

# Wireless transceiver

## OWNER'S MANUAL AND ASSEMBLY INSTRUCTIONS



**wahoo**

# Thank you for purchasing a Wahoo KICKR BIKE SHIFT!

SCAN QR CODE TO SET UP YOUR KICKR BIKE SHIFT >>



## LEARN MORE

For more information or to submit a support request, visit [www.wahoofitness.com/support](http://www.wahoofitness.com/support)

## CONTACT US

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**Phone Hours:** Monday - Friday  
9am - 5pm Eastern Time Zone

The instructions below 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 could result in death or serious injury.



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



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

IMPORTANT NOTICE



## GENERAL SAFETY INFORMATION

- Improper or excessive exercise can result in serious injury. Always consult your physician before beginning or modifying any exercise program.
- The Wahoo KICKR BIKE SHIFT Fit algorithm does not guarantee injury prevention.
- Contact with the moving parts of the KICKR BIKE SHIFT could result in serious injury.
  - Do not put hands or objects near moving parts of the KICKR BIKE SHIFT.
  - Keep children and pets away from the KICKR BIKE SHIFT.
  - 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 SHIFT could result in serious injury. Only use the KICKR BIKE SHIFT on stable, level surfaces.
- The KICKR BIKE SHIFT is intended for indoor use only. Do not store outdoors or near water.
- The KICKR BIKE SHIFT 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 SHIFT.
- Unplug the KICKR BIKE SHIFT 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 SHIFT.
- Keep this manual for future reference.
- Improper assembly, maintenance or use will void the warranty.
- The KICKR BIKE SHIFT may be placed on a mat to protect floor or carpet if desired.
- Refer to this manual for proper torque specs and failure to properly tighten the bolts could cause personal injury and/or physical damage to equipment or surroundings .
- Wahoo Fitness is not liable for improper or incomplete assembly of the KICKR BIKE SHIFT



## **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.
- Ensure that your pedals are properly installed and adequately tightened.
- Refer to this manual for proper torque specs.
- Ensure that the KICKR BIKE SHIFT area is clear.
- Level the KICKR BIKE SHIFT'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.

## **MAINTENANCE AND STORAGE**

It is important to follow the below maintenance tips to ensure optimal performance of your KICKR BIKE SHIFT:

After each training session:

- Use a soft cloth to wipe the KICKR BIKE SHIFT dry or remove any sweat or water.
- Unplug the KICKR BIKE SHIFT 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.

# BOX CONTENTS

- (1) KICKR BIKE SHIFT Main Assembly

(2) Front Leg

(3) Rear Stabilizer Legs (x2)

(4) Handlebar Assembly

(5) Seatpost Assembly

(6) Rear Leveling Feet

(7) 5mm Hex Bolts (x8)

(8) AC Power Adapter

(9) Allen Wrenches (4,5mm)

(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



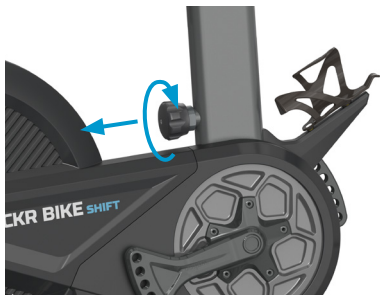
**P** PROTIP: Save all packaging and protective material for transportation and storage

## KICKR BIKE SHIFT PARTS

- |                |                              |
|----------------|------------------------------|
| (1) Saddle     | (7) Head Tube                |
| (2) Seatpost   | (8) Water Bottle Cage        |
| (3) Steer Tube | (9) Crank Arms               |
| (4) Stem       | (10) Crank Length Adjustment |
| (5) Handlebars | (11) Base Legs               |
| (6) Shifters   | (12) Rear Leveling Feet      |



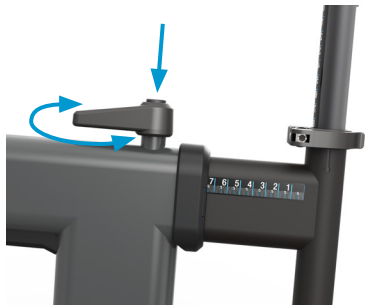
**KICKR BIKE SHIFT ADJUSTMENT POINTS**



Standover Height Adjustment



Saddle Height Adjustment



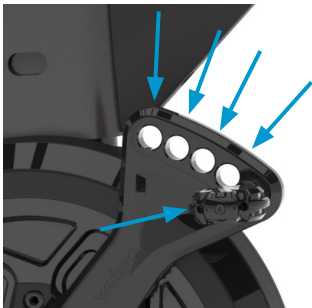
Setback Adjustment



Reach Adjustment



Stack Height Adjustment



Crank Length Adjustment

## KICKR BIKE SHIFT SETUP



**CAUTION**  
Heavy object.  
Two person lift  
required.

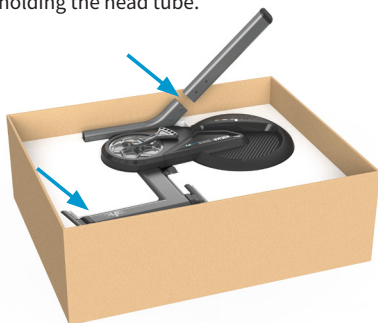
KICKR BIKE SHIFT assembly  
requires two people.

1. Begin by laying the package on its side. Once you've opened the box, remove contents from the top layer and set them on the floor near the assembly location.



2. Install the rear leg and secure it with two 5mm Allen bolts. Team lift the unit out of the box, with one person holding the recently installed leg, and the other person holding the head tube.

Tightening torque	
	24 - 28 N·m



3. Install the other rear leg and secure it with two 5mm Allen bolts. Proceed onto installing the front leg and securing it with four 5mm Allen bolts.






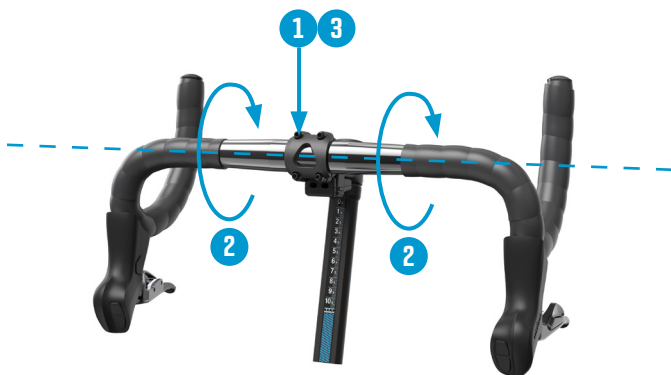
## KICKR BIKE SHIFT SETUP

4. Attach the handlebar assembly to the KICKR BIKE SHIFT using front reach extension quick release. The handlebars will be tipped down.



5. 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 SHIFT SETUP

6. Attach the main shifter cable magnetically to the pod located underneath the stem.




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



## KICKR BIKE SHIFT SETUP

8. Attach pedals to the crank arms.

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

Tightening torque	
	30 - 35 N·m



9. 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.



**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 SHIFT's cranks.

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



To avoid risk of fire or electric shock, only use the included power adapter with the KICKR BIKE SHIFT.

## WAHOO X ECOSYSTEM

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

**APPS:** Wahoo X makes it simple to access two completely unique indoor cycling apps through one account. Choose between Wahoo SYSTM's immersive, integrated workouts designed by world-class coaches, and Wahoo RGT, the virtual cycling world where you can connect with cyclists around the globe to ride, race and explore.



**DEVICES:** Complete your KICKR BIKE SHIFT experience with an ELEMNT Bike Computer, TICKR Heart Rate Monitor, KICKR MAT, and KICKR HEADWIND.

**DISPLAY SETUP:** We recommend an external display setup (iPad, PC, Mac, or Apple TV) to enhance your indoor riding experience. Download Wahoo RGT on your preferred display setup and jump on a test ride to complete the bike setup.



## WAHOO APP

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



**FIT:** The Wahoo App ensures you get the best fit on your KICKR BIKE SHIFT. 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 SHIFT. From number of speeds to gear ratio and shifter configuration, the KICKR BIKE SHIFT is designed to mirror your outdoor bike.

**UPDATE:** Use the Wahoo App to make sure your KICKR BIKE SHIFT 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 SHIFT:

**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 and the KICKR BIKE SHIFT 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 SHIFT will accurately model the power curve just as if you were riding outdoors.

## COMPATIBILITY

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

**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.

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Radiation exposure statement:

The device complies with the RSS radiation exposure limits set for uncontrolled environments. The device must be installed and used with a minimum distance of 20cm between the radiator and the body

Le present 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.

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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

