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› Wahoo KICKR SNAP Wheel-On Bike Resistance Trainer User Manual

Wahoo Fitness WFBKTR3

Wahoo KICKR SNAP Wheel-On Bike Resistance Trainer

Model: WFBKTR3

Brand: Wahoo Fitness

INTRODUCTION

The Wahoo KICKR SNAP is a smart indoor wheel-on cycling trainer designed to provide a realistic, accurate, and quiet indoor cycling experience. It is built with durability and stability to support intense training sessions. This manual provides essential information for setting up, operating, and maintaining your KICKR SNAP trainer.

WHAT'S IN THE BOX

Upon unpacking, ensure all components are present:

- KICKR SNAP Trainer Unit
- Front Wheel Block
- Power Brick & Cord
- Quick Release Skewer
- Quick Start Guide



Figure 1: Included components of the Wahoo KICKR SNAP trainer.

SETUP

1. **Unfold the Trainer:** Carefully unfold the KICKR SNAP legs until they lock into place, ensuring a stable base.
2. **Install Quick Release Skewer:** Replace your bike's existing rear wheel skewer with the quick release skewer provided with the KICKR SNAP.
3. **Mount the Bike:** Position your bike's rear wheel onto the KICKR SNAP's resistance unit. Secure the bike by

engaging the quick release levers on the trainer. Ensure the bike is firmly seated and stable.

4. **Position Front Wheel Block:** Place the front wheel block under your bike's front wheel to level the bike and provide stability during your ride.
5. **Connect Power:** Plug the power brick into the KICKR SNAP and then into a standard electrical outlet.
6. **Tire Compatibility:** For optimal performance and to prevent excessive wear, it is recommended to use a smooth, rigid back tire with the KICKR SNAP. Knobby mountain bike tires may not fit well or may cause increased noise and wear.



Figure 2: Rear wheel mounted on the KICKR SNAP resistance unit.



Figure 3: Securing the bike with the quick release skewer.

The KICKR SNAP is a smart trainer that automatically controls resistance when connected to a compatible device such as a smartphone, tablet, computer, or GPS bike computer. This allows for a dynamic and responsive training experience, whether you are following structured workouts, riding in virtual worlds like Wahoo RGT and Zwift, or re-riding recorded routes.

- **Connecting to Apps:** Use the Wahoo Fitness app or other compatible third-party cycling applications to connect to your KICKR SNAP via Bluetooth or ANT+.
- **Resistance Control:** Resistance is automatically adjusted by the connected software or route. The 10.5 LB flywheel provides realistic inertia for an outdoor ride feel.
- **Calibration:** Perform a spin-down calibration periodically as recommended by the Wahoo Fitness app to ensure accurate power readings.



Figure 4: Cyclist using the Wahoo KICKR SNAP trainer indoors.



Figure 5: Adjusting the resistance unit.

COMPATIBILITY

The KICKR SNAP is designed to be compatible with a wide range of road, mountain, and TT bikes. However, due to the variety of bicycle makes and models, Wahoo cannot guarantee compatibility with all bicycles. It is recommended to consult the KICKR SNAP bike compatibility guide, visit a local Wahoo Fitness retailer, or contact customer service for more information and a list of known incompatible bikes.

The KICKR SNAP is also compatible with various KICKR Trainer Accessories, including:

- KICKR CLIMB Grade Simulator
- KICKR HEADWIND Smart Fan
- KICKR TRAINER FLOORMAT
- KICKR DESK

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your KICKR SNAP trainer:

- **Cleaning:** Wipe down the trainer with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose fasteners.
- **Tire Pressure:** Maintain proper tire pressure on your bike's rear wheel for consistent contact with the resistance unit and accurate power readings.
- **Storage:** When not in use, store the trainer in a clean, dry environment. The foldable design allows for compact storage.

TROUBLESHOOTING

If you encounter issues with your KICKR SNAP, consider the following common solutions:

- **No Resistance/Inconsistent Resistance:**
 - Ensure the trainer is properly connected to power and your control device (smartphone, computer).
 - Verify that the resistance unit is firmly engaged with the rear tire.
 - Perform a spin-down calibration using the Wahoo Fitness app.
 - Check your bike's rear tire pressure.
- **Excessive Noise:**
 - Ensure the trainer is on a stable, level surface.
 - Verify the rear tire is clean and free of debris.
 - Consider using a dedicated trainer tire, which often has a smoother tread and is designed for indoor use to reduce noise and wear.
- **Connectivity Issues:**
 - Ensure Bluetooth or ANT+ is enabled on your control device.
 - Move your control device closer to the trainer.
 - Close and reopen the cycling application.
 - Restart the KICKR SNAP by unplugging and re-plugging the power cord.

For further assistance, refer to the Wahoo Fitness support website or contact customer service.

SPECIFICATIONS

Feature	Detail
Brand	Wahoo Fitness
Model Name	Wahoo KICKR SNAP Wheel-on Indoor Cycling/Bike Smart Power Trainer
Model Number	WFBKTR3
Color	Black
Material	Carbon Steel (Frame: Alloy Steel)
Resistance Mechanism	Magnetic
Load Capacity	250 Pounds
Product Dimensions (LxWxH)	23.62" x 15.75" x 15.75"
Item Weight	21 Kilograms
Compatible Bike Types	Mountain Bike, Road Bike
Wheel Size Compatibility	26 Inches (and likely other common sizes, but 26 is listed)
UPC	853988006355

WARRANTY AND SUPPORT

The Wahoo KICKR SNAP comes with a **1-year manufacturer warranty**. For warranty claims, technical support, or additional product information, please visit the official Wahoo Fitness website or contact their customer service department.

Official Wahoo Fitness Store: [Wahoo Fitness Store on Amazon](#)

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question