

Wahoo Fitness WF140BK

Wahoo ELEMNT Rival Running/Multisport GPS Smartwatch User Manual

Model: WF140BK

1. INTRODUCTION

The Wahoo ELEMNT Rival is a multisport GPS smartwatch designed for athletes who require precise tracking and data analysis for running, cycling, swimming, and triathlon activities. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and longevity.

2. PRODUCT OVERVIEW

2.1. Included Components

- ELEMNT Rival Multisport GPS Watch
- USB Charging Cable
- Quick Start Guide
- Important Product Information Guide

2.2. Key Features

- **Simple to Track:** Intelligent multisport features for minimal interaction during workouts.
- **Touchless Transition:** Automatic tracking of T1 and T2 times in triathlons.
- **Actively Active:** 24/7 data tracking including heart rate, steps, and calories.
- **Multisport Handover:** Seamless data sharing between RIVAL watch and ELEMNT bike computers.
- **Planned Workouts:** Pre-loaded sessions and TrainingPeaks sync for structured training.
- **Simple to See:** Large color display with ambient light sensor and Perfect View Zoom.
- **Mighty Clear:** Constructed with durable Gorilla Glass.
- **Colorful Options:** 240x240 resolution 64-color LCD display.
- **The ELEMNT Experience:** User-friendly companion app for setup and customization.

2.3. Product Visuals



Front view of the Wahoo
ELEMNT Rival Smartwatch,
showing the main display with
time, date, steps, and battery
life.



Rear view of the smartwatch, highlighting the optical heart rate sensor and charging contacts.



The watch display showing real-time heart rate data during a workout.



The watch display showing interval training progress with remaining time and intensity graph.



The watch display showing current running pace (min/mile) and pace zone.



The watch display showing a Fartlek workout prompt with a graph and motivational message.



Two ELEMNT Rival smartwatches, showcasing the Stealth Grey and white color options.



A close-up view of the watch face displaying various workout metrics like active time, heart rate, and miles.



The watch display showing lap
pace, active time, and total
miles during a workout.



The watch display showing
multiple data fields including
current pace, lap pace, and total
miles.



The watch display showing the
activity selection menu,
including Triathlon, Running,
and Cycling.



The watch display indicating a
loaded workout plan, ready to
begin.



The watch display showing the 'Headwind Control' feature, likely for indoor cycling.



The watch display showing options to sync training data, including TrainingPeaks.



The watch display showing music control for Spotify, including track title and artist.



The watch display showing music control for Apple Music, including track title and artist.



The detached watch band, showing its design and texture.



A side view of the watch, highlighting the charging pins and the green light of the heart rate sensor.



Side profile of the smartwatch, showing its slim design and button placement.



Another side profile of the smartwatch, emphasizing the watch's thickness and button layout.



A close-up view of the watch's metal buckle.

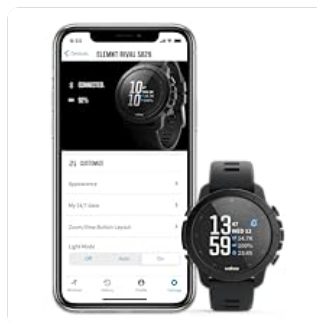
3. SETUP

3.1. Initial Charging

Before first use, fully charge your ELEMNT Rival using the provided USB charging cable. Connect the cable to the charging pins on the back of the watch and a standard USB power source. A full charge typically takes a few hours.

3.2. Pairing with the ELEMNT Companion App

The ELEMNT Rival requires the free ELEMNT companion app for initial setup and customization. Download the app from your smartphone's app store (iOS or Android). Follow the on-screen instructions within the app to pair your watch. This process typically involves scanning a QR code displayed on the watch or selecting the device from a list.



The ELEMNT companion app interface on a smartphone, showing connection status and customization options for the Rival watch. The app allows you to:

- Customize workout profiles and data screens.
- Manage wireless sensors (heart rate monitors, speed/cadence sensors).
- Sync workouts to third-party fitness platforms.
- Update watch firmware.

4. OPERATING THE ELEMNT RIVAL

4.1. Basic Navigation

The ELEMNT Rival features a button-based interface for navigation. Refer to the Quick Start Guide for a detailed explanation of each button's function (e.g., power, select, scroll up/down, back).

4.2. Tracking Workouts

To start a workout:

1. From the main watch face, navigate to the 'Sport Profile' menu.
2. Select your desired activity (e.g., Running, Cycling, Swimming, Triathlon).
3. Wait for GPS and sensor connections (if applicable).
4. Press the 'Start' button to begin recording your activity.

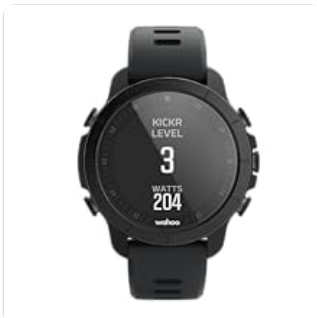
The watch will display real-time metrics relevant to your chosen activity. You can customize these data fields via the ELEMNT companion app.

Your browser does not support the video tag.

Official product video demonstrating the Wahoo ELEMNT Rival's features, including connectivity, customization, and various training modes for multisport activities.

4.3. Multisport Features

- **Triathlon Mode:** Automatically tracks swim, bike, and run segments, including transitions (T1 and T2) without manual interaction.
- **Multisport Handover:** Seamlessly transfers race data to compatible ELEMNT bike computers, allowing you to view comprehensive data on a larger screen during the cycling leg.



The watch display showing a 'Transition In' countdown, indicating automatic transition tracking.



An illustration of the Multisport Handover feature, where data is seamlessly transferred from the Rival watch to an ELEMNT bike computer.

4.4. 24/7 Data Tracking

The ELEMNT Rival continuously monitors your heart rate, steps, and calorie burn throughout the day. This data is accessible on the watch and through the companion app, providing insights into your overall activity and recovery.



The watch display showing a daily activity summary, including steps, distance, and battery percentage.

5. MAINTENANCE

5.1. Cleaning

Regularly clean your ELEMNT Rival to ensure accurate sensor readings and maintain its appearance. Use a soft, damp cloth to wipe the watch face, body, and strap. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and thorough drying. Avoid using harsh chemicals or abrasive materials.

5.2. Battery Care

To maximize battery life:

- Avoid extreme temperatures.
- Charge the device regularly, but avoid leaving it fully discharged for extended periods.

- If storing the device for a long time, charge it to approximately 50% before storage.

6. TROUBLESHOOTING

6.1. Device Not Responding

If the watch becomes unresponsive, try a soft reset by holding down all physical buttons simultaneously for approximately 10-15 seconds until the device restarts.

6.2. Pairing Issues

If you experience difficulty pairing with the ELEMNT companion app or other sensors:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the watch is within range of your smartphone/sensor.
- Restart both the watch and your smartphone.
- Check for any available firmware updates for the watch via the companion app.
- Forget the device in your phone's Bluetooth settings and attempt to re-pair.

6.3. Inaccurate Data Readings

For issues with inaccurate heart rate, GPS, or step data:

- Ensure the watch is worn snugly on your wrist, above the wrist bone, for optimal heart rate tracking.
- For GPS accuracy, ensure you have a clear view of the sky and allow the watch sufficient time to acquire a signal before starting an activity.
- Calibrate sensors (if applicable) through the ELEMNT companion app.

7. SPECIFICATIONS

Feature	Specification
Item Package Dimensions L x W x H	6.46 x 4.06 x 2.68 inches
Package Weight	0.32 Kilograms
Item Dimensions LxWxH	1.83 x 1.83 x 0.6 inches
Item Weight	50 Grams
Brand Name	Wahoo Fitness
Model Name	ELEMNT Rival
Color	Charcoal Grey
Material	Nylon
Suggested Users	Unisex-Adult
Manufacturer	Wahoo Fitness
Part Number	WF140BK

Feature	Specification
Style	Stealth Grey
Sport Type	Training, Triathlon, Running, Swimming
Standing screen display size	1.2 Inches
Memory Storage Capacity	16 GB
Date First Available	February 3, 2021
Operating System	Android Wear 2.9
Special Feature	Bluetooth
Battery Capacity	250
Connectivity Technology	GPS
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	Built-in GPS
Shape	Round
Screen Size	1.2 Inches

8. WARRANTY AND SUPPORT

8.1. Warranty Information

The Wahoo ELEMNT Rival comes with a 1-year manufacturer's warranty. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the Important Product Information Guide included with your device.

8.2. Additional Support

For further assistance, frequently asked questions, or to download the full user guide in PDF format, please visit the official Wahoo Fitness support website or refer to the provided User Guide (PDF) link: [Wahoo ELEMNT Rival User Guide \(PDF\)](#).

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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