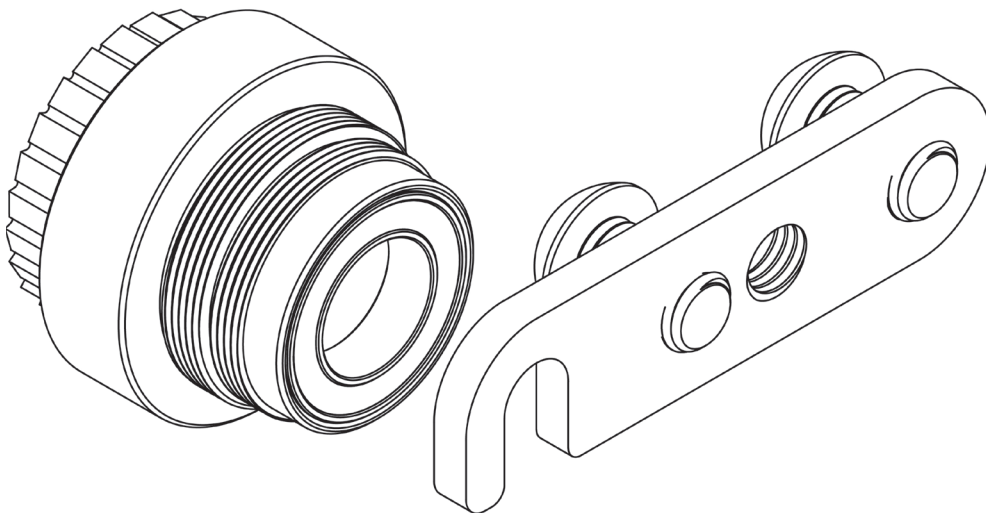


Wahoo Kickr Fixed Gear Adapter

Compatible with:
Wahoo Kickr 2017 trainer
Wahoo Kickr 2018 trainer
Wahoo Kickr 2020 trainer
Wahoo Kickr Core trainer



Set-up Instructions

**Velo
bike**

www.velobike.co.nz

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Introduction

Time on the track bike is valuable for the track rider. But there are few ways to build up the km's in the saddle without being on the track or braving the open road.

It is a small niche, but fixed gear adaptors for direct drive trainers have grown in popularity amongst the professional scene.

Direct drive trainers offer a superior experience that closely represents the feel of a track bike. The flywheel maintains momentum as though you're out on the boards.

This adaptor replaces the cassette and free-hub on your Wahoo Kickr with a fixed gear setup compatible with horizontal drop-out track bicycles.

The bike is locked in place with two dropout extensions and four fastening bolts for maximum hold. The set-up eliminates any slip under high power outputs.

If you encounter any difficulties while installing the fixed gear adaptor please contact us via our [website](#) or ask your local bike shop for assistance.

What is Included



The following parts are included to convert your Wahoo Kickr trainer to fit a fixed gear track bike:

1. Wahoo Kickr Fixed Gear Adaptor
 - 7075 Aluminum
 - Standard cog and lock ring threads
 - Sealed bearings
2. Two dropout extensions with four fastening bolts

Tools You Will Need



- 17mm Spanner
- 6mm Allen/Hex Key
- Cassette Removal Tool
- Chain Whip
- Chain Breaker

Fixed Gear Adapter Installation

While the pictures below show the installation process Kickr Gen 4, the installation process for all Kickr's is the same.



1. Remove the axle skewer and set aside (this will be needed later).



2. Remove both axle spacers and set aside (these will be needed later).



3. Remove the cassette using a cassette removal tool.



4. Remove the axle nut with a 17mm spanner. Set this nut aside (this will be needed later).



5. Slide off the free-hub body and the spacer behind it.

Keep these two parts in a safe place for the future; if you want to convert your trainer back to standard.



6. Gently slide on the adapter. Make sure the spline is fully engaged.



Note: Tolerance variations in the Kickr's spline may make the adapter feel too tight or too loose. Try a few positions until you find one that feels firm with the least amount of play.



7. Screw the axle nut back onto the axle. Do it up finger tight; if it is too tight, it can damage the bearings in the adaptor.



8. Slide the drive-side spacer back in.



9. Slide the non-drive-side axle spacer, with the 135mm side facing out.



10. Screw on a fixed gear cog and lock ring.

Re-insert the axle skewer. Do not fully tighten it yet.



11. Screw two fastening bolts into a dropout extension.

Do this again for the second dropout extension, mirroring the first.



12. Bolt the dropout extensions to the outside of your frame with a 6mm Allen Key.

The heads of the nuts should be on the inside of the frame.

Keep them loose for now.



Note: Depending on where your dropout is for chain tension, there are two bolt holes to choose from.



13. Place the bike on the trainer.

Note: With the added length of the dropout extensions extra chain lengths will be needed. We recommend using a separate longer chain for this setup to avoid breaking links frequently.



14. Tighten the axle screwer onto the dropout extension.



15. Adjust the chain tension by using a 8mm Allen Key to secure the front bolt in the dropout extension.

It isn't necessary for the rear bolt to be fully tightened. It's main purpose is to ensure the dropout extension stays horizontal.

