

USERMANUAL

Download Our App



Wahoo Fitness is a running, cycling and fitness app that harnesses the awesome power of the iPhone to transform the way you ride, run and reach your training and fitness goals.

Product Information

The KICKR SNAP Bike Trainer is an indoor wheel-on design bike trainer that allows you to connect wirelessly via Bluetooth 4.0 or ANT+ technology to your smartphone, tablet or computer. The trainer can be controlled in a variety of ways to provide you with the indoor workout that suits your needs while simulating a realistic road feel.

iOS

This product is designed for use on the iPhone 4s and newer, iPad 3rd gen and newer, iPad mini, iPad Air, and iPod 5th gen and newer.

NOTE: iPhone 3GS & 4, iPad 1&2 are compatible with the Wahoo Key

Android

This product is designed for use with Android devices compliant with the Bluetooth 4.0 protocol running version 4.3 or newer & must allow Third Party App Access to the Bluetooth 4.0 (Smart) Radio.

Wahoo Fitness has not tested complete compatibility with all Android devices matching this description. Please download the app from the Google Play Store to ensure that it installs on your device before purchasing a product.

The KICKR SNAP can be used in conjunction with:

- Apple Mac computers (with Bluetooth 4.0)
- Windows PC machines (with an ANT+ USB stick).

BIKE COMPATIBILITY:

- Hub Width: 130 mm (road) or 135 mm (mountain)
- Rear Axle: Quick Release

26" MTB / 700c RD / 650c MTB

29" MTB

The Wahoo KICKR SNAP is compatible or adaptable with almost all bike styles and types. Exclusions may include various single speed bikes, track bikes, recumbent bikes and through-axle bikes (12x142mm through-axles can be adapted, other sizes cannot). Contact Support if you're not sure if your bike is compatible or able to be adapted.

This product is shipped with the following:

- KICKR SNAP
- Front wheel block
- Power cord
- Power brick
- Quick release skewer
- Quickstart guide

Setup

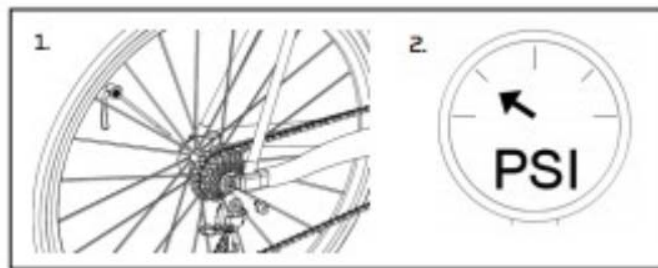
This setup guide is intended to assist with installing your bike on your KICKR SNAP and pairing to the Wahoo Fitness app.

Setting up the KICKR SNAP:

1. When removed from the box, the KICKR SNAP will have the legs folded to minimise size for transportation and storage. Select a stable, level surface with sufficient room to seat the bike on the KICKR SNAP. Retain any packaging for future storage or transport.
2. Open the legs by pivoting the legs outward until they are fully extended.
3. Use the included AC power adapter to connect the trainer to a standard 120v wall outlet.

Preparing your bike for attachment to the KICKR SNAP:

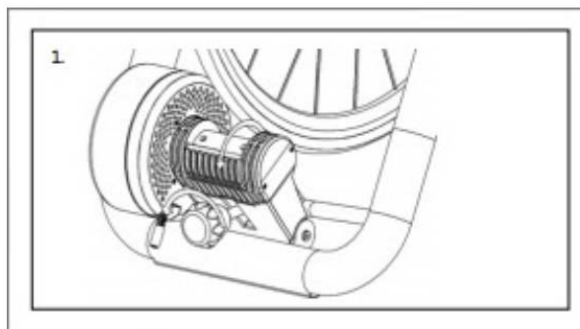
1. Remove your existing quick release skewer from the rear wheel of the bicycle and install the quick release skewer included with the KICKR SNAP. The quick release skewer lever should be installed on the non-drive side of the bicycle. Bicycles using the 12x142mm standard will require our adaptor kit (sold separately). **WARNING:** Failure to use the included quick release skewer may result in damage and injury.
 - Step 1: Push open the quick release lever. This will loosen the skewer. Locate the cap at the opposite end of the skewer, and unscrew. Continue unscrewing the cap until it is completely detached from the skewer threads.
 - Step 2: Pull the skewer straight out by pulling on the quick release lever.
 - Step 3: Insert the trainer skewer into the wheel with the quick release lever facing the left side of the bicycle. Put the spring on with the smaller end aiming toward the wheel. Gently compress the spring with the cap, and slowly turn the cap just enough to get it attached without falling off. Put the wheel into the dropouts, and finish tightening the cap.
2. Inflate the bicycle's rear tire to the manufacturer's recommended tire pressure. (1)



You are now ready to attach your bike to the KICKR SNAP.

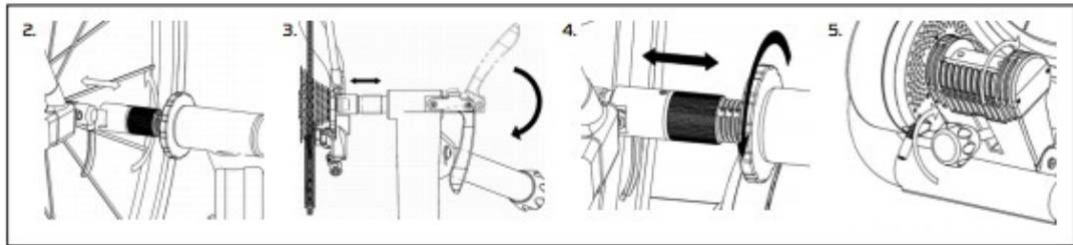
Attaching your bike to the KICKR SNAP:

1. Begin by loosening the roller to provide space to allow proper alignment of the KICKR SNAP's clamping mechanism with the bicycle's quick release skewer. In addition, open the blue handle to open the clamping mechanism.



2. Place your bike between the KICKR SNAP's clamping mechanism and align the non-drive side quick release skewer lever with the KICKR SNAP's non-drive side clamp.

3. Close the KICKR SNAP's clamping mechanism by pulling the blue clamp lock handle down. The clamping mechanism should fully engage the end of the skewer when the blue clamp handle is located at approximately the 4 o'clock position. The bicycle should be secured in the clamp and the bicycle's tire is centered on the roller.
4. If the blue clamp handle feels too difficult to close, adjust the non-drive side screw away from the bike and try again. If upon closing the blue clamp handle, the bicycle is not clamped securely, adjust the non-drive side clamp towards the bike and try again. Once the bicycle is properly secured, adjust the non-drive side lock ring to lock the bicycle in the trainer clamp. CAUTION: Do not over-tighten to prevent damage.
5. Tighten the roller against the bicycle's tire to prevent tire slip. To set the correct roller tension against the tire, use your hand to hold the flywheel stationary and attempt to rotate the bicycle wheel with your other hand. The correct tension is set when the bicycle tire does not slide or slip. We recommend 2 full rotations of the blue knob and then checking the tire for slippage, the tire should not slip during use. If you experience slip during use, increase the tension on the tire a quarter turn at a time.



How to Pair your KICKR SNAP to the Wahoo Fitness app (iOS):

1. Download the Wahoo Fitness app from the App Store.
2. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
3. Plug in your KICKR SNAP Bike Trainer. No need to "wake" your KICKR SNAP; once plugged in, the KICKR SNAP does not go to "sleep".
4. Select "Sensors" in the bottom left corner.
5. Select "Add New Sensor".
6. Choose your KICKR SNAP from the list of available sensors.*
7. Once certain you are connected to the correct sensor, select "Save Sensor".
8. Choose the workout profiles you would like your KICKR SNAP to be active for (ex. Indoor Bike Trainer).
9. Select "Done" to complete the pairing & workout selection process.
10. Select "Done" in the top left hand corner to exit the Sensors menu.

How to Pair your KICKR SNAP to the Wahoo Fitness app (Android):

1. Download the Wahoo Fitness app from the Google Play Store.
2. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
3. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
4. Select “Saved Devices” in the top right corner.
5. Select the plus “+” icon to add a new sensor.
6. Choose your KICKR SNAP from the list of available sensors.
7. Enter your Wheel Circumference if it is different to the default listed.
8. Once certain you are connected to the correct sensor, select “Save Device”.
9. Choose the workout profiles you would like your KICKR SNAP to be active for (ex. Indoor Bike Trainer).
10. Select “Ok” to complete the pairing & workout selection process.
11. Use the Back button to exit the menus and return to the Home Screen.

Your KICKR SNAP is now set up and ready for action.** To use your KICKR SNAP, start a workout with one of the profiles you paired it with. Scroll to the right-most screen to access the KICKR SNAP controls. The Wahoo Fitness app will remember this pairing in the future. You simply need to start a new workout to begin recording data!

1. If a firmware update is available for your sensor, the Wahoo Fitness app will now prompt you to proceed with performing an update. If you do not, the update may be performed later. Sensors with updates available will appear in the menu of Saved Sensors marked with a badge to indicate the update is available but not installed.

If this is the first time you are using a KICKR SNAP, you should now perform an Advanced Spindown to calibrate your device. For maximum accuracy we do recommend you follow the basic spin down procedure before every ride by following the instructions in the Wahoo Fitness App

How to Perform an Advanced Spindown and Standard Spindown (Calibration) on your KICKR SNAP (iOS):

Advanced Spindown Procedure

1. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
2. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
3. Select “Sensors” in the bottom left corner.
4. Select the KICKR SNAP from the list of saved sensors.
5. Select “Spindown”.
6. Select “Perform Advanced Spindown” and follow the instructions on screen.

Standard Spindown Procedure

1. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
2. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
3. Select “Sensors” in the bottom left corner.
4. Select the KICKR SNAP from the list of saved sensors.
5. Select “Spindown”.
6. Select “Perform Spindown” and follow the instructions on screen.

Note: Your standard spindown time should be between 9-16 seconds. If your spindown time is less than 9 seconds you will need to loosen the tension of the roller, if your time is above 16 seconds you will need to tighten the tension of the roller. After every roller adjustment perform another standard spindown.

How to Perform an Advanced Spindown and Standard Spindown (Calibration) on your KICKR SNAP (Android):

Advanced Spindown Procedure

1. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
2. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
3. Select the sensors icon in the upper right corner of the app.
4. Select the saved KICKR SNAP
5. Select “Spindown”
6. Select the “Advanced”
7. Follow the instructions on the screen.

Standard Spindown Procedure

1. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on.
2. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
3. Select the sensors icon in the upper right corner of the app.
4. Select the saved KICKR SNAP
5. Select “Spindown”
6. Select the “Standard”
7. Follow the instructions on the screen.

Note: Your standard spindown time should be between 9-16 seconds. If your spindown time is less than 9 seconds you will need to loosen the tension of the roller, if your time is above 16 seconds you will need to tighten the tension of the roller. After every roller adjustment perform another standard spindown.

Workout Basics

Starting your Workout (iOS):

1. Make sure the device has Bluetooth turned on so it can communicate with your KICKR SNAP.
2. Select what kind of workout you wish to do from the list of workout types using the slider.
3. Select if you wish to have Audio Announcements turned on or off.
4. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
5. Make sure the KICKR SNAP is synced to your device. It will appear in the list of Linked Sensors for that workout profile with an indication of signal strength shown on the far right when it is connected to your device.
6. Select the green “Start” button to begin the workout. You can now start your ride. Swipe right until the end of the screens to view the KICKR SNAP page. This page enables you to view your workout and control the KICKR SNAP.

During your Workout (iOS):

To view your workout screens: Swipe left or right to navigate through the screens available for the given workout type. The number and position of the screens is indicated by the grey line of circles displayed above the lap button. The screens to the far left of the default screen are for GPS tracking and operate your music playlist, the screens to the right are customisable and will reflect the data you have selected to display for that workout.

KICKR SNAP users: Swipe right until the end of the screens to view the KICKR page. This page enables you to view your workout and control the KICKR SNAP. Depending on your preference, there are four options:

1. Level mode: Use the “-“ & “+” buttons to change the power curve. Increasing numbers increases the grade, to a maximum of 4.5%. Using this option is similar to a fluid or wind trainer, the faster you pedal, the harder it gets.
2. Resistance mode: Use the “-“ & “+” buttons to change the resistance. Increasing numbers increases the resistance, to a maximum of 100%. Using this option is similar to adjusting the brake on a stationary bike. Regardless of speed, the brake will remain set until you adjust it.
3. ERG mode: Use the “+” & “-“ buttons to select your preferred power output. Using this option will cause the KICKR SNAP to increase/decrease resistance in order to produce a constant power output, regardless of speed. e.g. If your cadence drops, resistance will increase to enable the same power output.
4. Sim mode: Enter your slope (grade), wind speed (headwind) and your bike type to simulate the power curve associated with those factors in an outdoor ride. Ensure that your weight and tire size has been set up in order to ensure accurate power calculations (Wheel Circumference is accessible in: Saved Sensors>KICKR menu, & your weight can be edited in: Settings>My Details menu).

ENDING YOUR WORKOUT (iOS):

1. To end your workout, simply select the red “Pause” button.
2. Select the red “Stop” button and either a) Discard Workout b) Save Workout or c) Return to Workout.
3. If you elect to finish the workout, the Wahoo Fitness app will now display a summary of your workout. For your safety, wait until the flywheel comes to a stop before dismounting.

Starting your Workout (Android):

1. Make sure the device has Bluetooth turned on so it can communicate with your KICKR SNAP.
 2. Select what kind of workout you wish to do from the list of workout types using the slider.
 3. Use the Pencil icon to make changes to your workout if required. e.g. Select to edit the Audio Announcements.
 4. Select the green “Play” button to open a new workout.*
 5. Plug in your KICKR SNAP Bike Trainer. No need to “wake” your KICKR SNAP; once plugged in, the KICKR SNAP does not go to “sleep”.
 6. Make sure the KICKR SNAP is synced to your device. It will appear in the list of Linked Sensors for that workout profile with an indication of signal strength shown on the far right when it is connected to your device (button located in the top right corner).
 7. Select the green “Start” button to begin the workout. You can now start your ride. Swipe right until the end of the screens to view the KICKR page. This page enables you to view your workout and control the KICKR SNAP.
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1. If a firmware update is available for your sensor, the Wahoo Fitness app will now prompt you to proceed with performing an update using the Wahoo Utility app. If you do not, the update may be performed later. The free Wahoo Utility app is required to perform firmware updates and is available from the Google Play Store.

During your Workout (Android):

To view your workout screens: Swipe left or right to navigate through the screens available for the given workout type. The position of the screens is indicated by the blue line displayed above the lap button. The screen to the left of the default screen is for GPS tracking (if available); the screens to the right are customisable and will reflect the data you have selected to display for that workout.

KICKR SNAP users: Swipe right until the end of the screens to view the KICKR page. This page enables you to view your workout and control the KICKR SNAP. Depending on your preference, there are four options:

1. Level mode: Use the “-“ & “+” buttons to change the power curve. Increasing numbers increases the grade, to a maximum of 4.5%. Using this option is similar to a fluid or wind trainer, the faster you pedal, the harder it gets.
2. Resistance mode: Use the “-“ & “+” buttons to change the resistance. Increasing numbers increases the resistance, to a maximum of 100%. Using this option is similar to adjusting the brake on a stationary bike. Regardless of speed, the brake will remain set until you adjust it.

3. ERG mode: Use the “+” & “-“ buttons to select your preferred power output. Using this option will cause the KICKR SNAP to increase/decrease resistance in order to produce a constant power output, regardless of speed. e.g. If your cadence drops, resistance will increase to enable the same power output.
4. Sim mode: Enter your slope (grade), wind speed (headwind) and your bike type to simulate the power curve associated with those factors in an outdoor ride. Ensure that your weight and tire size has been set up in order to ensure accurate power calculations (Wheel Circumference is accessible in: Saved Devices>KICKR menu, & your weight can be edited in: Settings>User Details menu).

ENDING YOUR WORKOUT (Android):

1. To end your workout, simply select the red “Pause” button.
2. Select the red “Stop” button and either a) Discard b) Save or c) Cancel.
3. If you elect to save & finish the workout, the Wahoo Fitness app will now display a summary of your workout. For your safety, wait until the flywheel comes to a stop before dismounting.

For more information: Please refer to the instructions page for the Wahoo Fitness app.

WANT TO CONNECT TO ANOTHER APP ?

This product is compatible with a number of third party apps. However, each app connects to sensors a little differently. As a general rule: Open the compatible app you would like to use and find the settings. Look for "connect to sensor" or another similar option. You must connect each sensor separately for each app you use.

NOTE: Bluetooth devices can only pair to one app at a time. Make sure to close any background apps that may be using the sensor before connecting to a new app.

Troubleshoot

Use the Wahoo Utility app to test your hardware for connectivity issues (iOS):

1. Download the Wahoo Utility app from the App Store.
2. Open the Wahoo Utility app.
3. Select “Test Bluetooth 4.0 Sensors”. Make sure you have Bluetooth turned on & your device is turned on.
4. Select “KICKR”. The Wahoo Utility will now try to connect to the sensor. The Wahoo Utility should now connect to your sensor & display information regarding sensor data and the firmware version to confirm connectivity. You may use the “Control KICKR” function to establish whether the software control is working.
5. If you wish, select “Init Spindown” and the Wahoo Utility can now be used to perform a Spindown calibration .
6. Close the Wahoo Utility app to disconnect the pairing when finished testing.

NOTE: If a firmware update is available for your sensor, the Wahoo Utility app will prompt you to proceed with performing an update. Apply updates when available to improve the performance of your sensor.

Still having trouble? [Contact support for more information.](#) If you use the Settings>Info+Help>Email Us function from within the Wahoo Fitness app it will attach a log with your query to better help us answer your questions.

Use the Wahoo Utility app to test your hardware for connectivity issues (Android):

1. Download the Wahoo Utility app from the Google Play Store.
2. Open the Wahoo Utility app. "Discover Devices" will immediately try to discover your sensor device. Make sure you have Bluetooth & your device turned on.
3. Select "KICKR SNAP". The Wahoo Utility will now try to connect to the sensor.
4. The Wahoo Utility should now connect to your sensor & display information regarding sensor data and the firmware version to confirm connectivity.
5. If required, use the "Start Spindown" option to perform a Spindown calibration.
6. Close the Wahoo Utility app to disconnect the pairing when finished testing.

NOTE: If a firmware update is available for your sensor, the Wahoo Utility app will display an "Upgrade Firmware" button. Apply updates when available to improve the performance of your sensor.

Still having trouble? [Contact support for more information.](#) If you use the Settings>Info+Help>Send support email function from within the Wahoo Fitness app it will attach a log with your query to better help us answer your questions.

Design Specifications:

- Wireless technology: ANT+ and Bluetooth 4.0
- Devices: iOS / Android / PC (Mac and Windows)
- Resistance type: Electromagnetic
- Accuracy: +/- 5%
- Wireless software updates: Yes
- 3rd party power meter support: No
- Metrics: Speed, power, distance
- Wheel size: 24", 650c, 700c, 27.5", 29"
- Hub types: 130mm, 135mm
- Drivetrain: N/A
- Front wheel block: Included
- Total weight: 38 lbs (17.2kg)
- Footprint (legs open): 29" x 26" (74cm x 66cm)
- Warranty: 1 year

Product Care Information:

Should the KICKR SNAP require cleaning, use a moist soft cloth or similar to remove any debris. Strong cleaning agents are not recommended, as this may damage the device or reduce its lifespan.

Product Warranty & Returns:

For information on the Wahoo Returns Policy or for product Warranty details:

<http://www.wahoofitness.com/returns-and-warranty>

FCC STATEMENT :

This device 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.

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

NOTE: 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.