User Manual of Product 1:

AFWFilters Built Fleck 48,000 Water Softener System with 5600sxt Digital metered Valve 1" Yoke

User Manual of Product 2:

iSpring RCC7AK, NSF Certified 75 GPD, Alkaline 6-Stage Reverse Osmosis System, pH+ Remineralization RO Water Filter System Under Sink, Superb Taste Drinking Water Filter

wahoo

wahoofitness.com

Rev 1

KICKR HEADWIND

QUICK START GUIDE



wahoo

Thank you for purchasing the Wahoo KICKR HEADWIND!

FOR LATEST NEWS, SUPPORT, AND FIRMWARE UPDATES BE SURE TO REGISTER YOUR PRODUCT USING THE WAHOO APP

LEARN MORE:

For instructional videos, compatible apps, FAQs, and support requests please visit: www.wahoofitness.com/support

PLEASE CONTACT US WITH QUESTIONS OR CONCERNS AT:

Wahoo Fitness
90 W. Wieuca Rd NE
Suite 110
Atlanta, GA 30342 United States

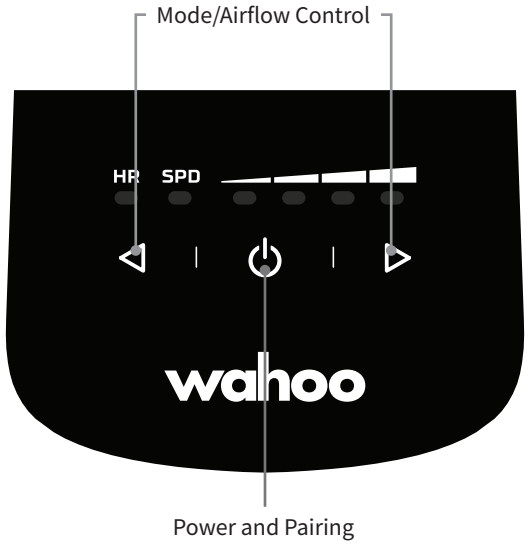
TELEPHONE:

United States: 1-877-978-1112
Germany: +49-30-568-373827
United Kingdom: +44-800-808-5773
Phone Hours: Monday - Friday
10am-7pm Eastern Time Zone

CAUTION!

- KICKR HEADWIND is intended for indoor use only.
- Always consult your physician before beginning or modifying any exercise program
- Do not put hands or objects near moving parts of the KICKR HEADWIND
- Do not insert objects into the openings of the KICKR HEADWIND
- Only use the KICKR HEADWIND on a stable, level surface
- Keep water away from the KICKR HEADWIND at all times

BUTTON LAYOUT



KICKR HEADWIND INITIAL SETUP

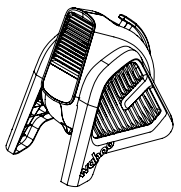
Place KICKR HEADWIND on a stable surface. It is designed to sit either (1) directly on the ground with the rear legs tucked, angling air upwards, or (2) on a counter (or other elevated surface) with the rear legs extended for a more head-on airflow angle.

Plug KICKR HEADWIND into a power source (3).

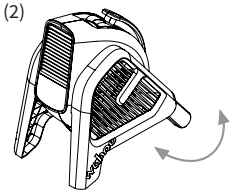
Use the power button to activate the fan (4).

Download the Wahoo App (5) for free from the Apple App Store or from the Android Google Play Store. Follow the in app setup guide to complete your profile and to pair sensors.

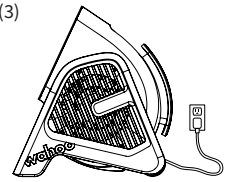
(1)



(2)



(3)



(4)



(5)



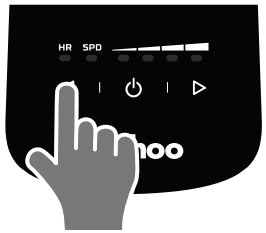
KICKR HEADWIND SETUP

OPTION 1: DIRECT PAIRING TO KICKR HEADWIND - SPEED (SPD) AND HEART RATE (HR) CONTROL

DID YOU KNOW?

Your smart trainer will transmit speed and can control your KICKR HEADWIND in Speed Mode.

1. SELECT MODE
Press the left airflow control button to enter Speed mode. Press again to enter Heart Rate mode.



2. PAIR SENSORS
The SPD and HR LEDs blink when initially selected, indicating the unit is searching for sensors. To pair a compatible ANT+ enabled sensor (e.g. speed, heart rate or smart trainer), activate the sensor and hold it near the KICKR HEADWIND. When paired, the LED will become solid.

Note: The KICKR HEADWIND will remember the last paired sensor even when unplugged. Ensure the KICKR HEADWIND is in your desired mode prior to pairing a new sensor. To pair a new sensor, hold down the power button until the LED blinks.



3. START YOUR WORKOUT
Use your preferred training app or software and the fan speed will be controlled by your sensor.

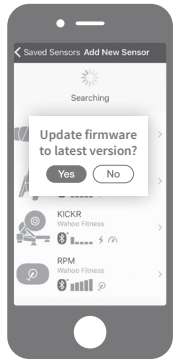


OPTION 2: SPEED OR HEART RATE CONTROL WITH WAHOO APP

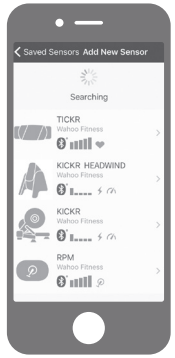
1. OPEN THE WAHOO APP
Ensure Bluetooth is on.



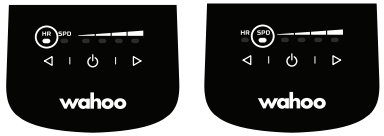
2. UPDATE FIRMWARE IF PROMPTED



3. ADD AND SAVE SENSOR
Select Sensors and tap "Add Sensor." Select KICKR HEADWIND from list of available sensors. Tap "Save Sensor." Select the workout profile(s) you will use with the KICKR HEADWIND.



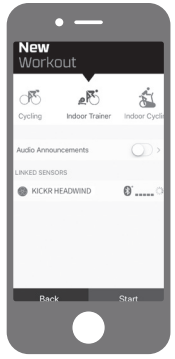
4. SET KICKR HEADWIND TO HEART RATE OR SPEED MODE



5. To use in HR mode, pair your Heart Rate Monitor to the KICKR HEADWIND
Use the mode buttons to select HR. Hold down the power button until the LED blinks. Once paired, the LED will be solid. Note: Same method applies for SPD mode and a speed sensor.



6. START YOUR WORKOUT
From the workout screen, select your desired workout profile, ensure the KICKR HEADWIND is paired to that profile. Select the green "Start" button to begin your workout. Swipe right to view your desired workout page.



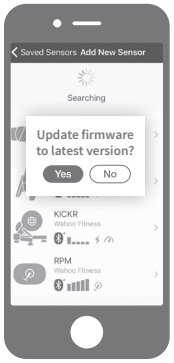
KICKR HEADWIND SETUP *continued*

OPTION 3: WAHOO APP CONTROL

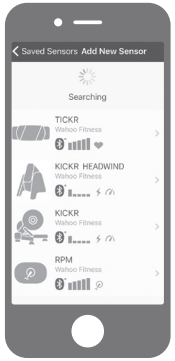
1. OPEN THE WAHOO APP
Ensure Bluetooth is on.



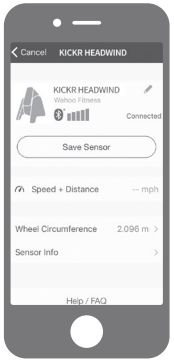
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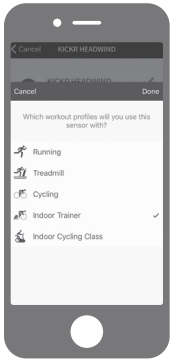
3. ADD SENSOR
Select Sensors and tap “Add Sensor.”



4. SAVE SENSOR
Select KICKR HEADWIND from list of available sensors. Tap “Save Sensor.”



5. SELECT WORKOUT PROFILES
Control speed of fan within the Wahoo Fitness App.



6. START WORKOUT
From the workout screen select the green “Start” button. Swipe right to view the KICKR HEADWIND control page to view your workout and control the KICKR HEADWIND.



OPTION 4: MANUAL FAN CONTROL

1. CONTROL FAN SPEED
Use airflow control buttons to increase or decrease fan speed.



2. START YOUR WORKOUT
You may use your preferred training app or software. You must manually control fan speed.

