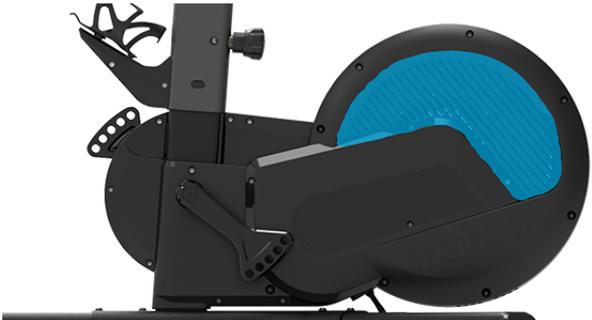


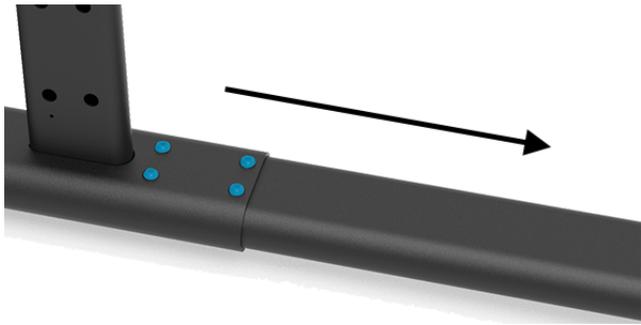
# wahoo KICKR BIKE SHIFT Maintenance Guide

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 and wipe down contact surfaces using isopropyl (rubbing) alcohol, and dry before reattaching.	
4x a year /	Check crank bolts / for	Requires a 5mm hex key.	See instructions below**

\*Whichever comes first. Hours of riding time.

Every 96 hrs*	play in non-drive (left) side crank arm	Fixing bolt torque: Max 3Nm Pinch bolt torque: Max 15 Nm	
<b>3x a year / every 128 hrs*</b>	Check torque on leg mounting bolts (8x bolts)	Use a 5mm hex key to tighten to max 15Nm.	
<b>2x a year / every 192 hrs*</b>	Check torque on handlebar stem bolts (4x bolts)	Use a 4mm hex key to tighten to max 6Nm in a figure eight pattern.	
	Clean out motor vent cover	Use a vacuum to remove dust and debris.	

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

	Remove and regrease front leg and check bolt torque on all legs	Use a 5mm hex key to remove the front leg, apply polyube or PTFE grease to the front leg interface and then reinstall. Confirm all bolts are snug.	
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.	
	Check proper operation of all adjustment points	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.	

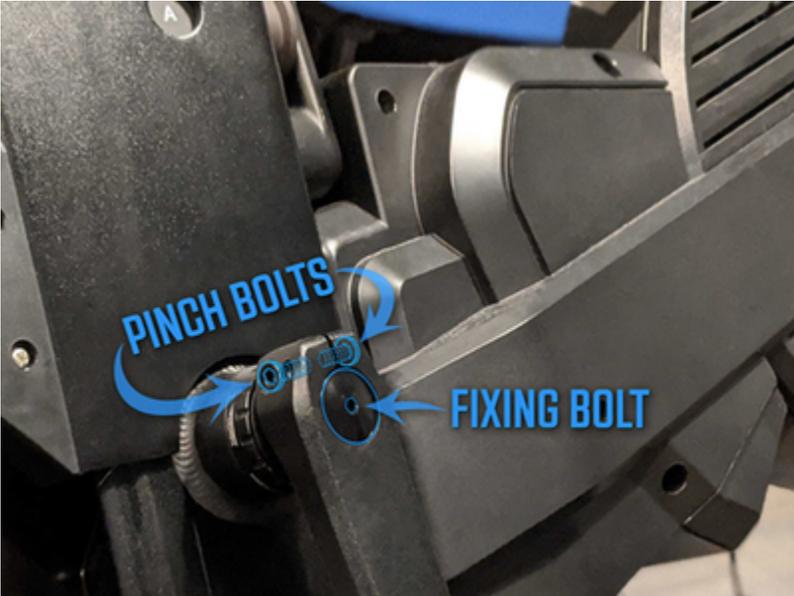
\*Whichever comes first. Hours of **riding** time.

	<p>Remove top tube levers and regrease threads</p>	<p>Unthread front and rear extension levers completely and regrease with polylube or PTFE grease.</p>	
	<p>Extend front / rear extensions and regrease</p>	<p>Fully extend front/rear extensions and apply a thin layer of polylube or PTFE grease to the top and bottom of the extension, then work them in and out to spread it. Wipe off excess.</p>	
	<p>Check screws securing plastic drivetrain housing (18x screws)</p>	<p>Gently hand tighten until secure using a 3mm hex key.</p>	

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

	<p>Check saddle clamp bolts</p>	<p>Use a 5mm hex key to tighten to max 6Nm, ensuring bolts are evenly tightened.</p>	
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## \*\* Checking BIKE Crank bolts

<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>3. Use a torque wrench, or the 5mm hex key to tighten the pinch bolts evenly, incrementally tightening to reach 15Nm.</li> </ol>	
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\*Whichever comes first. Hours of **riding** time.