

# KICKRUN

## ASSEMBLY INSTRUCTIONS



**wahoo**



## **IN THE BOX**

### **BOX 1 - TOP BOX**

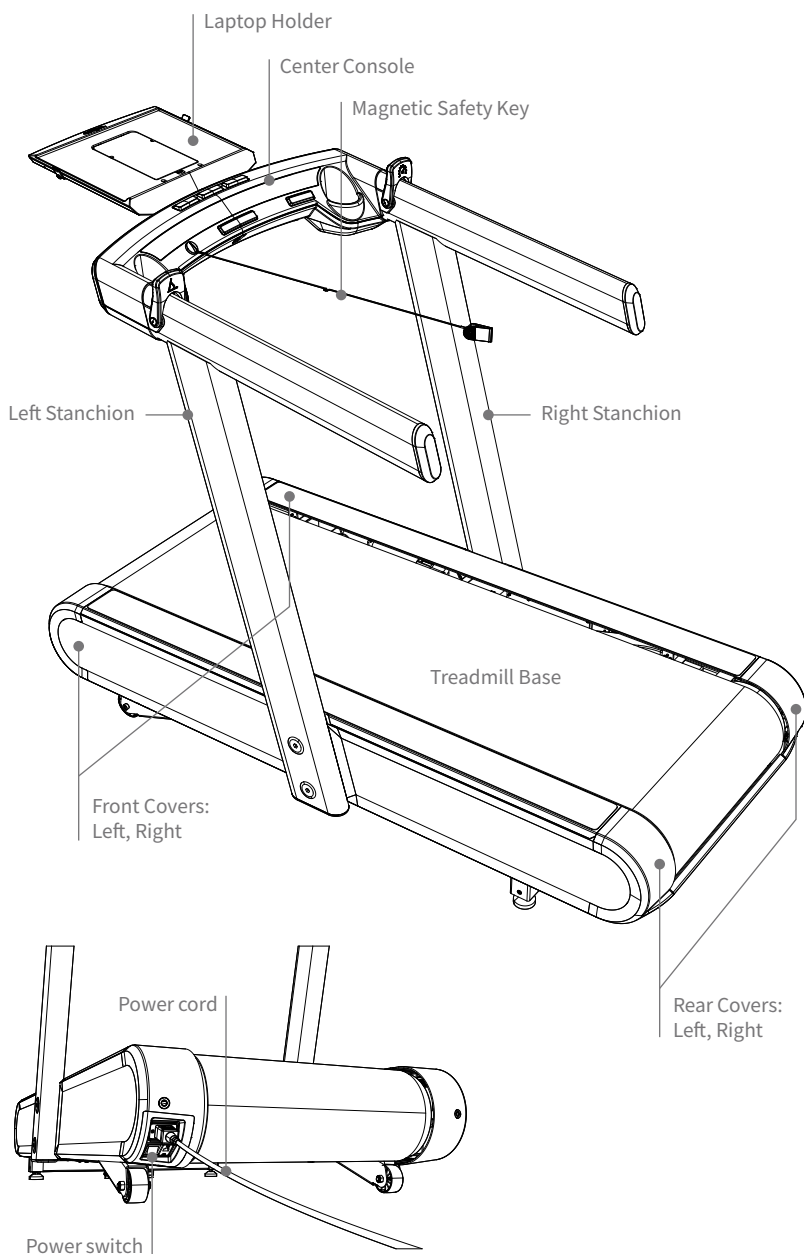
- Owner's Manual
- Allen Wrenches
  - A. 14mm
  - B. 10mm
  - C. 8mm
  - D. 6mm
- Hardware:
  - Blue circle - 10mm  
(x4 - stanchion arms)
  - Orange triangle - 8mm  
(x4 - console)
  - Pre-installed - 6mm  
(x2 laptop stand)
- Left Stanchion
- Right Stanchion
- Right Stanchion End Cap (separate)
- Center Console
- Box E - Front Covers
  - E1. Left
  - E2. Right
- Box F - Rear Covers
  - F1. Left
  - F2. Right
- Magnetic Safety Key
- Power Cord

### **BOX 2 - BOTTOM BOX**

- Assembly Instructions
- Treadmill Base
- Box - Laptop Holder



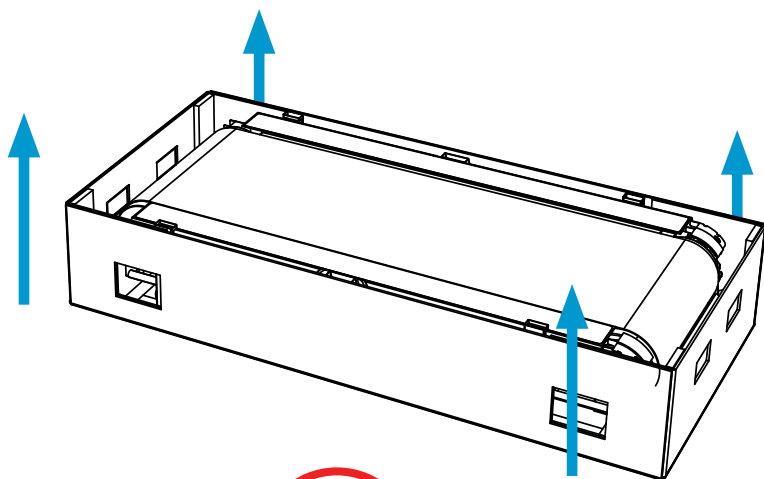
## KICKR RUN OVERVIEW





## REMOVE SUPPORT PIECES

### 1. TEAMLIFT TREADMILL BASE



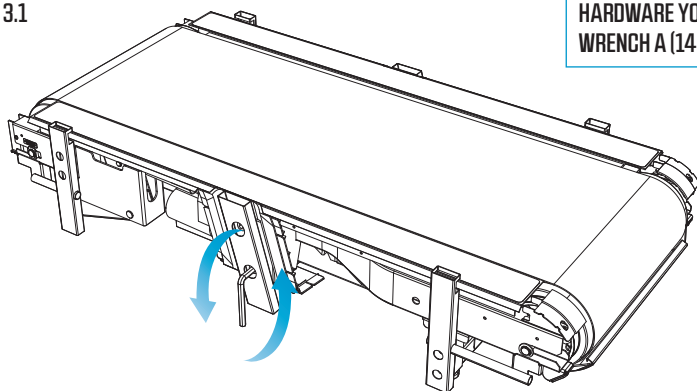
### 2. REMOVE PLASTIC BAG



### 3. USE ALLEN WRENCH A (14MM) TO REMOVE THE MIDDLE GUIDES (X2 - LEFT AND RIGHT)

Note: Leave all support pieces, bolts, and wrenches with the customer.

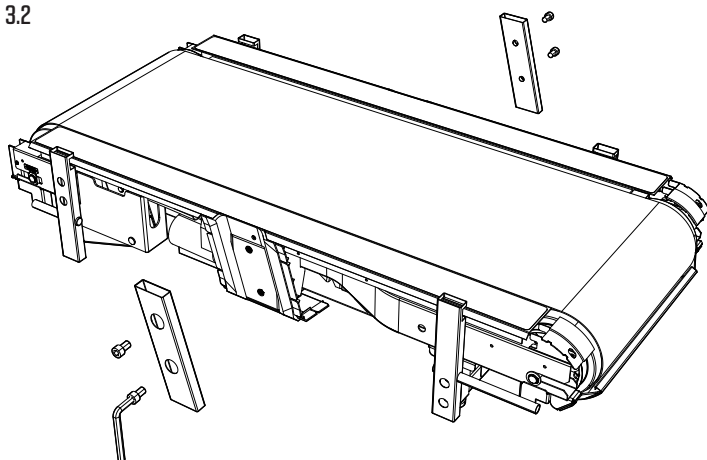
#### 3.1



**HARDWARE YOU NEED:**  
**WRENCH A (14MM)**

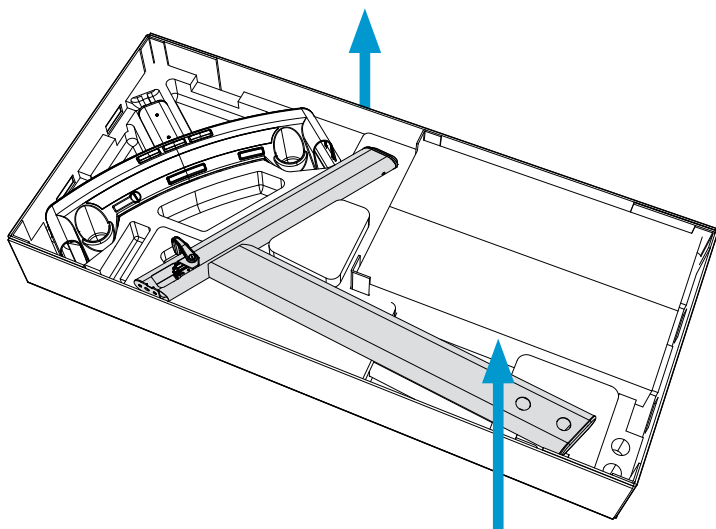


3.2



## ATTACH STANCHIONS

### 4. REMOVE LEFT STANCHION FROM BOX 1





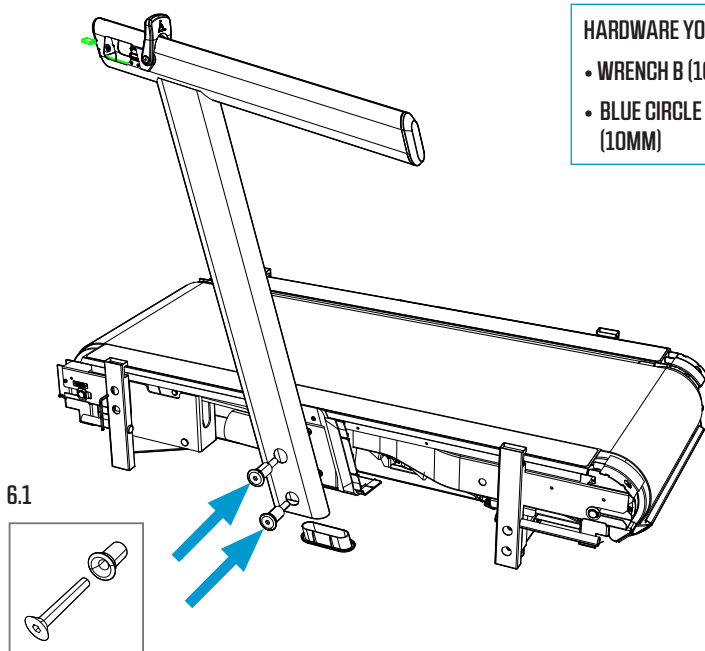
## ATTACH STANCHIONS

### 5. REMOVE PLASTIC BAG



### 6. USE ALLEN WRENCH B (10MM) AND BLUE CIRCLE BOLTS TO ATTACH THE LEFT STANCHION

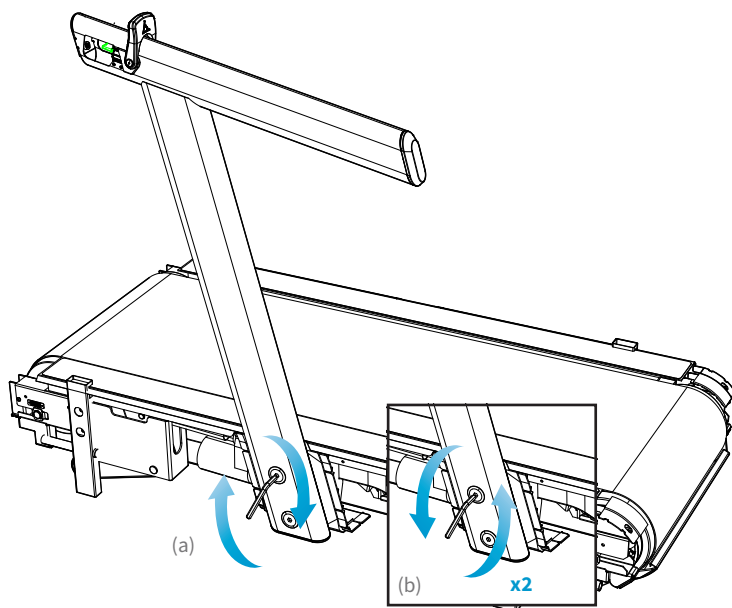
Leave bolts as a loose fit so the console can be easily installed.



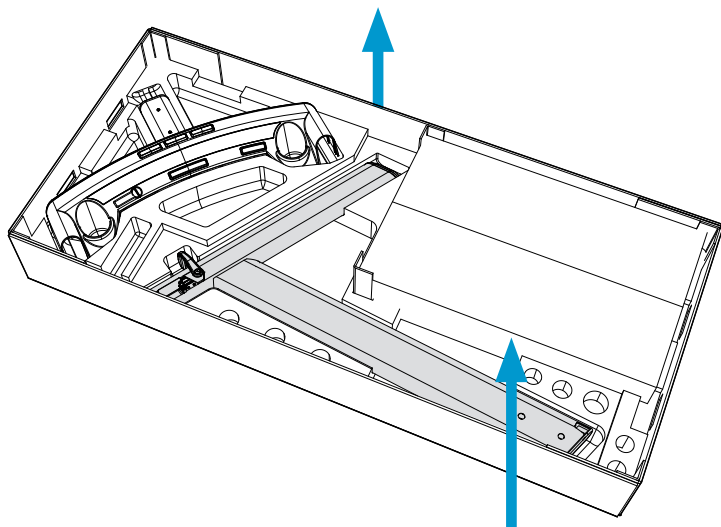


## ATTACH STANCHIONS

6.2 (a) Tighten all the way, (b) then back out two full rotations.



## 7. REMOVE RIGHT STANCHION FROM BOX 1





## ATTACH STANCHIONS

### 8. REMOVE PLASTIC BAG



TAKE CARE NOT TO PINCH THE WIRING HARNESS

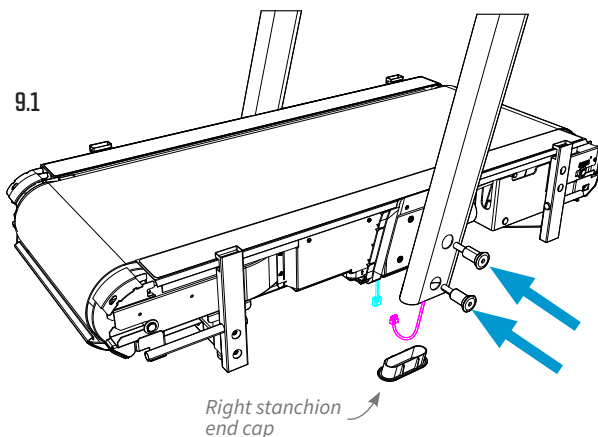
### 9. USE ALLEN WRENCH B (10MM) AND BLUE CIRCLE BOLTS TO ATTACH THE RIGHT STANCHION

Leave bolts as a loose fit so the console can be easily installed.

#### HARDWARE YOU NEED:

- WRENCH B (10MM)
- BLUE CIRCLE BOLTS (10MM)

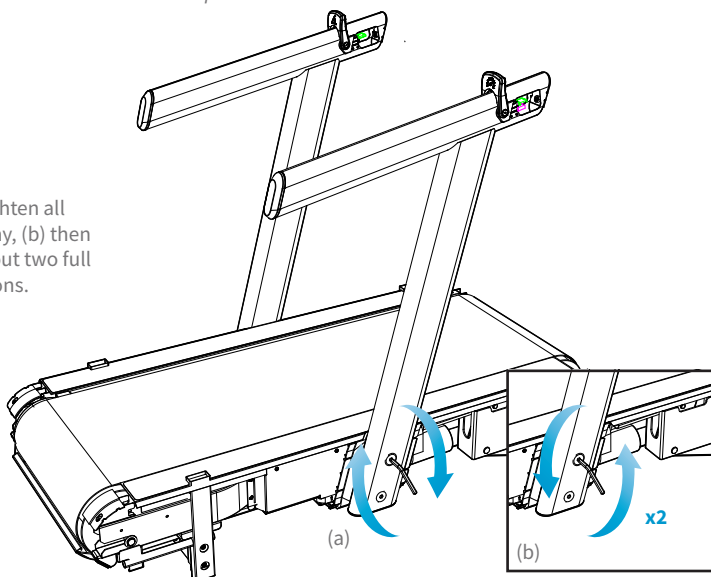
9.1



*Note: Ensure right stanchion end cap is removed before assembly. Set aside, you'll install it later in step 19.*

9.2

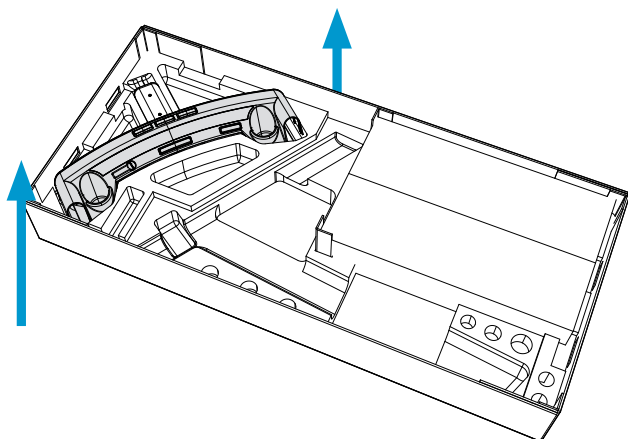
(a) Tighten all the way, (b) then back out two full rotations.





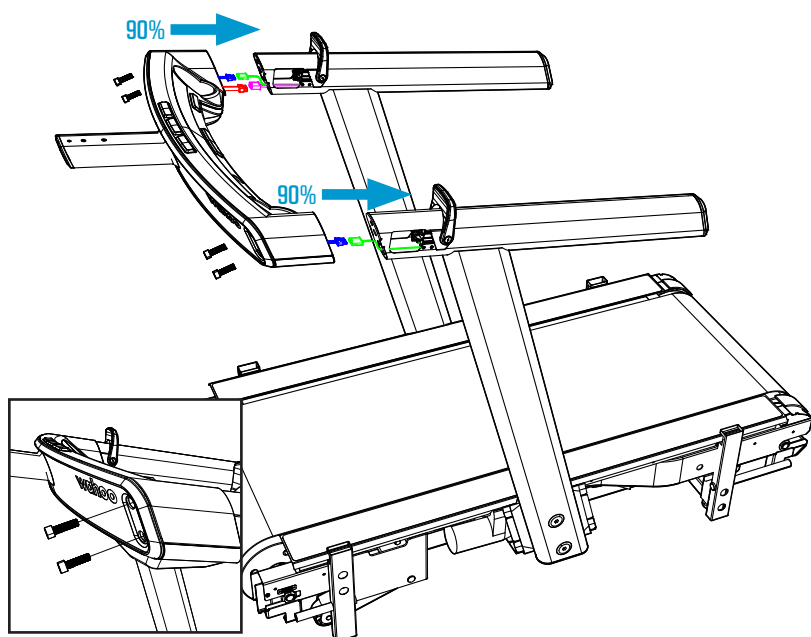
## ATTACH CENTER CONSOLE

### 10. REMOVE CONSOLE FROM BOX 1



### 11. SLIDE THE CONSOLE ONTO THE STANCHION ARMS, LEAVING APPROXIMATELY 2 INCHES TO CONNECT THE WIRING HARNESSES IN THE CONSOLE TO THOSE IN THE STANCHION USING THE ACCESS HOLES

The stanchions should not be fully tightened when attaching the center console.



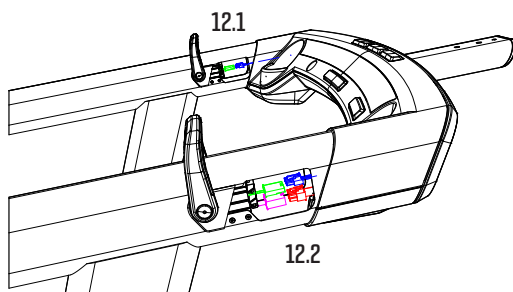


## ATTACH CENTER CONSOLE

**12.1 THE CONSOLE MUST BE 2 INCHES FROM STANCHION ARMS TO CORRECTLY ATTACH WIRE HARNESES. CONNECT ONE CABLE HARNESS ON THE LEFT SIDE**

**12.2 CONNECT TWO CABLE HARNESES ON THE RIGHT SIDE**

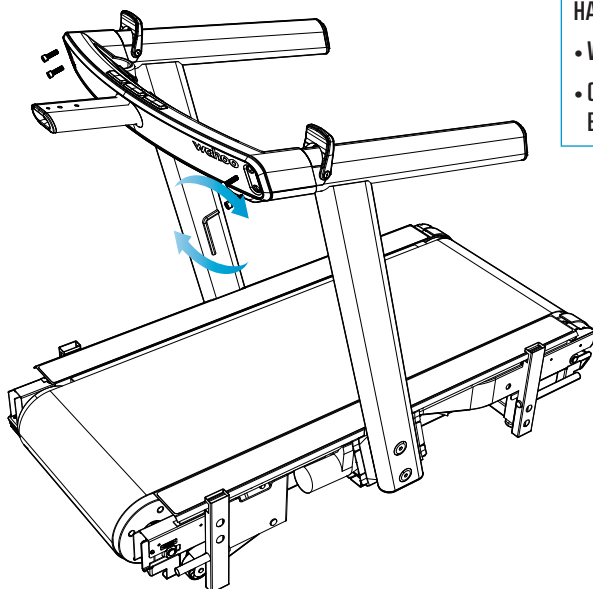
*NOTE: Ensure the cable and clips are tucked underneath the lever mechanism to avoid cutting a wire.*



**CAUTION** TAKE CARE NOT TO PINCH THE WIRING HARNESS

**13. USE ALLEN WRENCH C (8MM) AND ORANGE TRIANGLE BOLTS (8MM) TO ATTACH THE CONSOLE TO STANCHIONS**

Pay attention to the cables when inserting the bolts. The threads require the bolt to be inserted at an upward angle. Start gently at first to ensure you do not cross thread the bolts.



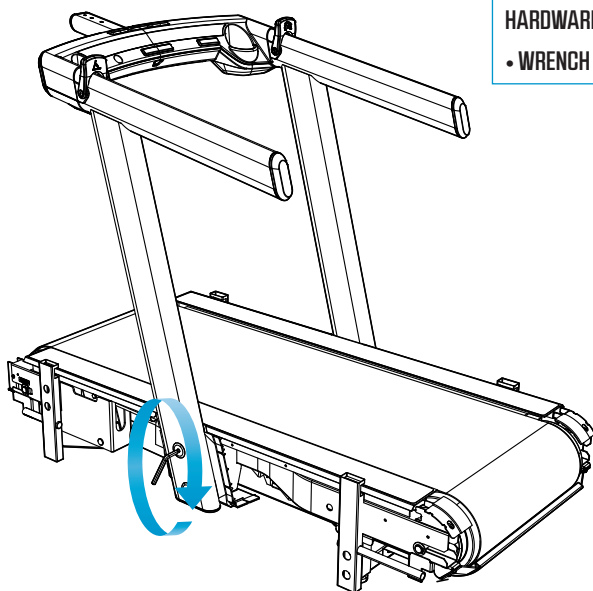
### HARDWARE YOU NEED:

- WRENCH C (8MM)
- ORANGE TRIANGLE BOLTS (8MM)



## SECURE STANCHIONS

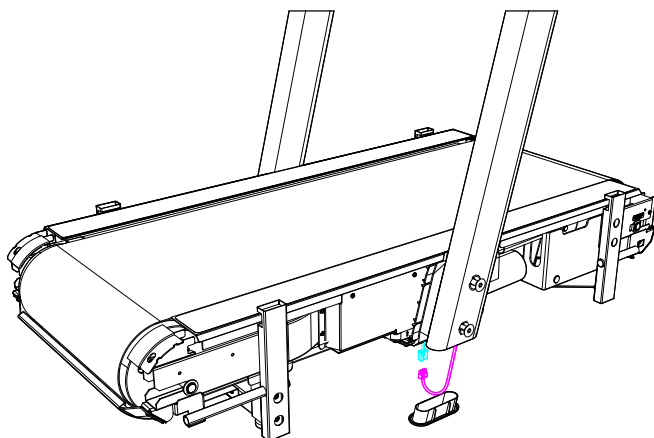
14. AT LEFT STANCHION BASE, USE ALLEN WRENCH B (10MM) TO TIGHTEN AND SECURE THE BOLTS AT THE BASE



HARDWARE YOU NEED:

- WRENCH B (10MM)

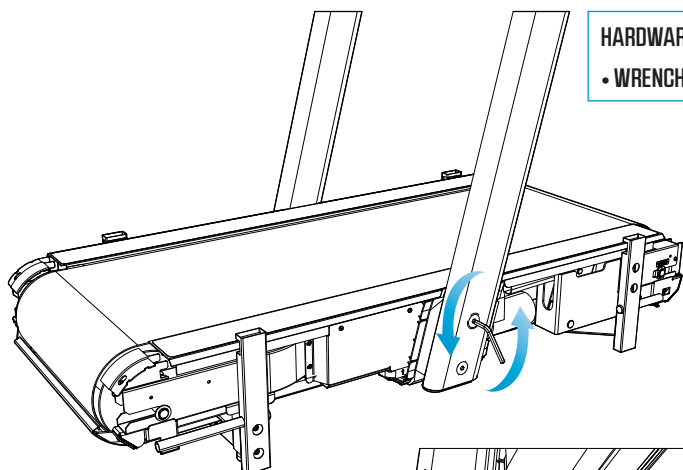
15.1 AT RIGHT STANCHION BASE, CONNECT WIRE CLIPS AND TUCK IT INTO THE STANCHION





## SECURE STANCHIONS

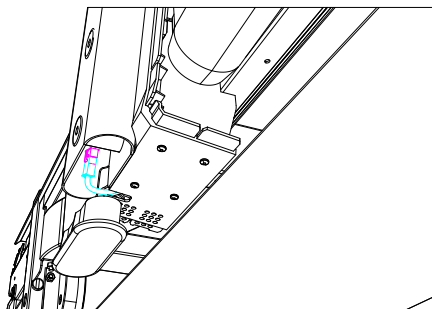
15.2 THEN USE ALLEN WRENCH B (10MM) TO TIGHTEN AND SECURE THE BOLTS AT THE BASE



**HARDWARE YOU NEED:**

- WRENCH B (10MM)

16. LIFT REAR OF TREADMILL TO INSERT END CAP ON RIGHT SIDE STANCHION. PAY ATTENTION TO AVOID PINCHING THE WIRE. DO NOT TILT THE BASE Laterally TO INSERT END CAP



## PREPARE TO REMOVE SUPPORT PIECES

17. TO ASSIST IN REMOVING THE CARRY HANDLES (X4), YOU NEED TO RAISE THE TREADMILL TO 3% INCLINE OR HIGHER

17.1 After the console is connected and secured, the left and right stanchions are connected and secure, and the right stanchion wiring harness is attached,

17.2 Attach the power cord to the treadmill base. Connect it to a dedicated power outlet.

17.3 Ensure nothing is touching the treadmill. Switch the power on. Allow it to calibrate until you see --- on the console.

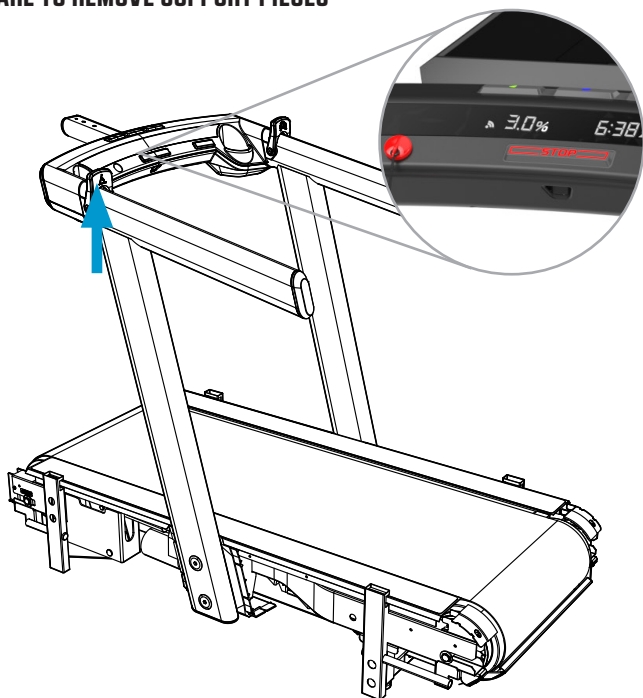
17.4 Install the red magnetic circular safety key onto the circular position on the left of the console.

17.5 Manually adjust by pulling backward on the left stanchion paddle to 3% incline or higher to allow space to remove carry handles.



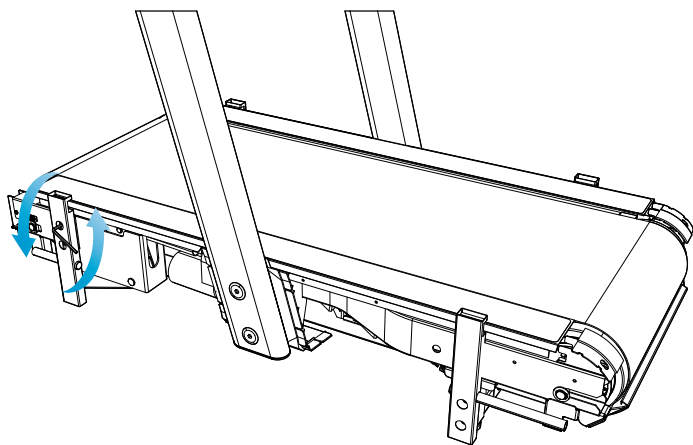
## PREPARE TO REMOVE SUPPORT PIECES

17.



## REMOVE SUPPORT PIECES

18.1 USE ALLEN WRENCH D (6MM) TO REMOVE CARRY HANDLES

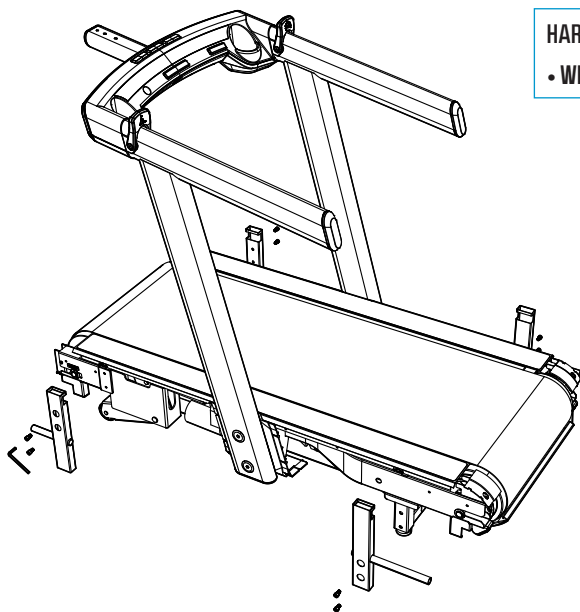




## REMOVE SUPPORT PIECES

### 18.2 REPEAT FOR ALL CORNERS (X4 - FRONT LEFT, FRONT RIGHT, REAR LEFT & REAR RIGHT)

*NOTE: Leave all support pieces, bolts, and wrenches with the customer.*



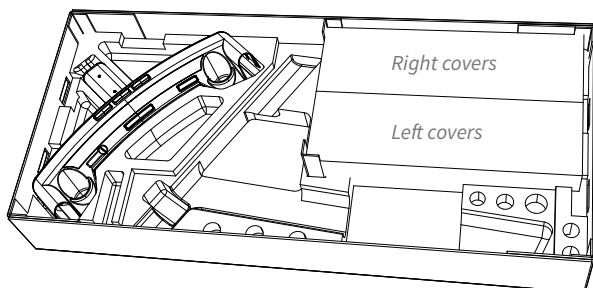
#### HARDWARE YOU NEED:

- WRENCH D (6MM)

## INSTALL PLASTIC COVERS

### 19. BEFORE INSTALLING PLASTIC COVERS, RETURN TREADMILL TO 0% INCLINE BY PRESSING THE LEVER ON THE LEFT STANCHION FORWARD, SWITCH POWER OFF AND UNPLUG IT FROM THE OUTLET

Inside of Box 1, open Box E. Locate the left front and rear covers.  
Open Box F. Locate the right front and rear covers.

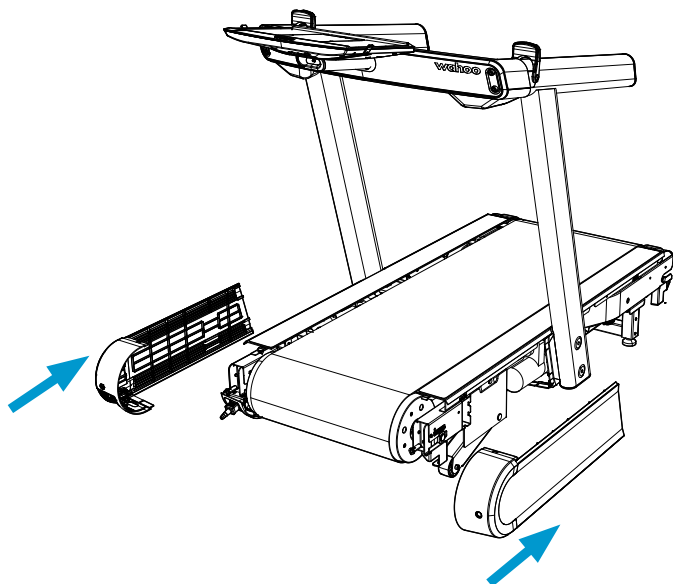




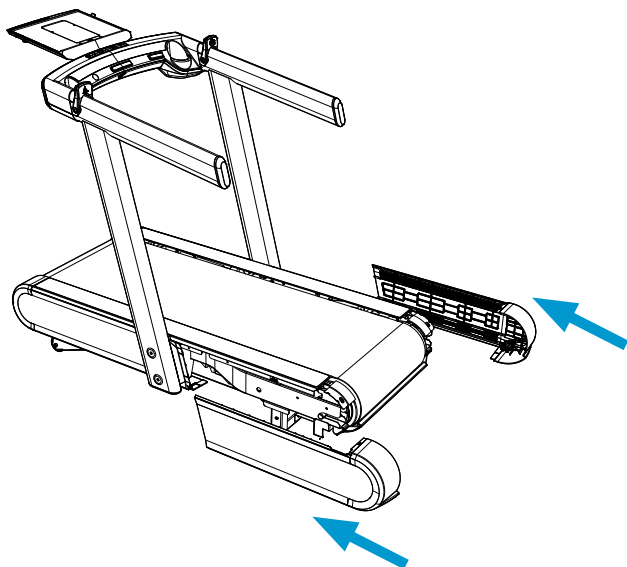
## INSTALL PLASTIC COVERS

20. TO INSTALL THE FRONT COVERS, SLIDE LIP OF COVER UNDER TREADMILL BASE AND PUSH TOWARD THE REAR

*NOTE: The front right cover has openings for the power cord and switch.*



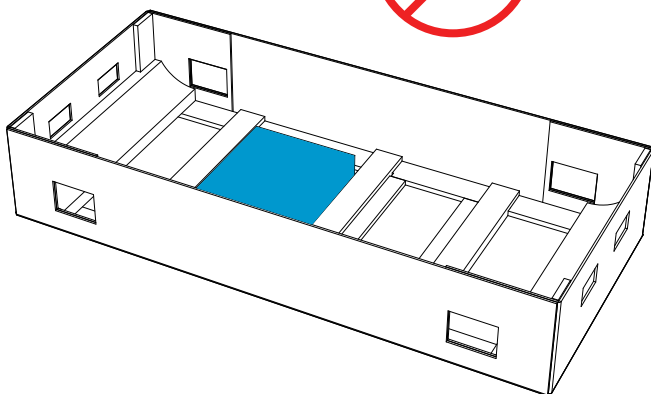
21. TO INSTALL THE REAR COVERS, SLIDE LIP OF COVER UNDER TREADMILL BASE AND PUSH TOWARD THE FRONT



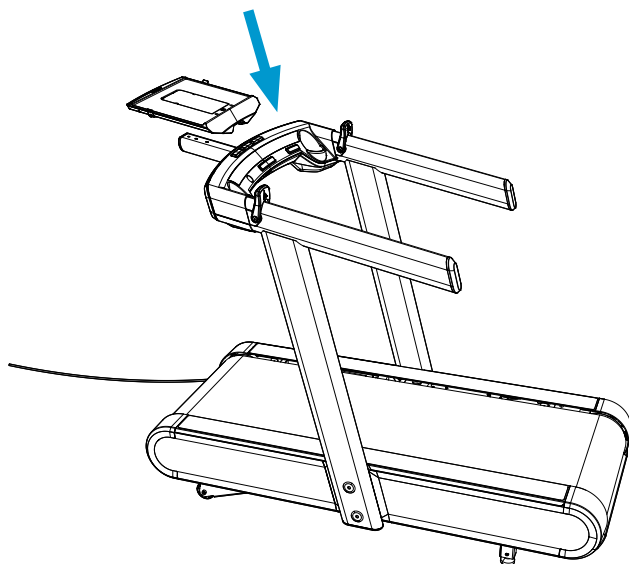


## INSTALL LAPTOP STAND

22. LOCATE AND OPEN LAPTOP BOX FROM BOX 2



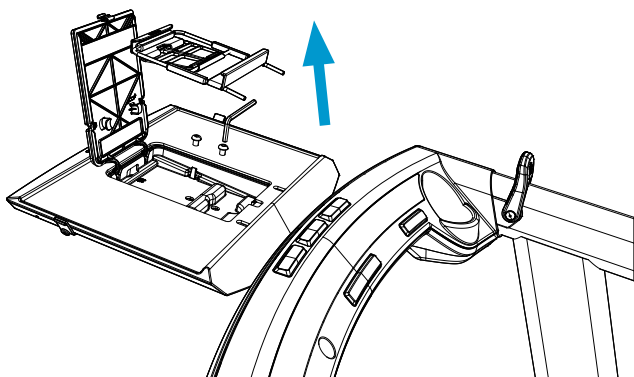
23. PLACE LAPTOP STAND ABOVE CENTER CONSOLE ARM



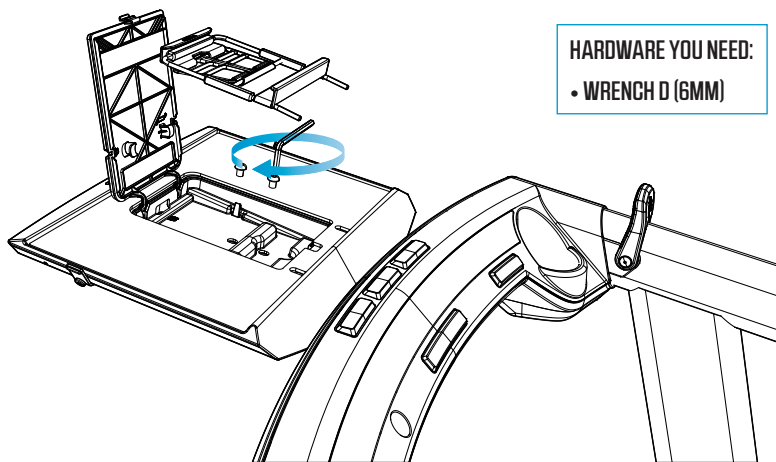


## INSTALL LAPTOP STAND

### 24. LIFT PANEL AND REMOVE TABLET HOLDER



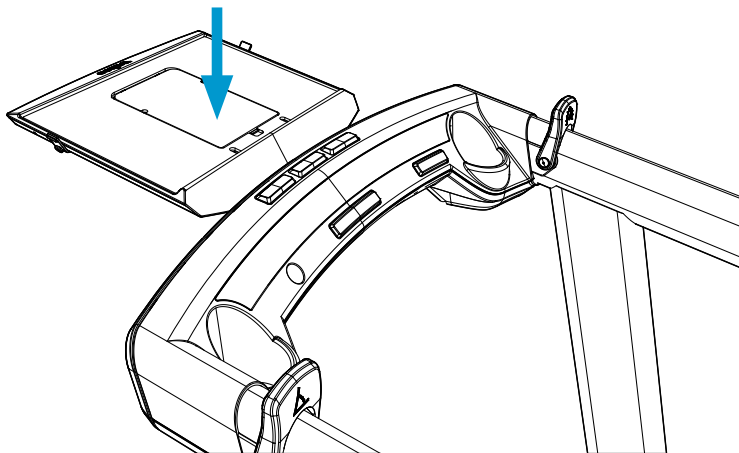
### 25. USE ALLEN WRENCH D (6MM) AND PRE-INSTALLED BOLTS TO ATTACH LAPTOP STAND TO CENTER CONSOLE ARM





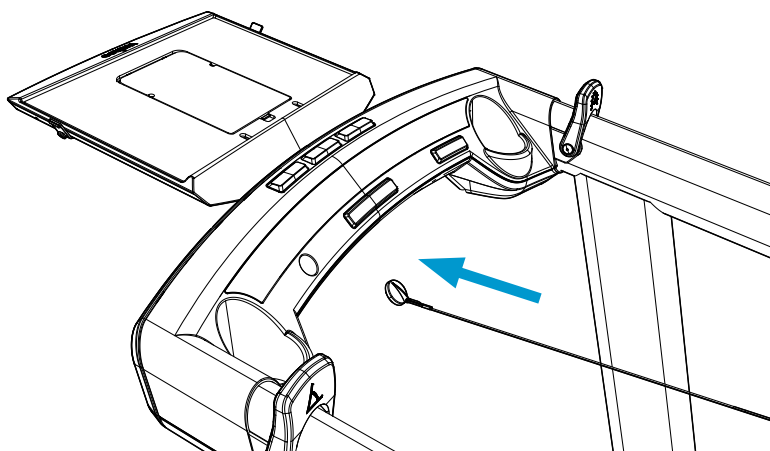
## INSTALL LAPTOP STAND

### 26. REPLACE TABLET HOLDER AND CLOSE PANEL



## INSTALL MAGNETIC SAFETY KEY

### 27. ATTACH MAGNETIC SAFETY KEY TO THE CONSOLE



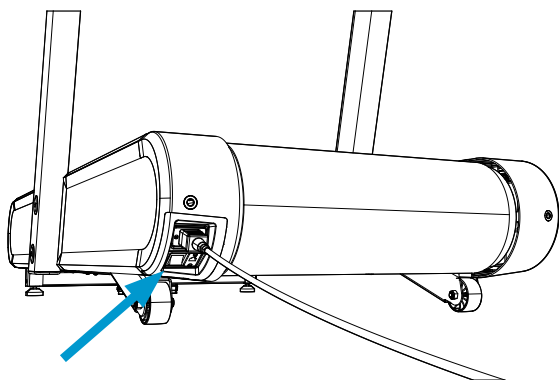


## PLUG INTO POWER SOURCE

### 28. PLUG TREADMILL INTO DEDICATED POWER SOURCE. FLIP THE SWITCH TO TEST THAT IT TURNS ON PROPERLY. ENSURE NOTHING IS TOUCHING THE TREADMILL

Treadmill will begin the self-calibration process. Do not touch anything until calibration is complete and --:-- pace is displayed on the console.

*NOTE: Do not use GFCI outlet.*

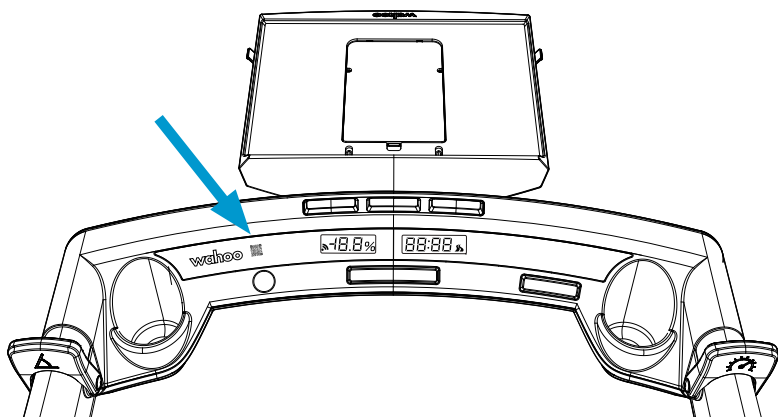


## COMPLETE SET UP

### 29. TO COMPLETE SET UP, USE A CLEAN HAND TOWEL TO WIPE DOWN THE TREADMILL AND ENSURE THE CONSOLE, CUP HOLDERS, STANCHIONS, AND DECK ARE FREE OF ANY DUST, DIRT OR PACKAGING DEBRIS

Remove Magnetic Key and place it in the cupholder.

Instruct customer to scan Wahoo QR code to complete the setup process.





## TESTING INSTRUCTIONS

### AFTER ASSEMBLY IS COMPLETE, YOU WANT TO VALIDATE THAT EVERYTHING IS WORKING

1. Secure all bolts:
  - a. Verify that the 4 stanchion arm bolts are secure.
  - b. Verify that the 4 console bolts are secure.
  - c. Verify that the 2 laptop stand bolts are secure
2. Connect the Safety Key to the magnet on the console. Once testing is complete, leave it in a cup holder.
3. Visually inspect the area around the treadmill to ensure there are no items immediately in front of, behind, or underneath the treadmill. Make sure the power cord is not in contact with any moving parts of the treadmill.
4. Instruct other users to stand back at a safe distance.
5. While standing on the ground next to the treadmill (**stepping on the treadmill itself is strictly prohibited**), tap the speed (right-hand) paddle forward until the center display says 12:00 (12-minute mile). Let the belt run for 30 seconds and then slow the belt by tapping the speed (right-hand) paddle backward, press the STOP button and confirm that the center display says --:-- .
6. Validate that the treadmill stops moving.
7. Tap the grade (left-hand) paddle back until it reaches 15%. Then continue tapping the grade paddle forward until the left console display shows -2%.
8. Return the grade to 0% by tapping the grade (left-hand) paddle backward.
9. **Advise the customer to scan the QR code to get started on the Wahoo App.**
10. *PLEASE NOTE: during setup, the unit will level (side to side) after it updates its firmware, which occurs during the customer onboarding section after scanning the QR Code. The technician is not to spend additional time attempting to level the unit in this instance.*



## FINAL INSTRUCTIONS FOR THE CUSTOMER

After validating that the treadmill is functioning correctly, you want to instruct the customer to scan the QR code that is located on the left-hand side of the console next to the Wahoo logo. This QR Code will launch the Wahoo app and guide the user through their digital onboarding flow.

*Note: if the customer doesn't have the Wahoo app installed on their phone, then scanning the QR code will prompt them to do so. They will then need to rescan the QR code.*

Team member to validate that the customer scans the QR Code.

### ITEMS TO BE LEFT WITH THE CUSTOMER:

Shipping handles (x4)  
Side protection beams (x2)  
Bolts (x12)  
Allen wrenches (x4)

### ITEMS TO REMOVE:

All packaging and the pallet

### IMPORTANT FINAL STEP

One team member do a final walk through of residence and sweep any dirt/debris that was tracked into the house.

Leave customer with departing message of:

***"Thank you for your purchase and enjoy your new Wahoo KICKR RUN!"***



BLANK



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Rev 1