



Tacx Boost Bundle Owner's Manual

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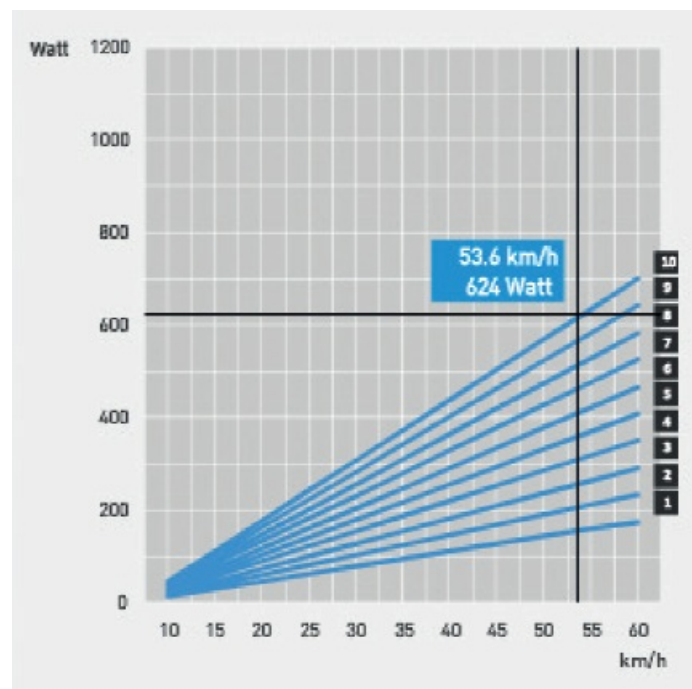


Tacx Boost Bundle



GETTING STARTED

What is virtual power?



The app estimates your power based on the speed readings it gets from the sensor and the resistance position of the resistance lever on your handlebars. This estimation is based on the trainers power curve. The power curve chart (below) shows you the power (watts) required to achieve a given speed at each resistance setting and is unique for each basic trainer model.

So, virtual power is an estimation of your actual power based on your speed and not a precise measurement.

What are my training options?



Virtual power allows you to:

- Ride Tacx Films in the Tacx Training app.
- Ride a GPS track in the Tacx Training app.
- Ride with the Zwift app.
- Ride with the TrainerRoad app.
- Keep track of your speed and estimated power. Cadence data requires an optional cadence sensor.

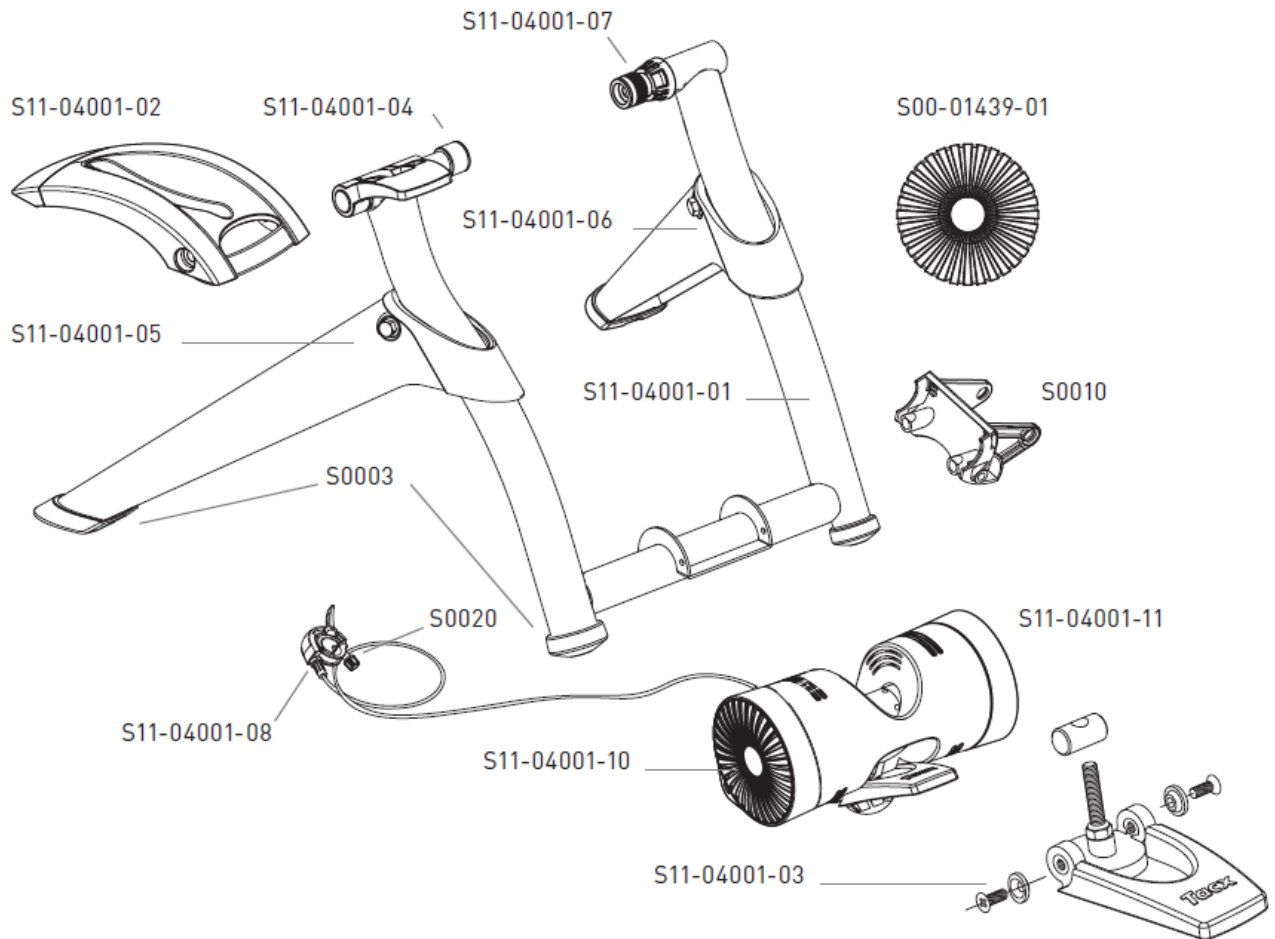
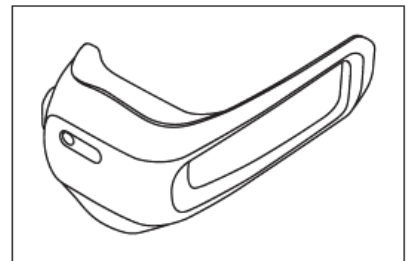
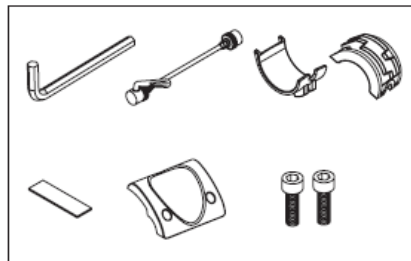
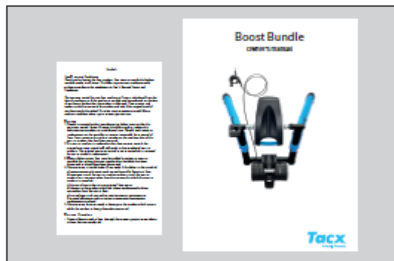
When using the Tacx or Zwift app, it's best to keep the resistance lever on position 2 so the resistance will not change.

Instructions

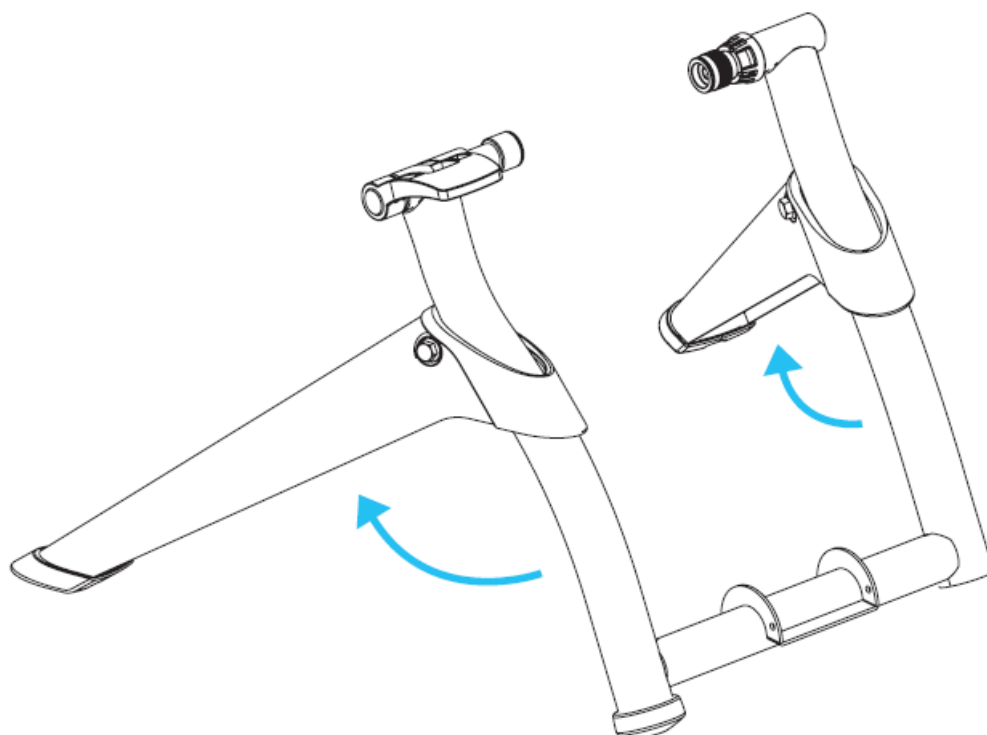
1. Mount the speed sensor on the rear wheel hub according to the sensor's manual.
2. Open the app you wish to use.
3. Pair the speed sensor in the app.
4. Select your wheel diameter.
5. Select the Tacx Boost as trainer.
6. The sensor is connected.
7. When using the Tacx app or Zwift app, set the resistance lever on your handlebar to position 2.

ASSEMBLY

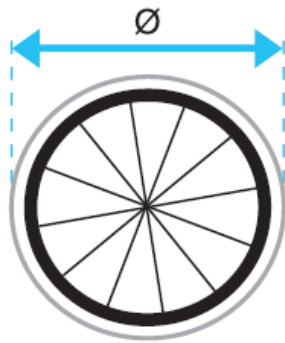
1. Check the package contents.












2. Unfold the frame and place on a firm, level surface.

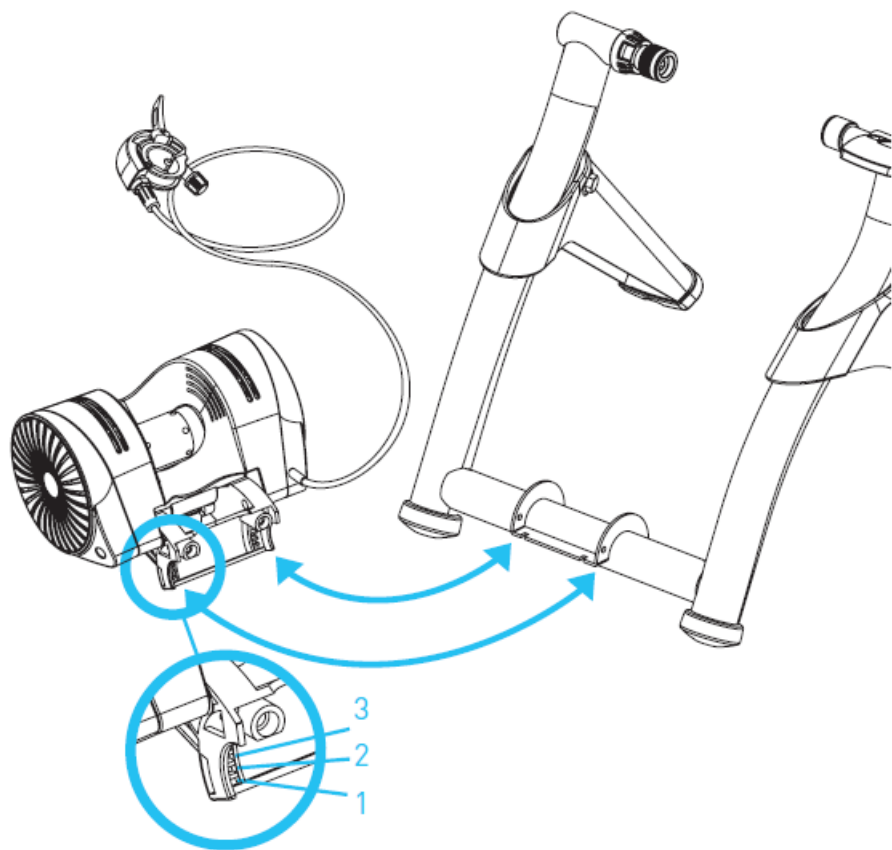


3. Measure the wheel diameter, including the tire.

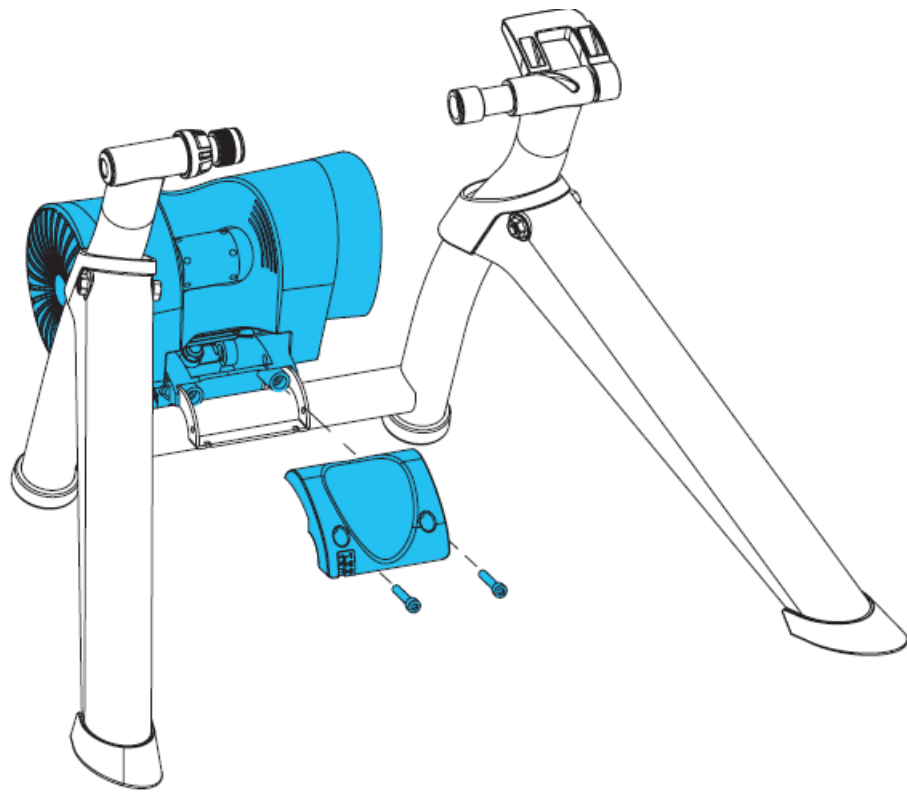


min.mm				max.mm			
	3	660	ATB 29"	720	3		
	2	640	Race	680	2		
	1	610	26"	650	1		

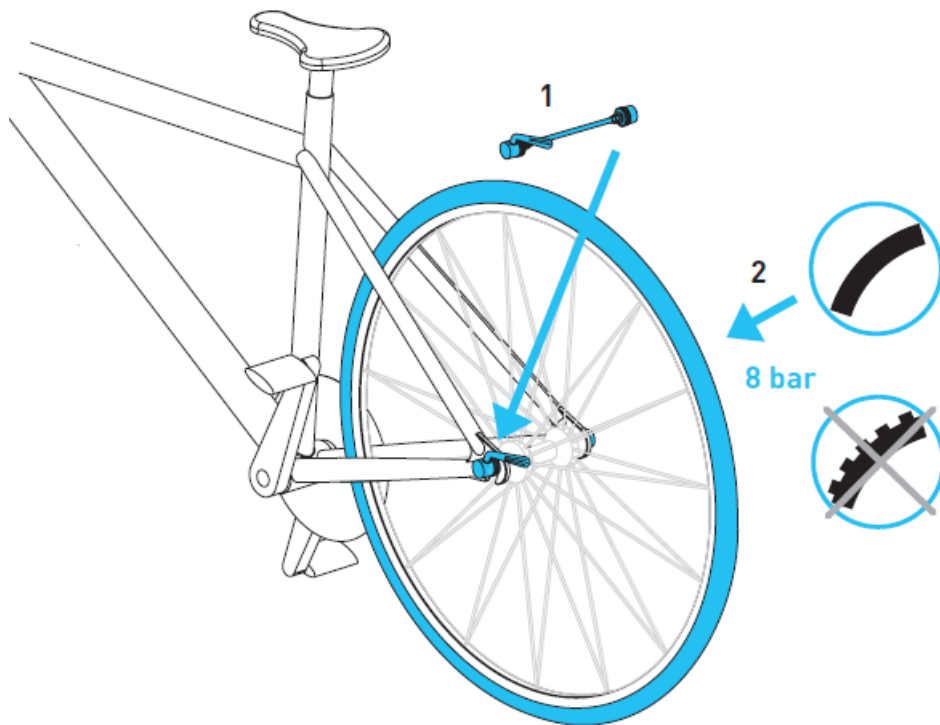
4. Determine the position of the resistance unit.



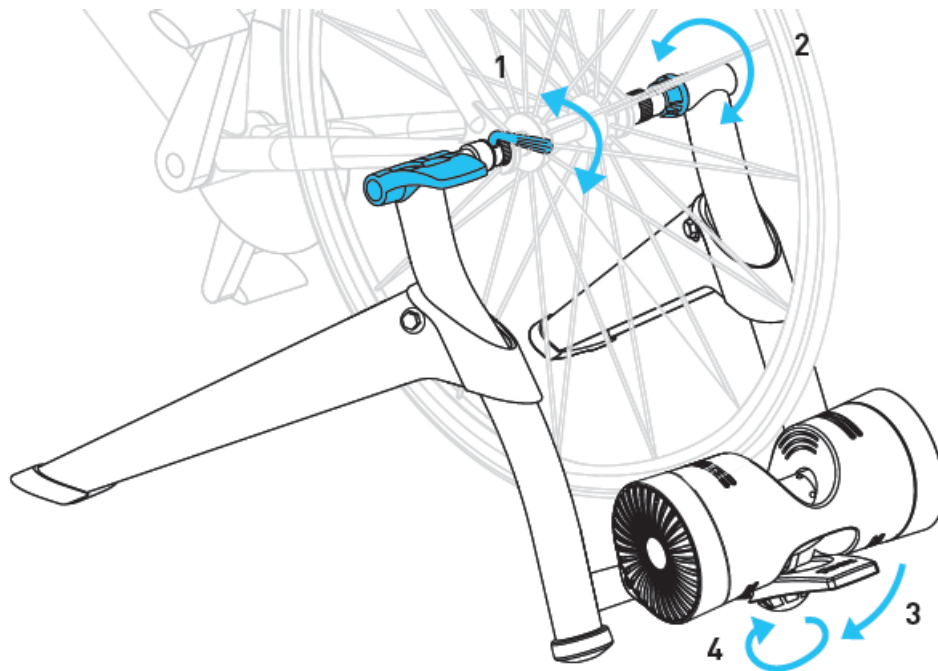
5. Use a 5 mm allen key to mount part A and the resistance unit on to the frame.



6. Install the included quick release skewer and inflate the tire to 8 bar.

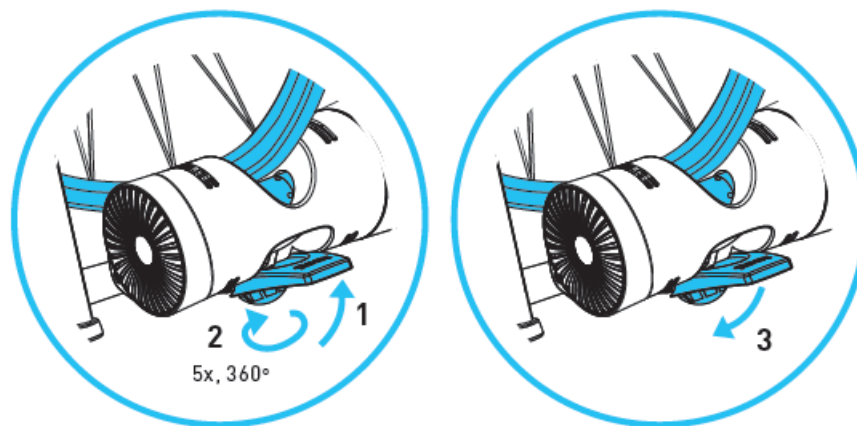


7. Place the bike in the trainer, push down the lever and rotate the knob clockwise until the roller slightly touches the rear wheel.

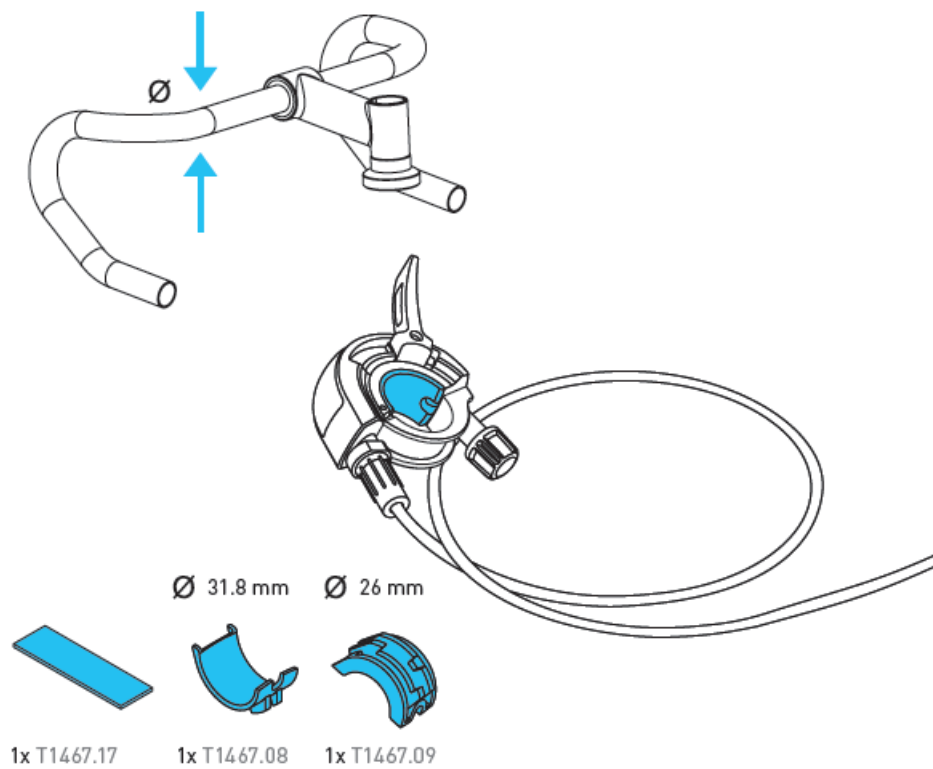


8. Pull up the lever to release the rear wheel and rotate the knob 360° clockwise for 5 times for an optimal performance in the Tacx app. Then push down the lever.

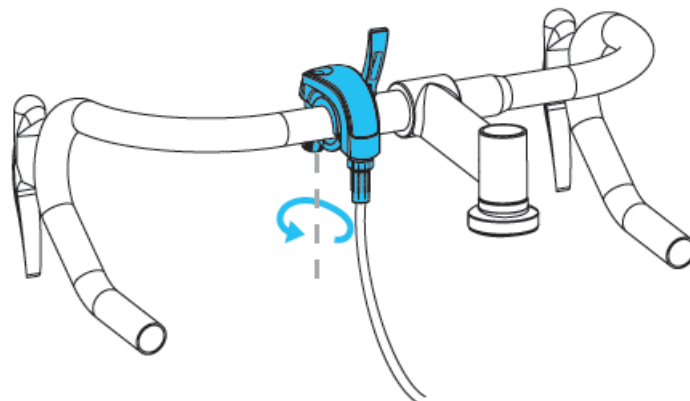
9.



Measure the diameter of your handlebars and place the proper insert in the resistance lever.



10. Place the resistance lever on your handlebars and tighten it by turning the knob.



Documents / Resources



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References

- ▲ [Garmin International | Home](#)
- ▲ [Garmin Customer Support](#)

