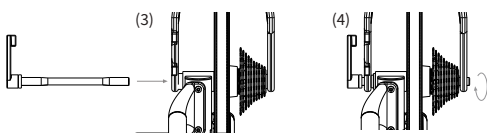
ATTACHING YOUR BICYCLE

Shift your bicycle chain into the smallest sprocket in the front and rear, then remove your rear wheel. Install your bicycle on the KICKR by aligning the chain with the smallest sprocket on the KICKR and pressing down to fully seat the dropouts on the KICKR's axle.

For bicycles with quick release - Secure your bicycle by tightening the quick release acorn nut and clamping the quick release lever shut. The quick release lever is "open" when it curves away from the bicycle frame (1); the lever is "closed" when it curves towards the bicycle frame (2). The handle of the quick release skewer is always on the non-drive (non cassette) side of the KICKR. Only use the provided quick release skewer while using the KICKR.



For bicycles with thru axle - Secure your bicycle by reinstalling your bicycle's thru axle (3) and tightening to manufacturer specifications (4).



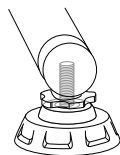
WARNING Failure to properly tighten the quick release skewer or thru axle may result in property damage, including damage to the attached bicycle, or personal injury. If you are unsure of the proper tension, please consult your local bike shop or contact Wahoo Fitness for assistance. Do NOT ride the KICKR until the quick release skewer or thru axle is properly tightened.

P

PROTIP: Lift the front wheel up while pressing down on the saddle to ensure the bicycle is fully seated on the trainer.

AXIS FEET ADJUSTMENT

KICKR's integrated AXIS feet let cyclists of all types customize ride feel to match their unique riding style, enhance feedback and offer a more realistic training experience.



Step 1: Unthread "outrigger" feet

Step 2: Remove top cap (part between blue lock right and base of the foot)

Step 3: Install desired top cap



Failure to select the appropriate top cap for your weight may result in property damage or personal injury. Do NOT ride the KICKR until the appropriate top

0-140 lbs (0 – 63 kg)	Use smallest diameter cap
141-180 lbs (63 – 81 kg)	Use middle cap (installed by default)
181 lbs +	Use largest diameter cap

COMPLETE YOUR SETUP USING THE WAHOO FITNESS APP

START A WORKOUT: From the workout screen select the green "Start" button to begin the workout. Swipe right to view the KICKR page. This page enables you to view your workout and control the KICKR.

KICKR WORKOUT MODES:

The Wahoo Fitness App has the following workout modes that you can use to control your KICKR:

LEVEL: Just like riding on a fluid or wind trainer, the faster you go, the harder it gets. The level you select determines the progression of your power curve.

RESISTANCE: This allows you to set the resistance of the brake anywhere from 0 to 100%. Regardless of speed, the brake will remain set until you decide to change it.

ERG: Set your desired power, the KICKR will increase or decrease the resistance to maintain a constant power output, regardless of speed.

SIM: Enter your weight, bike type, riding position, headwind, and grade and the KICKR will accurately model the power curve just as if you were riding outdoors.

COMPATIBILITY

From your phone, tablet or laptop to your bike computer, heart rate monitor or bike sensors, KICKR Smart Trainers offer the widest range of compatibility and connectivity.

- iOS must be running version 11 or newer
- Android 5.1 or newer and BLE enabled
- Mac requires ANT+ USB Stick or BLE enabled
- Windows PC when paired with ANT+ USB Stick or BLE enabled

For a full list of KICKR compatible apps visit: www.wahoofitness.com/fitness-apps#kickr

PRECAUCIÓN

- Consulte con su médico antes de comenzar o de modificar cualquier programa de ejercicios.
- No ponga manos ni objetos cerca de las partes móviles de la KICKR.
- La KICKR puede volverse caliente al tacto cuando se utiliza por períodos prolongados.
- No intente bajarse de la bicicleta mientras el volante esté en movimiento.
- Mantenga a los niños y a las mascotas lejos de la KICKR mientras esté en uso.
- Utilice solamente la KICKR sobre una superficie estable y nivelada, y con las patas niveladoras ajustadas apropiadamente.
- Tenga precaución mientras se ponga de pie sobre la KICKR.
- No moje la KICKR.
- Utilice solo la fuente de energía proporcionada con la KICKR.
- Revise que la bicicleta haya sido asegurada adecuadamente a la KICKR antes de cada uso.

¡Gracias por adquirir la Wahoo KICKR!

CONOZCA MÁS:

Sobre videos tutoriales, aplicaciones compatibles, preguntas frecuentes, o para enviar una solicitud de asistencia, sírvase visitar: www.wahoofitness.com/support

PARA CUALQUIER DUDA O ACLARACIÓN, SÍRVASE CONTACTARNOS AL:

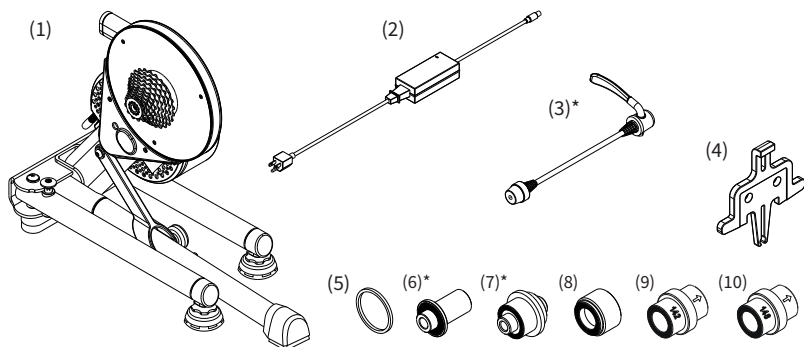
Wahoo Fitness
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Atlanta, GA 30342 United States

TELÉFONO:

Estados Unidos: 1-877-978-1112
Alemania: +49-30-568-373827
Reino Unido: +44-800-808-5773
Horario de atención: de lunes a viernes de 10 am a 7 pm, hora del Este de Norteamérica

DESEMBALAJE

- | | |
|---|--|
| (1) KICKR | (7) Adapter B - Espaciador de eje reversible para liberación rápida de 130mm y 135mm |
| (2) Adaptador de corriente AC | (8) Adapter C - Para 12x142 y 12x148 a través del eje |
| (3) Palanca de liberación rápida | (9) Adapter D - Reversible hub spacer for 12x148 Thru Axle |
| (4) Espaciador calibrador de freno de disco | (10) Adapter E - Reversible hub spacer for 12x148 Thru Axle |
| (5) Espaciador de 1.8mm | |
| (6) Adapter A - Para liberación rápida de 130mm y 135mm | |




* Estos elementos vienen preinstalados en la KICKR

P **PIEZAS PEQUEÑAS:** guarde todo el material de embalaje y de protección para transporte y almacenamiento.

KICKR INSTALACIÓN

Sitúe su KICKR sobre una superficie estable y plana, abra las patas (1) presionando las pestañas azules de bloqueo de las patas y (2) girando las patas exteriores hasta que queden en su lugar. (NOTA: asegúrese que las pestañas de bloqueo han botado hacia arriba y mantenga las patas en la posición de abierto.)

 (3) Utilice el adaptador AC proporcionado para conectar el entrenador a la toma de corriente estándar.

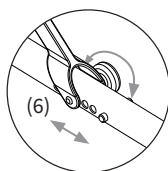
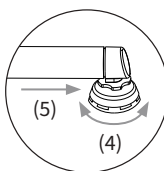
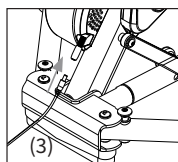
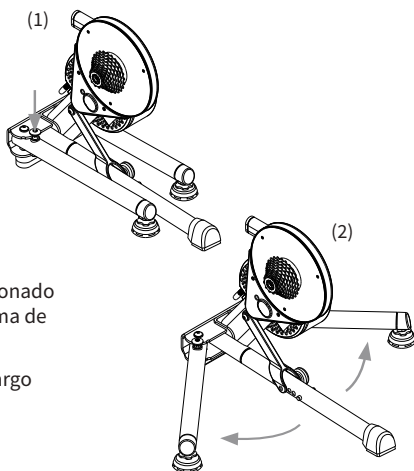
Descargue la aplicación Wahoo Fitness sin cargo desde el App Store o Google Play.

Siga la guía de configuración integrada para completar su perfil y enlazar sensores.

Para estabilizar el entrenador, ajuste las dos patas niveladoras (4) girándolas hacia la izquierda o hacia la derecha, hasta que el entrenador esté nivelado y (5) asegúrelas en su posición apretando las tuercas azules contra la montura de la pata de la KICKR.

⚠ ADVERTENCIA asegúrese que su entrenador esté estable antes de cada uso; en caso de ser necesario, reajuste las patas niveladoras.

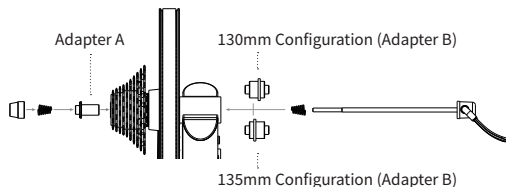
Ajuste la altura del entrenador al tamaño de rueda específica (6) reubicando la perilla de ajuste de altura en la pata central a la altura correcta. Si no está seguro de cuál es el tamaño de su rueda, revise la pared lateral de la rueda o consulte en su tienda de bicicletas más cercana.



PARA LIBERACIÓN RÁPIDA DE 130 MM O 135 MM

Adapters Needed: A and B

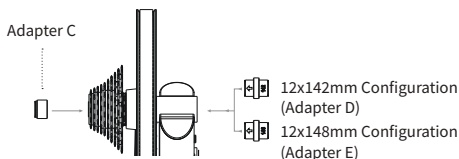
KICKR viene preconfigurada de fábrica para bicicletas con separador de liberación rápida de 130 mm. Si usted posee una bicicleta con una separación de 130 mm, consulte “Montaje de la bicicleta”. Para una separación de 135 mm, retire el tornillo de liberación rápida, invierta Adapter B y vuelva a instalar el tornillo de liberación rápida.



PARA EJES DE 142 MM O 148 MM

Adapters Needed: C and D or E

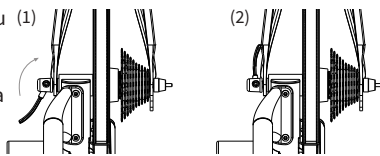
Para usar con el eje de 12 mm provisto con la bicicleta.



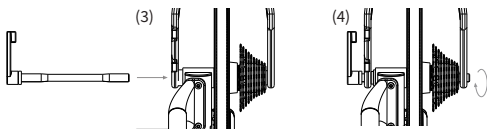
MONTAJE DE LA BICICLETA

Cambie la cadena de la bicicleta al piñón más pequeño en el frente y atrás, luego retire la rueda trasera. Instale su bicicleta en el KICKR alineando la cadena con el piñón pequeño del KICKR y presionando hacia abajo para encajar completamente en el eje KICKR's.

Para bicicletas con liberación rápida: asegure su bicicleta ajustando la tuerca ciega de liberación rápida y sujetando la palanca de cierre para l liberación rápida. La palanca de liberación rápida está “abierta” cuando hace una curva hacia afuera del marco de la bicicleta (1); y está “cerrada” cuando se curva hacia el marco de la bicicleta (2). El mango de la broqueta de liberación rápida está siempre del lado opuesto al piñón de KICKR. Sólo utilice la broqueta mientras usa KICKR.



Para bicicletas con eje: asegure su bicicleta volviendo a instalar el eje (3) de la misma y siguiendo estrictamente las especificaciones del fabricante (4).



ADVERTENCIA Si no aprieta correctamente el pincho de liberación rápida o el eje pasante, se pueden producir daños a la propiedad, incluidos daños a la bicicleta adjunta o lesiones personales. Si no está seguro de la tensión adecuada, consulte a su tienda local de bicicletas o comuníquese con Wahoo Fitness para obtener ayuda. NO monte el KICKR hasta que la broqueta de liberación rápida o el eje pasante estén bien apretados.

P

IMPORTANTE: levante la rueda frontal mientras presiona el asiento para asegurarse de que la bicicleta se encuentre bien insertada en el entrenador.