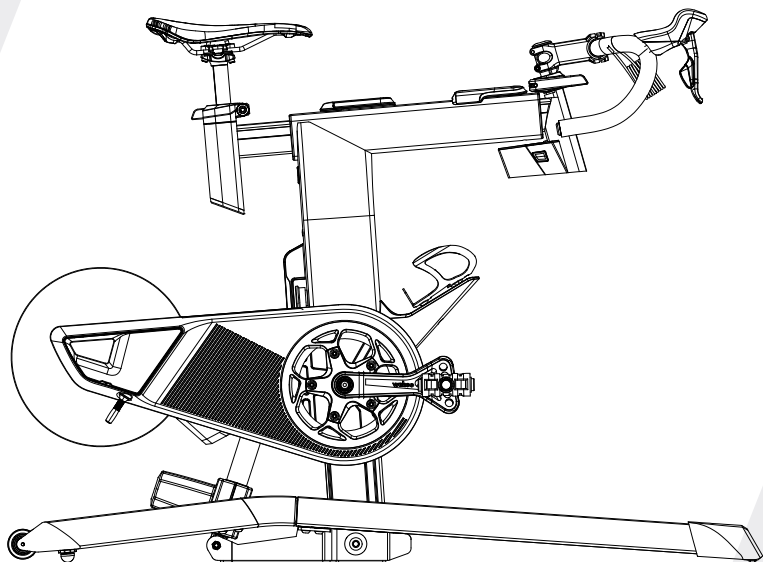


KICKRBIKE

QUICK START GUIDE AND INSTRUCTIONS



wahoo

KICKR CORE Quick Setup

See full instructions for complete setup.

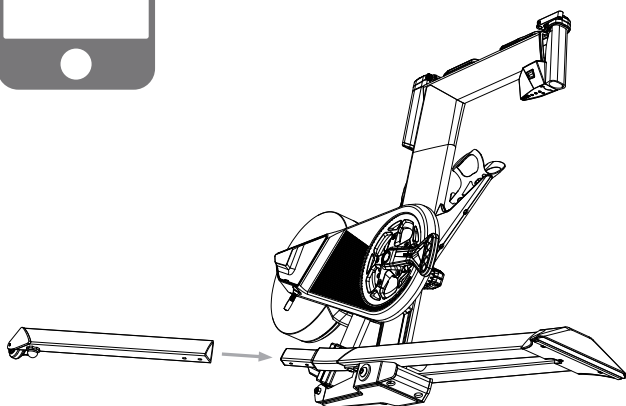
(1)



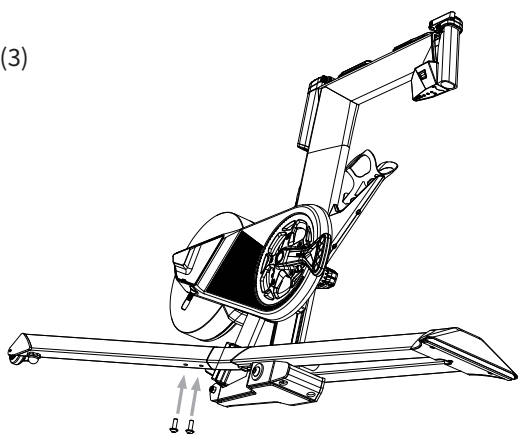
Download
the Wahoo
app



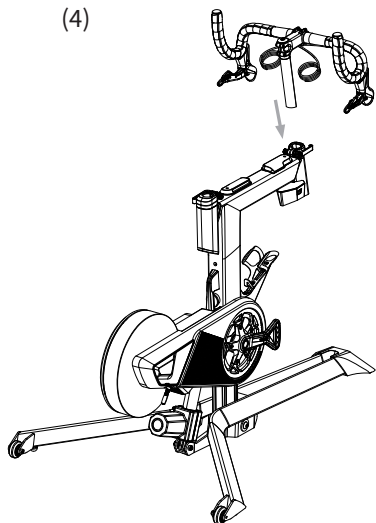
(2)



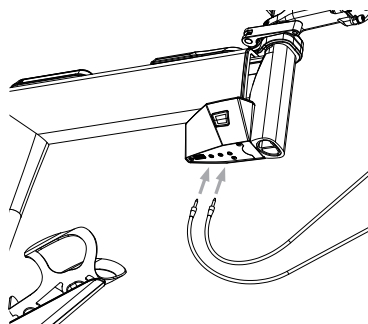
(3)



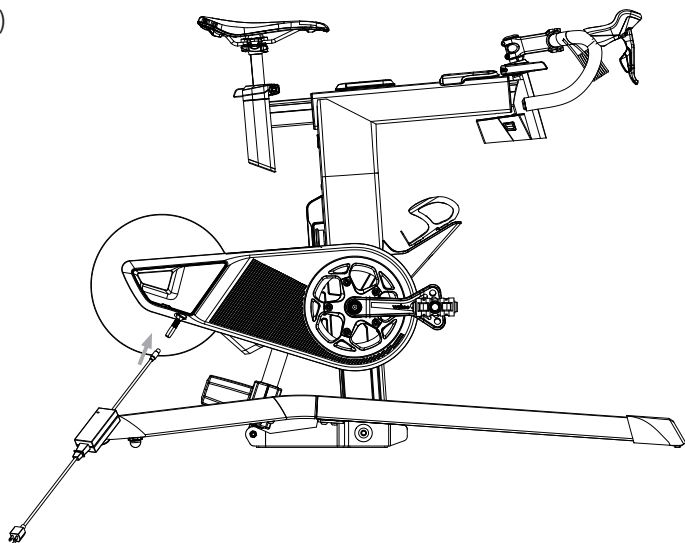
(4)



(5)



(6)



Thank you for purchasing the Wahoo KICKR BIKE!

DOWNLOAD THE WAHOO APP FOR ESSENTIAL NEW PRODUCT UPDATES AND OPTIMIZED PERFORMANCE

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:

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

TELEPHONE:

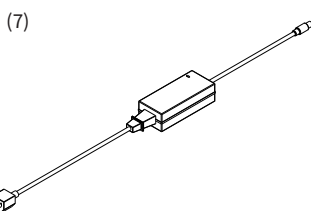
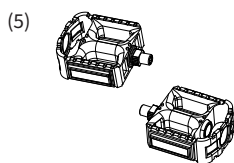
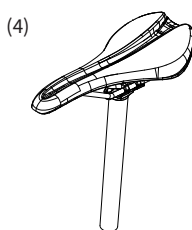
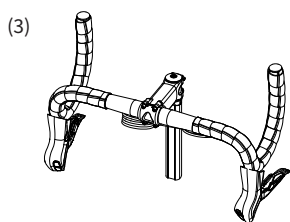
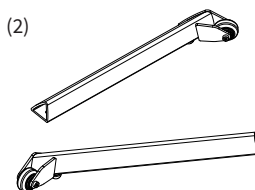
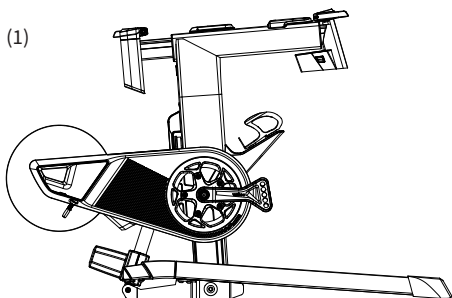
United States: 1-877-978-1112
Germany: +49-30-568-373827
United Kingdom: +44-800-808-5773
Phone Hours: Monday - Friday
10am-7pm Eastern Time Zone

CAUTION!

- Before beginning or modifying any exercise program please consult your physician.
- Please read all safety information before assembly and use of the KICKR BIKE. Keep this manual for future reference.
- Ensure proper understanding of assembly instructions before the KICKR BIKE is assembled and used.
- Improper and/or incomplete assembly and operation will cause accidents that could result in personal injury.
- Improper assembly, maintenance or use can void the warranty terms.
- Wahoo Fitness cannot be held liable for improper or incomplete assembly of the KICKR BIKE.
- The KICKR BIKE is intended for a maximum rider weight of 250lbs/113.5KG. Do not exceed the maximum rider weight.
- The KICKR BIKE is intended for users ranging from 4'11" to 6'2" in height.
- Do not put hands or objects near moving parts of the KICKR BIKE.
- The KICKR BIKE 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.
- Always wear appropriate athletic clothes and shoes while using the KICKR BIKE. Do not wear loose clothing or shoes with loose laces.
- Keep children and pets away from the KICKR BIKE while in use.
- Only use the KICKR BIKE on a stable, level surface. Place KICKR BIKE on a mat to protect floor or carpet.
- Use caution when standing while riding on the KICKR BIKE.
- The KICKR BIKE is intended for indoor use only. Do not store outdoors or near water.
- Only use the power adapter that comes with the KICKR BIKE.
- Unplug the KICKR BIKE when not in use and prior to cleaning and/or maintenance.
- To prevent injury, ensure the proper fit of the saddle and handlebars prior to use.

UNPACKING

- (1) KICKR BIKE
- (2) Rear stabilizer legs (x2)
- (3) Handlebar assembly:
 - Handlebars
 - Steer tube
 - Stem
 - Shifters
- (4) Seat post assembly:
 - Saddle
 - Seat post
- (5) Pedals
- (6) Machine screws (x4)
- (7) AC power adapter



PROTIP: Save all packaging and protective material for transportation and storage

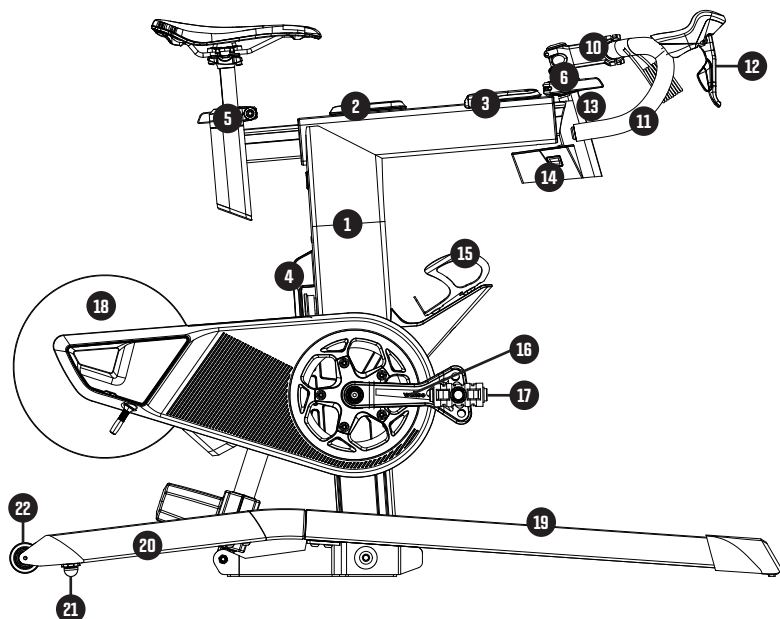
KICKR BIKE DIAGRAM

BIKE FIT KEY:

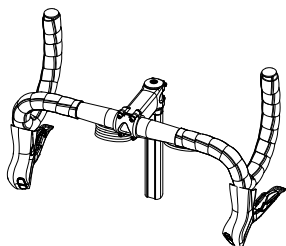
- (1) KICKR BIKE body
- (2) Set back adjustment
- (3) Reach adjustment
- (4) Frame Size adjustment
- (5) Seat height adjustment
- (6) Stack height adjustment

BIKE PARTS KEY:

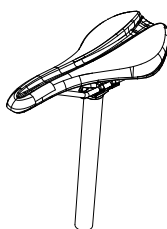
- (7) Saddle
- (8) Seat Post
- (9) Steer Tube
- (10) Stem
- (11) Handlebars
- (12) Shifters
- (13) Head Tube
- (14) LED Display
- (15) Water Bottle Cage
- (16) Crank Arms
- (17) Pedals
- (18) Flywheel
- (19) Base
- (20) Rear Stabilizer Legs
- (21) Leveling Feet
- (22) Casters



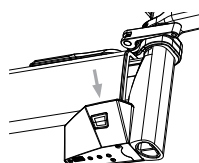
STEER TUBE ASSEMBLY:



SEAT POST ASSEMBLY:



LED DISPLAY:



KICKR BIKE ASSEMBLY

The assembly of your KICKR BIKE will require two (2) people.

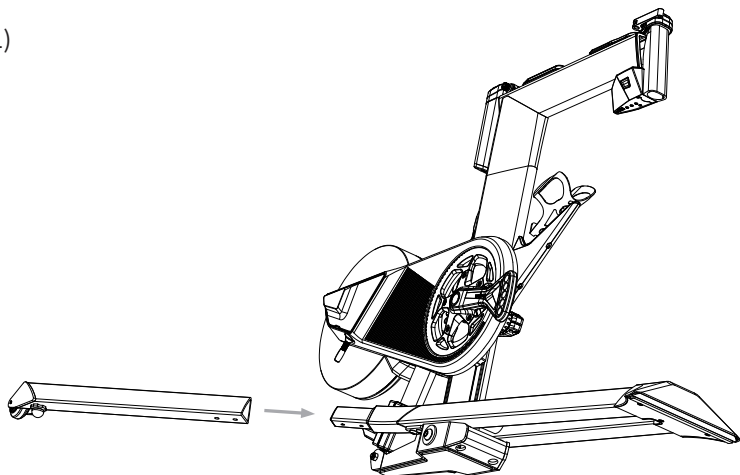
Remove and layout all items from accessory box. Ensure all necessary items are included.

WARNING: INCOMPLETE OR INCORRECT ASSEMBLY MAY RESULT IN PERSONAL INJURY

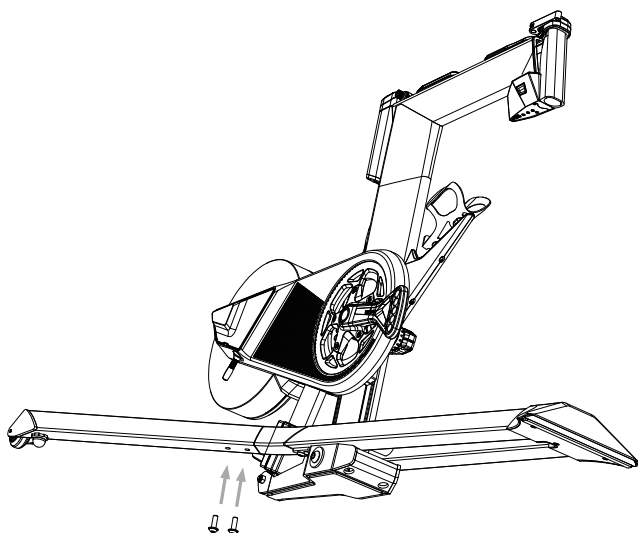
To begin, team lift the KICKR BIKE to remove from box.

Person 1, tilt the bike to the drive side of its base, while Person 2 connects one rear stabilizer leg. To connect the rear stabilizer leg, (1) slide leg onto main base and (2) attach using two machine screws and 5mm Allen wrench. Repeat on non-drive side.

(1)



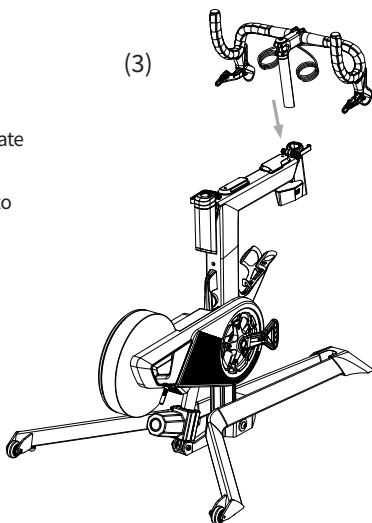
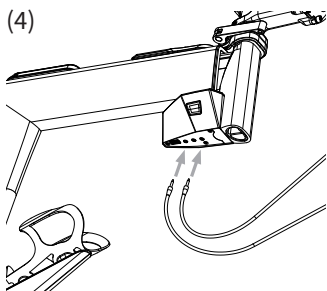
(2)



KICKR BIKE ASSEMBLY *continued*

Next, attach the handlebar assembly to the KICKR BIKE by (3) inserting the steer tube into head tube. If bars are tipped down, use Allen wrench to loosen the stem space plate and rotate to desired position. Tighten stem bolts.

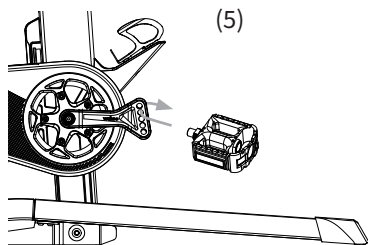
(4) Plug both of the pre-routed shifter cords into the bottom of the LED display screen.



Attach the included pedals (or use your own if preferred) to crank arm.

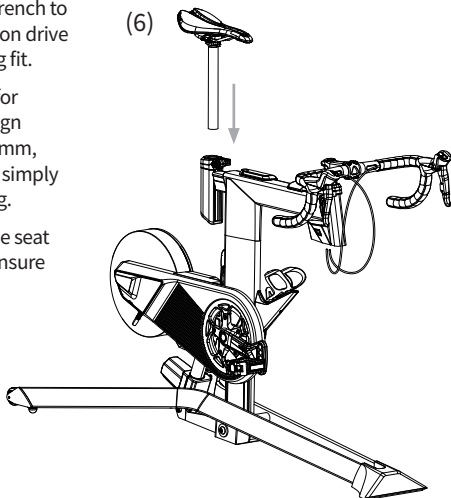
NOTE: It is important to remember that pedal threads are different from left side and right side. The right side pedal has a right-hand thread (removes counterclockwise, installs clockwise). The left side pedal has a left-hand thread (removes clockwise, installs counterclockwise).

Identify the left and right pedals. Grease the threads on both pedals.(5) Thread the right pedal into the drive side crank. Use a wrench to ensure snug fit. Thread left pedal into non drive side crank. Use a wrench to ensure snug fit.

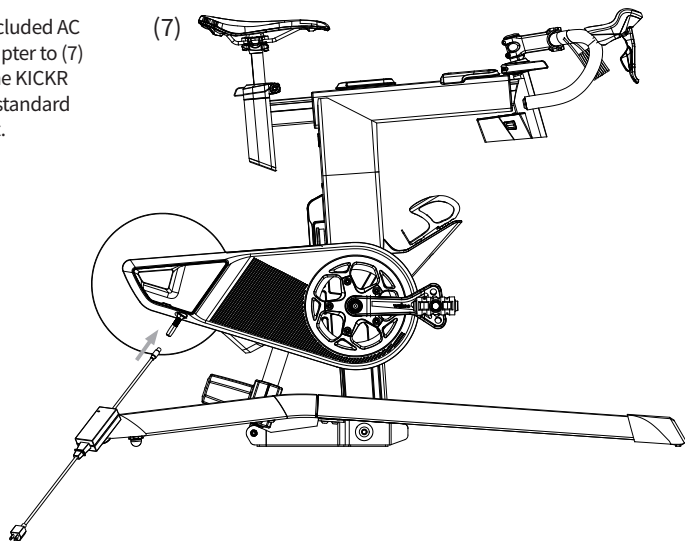


The KICKR BIKE crank arm is designed for you to customize your bike fit. This design accommodates 165mm, 167.5mm, 170mm, 172.5mm and 175mm crank lengths by simply moving your pedal to the correct setting.

(6) Insert the seat post assembly into the seat tube. Clamp down the handle to ensure the seat post is secure.



Use the included AC power adapter to (7) connect the KICKR BIKE to a standard wall outlet.



COMPLETE YOUR SETUP USING THE WAHOO APP

BIKE FIT: Use the Wahoo App to determine your best bike fit. There are three available methods to ensuring you have the best bike fit.



SPINDOWN: Before using the KICKR BIKE for the first time you should perform a spindown to calibrate your device. Additionally, a spindown should be repeated approximately every 2 weeks through the Wahoo App to ensure the most accurate power data.

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

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

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 BIKE 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 BIKE will accurately model the power curve just as if you were riding outdoors.

KICKR BIKE FIT

Use the Wahoo App to learn how to adjust the KICKR BIKE to ensure your correct bike fit. Select one of three options to begin your KICKR BIKE fit.

- **Professional bike fit (most accurate)**
Use your GURU, Retul, Trek or Specialized bike fit report.
- **A bike that fits well (somewhat accurate)**
Take a photo of your bike, place a few pins, and measure between the hubs.
- **Measurement of your body (least accurate)**
Use your height, inseam and position on the bike.

KICKR BIKE MAINTENANCE

It is important to follow the below maintenance tips to ensure optimal performance of your KICKR BIKE. After each training session:

- Use a soft cloth to wipe the KICKR BIKE to dry or remove any sweat or water
- Unplug the KICKR BIKE when stored or plug into surge protector
- Use wheels to move the KICKR BIKE to safe place for storage:
- Grab handlebars and lift to grab front foot. Hold front foot to navigate to place of storage.

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 8 or newer
- Android 4.3 or newer and Bluetooth enabled
- Mac requires ANT+ USB Stick or Bluetooth enabled
- Windows PC when paired with ANT+ USB Stick or Bluetooth enabled

For a full list of KICKR compatible apps visit:

www.wahoofitness.com/fitness-apps#kickr

FCC Warning:

"THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES AND INDUSTRY CANADA LICENSE-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 UNDESIRE OPERATION.

The user manual for an intentional or unintentional radiator shall caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

(SAMPLE)

NOTE: THE GRANTEE IS NOT RESPONSIBLE FOR ANY CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

FCC Radiation Exposure Statement

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

The information listed above provides the user with information needed to make him or her aware of a RF exposure, and what to do to assure that this radio operates within the FCC exposure limits of this radio.

Industry Canada (IC) Warning:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

French equivalent:

Le présent appareil est conforme aux CNR d'Industrie Canada applicable 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'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC Radiation Exposure Statement:

This device is in compliance with SAR for general population/uncontrolled exposure limits in IC RSS-102 and had been tested in accordance with the measurement methods and procedures specified in IEEE 1528.