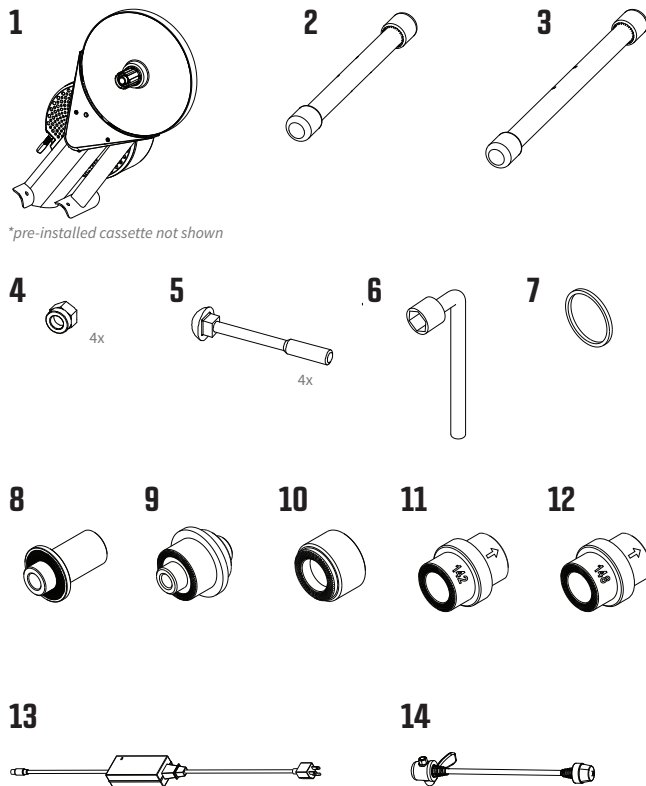


WHAT'S IN THE BOX

1. KICKR CORE*
2. Rear Leg (shorter)
3. Front Leg (longer)
4. Nuts (x4)
5. Bolts (x4)
6. Hex Tool
7. 1.8mm Spacer
8. Adapter A - drive side for 130/135mm Quick Release
9. Adapter B - non-drive side reversible for 130/135mm Quick Release
10. Adapter C - drive side for 12x142/148mm Thru Axle
11. Adapter D - non-drive side for 12x142mm Thru Axle
12. Adapter E - non-drive side for 12x148mm Thru Axle
13. AC Power Adapter
14. Quick Release Skewer

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



⚠ WARNING

GENERAL SAFETY INFORMATION

- Improper or excessive exercise can result in serious injury. Always consult your physician before beginning or modifying any exercise program.
- Contact with the moving parts of the KICKR CORE could result in serious injury.
- Do not put hands or objects near moving parts of the KICKR CORE.
- Keep children and pets away from the KICKR CORE.
- 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 CORE could result in serious injury. Only use the KICKR CORE on stable, level surfaces.
- The KICKR CORE is intended for indoor use only. Do not store outdoors or near water.
- The KICKR CORE 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 CORE.
- Device alterations, improper and/or incomplete use, assembly or operation can result in serious injury.

2

⚠ WARNING

IMPORTANT NOTICE

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

The instructions below are classified according to the degree of danger or damage which may occur if the product is used incorrectly:

⚠ DANGER

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

⚠ WARNING

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

⚠ CAUTION

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



DOWNLOAD: Download the Wahoo App for free from the Apple App Store or from the Android Google Play Store for:

- A video setup guide
- Automatic device registration
- Firmware updates
- Required bi-monthly spindown calibrations

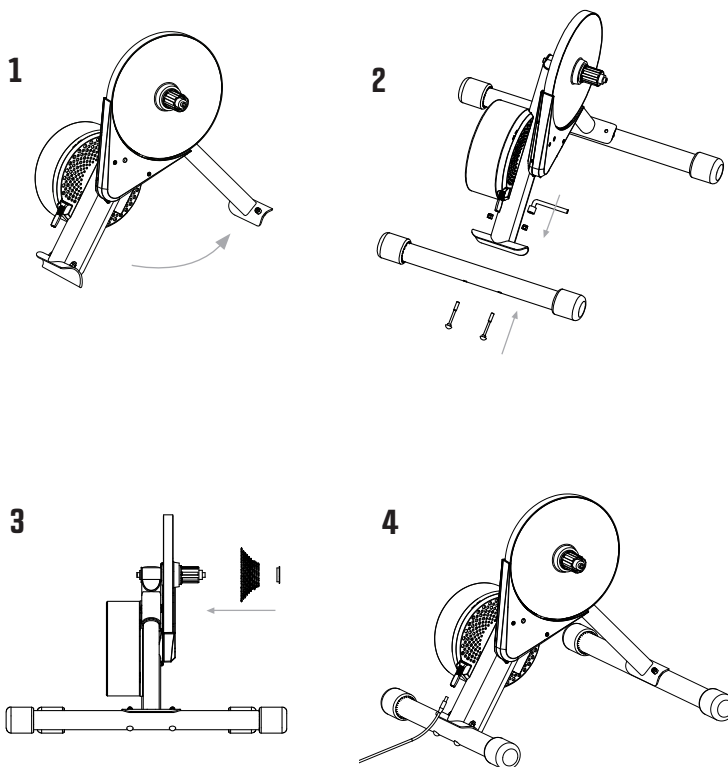
3

KICKR CORE SETUP

1. Fully extend the arm of the KICKR CORE unit forward.
2. Fully insert the bolts upward into the square holes of the legs and through the base of the arms. Secure the front leg (longer) and rear leg (shorter) to the KICKR CORE by threading the nuts onto the bolt ends and tightening with the hex tool. Once both legs are attached, place the KICKR CORE on a stable, level surface.
3. After the frame is complete, add a cassette (if not included).
4. Use the included AC power adapter to connect the trainer to a standard wall outlet.

Checking for firmware updates and calibrating your KICKR CORE using the app is key to getting the best performance out of your trainer. **Don't skip this step.**

SETUP: Follow the in app setup guide to complete your profile and to pair sensors.



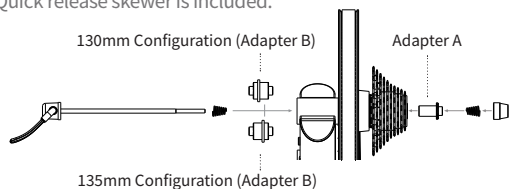
ATTACHING YOUR BICYCLE

Shift your bicycle chain into the smallest sprocket in the front and rear, then remove your rear wheel. Install your bicycle on the KICKR CORE by aligning the chain with the smallest sprocket on the KICKR CORE and pressing down to fully seat the dropouts on the KICKR CORE's axle.

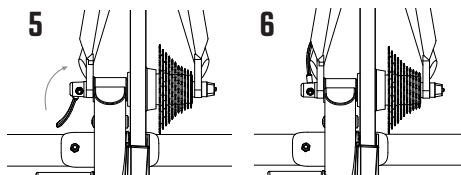
FOR 130MM OR 135MM QUICK RELEASE

Adapters needed: A+B

Quick release skewer is included.



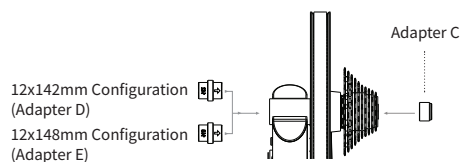
5. For bicycles with quick release - Secure your bicycle by tightening the quick release nut and then closing the quick release lever, clamping the frame. The quick release lever is "open" when it curves away from the bicycle frame.
6. The lever is "closed" when it curves towards the bicycle frame. The handle of the quick release skewer is always on the non-drive (non cassette) side of the KICKR CORE. Only use the provided quick release skewer while using the KICKR CORE.



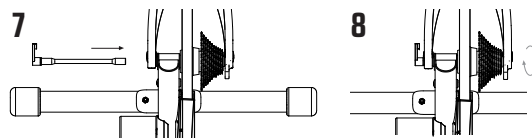
FOR 142MM OR 148MM THRU AXLE

Adapters needed: C+D or C+E

To be used with the 12mm thru axle supplied with bicycle.



7. For bicycles with thru axle - Secure your bicycle by reinstalling your bicycle's thru axle.
8. Tighten to manufacturer specifications.



CAUTION! Failure to properly tighten the quick release skewer or thru axle may result in property damage or personal injury. If you are unsure of the proper tension, please consult your local bike shop or contact Wahoo Fitness for assistance. Do NOT ride the KICKR CORE until the quick release skewer or thru axle is tightened.

P **PROTIP:** Lift the front wheel up while pressing down on the saddle to ensure the bicycle is fully seated on the trainer.

COMPLETE YOUR SETUP USING THE WAHOO APP



Before using the KICKR CORE for the first time you should pair the trainer to the Wahoo app to register it, check for firmware updates, and perform a spindown to calibrate it. Additionally, a spindown should be completed in the Wahoo app every 2 weeks or when the trainer is moved to ensure the most accurate power data.

COMPATIBILITY

From your phone, tablet, or laptop to your bike computer, KICKR Smart Trainers offer the widest range of compatibility and connectivity.

- iOS must be running version 16 or newer
- Android 10 or newer and Bluetooth enabled
- Mac requires ANT+ USB Stick or Bluetooth enabled
- Windows PC when paired with ANT+ USB Stick or Bluetooth enabled

For a full list of KICKR compatible apps, visit:
www.wahoofitness.com/fitness-apps#kickr

LEVEL UP YOUR SETUP



6

LIMITED WARRANTY

Wahoo Fitness warrants this product to be free from defects in material and workmanship, under normal use, for one year from the date of original purchase. Defects that have resulted from improper or unreasonable use or maintenance, accidents, excess moisture, insects, improper packaging, lightning, power surges, or unauthorized tampering, alteration, or modification will not be covered. Wahoo Fitness will, at its discretion, repair or replace with a comparable product, at no charge to the customer for parts or labor, so long as customer is responsible for shipping costs. Products may be new, refurbished, or reconditioned and are warranted for the unexpired period of the original purchase or 60 days from the return, whichever is greater. Any products replaced become the property of Wahoo Fitness.

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE IN LIEU OF ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESSED OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL WAHOO FITNESS BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL, OR INDIRECT DAMAGES. SOME PLACES DO NOT ALLOW LIMITATIONS ON THE EXCLUSION OR LIMITATION OF LIABILITY TO SPECIFIED AMOUNTS SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

To obtain warranty services, contact Wahoo Fitness for shipping instructions and an RMA tracking number. Return your device, freight prepaid, along with the original sales receipt which is a required proof of purchase for warranty repairs, with the RPM tracking number written on the outside of the package, and mail it to Wahoo Fitness.

WFBKTR4
 FCC: PAD123
 IC: 10563A-WF124

AUSTRALIAN WARRANTY INFORMATION

This document details the terms and conditions of the warranty provided with this product. Please disregard any other representations contained on this product's packaging or provided with this product, which constitute or appear to constitute a warranty. Subject to the exclusions and limitations set out below, we warrant to you that if you purchase a product directly from us, or from any of our authorised resellers, that it will not contain defects which are a result of faulty manufacturer workmanship or materials. This warranty subsists for 1 year from the date of purchase.

Subject to any rights you have under the Australian Consumer Law, we will not be liable for defects which are a result of damage or loss caused by factors beyond our control, any product which has not been maintained according to any care or maintenance instructions provided with the product, any alterations to a product which are not performed by us, or damage or defects caused to the product due to unusual or non-recommended use. We will not be liable for any special, indirect, consequential or economic loss or damage or loss of profits whatsoever suffered by you or any other person resulting from any act or omission by us.

Our total liability in respect of this Warranty against Defects is limited to the replacement of the goods.

Any claim made under this warranty must be made by returning the defective goods to us, at your expense. Please provide details of the defect and evidence of purchase to support@wahoofitness.com

This Warranty against Defects is provided in addition to other rights and remedies that you may have at law. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any reasonably foreseen loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be acceptable quality and the failure does not amount to a major failure.

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 a computer or peripheral devices).

Caution! The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

7

CE STATEMENT

Hereby, Wahoo Fitness declares that this product is in compliance with:

The essential requirements and essential relevant provisions of directive 2014/53/EU

The full text of EU declaration of conformity (DoC) is available at the following internet address: www.wahoofitness.com/regulatory-notice. The object of the declaration described above is in conformity with the relevant European Union harmonization Legislation: Directive 2014/53/EU and any other applicable directives. This declaration is issued under the sole responsibility of Wahoo Fitness, LLC.

All listed Wahoo products operate within the 2402-2480MHz frequency band and below the maximum output power threshold of 100mW (20dBm).

Regulatory authorities within the EU may obtain compliance information by writing to:

Wahoo Fitness LLC
90 W. Wieuca Road 110
Atlanta, GA 30342

Before beginning or modifying any exercise program, please consult your physician. If you have a pacemaker or other implanted electronic device, consult your physician before using a heart rate sensor. This product is intended for recreational use only and is not intended for medical purposes. Heart rate and other readings could be influenced by interference from external sources. If you use this product with navigation software, always be aware of your surroundings and do not fixate on the screen. Moreover, set destinations and other user inputs prior to your departure to ensure your attention stays on task and your facilities are directed to your activity and not the device. The device contains no user serviceable parts and repairs / modifications should only be made by a technician authorized by Wahoo Fitness. Any unauthorized modifications or repairs will void your warranty. Do not leave devices exposed to excessive heat or cold.

FCC Statement

This device 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.

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

Note: 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.

RF warning:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

CALIFORNIA PROPOSITION 65

The enclosed hardware and its packaging contain chemicals the State of California has found to cause cancer, birth defects or reproductive harm.

ISED Notice

This device contains licence-exempt transmitter(s)/receiver(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 harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation of the device.

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

Cet appareil contient des émetteurs/récepteurs exemptés de licence qui sont conformes aux RSS exemptés de licence d'innovation, sciences et développement économique Canada.

Le fonctionnement est soumis aux deux conditions suivantes:

- (1) Cet appareil ne doit pas causer d'interférences nuisibles, et
- (2) Cet appareil doit accepter toute interférence reçue, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

L'appareil numérique est conforme au Canada ICES-3 (B)/NMB-3(B).

This device complies with exemption from the current assessment limits in section 6.6 of CNR - 102 and RSS-102 RF exposure compliance, users can obtain canadian data on RF field exposure and RF field exposure. This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum 20cm distance from a radiator or your body. This transmitter must not be co-located or operate in conjunction with any other antenna or transmitter.

Cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 6.6 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. Cet équipement doit être installé et fonctionner à au moins 20cm de distance d'un radiateur ou de votre corps. Cet émetteur ne doit pas être co-localisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.