

**wahoo**

wahoofitness.com

# KICKRCLIMB

## QUICK START GUIDE



**wahoo**

# Thank you for purchasing the Wahoo KICKR CLIMB!

**FOR LATEST NEWS, SUPPORT, AND FIRMWARE UPDATES BE SURE TO REGISTER YOUR PRODUCT USING THE WAHOO FITNESS APP**

## LEARN MORE:

For instructional videos, compatible apps, FAQs, and support requests please visit: [www.wahoofitness.com/support](http://www.wahoofitness.com/support)

## PLEASE CONTACT US WITH QUESTIONS OR CONCERNS AT:

Wahoo Fitness  
90 W. Wieuca Rd NE  
Suite 110  
Atlanta, GA 30342 United States

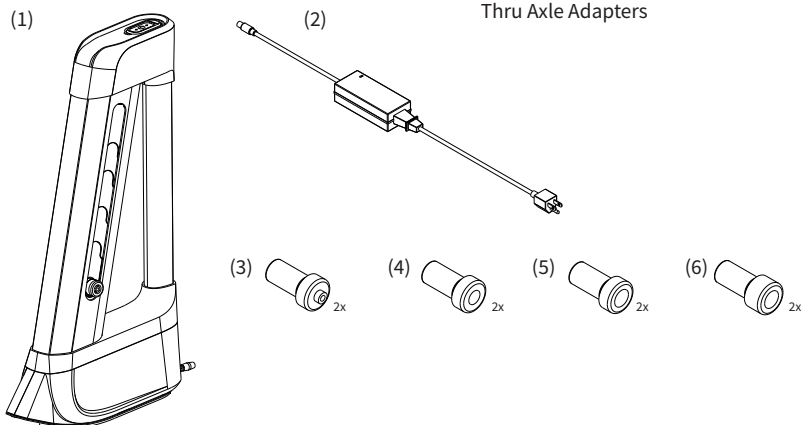
## TELEPHONE:

**United States:** 1-877-978-1112  
**Germany:** +49-30-568-373827  
**United Kingdom:** +44-800-808-5773  
**Phone Hours:** Monday - Friday  
10am-7pm Eastern Time Zone

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## INSIDE THE BOX

- (1) KICKR CLIMB with Built-In Remote
- (2) AC Power Adapter
- (3) Adapter A - Quick Release Adapters
- (4) Adapter B - 12mm x 100mm Thru Axle Adapters
- (5) Adapter C - 15mm x 100mm Thru Axle Adapters
- (6) Adapter D - 15mm x 110mm Thru Axle Adapters



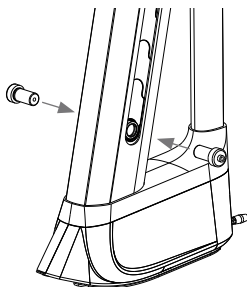
## CAUTION!

- Before beginning or modifying any exercise program please consult your physician.
- Do not put hands or objects near moving parts of the KICKR CLIMB.
- The KICKR CLIMB may become hot to the touch when used for extended periods of time.
- Do not attempt to dismount the bicycle while the KICKR CLIMB is in motion.
- Keep children and pets away from the KICKR CLIMB while in use.
- Only use the KICKR CLIMB on a stable and level surface
- Use caution standing while pedaling on the KICKR CLIMB.
- Keep the KICKR CLIMB away from water.
- Only use the power supply that comes with the KICKR CLIMB.
- Check to make sure the bicycle is properly secured to the KICKR CLIMB before every ride.
- Only use the KICKR CLIMB with an approved trainer.
- Wahoo Fitness is not responsible for any damage that may occur due to improper installation. Read installation instructions completely.

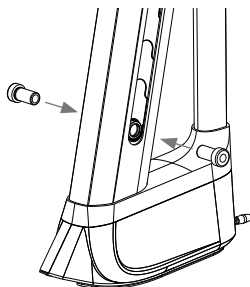
## KICKR CLIMB SETUP

**Step 1:** Insert the correct adapters for your bike, as shown below.

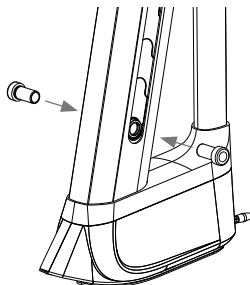
**Quick Release**  
Use Adapter A



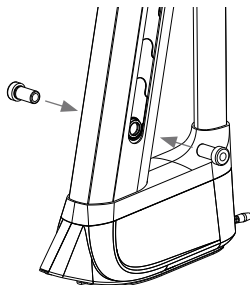
**12mm x 100mm Thru Axle**  
Use Adapter B



**15mm x 100mm Thru Axle**  
Use Adapter C



**15mm x 110mm Thru Axle**  
Use Adapter D



## KICKR CLIMB SETUP *continued*

**CAUTION!** To avoid damaging your bicycle, use the KICKR CLIMB only on approved Wahoo Trainers. For a full list of approved trainers please visit [www.wahoofitness.com/support](http://www.wahoofitness.com/support).

**Step 2:** Install your bike on an approved trainer (see trainer's quick start guide for setup instructions)

**Step 3:** Remove your bicycle's front wheel and center the KICKR CLIMB just in front of the fork.

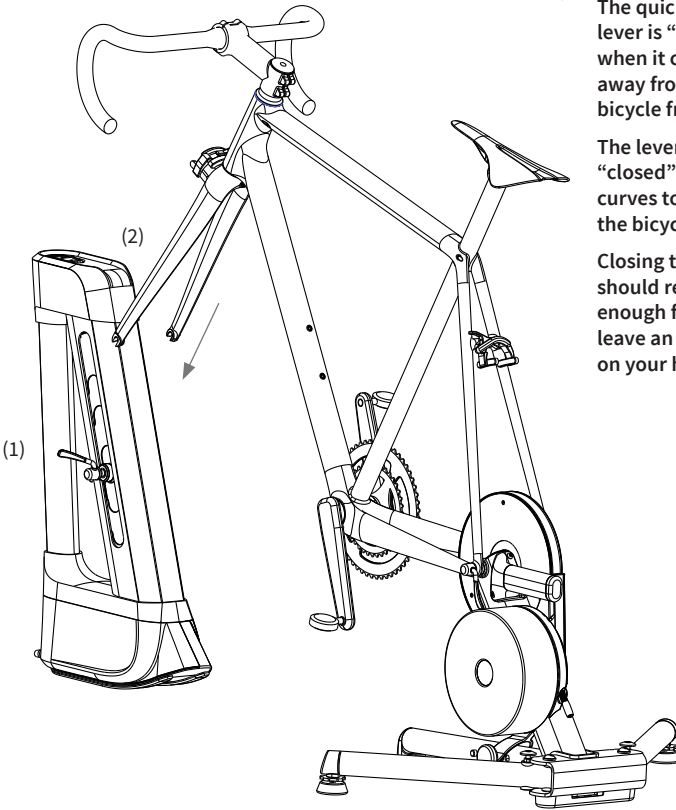
**Step 4:** Attach Your Bicycle (Quick Release Skewers)

Use the quick release skewer included with your bicycle. Insert the quick release skewer (1) into the KICKR CLIMB, then lower your fork (2) and fully seat the fork's dropouts on the quick release skewer. Tighten the quick release acorn nut and clamp the lever closed, securing your bike to the mount.

**P** **PROTIP:**  
The quick release lever is "open" when it curves away from the bicycle frame.

The lever is "closed" when it curves towards the bicycle frame.

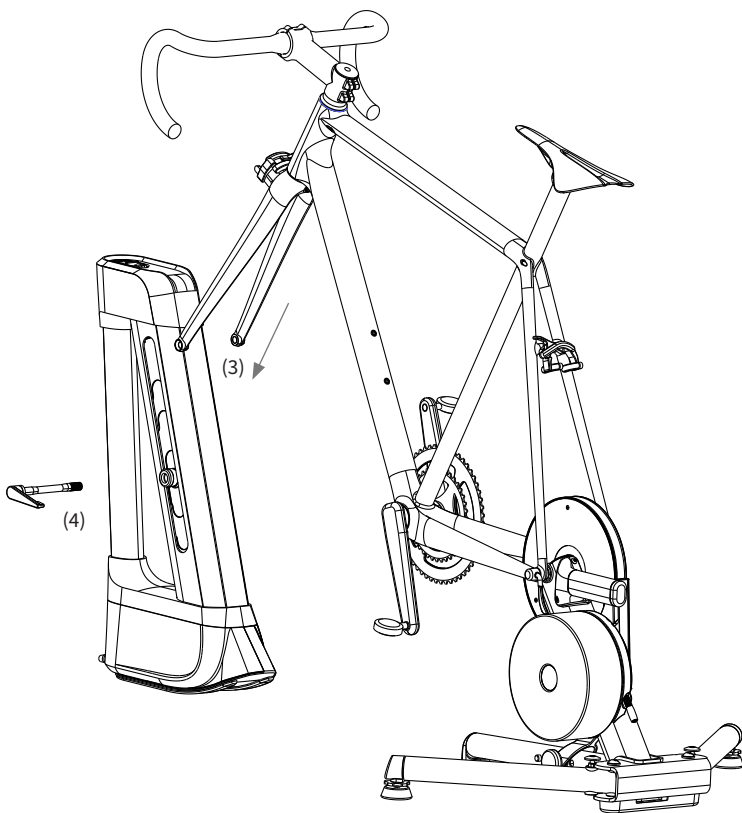
Closing the lever should require enough force to leave an imprint on your hand.



## KICKR CLIMB SETUP *continued*

### Step 4: Attach Your Bicycle (Thru Axle)

Use the thru axle included with your bicycle. Lower your front fork (3) to align the dropouts with the hole in the center of the thru axle adapters (inserted in Step 1). Finish mounting by reinserting the thru axle (4) through the fork and adapters, tightening securely.



**Step 5:** Once your bicycle is secured to the KICKR CLIMB, ensure the unit is properly level by carefully lifting it off the ground by your bicycle's handlebars. The KICKR CLIMB's weighted base will hang and rock, eventually resting in the ideal vertical position. When the unit is stable, gently set it back on the ground. Then plug in the KICKR CLIMB with the included power adapter. Always use the KICKR CLIMB on level ground.

**CAUTION!** Improper installation or setup can result in bodily injury or damage to your bike. If you are unsure about proper installation please contact us at [www.wahoofitness.com/support](http://www.wahoofitness.com/support)

## PAIRING THE KICKR CLIMB

**Step 1:** Ensure KICKR CLIMB and Wahoo Trainer are powered on.

**Step 2:** Hold down the middle mode button (5) on the KICKR CLIMB remote until the center LED flashes rapidly

**Step 3:** Hold the remote next to the Wahoo Trainer until the center LED flashes twice slowly.

**Step 4:** The KICKR CLIMB is now paired with your Wahoo Trainer and will directly receive grade changes when used with compatible apps or cycling computers.



## KICKR CLIMB MODES

The KICKR CLIMB has two modes: Lock and Unlock. Use the middle mode button (5) to toggle between modes.

**Lock Mode:** Use the remote's manual controls for direct tilt control. While the lock LED is illuminated, external software will not move the KICKR CLIMB.

**Unlock Mode:** The KICKR CLIMB reacts to grade changes from external software like Zwift and TrainerRoad, or from your ELEMNT or ELEMNT BOLT GPS cycling computer. If the remote is used to change the grade manually in Unlock Mode, the KICKR CLIMB will automatically switch to Lock Mode.

## COMPLETE YOUR SETUP USING THE WAHOO FITNESS APP

**Download:** Download the Wahoo Fitness App for free from the Apple App Store or from the Android Google Play Store.

**Setup:** Follow the in-app setup guide to complete your profile.

**Register:** Only available when paired with a Wahoo Trainer connected to the Wahoo Fitness App. The app will prompt for registration after the initial pairing.

**Firmware Updates:** Only available when paired with a Wahoo Trainer connected to the Wahoo Fitness App. The app will check for firmware updates and send them directly to the KICKR CLIMB via Bluetooth.

## **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.

**Warning:** 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 statement:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

### **Industry Canada Statement:**

This device complies with RSS of the Industry Canada Rules. Operation is subject to the following two conditions: 1) this device may not cause interference and 2) this device must accept any interference, including interference that may cause undesired operation of the device.

IC Radiation Exposure Statement: This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment.

Avis d'Industrie Canada

Cet appareil est conforme à la norme CNR des règlements d'Industrie Canada. Son fonctionnement est sujet aux deux conditions suivantes:

- 1) Cet appareil ne doit pas provoquer d'interférences et
- 2) Cet appareil doit accepter toutes les interférences, y compris celles pouvant entraîner son dysfonctionnement.

Avis d'Industrie Canada sur l'exposition aux Rayonnements: Cet appareil est conforme aux limites d'exposition aux rayonnements d'Industrie Canada pour un environnement non contrôlé.



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