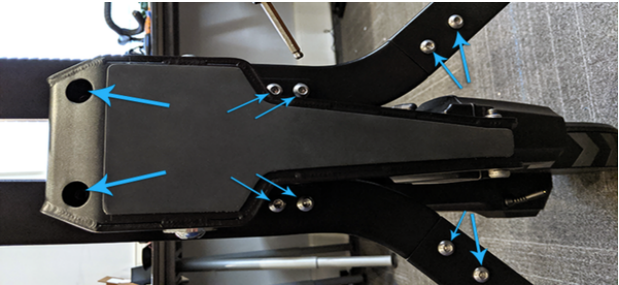


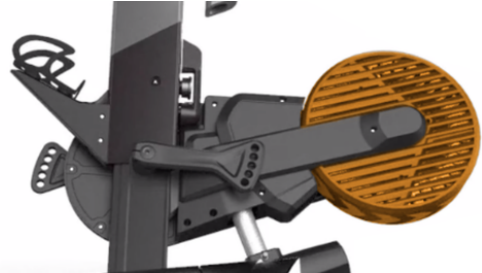



# wahoo KICKR BIKE Maintenance Guide

Schedule	Action	Details	Image
Each ride	Clean/wipe down bike	Use a clean, dry cloth to remove any moisture, especially around electronics, top tube, and clamping levers	
Monthly / Every 32 hrs*	Check leveling feet and lock ring	Ensure feet are extended firmly against the ground, secured with lock ring, and providing stabilization	
	Clean and check shifter connections	Remove, wipe down male shifter plugs using isopropyl (rubbing) alcohol, and dry before reinserting.	


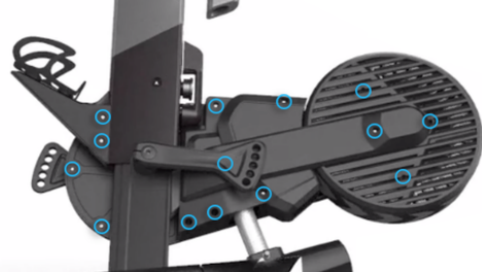

\*Whichever comes first. Hours of **riding** time.

<p><b>4x a year /</b> Every 96 hrs*</p>	<p>Check crank bolts</p>	<p>Requires a 5mm hex key. Fixing bolt torque: Max 3Nm Pinch bolt torque: Max 15 Nm See instructions below **</p>	
<p><b>3x a year /</b> every 128 hrs*</p>	<p>Grease lower frame rails.</p>	<p>Raise the upper frame to the highest point on the mast and apply a synthetic grease (polylube or PTFE) to the front and rear of the lower mast. Raise and lower frame several times to evenly distribute the grease.</p>	
	<p>Check torque on leg mounting bolts (10x bolts)</p>	<p>Pull up front foot until unit is vertical to access bolts. Use a 6mm hex key to tighten to max 15 Nm.</p>	
<p><b>2x a year /</b> every 192 hrs*</p>	<p>Check torque on handlebar stem bolts (4x bolts)</p>	<p>Use a 4mm hex key to tighten to max 6Nm in a figure eight pattern.</p>	

\*Whichever comes first. Hours of **riding** time.

2x a year / every 192 hrs*	Clean out motor vent cover	Use a vacuum to remove dust and debris.	
	Check linear actuator bottom bolt	Spray bolt/washers with a silicone lubricant.	
Yearly / every 384 hrs*	Replace handlebar tape	Replace as needed	
	Reapply carbon assembly compound to seat tube and steerer tube	Wipe seatpost, stem extension, and seat / steerer tubes clean, then apply a carbon assembly compound to the interior of the seat tube and steerer tube.	

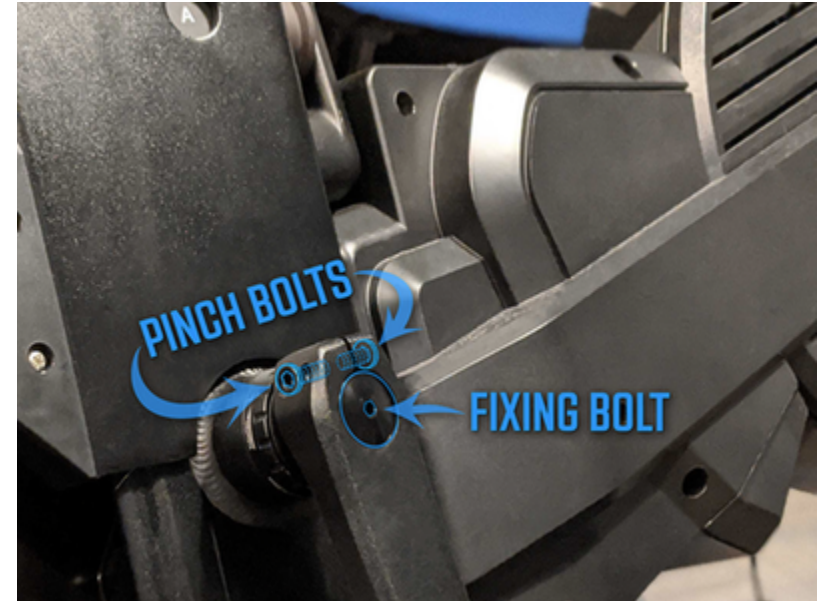
\*Whichever comes first. Hours of **riding** time.

	<p>Check proper operation of all adjustment points</p>	<p>See diagram below***. Confirm all levers move smoothly and provide compression/security when tightened. Also check the condition of plastic curved QR 'washers' and replace if damaged or flattened.</p>	
<p><b>Yearly</b> / every 384 hrs*</p>	<p>Check screws securing plastic drivetrain housing (14x screws)</p>	<p>Gently hand tighten until secure using 2.5mm hex key or #2 Phillips screwdriver.</p>	
	<p>Check saddle clamp bolts</p>	<p>Use a 5mm hex key to tighten to max 6Nm, ensuring bolts are evenly tightened.</p>	

\*Whichever comes first. Hours of **riding** time.

## \*\* Checking BIKE Crank bolts

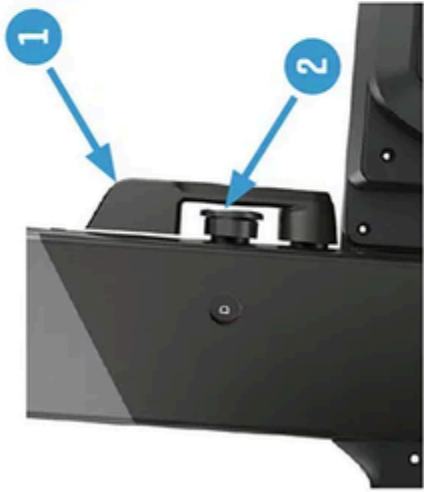
1. Use a 5mm hex key to loosen the two pinch bolts on either side of the non-drive side crank arm where it meets the spindle of the crank.
2. Insert the 5mm hex key into the end of the fixing bolt for the crank arm and gently tighten to 3Nm. This bolt is generally tight enough when no play can be detected while wiggling the crank while hand tightening the fixing bolt.
3. Lastly, use the 5mm hex key to tighten the pinch bolts evenly, incrementally tightening to reach 15Nm.



\*Whichever comes first. Hours of **riding** time.

### \*\*\* KICKR BIKE ADJUSTMENT POINTS

#### KICKR BIKE ADJUSTMENT POINTS



Standover Height Adjustment



Saddle Height Adjustment



Setback Adjustment



Reach Adjustment



Stack Height Adjustment



Crank Length Adjustment

\*Whichever comes first. Hours of riding time.