


Realplate+ with Wahoo Kickr

- Place the Kickr onto the Realplate. Slightly left of centre.
-  Feed the M10 bolt up through the hole as shown ensuring the washer is beneath the board.
- Attach the clamp to the bolt with just one or two turns
- unscrew the top of the clamps using a Phillips screwdriver
- Offer the legs of the Kickr to the clamps and screw the top of the clamp using the Phillips screwdriver - Not too tight at the moment
- Now fix your bike to the trainer and ensure the centre of the bottom bracket is along the centre line of the Rocker Plate
- Now fully tighten the screws of the clamps and tighten the bolts using a 10mm spanner underneath the board

N.B the clamps will not end up flush to the Rocker Plate so don't worry about this.

Important information regarding the air bladders

Your Rocker Plate is delivered with just enough air in the bladders for transport so please follow these simple instructions before use:

set up the bike and trainer so the centre of the bottom bracket is along the centre line of the Rocker Plate

Add a little air in each bladder - you may need to add a little more in the left bladder to compensate for the additional weight of the trainer's flywheel

Once you have added air get on the bike and see how the rocking motion feels.

Repeat the step above until you have the right feel and you and the bike are level. Over time you may need to add a little air as its released under training

Remember, the idea is to have a full rocking motion so don't be tempted to add too much air. You want the Rocker Plate to move as much as possible. This WILL take some getting used to but please bear with it, soon you will love the feel.

Also, please do not worry about PSI and pressure gauges, the bladders will inflate to over 6PSI but if you are getting anywhere close to that pressure, the Rocker Plate will be almost static and have little or no movement.

