

IN THE BOX

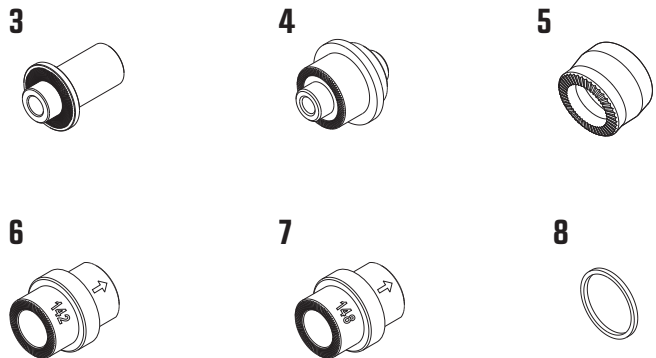
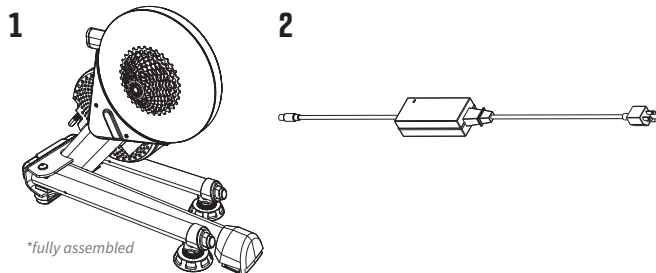
1. KICKR*
2. AC Power Adapter

Accessories in KICKR base drawer:

3. Adapter A - drive side for 130/135mm Quick Release
4. Adapter B - non-drive side reversible 130/135mm Quick Release
5. Adapter C - drive side for 12x142/148mm Thru Axle
6. Adapter D - non-drive side 12x142mm Thru Axle
7. Adapter E - non-drive side 12x148mm Thru Axle
8. 1.8mm cassette low spacer for 8, 9 & 10 speed cassettes

Contact Wahoo support, or your Wahoo dealer, if any of these parts are missing.

Quick release skewer is not included. Use the quick release skewer from your bike wheel, or purchase one from wahoofitness.com or your local bike shop.



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

**WARNING**

IMPORTANT NOTICE

Read this manual and all safety information thoroughly before assembly and use. Failure to follow the warnings and instructions could cause personal injury and/or physical damage to equipment or surroundings.

- Assemble the KICKR only as stated in the information contained in this manual.
- Do not modify the KICKR.
- All instructions can be viewed on our website: www.wahoofitness.com/instructions.
- Images may not reflect final product exactly.

The instructions below 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 could result in death or serious injury.

**CAUTION**

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



DOWNLOAD: Download the Wahoo App for free from the Apple App Store or from the Android Google Play Store for:

- A video setup guide
- Automatic device registration
- Firmware updates

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**WARNING**

HEALTH WARNINGS

- Improper or excessive exercise can result in serious injury.
- Always consult your physician before beginning or modifying any exercise program.
- Consult your physician before using this product if you are pregnant or if you think you may be pregnant.
- The Wahoo device, accessories, and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

SMART TRAINER WARNINGS

- This trainer is designed for indoor, home use only. Do not store outdoors or near water.
- Use the trainer on a flat surface that is clear of any obstructions.
- The trainer should be used for exercise and fitness purposes only.
- Always use your best judgment, and operate the trainer in a safe manner.
- 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. Allow components to cool before touching.
- Always keep younger children and pets away from the trainer while in use.
- Do not let younger children use or play with the trainer.
- Older children or persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge should not use this trainer without proper supervision.
- Do not wear loose clothing or shoes with loose laces that could result in unintended contact with moving parts.
- Do not exceed the maximum rider weight of 250lbs (113.5 KG).
- Unplug the trainer when not in use or before cleaning.
- To avoid the risk of fire or electric shock, only use the included power adapter, and power cable with the KICKR.
- Device alterations, improper and/or incomplete use, assembly, or operation can result in serious injury.
- Wahoo does not guarantee the quality of any third-party accessory such as movement platforms or rocker plates, used in conjunction with the trainer. Wahoo does not guarantee that such use of third-party accessories will not damage your bike or the trainer. Wahoo is not responsible for any damage to your bike or the trainer, any injuries, or other damages associated with such use of third-party accessories. Property damage due to the use of third-party accessories is not covered under the warranty.

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**WARNING**

SETUP AND MAINTENANCE NOTICES

- Improper use and/or maintenance of the trainer will void the warranty.
- To avoid imbalance or vibration while using the trainer, do not drop the trainer during assembly.
- Do not disassemble or otherwise manipulate the trainer without the guidance of a Wahoo Fitness representative.
- Do not use the trainer in damp areas.
- Avoid exposing the trainer to perspiration, condensation, and precipitation.
- Store the trainer in a dry area at room temperature.
- Wipe off the trainer after every use.
- The trainer should be cleaned only with a dry cloth and should not be exposed to cleaning solvents or abrasives.
- Keep the trainer clean and free of debris.
- Inspect the nuts and bolts on the trainer for proper tightness regularly.
- Ensure the bicycle frame is not making contact with moving parts of the trainer, failure to do so could result in personal property damage.
- Ensure bicycle gears are properly adjusted when placing the bicycle on the trainer, failure to do so could result in injury or personal property damage.

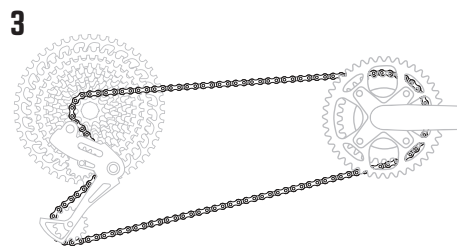
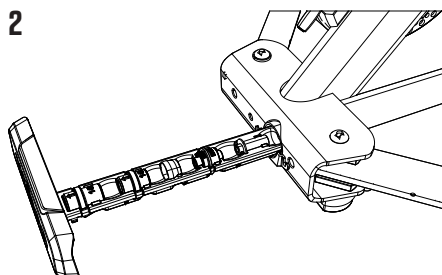
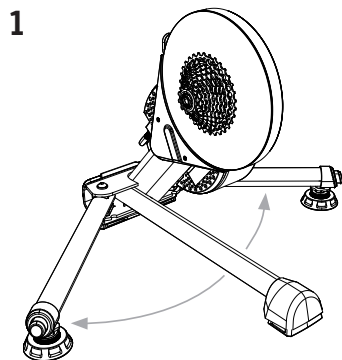
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ASSEMBLE THE KICKR

1. Place your KICKR on a stable, level surface and open the legs by pressing down on the blue leg-lock tabs and 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.)
2. Select the correct quick release or thru axle adapters for your bicycle and install them.

SELECT YOUR ADAPTERS & MOUNT YOUR BICYCLE

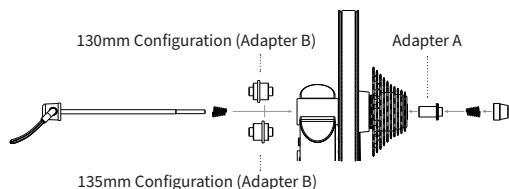
3. See the diagrams for Quick Release and Thru Axles on the next page and select the correct adapters. Shift your bicycle chain into the smallest chainring and cog of your cassette, then remove your rear wheel and quick release skewer or thru axle. Mount your bicycle on the KICKR by aligning the chain with the smallest cog of the cassette on the KICKR and press down to seat the dropouts on the KICKR's adapters.



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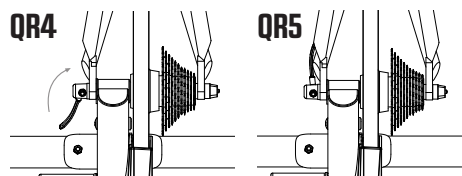
FOR 130MM OR 135MM QUICK RELEASE

Adapters needed: A+B. Follow QR4 and QR5.



QR4. For bicycles with quick release - Secure your bicycle by reinstalling and tightening the quick release nut and then closing the quick release lever, clamping the frame to the bicycle manufacturer's specifications. The lever is "open" when it curves away from the bicycle frame and "closed" when it curves toward the frame. The quick release lever must be closed to fully secure the bicycle.

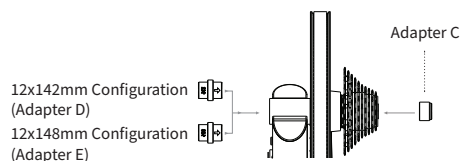
QR5. The lever is "closed" when it curves towards the bicycle frame. The handle of the quick release skewer is always on the non-drive (non cassette) side of the KICKR.



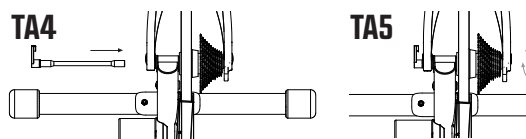
FOR 142MM OR 148MM THRU AXLE

Adapters needed: C+D or C+E. Follow TA4 and TA5.

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



TA4 & 5. For bicycles with thru axle - Secure your bicycle by reinserting your bicycle's thru axle and tightening it to the bicycle manufacturer's specifications.



CAUTION

Failure to properly tighten the quick release or thru axle may result in property damage or personal injury. If you are unsure of the proper specification, please consult your bicycle's retailer or manufacturer.

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CONNECT TO POWER

6. Use the included AC power adapter and cord to connect the trainer to a standard wall outlet.

PAIR TO THE WAHOO APP



7. Pair the trainer to the Wahoo app to register it and check for firmware updates.

COMPATIBILITY

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

For the most up to date information on device compatibility, please visit: <https://support.wahoofitness.com/hc/en-us/p/compatibility>

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

VIRTUAL SHIFTING

For more information on virtual shifting, search at support.wahoofitness.com.

LEVEL UP YOUR SETUP

TICKR FIT
Heart Rate Monitor

KICKR Mat



KICKR Desk

KICKR HEADWIND

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LIMITED WARRANTY

Wahoo Fitness warrants this product to be free from defects in material and workmanship, under normal use, for one year from the original purchase date. Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper packing, lightning, power surges, or unauthorized tampering, alteration or modification are not covered. Wahoo Fitness will, at its discretion, repair or replace with a comparable product, at no charge to the customer for parts or labor, so long as the customer is responsible for shipping costs. Products may be new, refurbished, or reconditioned and are warranted for the unexpired period of the original purchase, or 60 days from return, whichever is greater. Any products replaced become the property of Wahoo Fitness.

Wahoo Fitness does not warranty any items purchased through unauthorized dealers. We do not warranty products sold through eBay or purchased at REI "Garage Sales".

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE INSTEAD OF ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL WAHOO FITNESS BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT DAMAGES. SOME PLACES DO NOT ALLOW LIMITATIONS ON THE EXCLUSION OR LIMITATION OF LIABILITY TO SPECIFIED AMOUNTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

Our warranty can be found online at wahoofitness.com/returns-and-warranty. You can also request this information using the contact information below.

Contact Wahoo Fitness
Wahoo Fitness L.L.C.
90 W. Wieuca Road 110
Atlanta, Georgia, USA 30342

www.WahooFitness.com
Support@WahooFitness.com

Warranty claims can also be made online at support.wahoofitness.com

WFBKTR124
FCC ID: PADWF154
IC: 10563A-WF154

CE STATEMENT

Hereby, Wahoo Fitness declares that this product is in compliance with:

The essential requirements and essential relevant provisions of directive 2014/53/EU

The full text of EU declaration of conformity (DoC) is available at the following internet address: www.wahoofitness.com/regulatory-notice. The object of the declaration described above is in conformity with the relevant European Union harmonization Legislation: Directive 2014/53/EU and any other applicable directives. This declaration is issued under the sole responsibility of Wahoo Fitness, LLC.

All listed Wahoo products operate within the 2402-2480MHz frequency band and below the maximum output power threshold of 100mW (20dBm).

Regulatory authorities within the EU may obtain compliance information by writing to:

Wahoo Fitness LLC
90 W. Wieuca Road 110
Atlanta, GA 30342

AUSTRALIAN WARRANTY INFORMATION

This document details the terms and conditions of the warranty provided with this product. Please disregard any other representations contained on this product's packaging or provided with this product, which constitute or appear to constitute a warranty. Subject to the exclusions and limitations set out below, we warrant to you that if you purchase a product directly from us, or from any of our authorised resellers, that it will not contain defects which are a result of faulty manufacturer workmanship or materials. This warranty subsists for 1 year from the date of purchase.

Subject to any rights you have under the Australian Consumer Law, we will not be liable for defects which are a result of damage or loss caused by factors beyond our control, any product which has not been maintained according to any care or maintenance instructions provided with the product, any alterations to a product which are not performed by us, or damage or defects caused to the product due to unusual or non-recommended use. We will not be liable for any special, indirect, consequential or economic loss or damage or loss of profits whatsoever suffered by you or any other person resulting from any act or omission by us.

Our total liability in respect of this Warranty against Defects is limited to the replacement of the goods.

Any claim made under this warranty must be made by returning the defective goods to us, at your expense. Please provide details of the defect and evidence of purchase to support@wahoofitness.com

This Warranty against Defects is provided in addition to other rights and remedies that you may have at law. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any reasonably foreseen loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be acceptable quality and the failure does not amount to a major failure.

IC STATEMENT

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 the interference that may cause undesired operation for the device. The device meets the exemption from the routine evaluation limits in section 2.4 of RSS 102 and users can obtain Canadian information on RF exposure and compliance.

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

Déclaration d'exposition aux rayonnements:
L'équipement est conforme aux limites d'exposition au rayonnement RSS établies pour les environnements non contrôlés. Cet équipement doit être installé et utilisé avec une distance minimale de 20cm entre le radiateur et votre corps

FCC COMPLIANCE STATEMENT:

The enclosed hardware 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) it must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with 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 residential installations. The 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 occur in a particular installation.

If this equipment does cause interference to radio or television equipment 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 the 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.

Changes or modifications to this product not authorized by Wahoo Fitness could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

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.