

# Wireless transceiver

## smart bike trainer

### QUICK START GUIDE AND INSTRUCTIONS



**wahoo**

**⚠ WARNING** 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 MOVE only as stated in the information contained in this manual.
- Do not modify the KICKR MOVE.
- All instructions can be viewed on our website: [www.wahoofitness.com/instructions](http://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.

## KICKR MOVE Quick Start Guide

**Español:** Ver las instrucciones completas para completar la configuración

**Français:** Pour une installation complète, consulter le mode d'emploi.

**Italiano:** Vedi istruzioni dettagliate per una configurazione completa

**Korean:** 완전 한 설치에 대 한 전체 지침을 참조 하십시오

See full instructions for complete setup.

**Deutsche:** Für die komplette Einrichtung lesen Sie bitte die vollständige Anleitung

**Simplified Chinese:** 查看完整设置的全面操作说明

**Traditional Chinese:** 檢視完整設定的全面操作說明

**Japanese:** 完全なセットアップについての完全な説明を参照

**Polish:** Zobacz pełne instrukcje dotyczące pełnej konfiguracji.



Scan the QR Code to to get started with assembly and setup



## 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 MOVE could result in serious injury.
- Do not put hands or objects near moving parts of the KICKR MOVE.
- Keep children and pets away from the KICKR MOVE.
- 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 MOVE could result in serious injury. Only use the KICKR MOVE on stable, level surfaces.
- The KICKR MOVE is intended for indoor use only. Do not store outdoors or near water.
- The KICKR MOVE 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 MOVE.
- During your peak training season, keep the KICKR MOVE plugged in for automatic updates via Wi-Fi. Unplug your KICKR MOVE prior to cleaning and maintenance or if left unused for extended periods of time.
- Device alterations, improper and/or incomplete use, assembly or operation can result in serious injury.
- Keep the KICKR MOVE in the locked position when not in use.
- If you use the KICKR CLIMB and KICKR MOVE together, you must use the KICKR CLIMB base adapter to avoid damage to the KICKR CLIMB while in use.
- To avoid damage to your bike or accessories, do not put anything under your front wheel, or attach your fork to any other climbing or steering accessory while using the KICKR MOVE.

# Thank you for purchasing the Wahoo KICKR MOVE!

## LEARN MORE:

For more information or to submit a support request, visit [www.wahoofitness.com/support](http://www.wahoofitness.com/support)

## CONTACT US:

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

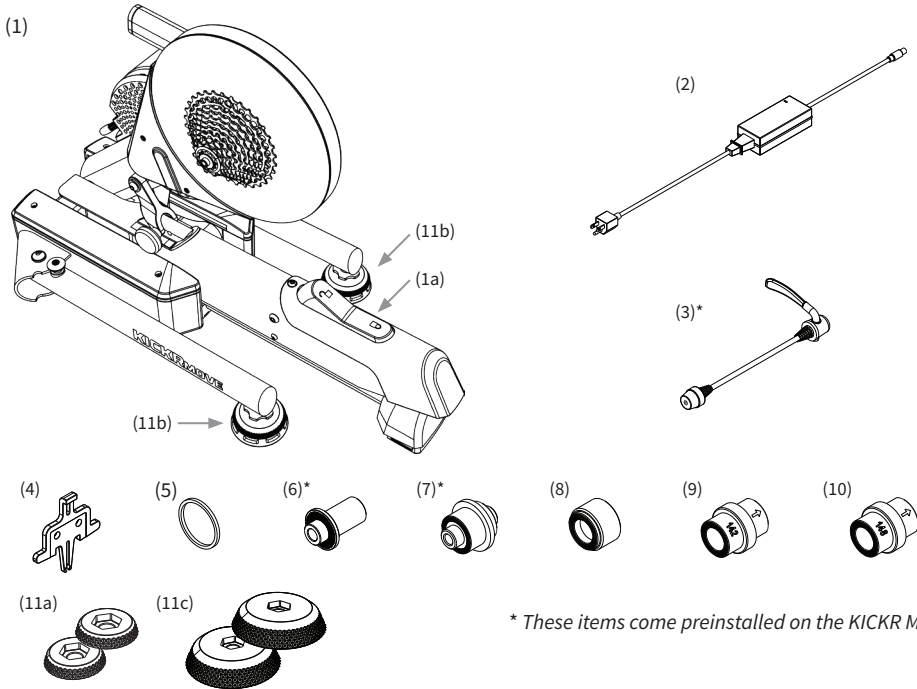
## TELEPHONE:

**United States:** 1-877-978-1112  
**United Kingdom:** +44-800-808-5773

**US Phone Hours:**    **UK Phone Hours:**  
Monday - Friday      Monday - Friday  
9 AM - 5 PM ET      2 PM - 10PM GMT

## UNPACKING

- (1) KICKR MOVE
- (1a) KICKR MOVE Lock Lever
- (2) AC Power Adapter
- (3) Quick Release Skewer
- (4) Disc Brake Spacer
- (5) 1.8mm Spacer
- (6) Adapter A – For 130mm and 135mm Quick Release
- (7) Adapter B - Reversible hub spacer for 130mm and 135mm Quick Release
- (8) Adapter C – For 12x142 and 12x148 Thru Axle
- (9) Adapter D - 12x142 Thru Axle
- (10) Adapter E - 12x148 Thru Axle
- (11a) Axis Feet - Small
- (11b) Axis Feet - Medium \*Pre-installed
- (11c) Axis Feet - Large



\* These items come preinstalled on the KICKR MOVE

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

## KICKR MOVE SETUP

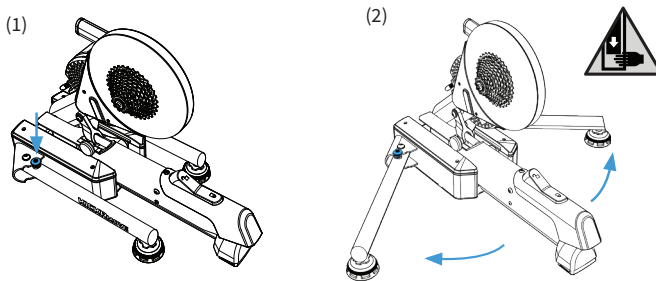


### WARNING

Prior to setting up your KICKR MOVE, ensure the lock lever is securely locked to avoid risk of injury.

Place your KICKR MOVE on a stable, level surface and open the legs by (1) pressing down on the blue leg-lock tabs and (2) pivoting the legs outward until they snap in place.

(NOTE: Ensure the leg-lock tabs have popped back up and secured the legs in an open position.)

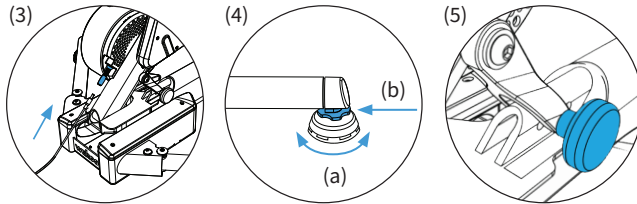


**WARNING** Pinch Point Hazard. To prevent serious injury:

- ALWAYS keep your hand away from moving parts.
- NEVER reach into KICKR MOVE.
- ALWAYS lock KICKR MOVE when not in use.

(3) Use the included AC power adapter to connect the trainer to a standard wall outlet.

To stabilize the trainer, adjust the two leveling feet (4a) by twisting them left or right until the trainer is level and (4b) lock them into place by tightening the blue locknuts against the KICKR MOVE leg frame.



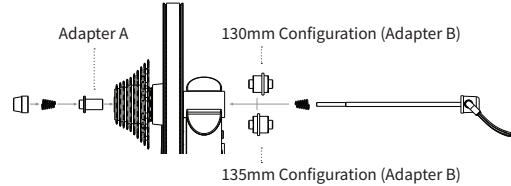
**WARNING** Check that your trainer is stable before every ride; if needed re-adjust the leveling feet.

Adjust the height of the trainer to fit your specific wheel size by (5) relocating the height adjustment knob on the center leg to the appropriate setting. If you are unsure of your wheel size, check the tire sidewall or consult your local bike shop.

## FOR 130MM OR 135MM QUICK RELEASE

Adapters Needed: A and B

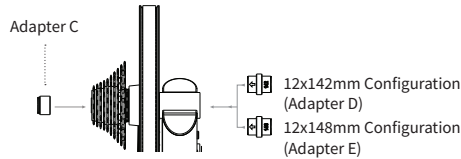
KICKR MOVE comes pre-configured out of the box for bicycles with 130mm quick release spacing. If you have a bicycle with 130mm spacing proceed to “Attaching your Bicycle”. For 135mm spacing, remove quick release skewer, reverse Adapter B and reinstall quick release skewer.



## FOR 142MM OR 148MM THRU AXLE

Adapters Needed: C and D or E

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



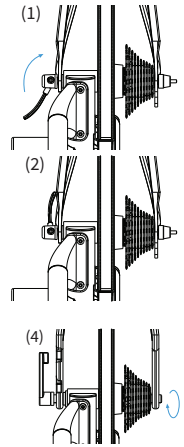
## ATTACHING YOUR BICYCLE

**WARNING** Prior to attaching your bicycle, ensure the lock lever is securely locked to avoid risk of injury.

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

**For bicycles with quick release** - Secure your bicycle by tightening the quick release acorn nut and clamping the quick release lever shut. The quick release lever is “open” when it curves away from the bicycle frame (1); the lever is “closed” when it curves towards the bicycle frame (2). The handle of the quick release skewer is always on the non-drive (non cassette) side of the KICKR MOVE. Only use the provided quick release skewer while using the KICKR MOVE.

**For bicycles with thru axle** - Secure your bicycle by reinstalling your bicycle's thru axle (3) and tightening to manufacturer specifications (4).



**WARNING** Failure to properly tighten the quick release skewer or thru axle may result in property damage, including damage to the attached bicycle, or personal injury. If you are unsure of the proper tension, please consult your local bike shop or contact Wahoo Fitness for assistance.

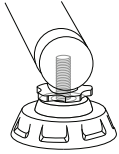
Do NOT ride the KICKR MOVE until the quick release skewer or thru axle is properly tightened.



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

## AXIS FEET ADJUSTMENT

KICKR MOVE's integrated AXIS feet let cyclists of all types customize ride feel to match their unique riding style, enhance feedback and offer a more realistic training experience.



**Step 1:** Unthread "outrigger" feet

**Step 2:** Remove top cap (part between blue locknut and base of the foot)

**Step 3:** Install desired top cap

0-140 lbs (0 – 63 kg)	Use smallest diameter cap
141-180 lbs (63 – 81 kg)	Use middle cap (installed by default)
181 lbs + (81kg +)	Use largest diameter cap

### ⚠ WARNING

*WARNING: Failure to select the appropriate top cap for your weight may result in property damage or personal injury. Do NOT ride the KICKR MOVE until the appropriate top cap is installed.*

## COMPLETE YOUR SETUP USING THE WAHOO FITNESS APP

Download the Wahoo App for free from the Apple App Store or Android Google Play Store. Use this app to complete your device registration, complete your profile, perform necessary firmware updates, and pair your sensors.

**START A WORKOUT:** From the workout screen select the green "start" button to begin the workout. Swipe right to view the KICKR MOVE page. This page enables you to view your workout and control the KICKR MOVE.

### KICKR MOVE WORKOUT MODES:

The Wahoo Fitness App has the following workout modes that you can use to control your KICKR MOVE:

**LEVEL:** Just like riding on a fluid or wind trainer, the faster you go, the harder it gets. The level you select determines the progression of your power curve.

**RESISTANCE:** This allows you to set the resistance of the brake anywhere from 0 to 100%. Regardless of speed, the brake will remain set until you decide to change it.

**ERG:** Set your desired power, the KICKR MOVE will increase or decrease the resistance to maintain a constant power output, regardless of speed.

**SIM:** Enter your weight, bike type, riding position, headwind, and grade and the KICKR MOVE will accurately model the power curve just as if you were riding outdoors.

## COMPATIBILITY

- ELEMNT GPS Bike Computers.
- Apple Devices running iOS 15 or newer.
- Android devices with Android 11 or newer.
- Windows or MacOS computer with Bluetooth, ANT+, a Wi-Fi network or Direct Connect Ethernet accessory.

## 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.

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FCC: PAD147

IC: 10563A-WF147

## 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](mailto: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 foreseeable 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.

## IC STATEMENT

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including the interference that may cause undesired operation for the device. The device meets the exemption from the routine evaluation limits in section 2.4 of RSS 102 and users can obtain Canadian information on RF exposure and compliance.



## 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](http://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.

## 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.

## FCC RULES PART 15

The enclosed hardware 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) it must accept any interference received, including interference that may cause undesired operation.

## FCC COMPLIANCE STATEMENT:

This equipment has been tested and found to comply with 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 residential installations. The 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 occur in a particular installation.

If this equipment does cause interference to radio or television equipment 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

Warning: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.