

KICKR BIKE

smart bike



OWNER'S MANUAL AND ASSEMBLY INSTRUCTIONS



wahoo

Thank you for purchasing the Wahoo KICKR BIKE!

DOWNLOAD THE WAHOO APP TO COMPLETE SETUP AND 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
support@wahoofitness.com

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

For safety, read this manual and all safety information thoroughly before assembly and use.

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

The following instructions must be observed at all times in order to prevent personal injury and physical damage to equipment and surroundings. The instructions are classified according to the degree of danger or damage which may occur if the product is used incorrectly:

Failure to follow the instructions will result in death or serious injury.



Failure to follow the instructions will result in death or serious injury.



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



SAFETY INFORMATION



- Improper or excessive exercise can result in serious injury. Always consult your physician before beginning or modifying any exercise program.
- The Wahoo App KICKR BIKE Fit algorithm(s) do not guarantee injury prevention.
- Contact with the moving parts of the KICKR BIKE could result in serious injury.
 - Do not put hands or objects near moving parts of the KICKR BIKE.
 - Keep children and pets away from the KICKR BIKE.
 - Do not dismount the KICKR BIKE while the flywheel is in motion.
 - 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 250 lbs. (113.5 KG).
- Instability of the KICKR BIKE could result in serious injury. Only use the KICKR BIKE on stable, level surfaces.
- The KICKR BIKE is intended for indoor use only. Do not store outdoors or near water.
- The KICKR BIKE may become hot to the touch when used for extended periods of time. Allow components to cool before touching.
- To avoid risk of fire or electric shock, only use the included power adapter with the KICKR BIKE.
- Unplug the KICKR BIKE when not in use and prior to cleaning and/or maintenance.
- Device alterations, improper and/or incomplete use, assembly or operation can result in serious injury.

ENSURE PROPER ASSEMBLY

- Follow the instructions provided in the manual when assembling the product.
- Read all safety information and ensure understanding of assembly instructions before assembling and using the KICKR BIKE.
- Keep this manual for future reference.
- Improper assembly, maintenance or use will void the warranty.
- The KICKR BIKE may be placed on a mat to protect floor or carpet if desired.
- Wahoo Fitness is not liable for improper or incomplete assembly of the KICKR BIKE.

BEFORE EACH RIDE

- Check to ensure that stem bolts are tight and that handlebars cannot rotate.
- Confirm that your saddle is properly installed and all bolts are properly tightened.
- Ensure that both the levers for adjusting reach and setback are fully closed.
- Check that the seatpost and steer tube quick release clamps are tightened and fully closed.
- Ensure that the standover height pin is properly seated and resting in the corresponding height position hole and that the lever is fully closed.
- That your pedals are properly installed and adequately tightened.
- Refer to this manual for proper torque specs.
- Before each ride ensure that the area is clear and that the KICKR BIKE has full range of tilt motion.
- Level the KICKR BIKE's feet and make sure the floor is clear of any debris.
- Check the power cord and brick for any damage before plugging it in.
- Ensure the KICKR BIKE is in locked mode before starting your ride.

MAINTENANCE AND STORAGE

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 dry or remove any sweat or water.
- Unplug the KICKR BIKE when stored or plug into surge protector.
- Routinely check for signs of rust, corrosion, or excessive wear.
- Inspect all bolts and screws for rust or damage.

To move and store your KICKR BIKE, use the casters to move the KICKR BIKE to a safe place for storage:

- Grab the handlebars and lift, then grab the front foot. Hold the front foot to navigate to place of storage.

BOX CONTENTS

(1) KICKR BIKE main assembly

(2) ACCESSORY BOX

(a) Rear stabilizer legs (2)

(b) Handlebar Assembly

(c) Seatpost Assembly

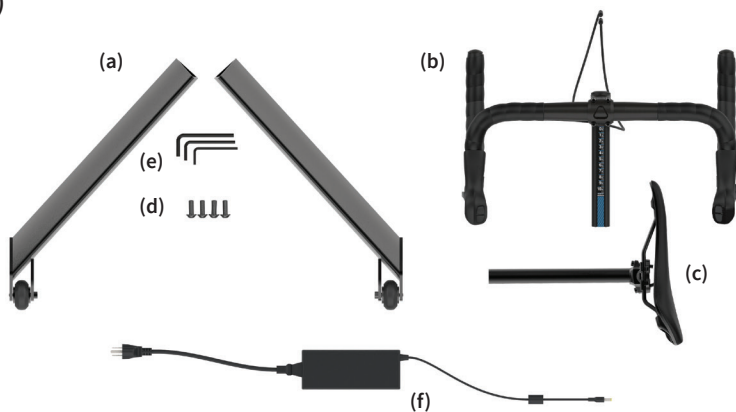
(d) 5mm Hex Bolts (X4)

(e) Allen Wrenches (4,5,6mm)

(f) AC Power Adapter



(2)



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

KICKR BIKE PARTS

- | | | |
|----------------|------------------------------|--------------------------|
| (1) Saddle | (7) Head Tube | (13) Base |
| (2) Seatpost | (8) LED Display | (14) Rear Stabilizer Leg |
| (3) Steer Tube | (9) Water Bottle Cage | (15) Leveling Feet |
| (4) Stem | (10) Crank Arms | (16) Castors |
| (5) Handlebars | (11) Crank Length Adjustment | |
| (6) Shifters | (12) Flywheel | |



KICKR BIKE ADJUSTMENT POINTS



Standover Height Adjustment



Saddle Height Adjustment



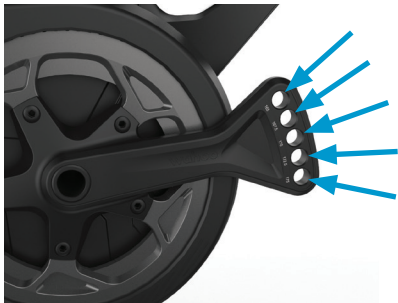
Setback Adjustment



Reach Adjustment



Stack Height Adjustment



Crank Length Adjustment

KICKR BIKE SETUP

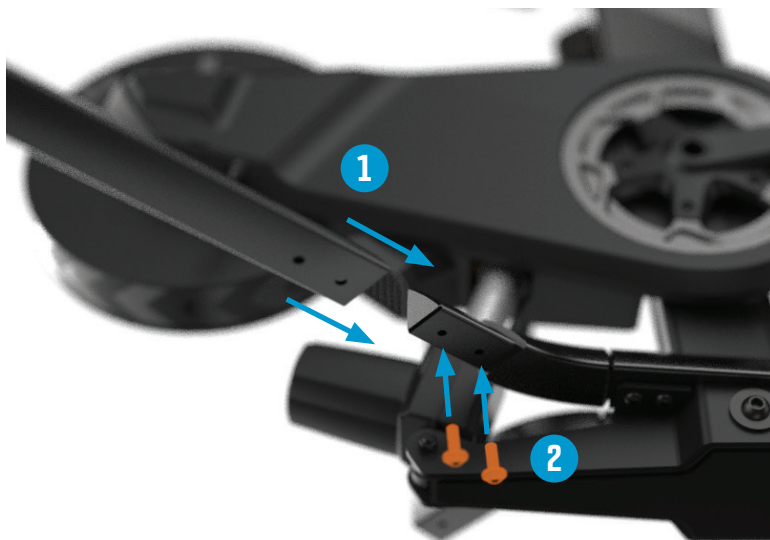
KICKR BIKE assembly requires two people.

Remove and lay out all items from the accessory box, ensuring all items are included.

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



With one person tilting the frame for access, assemble stabilizer leg to lower frame with supplied 5mm hex bolts. Repeat process for opposite side.



Tightening torque



24 - 28 N·m

KICKR BIKE ASSEMBLY

Attach the handlebar assembly to the KICKR BIKE using front reach extension quick release.



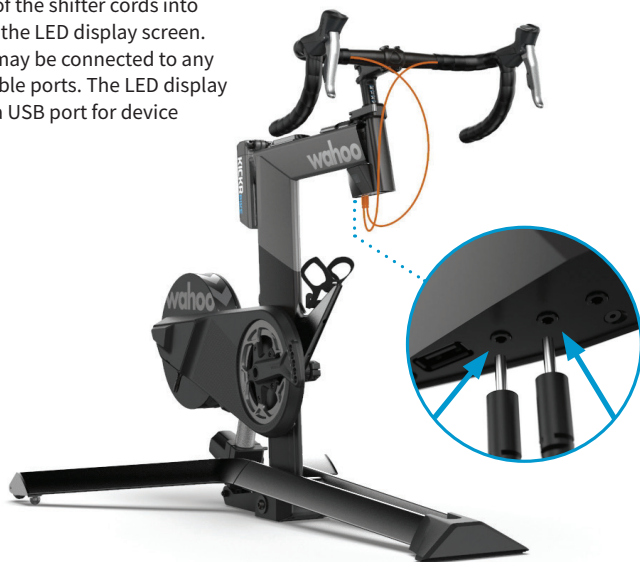
The handlebars will be tipped down. Use a 4mm Allen wrench to loosen (but do not remove) the stem bolts on the face plate. Rotate the handlebars to your desired position. Tighten stem bolts evenly on the face plate.



Tightening torque	
	05 - 06 N·m

KICKR BIKE ASSEMBLY *continued*

(7) Plug both of the shifter cords into the bottom of the LED display screen. Shifter cords may be connected to any of the 3 available ports. The LED display also features a USB port for device charging.



Insert the seatpost assembly into the KICKR BIKE by loosening/tightening the rear extension quick release.



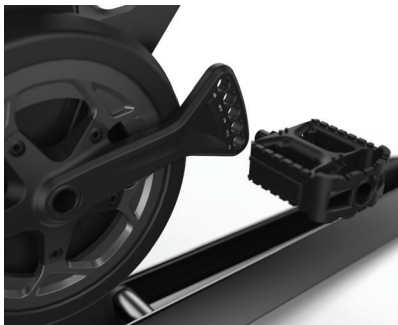
KICKR BIKE ASSEMBLY *continued*

Attach pedals to the crank arms.

Some pedal axles may require the use of washers (included) for necessary clearances to KICKR BIKE housings.

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 corresponding hole on the crank arm.

Identify the left and right pedals. Grease the threads on both pedals. Thread the right pedal into the drive side crank using washer for correct spacing (if needed). Use a wrench to ensure snug fit. Thread the left pedal into non drive side crank using washer for correct spacing (if needed). Use a wrench to ensure snug fit. The included pedals require a 6mm Allen wrench.



Tightening torque



30 - 35 N- m



NOTE: Pedal threads are different from left to right. Right side pedals have right-hand threads (removes counterclockwise, installs clockwise). The left side pedal has left-hand threads (removes clockwise, installs counterclockwise). Improper installation or cross threading can cause damage to the KICKR BIKE's cranks.

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



KICKR BIKE LED DISPLAY

KICKR BIKE includes a built in LED Display providing you with data on demand. The LED Display will show the following data:

- Whether your KICKR BIKE is currently in LOCKED or UNLOCKED Mode
- What gears you are currently in.
- Your current grade percentage after you manually change grades.
- Connection status of your KICKR BIKE to indicate if it is currently paired to an external device.

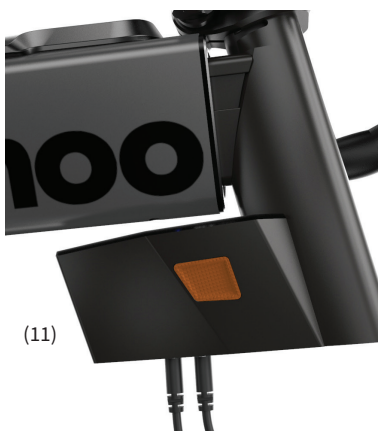


LOCKED AND UNLOCKED MODES

Use the button (11) on the side of the LED Display to toggle between modes.

Locked Mode: Use the shifter's manual controls for direct tilt control. While the lock LED is illuminated, external software will not move the KICKR BIKE.

Unlocked Mode: The KICKR BIKE reacts to grade changes from external software like Zwift and Sufferfest or from your ELEMNT GPS bike computers. If the shifters are used to change the grade manually in Unlocked Mode, the KICKR BIKE will automatically switch to Locked Mode.



USING THE WAHOO APP

From the Wahoo App you will be able to complete your setup, fit, customize, update and control your KICKR BIKE. Download the Wahoo App for free from the Apple App Store or from the Android Google Play Store.



SETUP: The Wahoo App offers step by step KICKR BIKE assembly instructions as well as account login and product registration. This ensures you will get all the latest information regarding your KICKR BIKE.

FIT: The Wahoo App ensures you get the best fit on your KICKR BIKE. The in-app fit calculation walks you through recreating your outdoor bike fit indoors.

CUSTOMIZE: Once your fit is dialed in, use the Wahoo App to further customize your KICKR BIKE. From number of speeds to gear ratio and shifter configuration, the KICKR BIKE is designed to mirror your outdoor bike.

UPDATE: Use the Wahoo App to make sure your KICKR BIKE is always up to date with the latest firmware to ensure accuracy and get the latest features.

CONTROL: The Wahoo App has the following workout modes that you can use to control the 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.

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.

CONNECTIVITY

Wahoo offers the most connected ecosystem for indoor and outdoor cycling.

Complete your KICKR BIKE experience with an ELEMNT Bike Computer, TICKR Heart Rate Monitor, KICKR Mat, and KICKR HEADWIND.

COMPATIBILITY

- ELEMNT GPS Bike Computers
- Apple devices running iOS 12.0 or newer
- Android 6.0 or newer (with ANT+ or Bluetooth® enabled)
- Mac computers (with an ANT+ USB adapter or Bluetooth® enabled)
- Windows PCs (with ANT+ USB adapter)

For a full list of KICKR compatible apps visit:

www.wahoofitness.com/fitness-apps#kickr

FCC Statement

This equipment has been tested and found to comply with the 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 a residential installation. This 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 not occur in a particular installation. If this equipment does cause harmful interference to radio or television 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 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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment 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) This device must accept any interference received, including interference that may cause undesired operation.

FCC 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.

IC Statement

- English: This device complies with Part 15 of the FCC Rules [and contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-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 undesired operation.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3 (B).

-French: L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

RF Exposure Statement

This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.