

# ZWIFT:RIDE

Quick Start Guide / Guide de démarrage rapide  
/ Kurzanleitung / Guía de inicio rápido



[ZWIFT.COM/RIDE/SETUP](https://zwift.com/ride/setup)



## ENG PREPARING YOUR TRAINER

## FRE PRÉPARATION DU HOME TRAINER

## DEU VORBEREITUNG IHRES TRAINERS

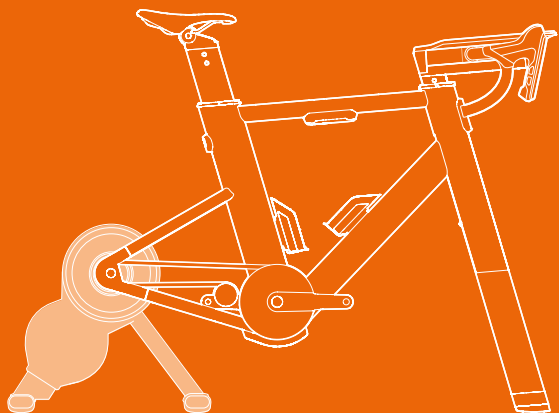
## ESP PREPARACIÓN DEL RODILLO

If you have built a Kickr Core for Zwift Ride, skip this section and continue on to **page 5**.

Si vous avez monté un Kickr Core pour Zwift Ride, sautez cette section et passez à la **page 5**.

Wenn Sie einen Kickr Core für Zwift Ride aufgebaut haben, überspringen Sie diesen Abschnitt und fahren Sie auf **Seite 6** fort.

Si has instalado un Kickr Core para Zwift Ride, salta este apartado y continúa en la **página 6**.



### ADAPTERS

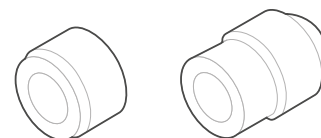
#### ADAPTATEURS / ADAPTER / ADAPTADORES

Thru Axle Adapters

Adaptateurs pour axe traversant

Steckachsenadapter

Adaptadores para eje pasante

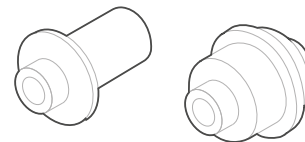


Quick Release Adapters

Adaptateurs pour axe à serrage rapide

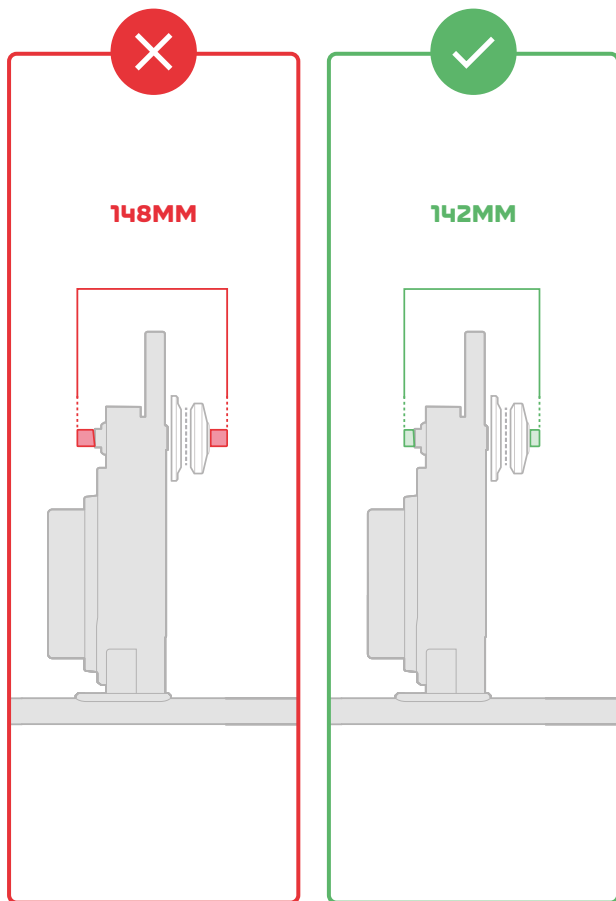
Schnellwechseladapter

Adaptadores para cierre rápido



## DROPOUT WIDTH

LARGEUR ENTRE LES PATTES DU DÉRAILLEUR  
/ AUSFALLENDENBREITE / ANCHO ENTRE LAS  
PUNTERAS



## ASSEMBLE ADAPTERS

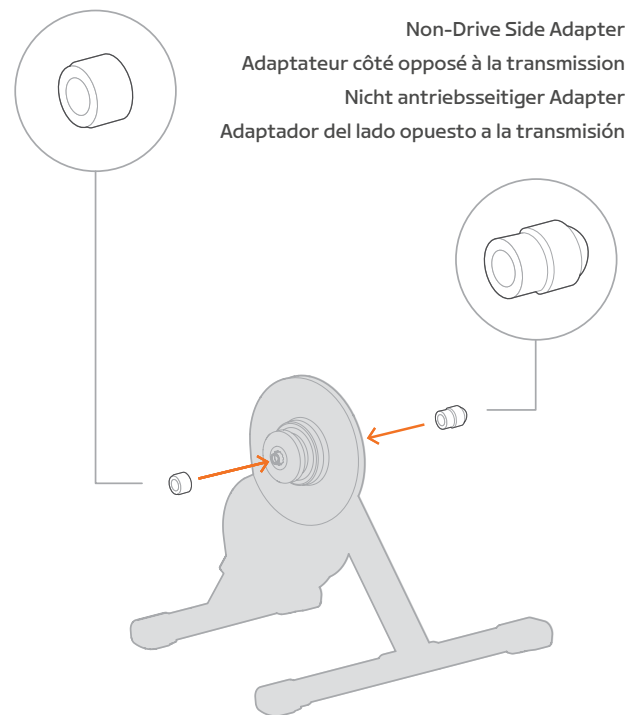
ASSEMBLAGE DES ADAPTATEURS / ADAPTER  
MONTIEREN / ACOUPLE DE LOS ADAPTADORES

Drive Side Adapter

Adaptateur côté transmission

Antriebsseitiger Adapter

Adaptador del lado de la transmisión



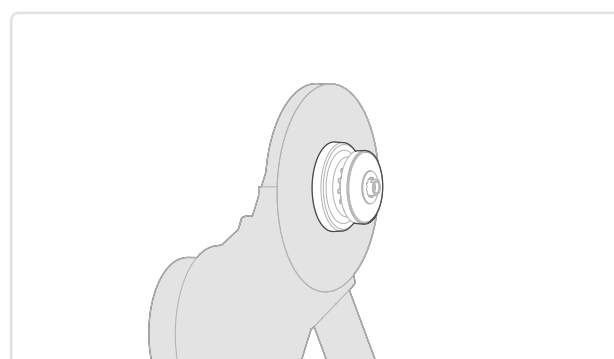
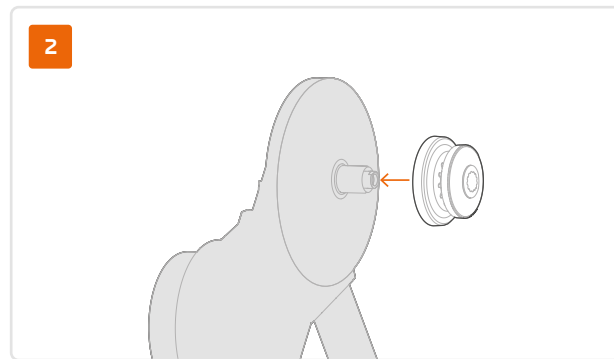
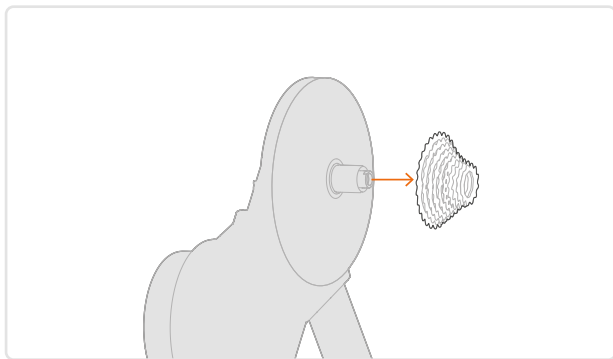
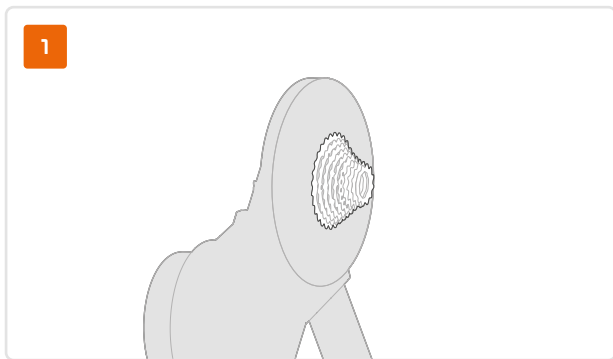
**ZWIFT COG ASSEMBLY**  
**ASSEMBLAGE DU ZWIFT COG / MONTAGE DES**  
**ZWIFT COG / MONTAJE DEL ZWIFT COG**

If you need to install a Zwift Cog on your trainer, follow the instructions in the Zwift Cog box.

Si vous devez installer un Zwift Cog sur votre home trainer, suivez les instructions contenues dans la boîte du Zwift Cog.

Wenn Sie einen Zwift Cog auf Ihrem Trainer installieren müssen, befolgen Sie bitte die Anweisungen, die dem Karton des Zwift Cog beiliegen.

Si necesitas instalar un Zwift Cog en tu rodillo, sigue las instrucciones de la caja del Zwift Cog.



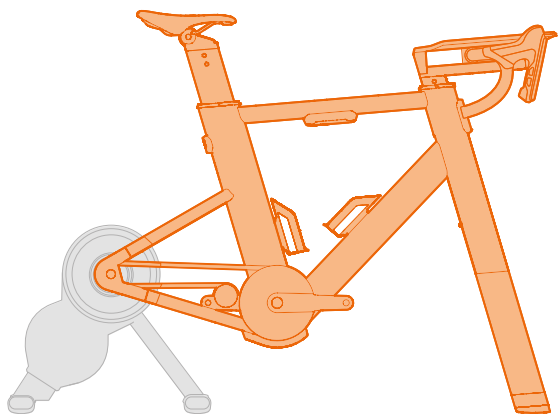


## ENG ASSEMBLING YOUR ZWIFT FRAME

## FRE ASSEMBLAGE DU CADRE ZWIFT

## DEU AUFBAUEN DES ZWIFT-RAHMENS

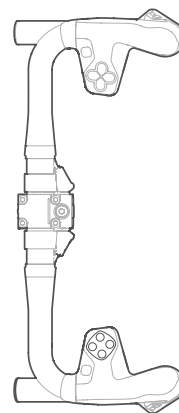
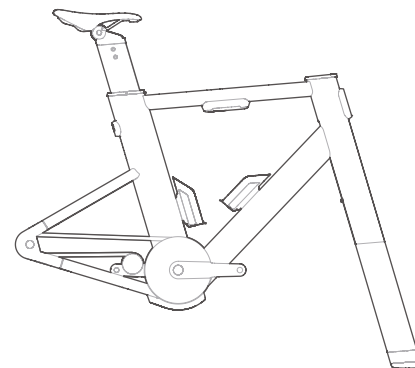
## ESP MONTAJE DEL MARCO ZWIFT



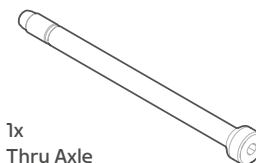
## CONTENTS

## CONTENU / INHALT / CONTENIDO

1x  
Zwift Frame  
Cadre Zwift  
Zwift-Rahmen  
Marco Zwift



1x  
Handlebar Controllers  
Guidon avec commandes  
Lenker-Controller  
Mandos del manillar



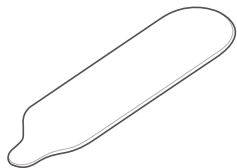
1x  
Thru Axle  
Axe traversant  
Steckachse  
Eje pasante



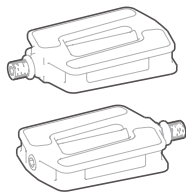
1x  
Frame Key  
Clé du cadre  
Rahmenschlüssel  
Llave para el cuadro

## CONTENTS

CONTENU / INHALT / CONTENIDO

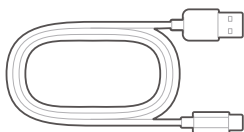


1x  
Phone Tray Mat  
Revêtement pour plateau de téléphone  
Matte für die Telefonablage  
Bandeja para teléfono



1x  
Left & Right Pedals  
Pédales gauche et droite  
Linkes und rechtes Pedal  
Pedales izquierdo y el derecho

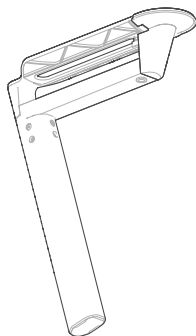
1x  
Charging Cable  
Câble de charge  
Ladekabel  
Cable de carga



2x  
Cable Tidies  
Range-câbles  
Kabelbinder  
Organizadores de cables



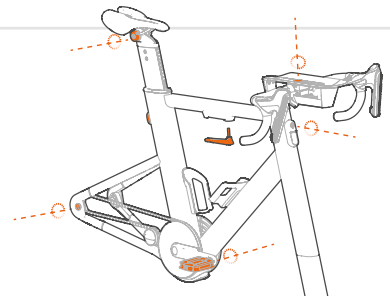
1x  
Handlebar Stem, Cap, and Bolt  
Potence, embout et boulon du guidon  
Lenkervorbau, Kappe und Schraube  
Potencia del manillar, cubierta y tornillo



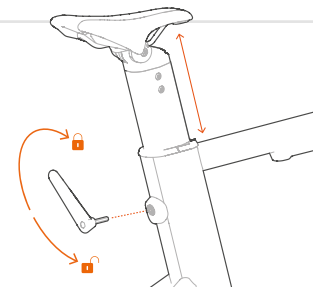
## FRAME KEY

CLÉ DU CADRE / RAHMENSCHLÜSSEL / LLAVE PARA EL CUADRO

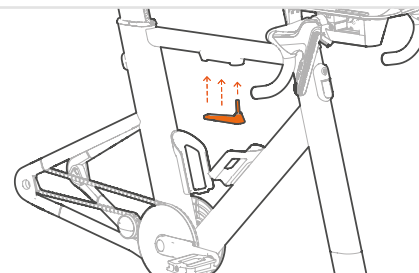
Assemble  
Assembler  
Zusammenbauen  
Montar



Adjust  
Ajuster  
Anpassen  
Ajustar

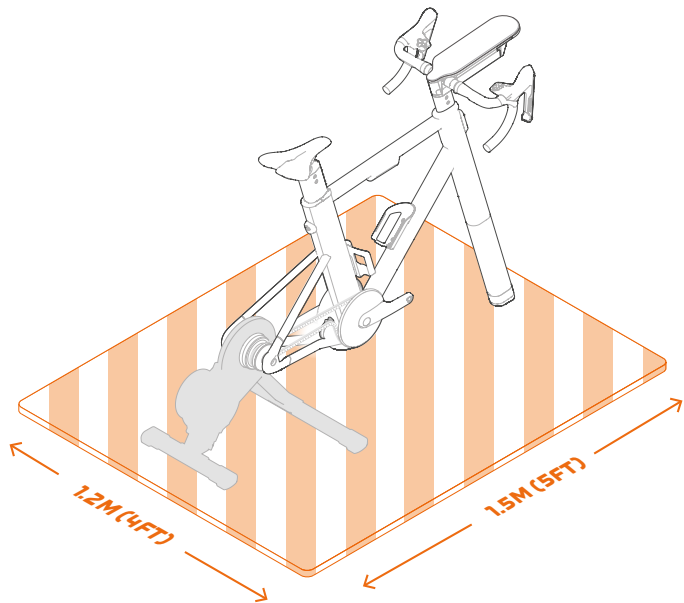


Dock  
Ranger  
Verbinden  
Fijar



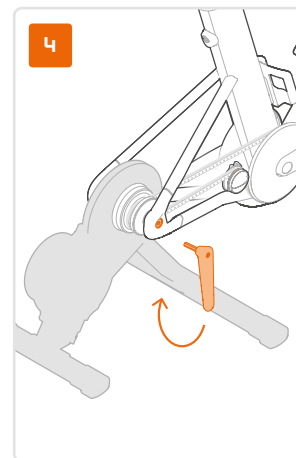
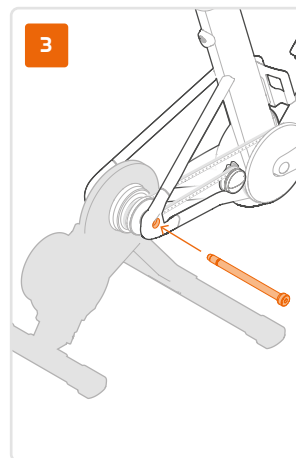
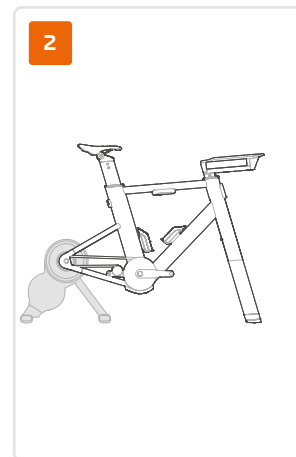
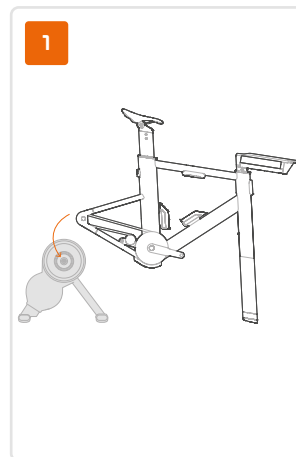
## MAKING SPACE

AMÉNAGEMENT DE L'ESPACE / PLATZ SCHAFFEN /  
PROVISIÓN DE ESPACIO



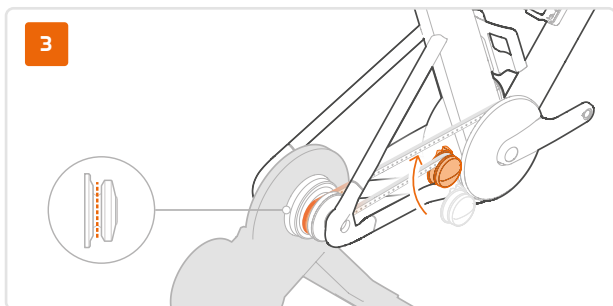
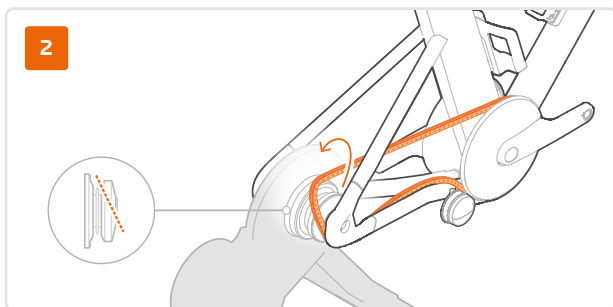
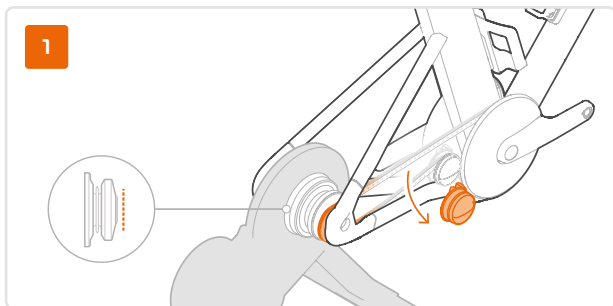
## MOUNTING THE FRAME

MONTAGE DU CADRE / DEN RAHMEN AUFBAUEN /  
MONTAJE DEL CUADRO



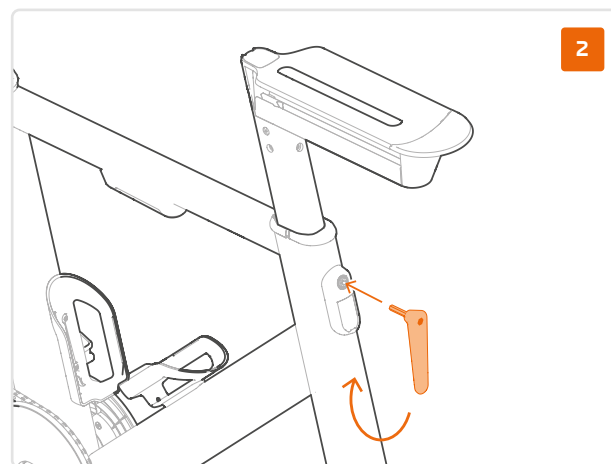
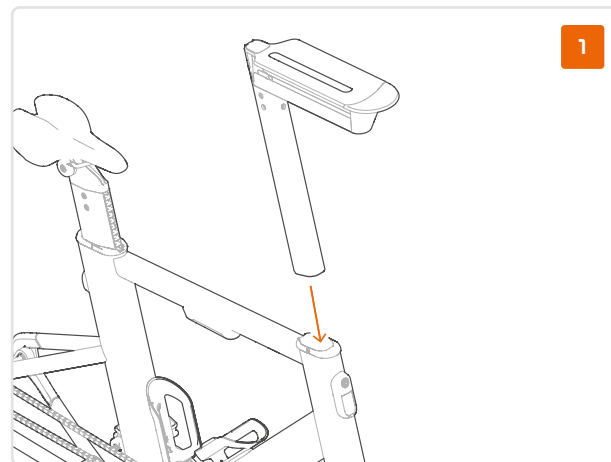
## MOVING THE CHAIN

DÉPLACEMENT DE LA CHAÎNE / DIE KETTE  
BEWEGEN / MOVER LA CADENA



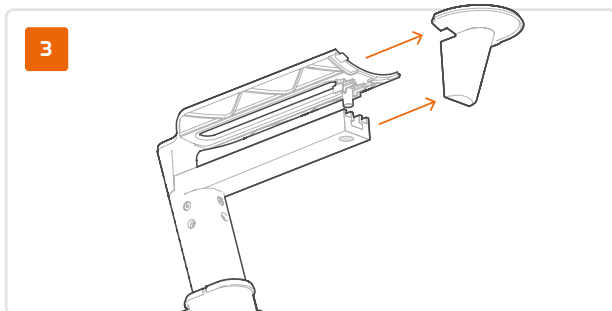
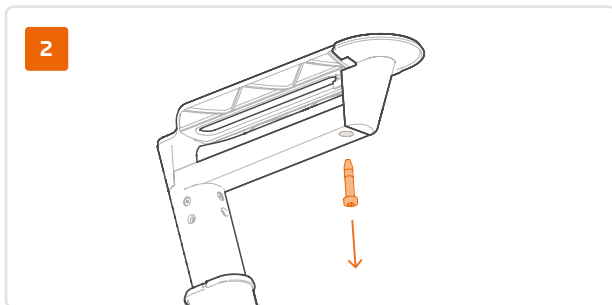
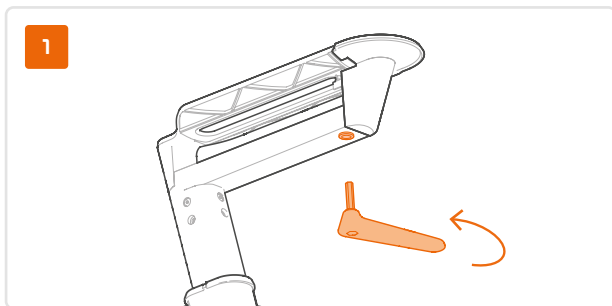
## STEM ASSEMBLY

ASSEMBLAGE DE LA POTENCE / MONTAGE DES  
LENKERVORBAUS / MONTAJE DE LA POTENCIA



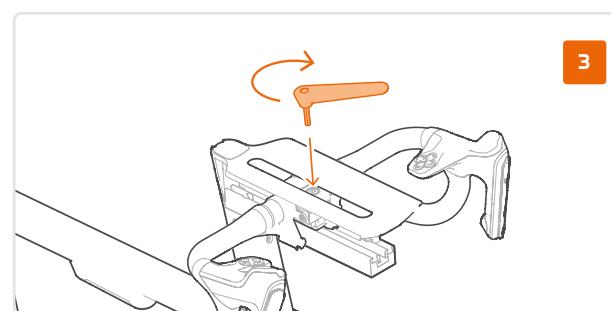
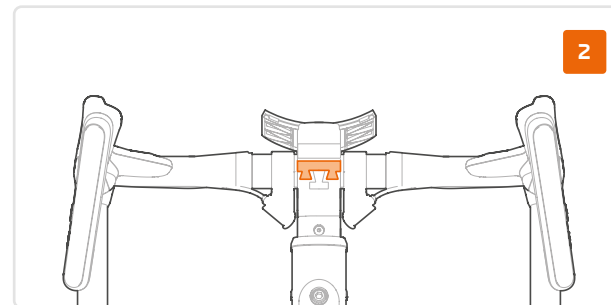
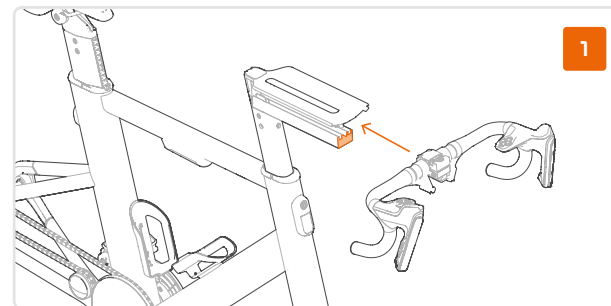
## REMOVE CAP

DÉMONTAGE DE L'EMBOÛT / KAPPE ENTFERNEN /  
QUITAR LA CUBIERTA



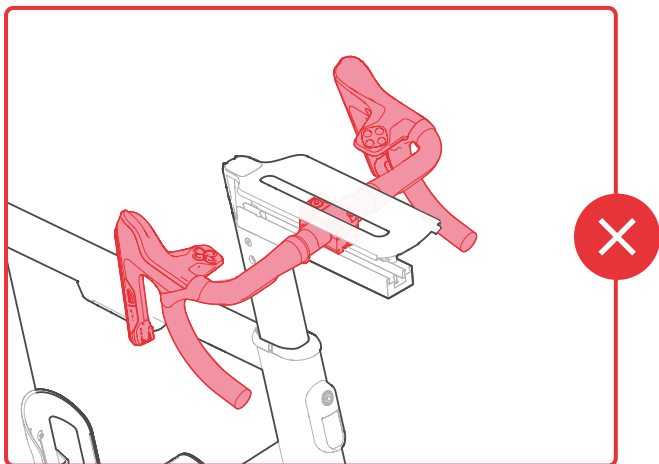
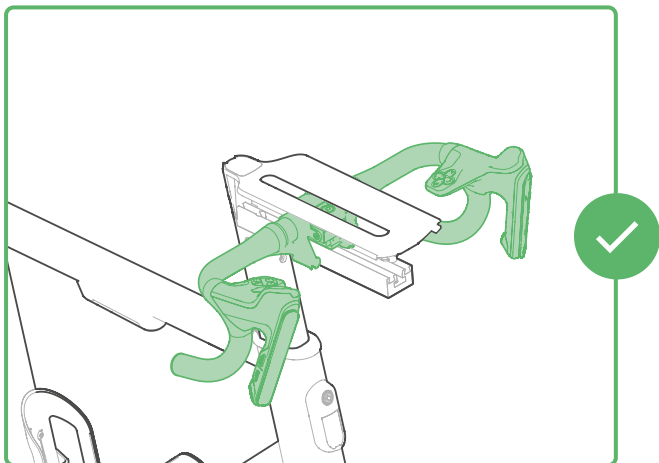
## HANDLEBAR ASSEMBLY

ASSEMBLAGE DU GUIDON / MONTAGE DES  
LENKERS / MONTAJE DEL MANILLAR



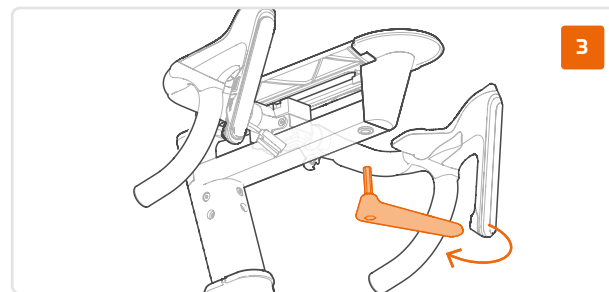
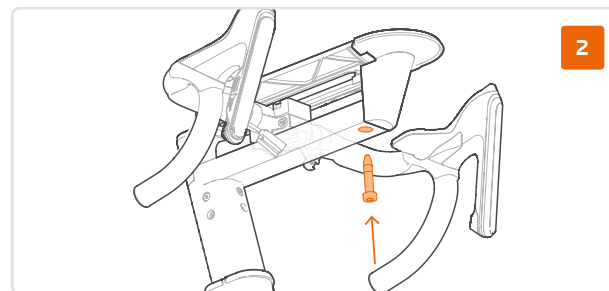
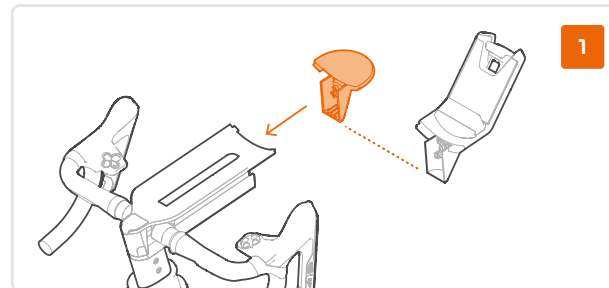
## CHECK HANDLEBARS

CONTRÔLE DU GUIDON / LENKER PRÜFEN /  
COMPROBACIÓN DEL MANILLAR



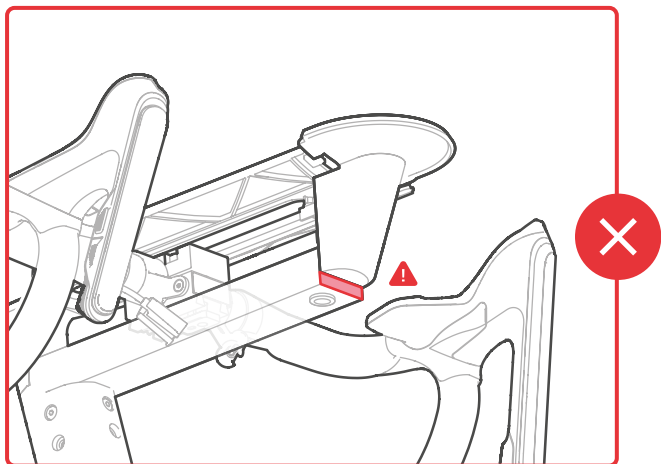
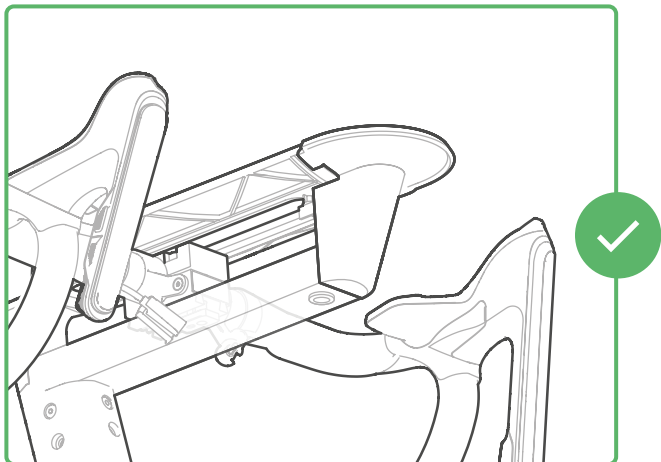
## CAP OR TABLET HOLDER ASSEMBLY

ASSEMBLAGE DE L'EMBOUT OU DU SUPPORT  
POUR TABLETTE / MONTAGE DER KAPPE ODER DES  
TABLET-HALTERS / MONTAJE DE LA CUBIERTA O  
DEL SOPORTE PARA TABLETA



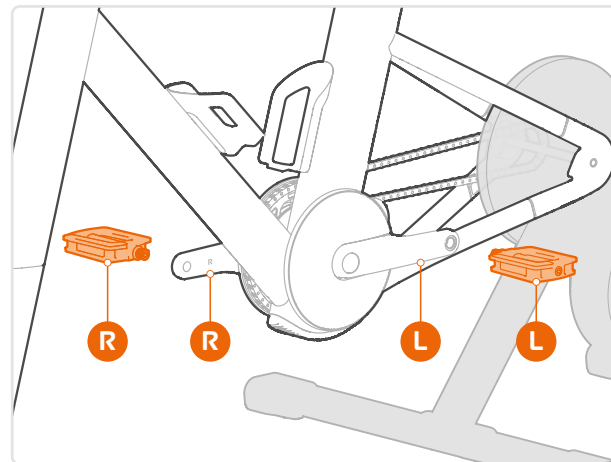
## CHECK CAP

CONTRÔLE DE L'EMBOUT / KAPPE PRÜFEN /  
COMPROBACIÓN DE LA CUBIERTA



## PEDAL ASSEMBLY

ASSEMBLAGE DES PÉDALES / MONTAGE DER  
PEDALE / MONTAJE DE LOS PEDALES



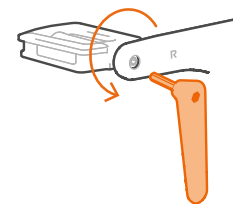
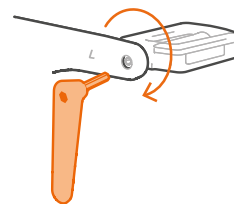
L

R

«TIGHTEN»

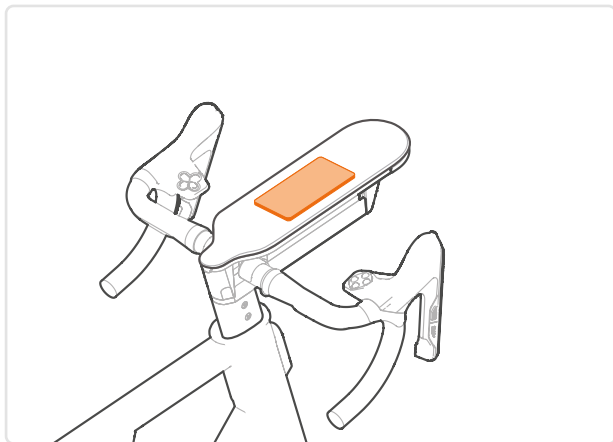
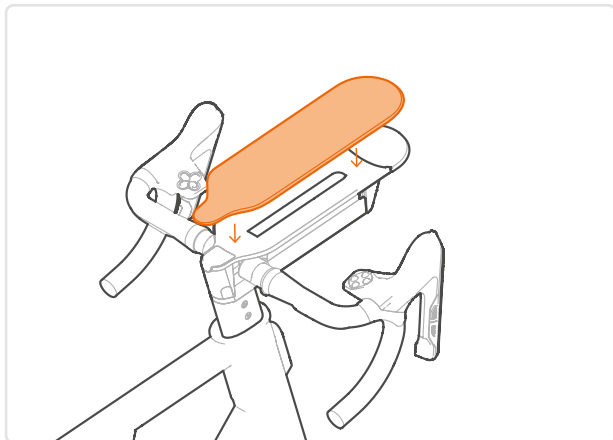


«TIGHTEN»



## SETTING UP THE PHONE TRAY MAT

INSTALLATION DU REVÊTEMENT POUR PLATEAU DE TÉLÉPHONE / EINRICHTEN DER MATTE FÜR DIE TELEFONABLAGE / INSTALACIÓN DE LA BANDEJA PARA TELÉFONO



## CABLE TIDIES

RANGE-CÂBLES / KABELBINDER / ORGANIZADORES DE CABLES





## BIKE FIT

### AJUSTEMENT DU VÉLO / EINPASSEN DES FAHRRADS / AJUSTE DE LA BICICLETA

Follow the instructions on the **Bike Fit Card** to adjust the Zwift Frame to fit you.

Suivez les instructions sur la **carte d'ajustement du vélo** pour régler le cadre Zwift à votre taille.

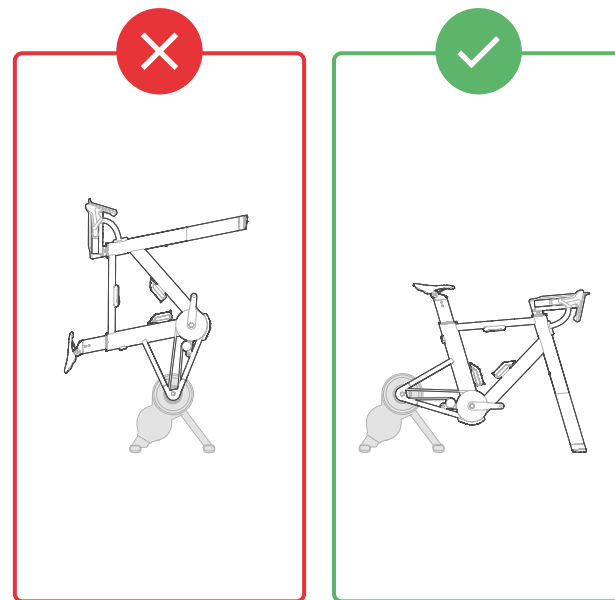
Befolgen Sie die Anweisungen auf der **Bike Fit Card**, um den Zwift-Rahmen an Ihre Bedürfnisse anzupassen.

Sigue las instrucciones de la **tarjeta de ajuste de la bicicleta** para ajustar el marco Zwift según tus medidas.



## WARNING

### AVERTISSEMENT / WARNUNG / ADVERTENCIA



#### **DO NOT STORE VERTICALLY**

Risk of falling can cause injury

#### **NE PAS RANGER À LA VERTICALE**

Risque de chute pouvant entraîner des blessures

#### **NICHT VERTIKAL LAGERN**

Es besteht die Gefahr des Umfallens, was zu Verletzungen führen kann.

#### **NO GUARDAR EN POSICIÓN VERTICAL**

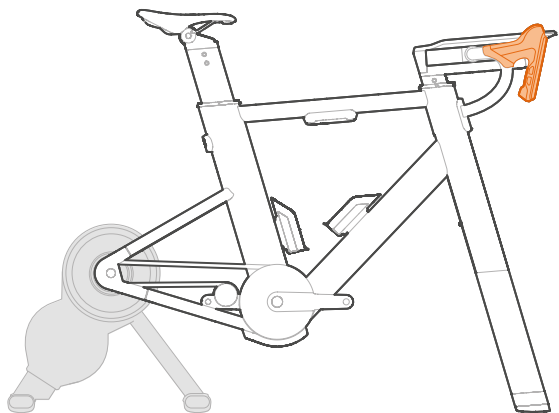
En caso de caída se pueden provocar lesiones

**ENG POWER ON, CONNECT,  
AND UPDATE**

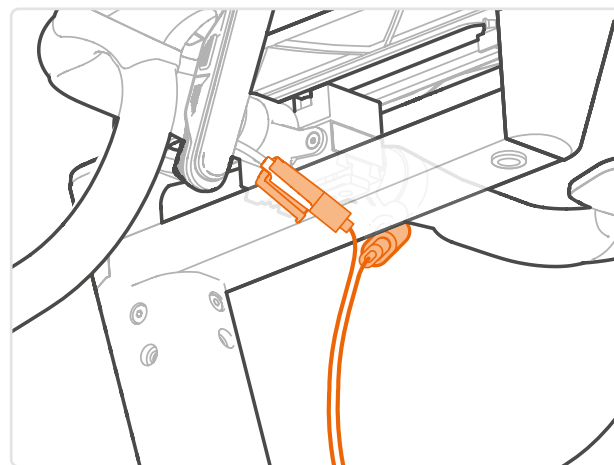
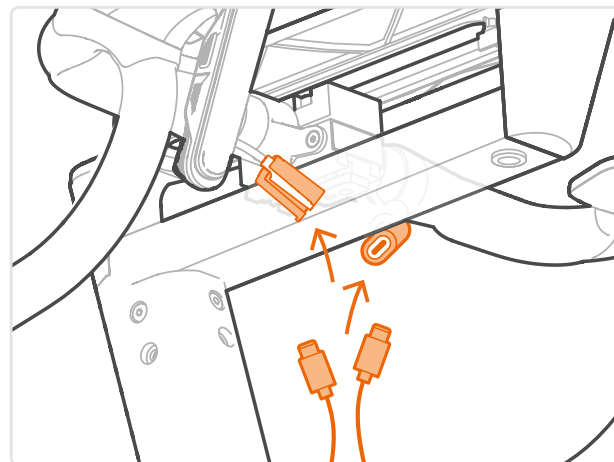
**FRE MISE SOUS TENSION,  
CONNEXION ET MISE À JOUR**

**DEU EINSCHALTEN, AN DAS  
STROMNETZ ANSCHLIESSEN UND  
AKTUALISIEREN**

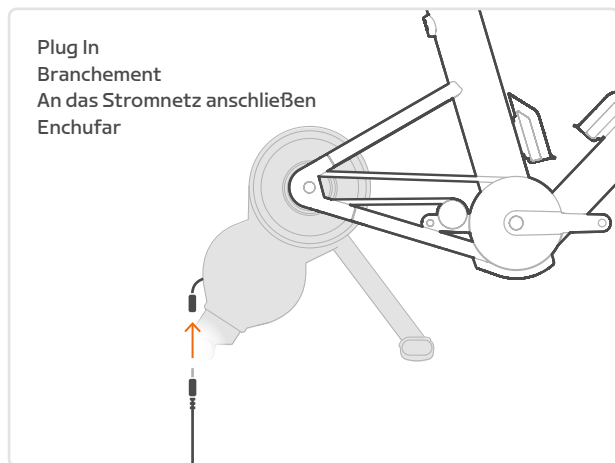
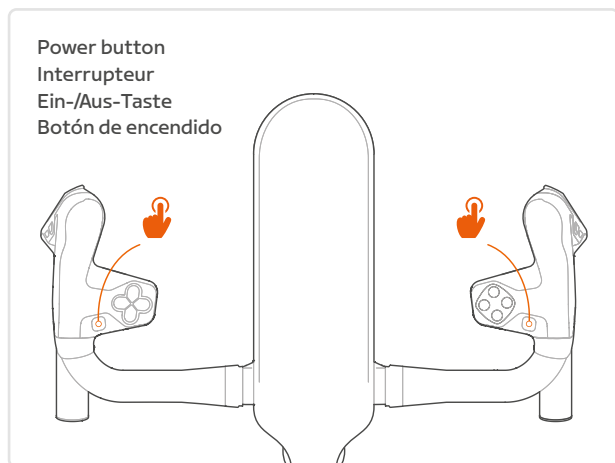
**ESP ECENDIDO, CONEXIÓN Y  
ACTUALIZACIÓN**



**CHARGING  
CHARGEMENT / AUFLADEN / CARGA**



## SWITCH ON ALLUMAGE / EINSCHALTEN / ENCENDIDO



## LEDS VOYANTS / LEDS / LEDS



Green pulsing – Charging  
Pulsations vertes – Chargement en cours  
Grün blinkend – wird aufgeladen  
Verde pulsante: cargando



Green – Charged  
Vert – Chargé  
Grün – Aufgeladen  
Verde – Cargado



Orange flashing – Low battery  
Orange clignotant – Batterie faible  
Orange blinkend – Schwache Batterie  
Naranja parpadeante – batería baja



Red flashing – Error  
Rouge clignotant – Erreur  
Rot blinkend – Fehler  
Rojo parpadeante – Error



Blue pulsing – Ready to connect  
Pulsations bleues – Prêt pour la connexion  
Blau blinkend – Kopplungsbereit  
Azul pulsante – Listo para la conexión

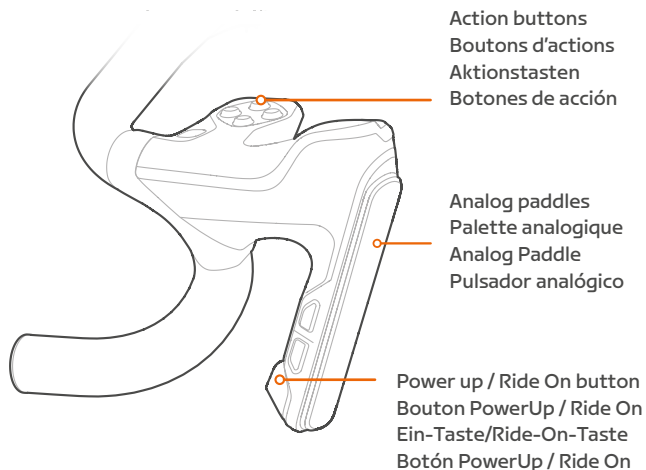


Blue – Connected  
Bleu – Connecté  
Blau – Gekoppelt  
Azul – Conectado



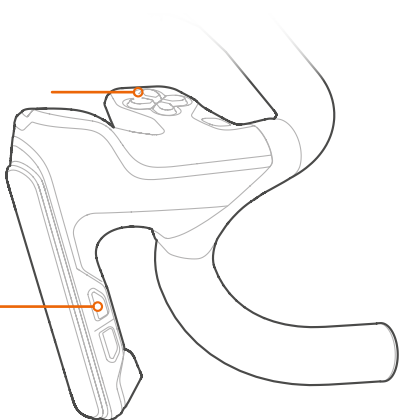
Yellow – Updating  
Jaune – Mise à jour en cours  
Gelb – Wird aktualisiert  
Amarillo – Realizando actualizaciones

## BUTTONS BOUTONS / TASTEN / BOTONES

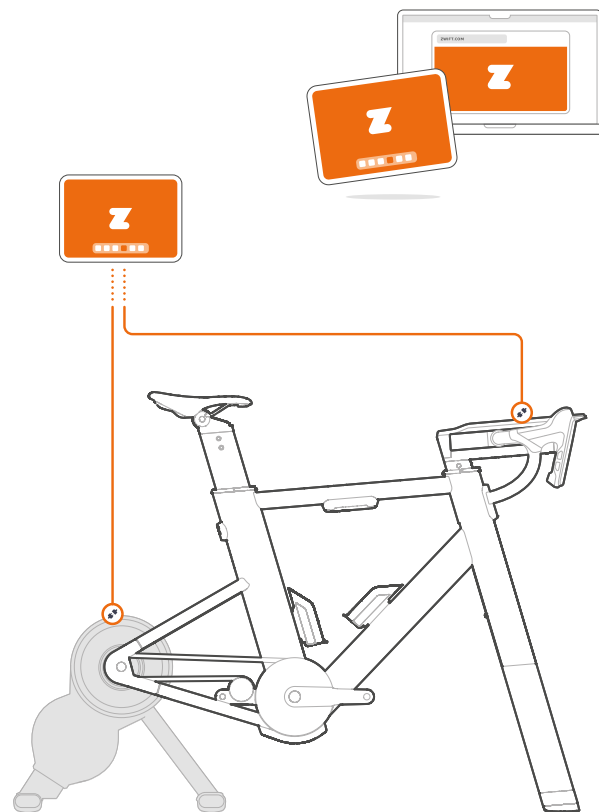


Navigation pad  
Pavé de navigation  
Navigations-Pad  
Cruceta de navegación

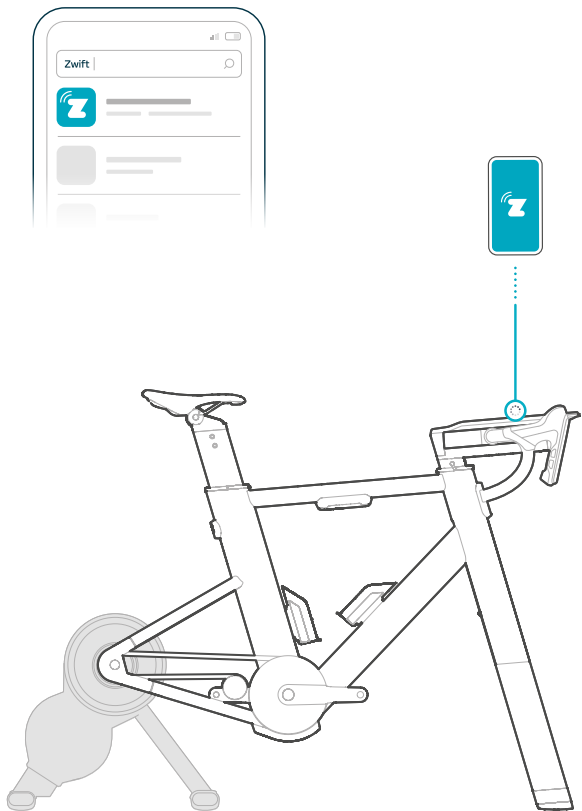
Gear shifters  
Shifters de vitesse  
Gangschaltung  
Cambios de marcha



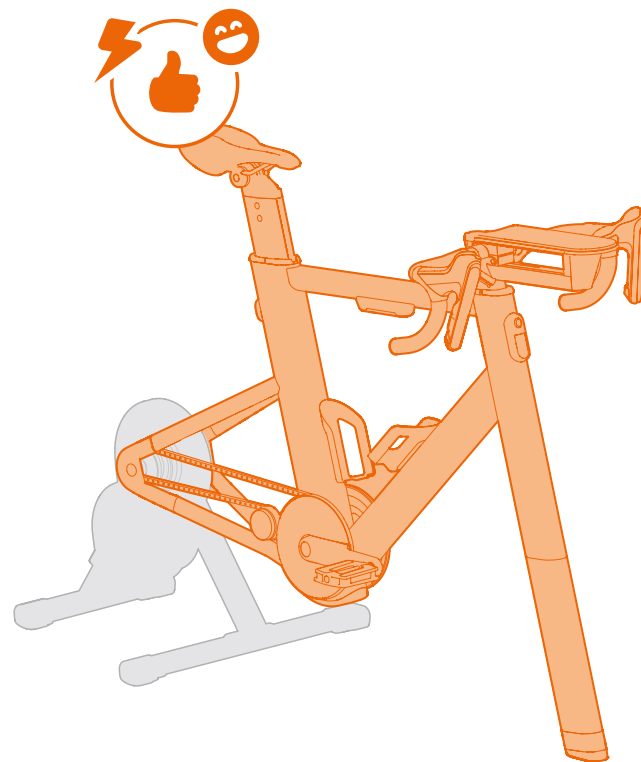
## CONNECTING CONNEXION / VERBINDEN / CONEXIÓN



**UPDATING**  
MISE À JOUR / AKTUALISIEREN / ACTUALIZACIÓN



**DONE! RIDE ON.**  
TERMINÉ ! RIDE ON. / FERTIG! RIDE ON. /  
¡LISTO! RIDE ON.



**SCAN TO WATCH INSTRUCTIONAL VIDEOS**  
**SCANNEZ POUR REGARDER LES VIDÉOS**  
**D'INSTRUCTION / SCANNEN, UM**  
**ANLEITUNGSVIDEOS ANZUSEHEN / ESCANEAR**  
**PARA VER VIDEOTUTORIALES**

