



## KICKR ROLLR Quick Start Guide



SCAN THE QR CODE FOR IN APP SET UP INSTRUCTIONS



[HTTP://WWW.WAHOOFITNESS.COM/SET-UP-KICKR](http://www.wahoofitness.com/set-up-kickr)



### In the box

- a. Rear tire body
- b. Front tire gripper body
- c. AC Power Adapter
- d. Phillips head screws (2)

*You will need a Phillips head screwdriver to complete assembly.*



### 1. Unfold

Raise up the folding arm of front body



### 2. Remove screws

- a. Locate Phillips head screws on the front body directly underneath the wheelbase adjustment lever
- b. Use a Phillips head screwdriver to remove the screws



### 3. Connect front and rear body

- a. Lift wheel base adjustment lever on front body
- b. Insert rear tire body into front body, ensuring the rear body is inserted past the screw holes beneath the adjustment lever
- c. Close lever back into place



### 4. Secure front and rear body

- a. Reinsert Phillips head screws from Step 2 into the screw holes on both sides of the front body beneath the adjustment lever
- b. Use a Phillips head screwdriver to tighten the screws



### 5. Install bike

- a. Place front bike wheel onto front body wheel block so that the front tire sits firmly on the wheel block
- b. Rest rear bike wheel onto the rollers of the rear body



### 6. Wheelbase

- a. Lift adjustment lever
- b. Slide rear body until the rear tire contacts evenly on the 2 rollers
- c. Close lever back into place



### 7. Tire gripper

Rotate adjustment knob to tighten gripper and capture bike wheel.

COMPLETE YOUR SETUP BY PAIRING  
THE KICKR ROLLR TO THE WAHOAPP  
SCAN THE QR CODE TO DOWNLOAD THE APP



[HTTP://WWW.WAHOOFITNESS.COM/SET-UP-KICKR](http://www.wahoofitness.com/set-up-kickr)



### COMPATIBILITY

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

- iOS must be running version 11 or newer
- Android 5.1 or newer and BLE enabled
- Mac requires ANT+ USB Stick or BLE enabled
- Windows PC when paired with ANT+ USB Stick or BLE enabled

For a full list of KICKR compatible apps visit:  
[www.wahoofitness.com/fitness-apps#kickr](http://www.wahoofitness.com/fitness-apps#kickr)

## **FCC Statement**

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.

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 computer or peripheral devices).

This equipment 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.

## **FCC Radiation Exposure Statement:**

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

## **Déclaration d'exposition aux RF**

L'équipement est conforme aux limites d'exposition aux rayonnements fixées par le FCC pour les environnements non contrôlés. Ces équipements doivent être installés et exploités à une distance minimale de 20cm entre le radiateur et votre corps.

## IC Statement

- English: This device complies with Part 15 of the FCC Rules [and contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS standard(s)]. 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.

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

-French: L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

-(1) l'appareil ne doit pas produire de brouillage, et

-(2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 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.