

THE PAIN CAVE

Before you start your Wahoo Kickr journey with us, there is a couple of quick and easy things that you will need to do.

- 1) Download the Wahoo Kickr App from either the Apple store or Google Play store.
*You will not be able to do anything with it until you are next to the Kickr
- 2) Have all your information on your bike handy so we can calibrate your bike with the app at the time of your appointment, this will take approximately 10 - 15mins.
- 3) Download your preferred app that is compatible with the Wahoo Kikr from this list of [Compatible Wahoo Kickr Apps](#) we are using Zwift but it's whatever you prefer. (there is a extra cost for each app you download).
- 4) Download a casting device – we use Casstto: This will allow your smart device screen to be cast to the TV in the Pain Cave
- 5) Cast your phone to the TV in the Pain Cave
- 6) Bring Water, Towel, and riding gear- no Helmet required
- 7) Put your phone on “Do not Disturb”
- 8) Your good to go.

These apps can all be downloaded from the Apple Store and Google Play Store



Wahoo Kickr



Casstto



Zwift