

# 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](http://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

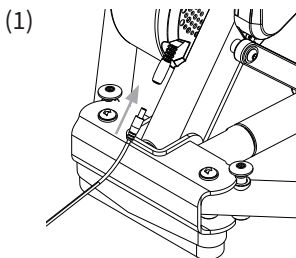
See full instructions for complete setup.

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

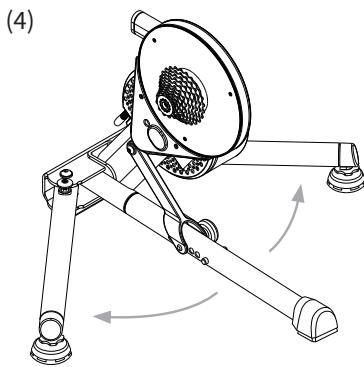
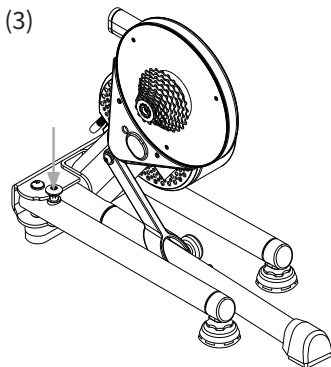
**Simplified Chinese:** 查看完整设置的全面操作说明

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

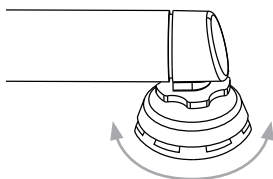
**Japanese:** 完全なセットアップについての完全な説明を参照



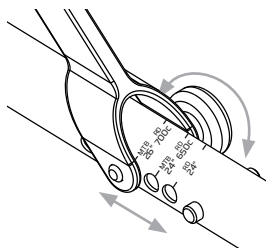
For the best setup experience download the Wahoo Fitness App by scanning the QR Code.



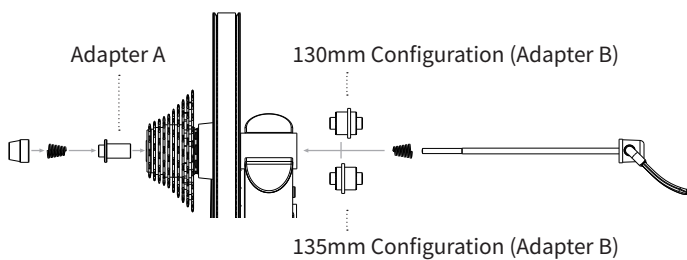
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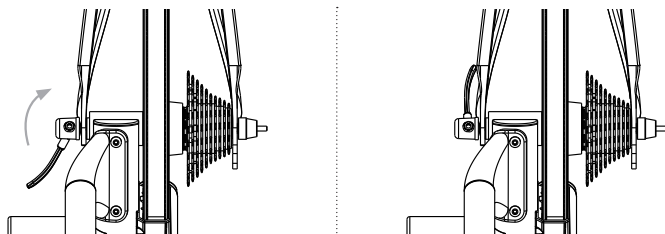
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(7a)

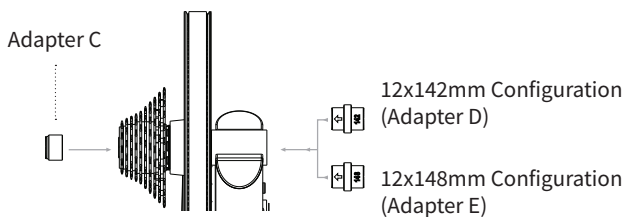


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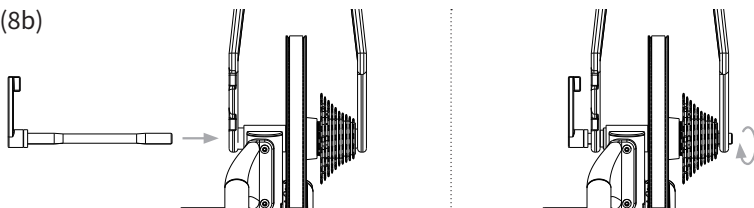


OR

(7b)



(8b)



**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](http://www.wahoofitness.com/support)

### PLEASE CONTACT US WITH QUESTIONS OR CONCERNS AT:

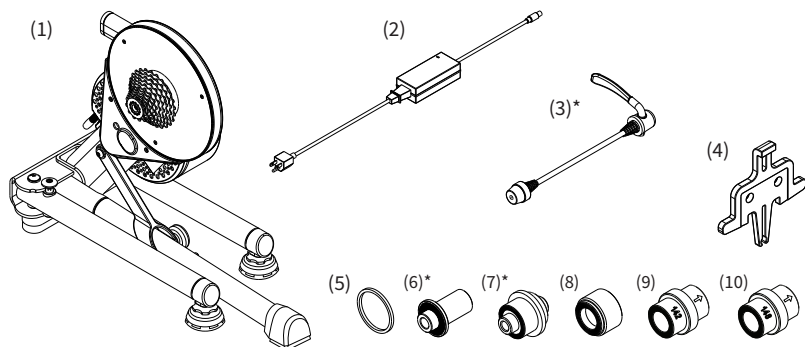
Wahoo Fitness  
90 W. Wieuca Rd NE  
Suite 110  
Atlanta, GA 30342 United States

### TELEPHONE:

**United States:** 1-877-978-1112  
**Germany:** +49-30-568-373827  
**United Kingdom:** +44-800-808-5773  
**Phone Hours:** Monday - Friday  
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.



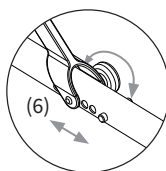
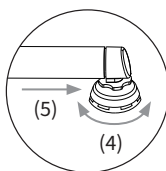
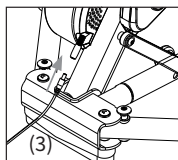
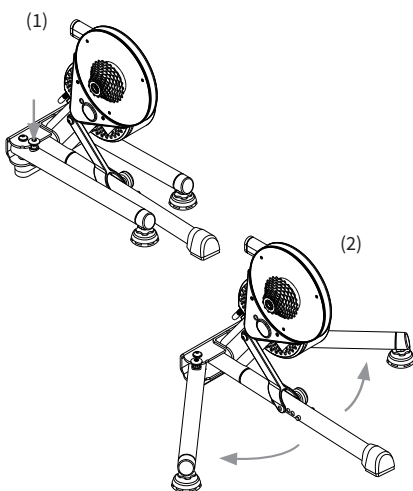
Download the Wahoo Fitness app for free from the Apple App Store or from the Android Google Play Store.

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.

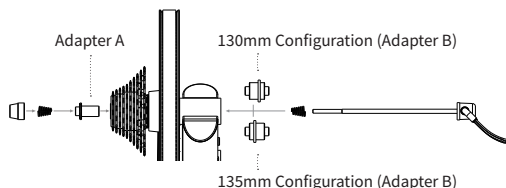
Adjust the height of the trainer to fit your specific wheel size by (6) relocating the height adjustment knob on the center leg to the appropriate setting. If you are unsure of your wheel size, check the tire sidewall or consult your local bike shop.



## FOR 130MM OR 135MM QUICK RELEASE

**Adapters Needed: A and B**

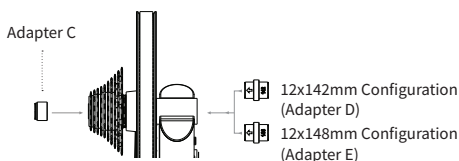
KICKR comes pre-configured out of the box for bicycles with 130mm quick release spacing. If you have a bicycle with 130mm spacing proceed to "Attaching your Bicycle". For 135mm spacing, remove quick release skewer, reverse Adapter B and reinstall quick release skewer.



## FOR 142MM OR 148MM THRU AXLE

**Adapters Needed: C and D or E**

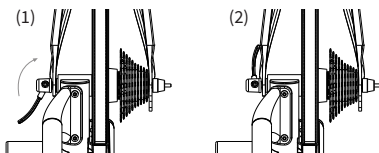
To be used with the 12mm thru axle supplied with bicycle.



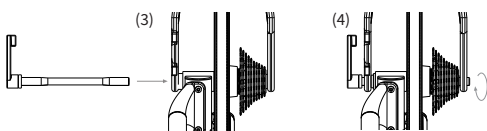
## ATTACHING YOUR BICYCLE

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).

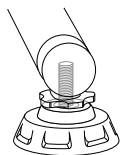


**WARNING** Failure to properly tighten the quick release skewer or thru axle may result in property damage, including damage to the attached bicycle, or personal injury. If you are unsure of the proper tension, please consult your local bike shop or contact Wahoo Fitness for assistance. Do NOT ride 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](http://www.wahoofitness.com/fitness-apps#kickr)

**FCC Statement**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

**FCC Radiation Exposure Statement:**

The equipment complies with FCC Radiation exposure limits set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.



## IC Statement

- English: This device complies with Part 15 of the FCC Rules [and contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS standard(s)]. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3 (B).

-French: L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

-(1) l'appareil ne doit pas produire de brouillage, et

-(2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

## RF Exposure Statement

This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.