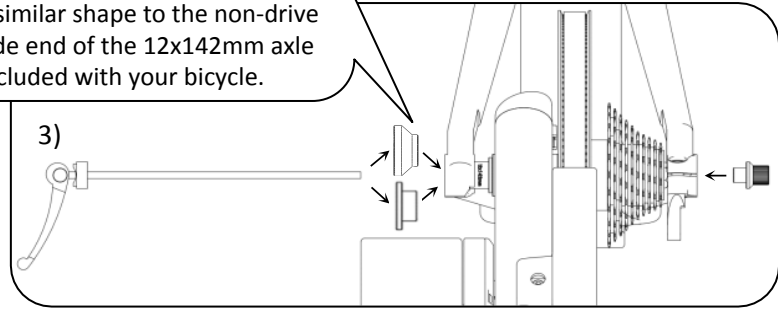
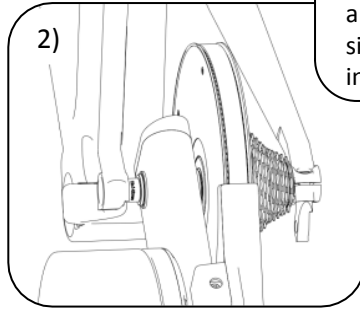
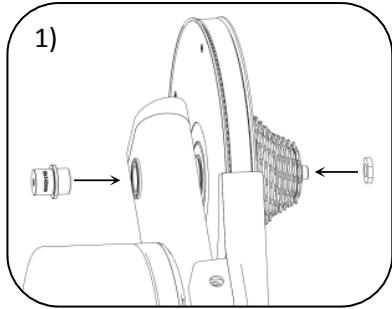
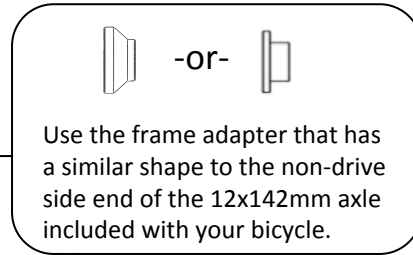


# wahoo

## FITNESS

### KICKR 12x142mm Axle Adapter Kit

Instructions:  
Istruccioni:  
Istruzioni:  
Anleitung:  
说明:  
説明:



*Note: Before installing adapter, remove existing quick release and R130/M135 hub adapter from your KICKR.*

1. Install 12x142mm hub adapter on the non-drive side (label facing out) of your KICKR. Thread the axle washer on the drive side of your KICKR.
2. Lower bicycle rear dropouts onto the KICKR.
3. Select either the conical (a) or flat (b) frame adapter and install on the quick release before installing on the KICKR with the included skewer nut.
4. Lock in place by lifting on the quick release lever.

