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› Wahoo Fitness KICKR Core Smart Trainer User Manual

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Model: KICKR Core (BKTR4)

Brand: Wahoo Fitness

The Wahoo KICKR CORE delivers a realistic, accurate, and quiet indoor cycling experience. Designed and built with durability and stability in mind to withstand your hardest rides, it provides a seamless and engaging training platform.

1. PRODUCT OVERVIEW

The Wahoo KICKR Core is a direct-drive smart trainer designed for indoor cycling. It offers controlled resistance, realistic ride feel, and broad compatibility with various cycling applications, making it an ideal tool for structured workouts, virtual riding, and maintaining fitness regardless of outdoor conditions.



Figure 1: Front view of the Wahoo KICKR Core Smart Trainer.

2. SAFETY INFORMATION

- Always ensure the trainer is placed on a stable, level surface.
- Keep children and pets away from the trainer during operation.
- Ensure your bicycle is securely mounted to the trainer before use. Refer to the setup instructions carefully.
- Do not touch moving parts of the trainer, such as the flywheel or cassette, during operation.
- Unplug the trainer from the power outlet when not in use or before cleaning/maintenance.
- Use only the provided AC Power Adapter.
- Maintain proper ventilation in your training area to prevent overheating.
- Consult a physician before starting any new exercise program.

3. WHAT'S IN THE BOX

The Wahoo KICKR Core package includes the following components:

- KICKR CORE Smart Bike Trainer
- AC Power Adapter
- KICKR AXIS Feet - Hard, Medium, Easy (for customizable ride feel)
- Quick Release Skewer
- Drive Side Adapter for 130mm and 135mm QR
- Reversible hub spacer for 130mm and 135mm QR
- Drive Side Adapter for 12x142 and 12x148 Thru Axle
- Reversible hub spacer for Thru Axle
- 1.8mm Cassette Spacer

Note: Cassette and wheel block are not included and must be purchased separately.

4. SETUP & ASSEMBLY

Follow these steps to assemble your KICKR Core and prepare it for use:

1. **Unfold the Legs:** Carefully unfold the trainer legs until they click into place, ensuring a stable base.
2. **Install Cassette:** Attach your preferred 8, 9, 10, or 11-speed cassette to the freehub body. Use the provided 1.8mm cassette spacer if necessary for compatibility.
3. **Select AXIS Feet:** Choose the appropriate KICKR AXIS Feet (Hard, Medium, or Easy) based on your desired ride feel and install them on the trainer legs.
4. **Mount Your Bike:** Remove the rear wheel from your bicycle. Using the correct quick release skewer or thru-axle adapter, securely mount your bike's rear dropouts onto the KICKR Core. Ensure the chain is properly seated on the cassette.
5. **Connect Power:** Plug the AC Power Adapter into the trainer and then into a wall outlet.

Compatibility: The KICKR Core is designed to be compatible with a wide range of bicycles. However, due to the variety of makes and models, Wahoo cannot guarantee compatibility with all bicycles. Refer to the Wahoo Fitness website or contact customer service for a detailed compatibility guide and a list of known incompatible bikes.



Figure 2: Side view of the KICKR Core with legs extended, ready for bike mounting.



Figure 3: A bicycle securely mounted onto the KICKR Core, showing the direct-drive connection.

5. OPERATING INSTRUCTIONS

The Wahoo KICKR Core offers a controlled and realistic indoor cycling experience. It automatically controls resistance when connected to compatible software or devices.

Connecting to Apps and Devices:

The KICKR Core connects wirelessly to your smartphone, tablet, computer, or GPS bike computer via Bluetooth or ANT+.

- **Download Wahoo Fitness App:** For initial setup, firmware updates, and calibration, download the Wahoo Fitness app on your smartphone or tablet.
- **Pairing:** Open your preferred cycling application (e.g., Wahoo RGT, Zwift, TrainerRoad). Follow the app's instructions to search for and pair with your KICKR Core. The trainer will typically appear as a power meter and controllable trainer.
- **Controlled Resistance:** Once connected, the application will automatically adjust the trainer's resistance to simulate terrain changes, structured workout intervals, or virtual world environments.

Optimized Flywheel Technology:

The KICKR Core's 12 LB flywheel provides the precise inertia needed to recreate an outdoor ride feel indoors, offering a smooth and responsive resistance.



Figure 4: Cyclist engaging with a virtual training platform on a tablet while using the KICKR Core.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Wahoo KICKR Core:

- **Cleaning:** Wipe down the trainer after each use with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Cassette & Drivetrain:** Keep your bike's cassette and drivetrain clean and well-lubricated. This prevents premature wear and ensures smooth operation on the trainer.
- **Firmware Updates:** Periodically check for firmware updates via the Wahoo Fitness app to ensure your trainer has the latest features and performance improvements.
- **Storage:** When not in use, store the KICKR Core in a dry, cool place. The legs can be folded for more compact storage.

7. TROUBLESHOOTING

If you encounter issues with your KICKR Core, try the following common troubleshooting steps:

- **No Power:** Ensure the AC power adapter is securely connected to both the trainer and a working power outlet.
- **Connection Issues:**
 - Ensure Bluetooth/ANT+ is enabled on your device.
 - Close and reopen the cycling application.
 - Restart your device (smartphone, tablet, computer).
 - Unplug the KICKR Core for 30 seconds and plug it back in.
 - Ensure no other devices are actively paired with the trainer.
- **Inaccurate Power Readings:** Perform a spindown calibration using the Wahoo Fitness app or your cycling application. This helps ensure accurate power data.
- **Unusual Noises:** Check that your bike is properly mounted and the cassette is securely tightened. Ensure the drivetrain is clean and lubricated. If noises persist, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Wahoo Fitness
Model Name	KICKR Core
Part Number	BKTR4
Color	Black
Material	Alloy Steel, Carbon Steel
Load Capacity	250 Pounds
Bike Type	Road Bike (compatible with various others)
Resistance Mechanism	Electromagnetic
Product Dimensions (LxWxH)	23.62"L x 15.75"W x 15.75"H
Item Weight	19 Kilograms
UPC	853988006522
Date First Available	October 11, 2018

9. WARRANTY & SUPPORT

Warranty: The Wahoo KICKR Core Smart Trainer comes with a 1-year manufacturer's warranty.

Customer Support: For any questions, technical assistance, or warranty claims, please contact Wahoo Fitness customer service. You can also refer to the official User Guide (PDF) for more detailed information.

Official User Guide (PDF): [Download Here](#)

Wahoo Fitness Store: [Visit Store](#)

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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