

ZWIFT:COG

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



MULTI TRAINER



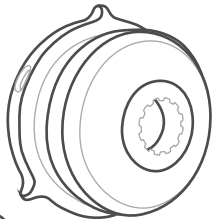
[ZWIFT.COM/MULTI-TRAINER-COG/SETUP](https://zwift.com/multi-trainer-cog/setup)

CONTENTS

CONTENU / INHALT / CONTENIDO

1x

Zwift Cog & Multi-Trainer Freehub
Zwift Cog V2 et corps de roue libre
Zwift Cog V2 plus Freilaufkörper
Zwift Cog V2 y núcleo



1x

Thin Spacer (optional)
Entretoise étroite (facultative)
Schmaler Abstandshalter (optional)
Separador estrecho (opcional)



1x

Wide Spacer
Entretoise large
Breiter Abstandshalter
Separador ancho



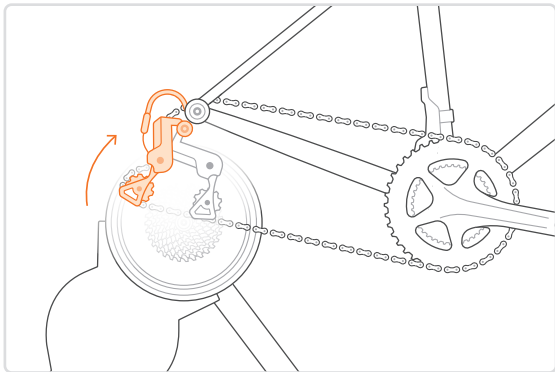
1x

Multi Trainer Tool
Outil multifonctions
Multitrainerwerkzeug
Herramienta multirodillo



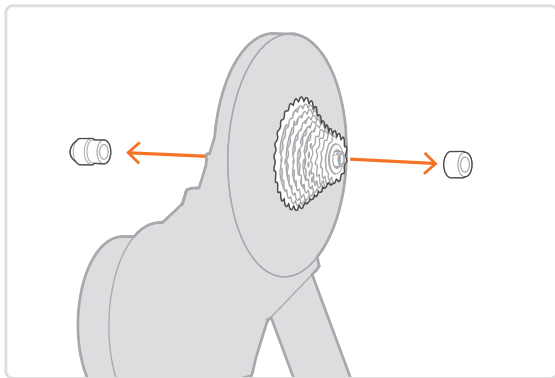
REMOVE BIKE FROM TRAINER

RETIREZ LE VÉLO DU HOME TRAINER / BIKE VOM
TRAINER ENTFERNEN / QUITAR LA BICICLETA
DEL RODILLO



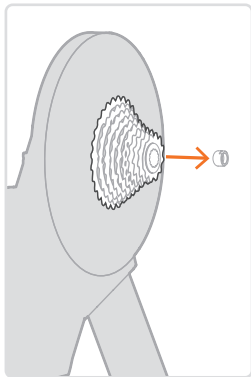
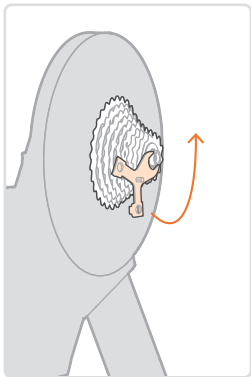
REMOVE ADAPTERS

RETIREZ LES ADAPTATEURS / ADAPTER
ENTFERNEN / QUITAR LOS ADAPTADORES



REMOVE NUT

**RETIREZ L'ÉCROU / MUTTER ENTFERNEN /
QUITAR LA TUERCA**

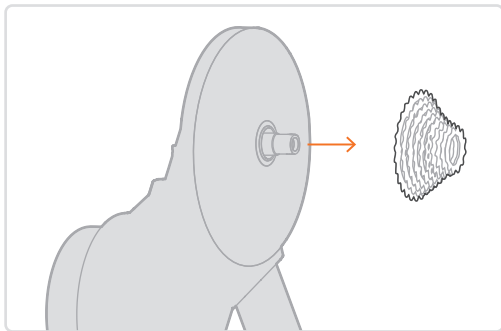


REMOVE CASSETTE & FREE-HUB

RETIREZ LA CASSETTE ET LE CORPS DE ROUE

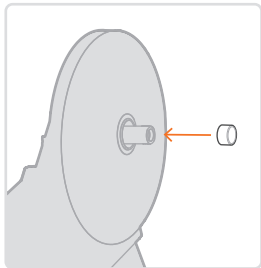
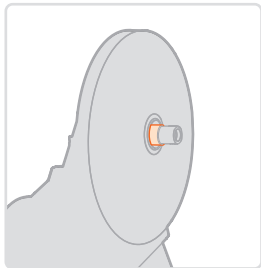
LIBRE / KASSETTE UND FREILAUFKÖRPER

ENTFERNEN / QUITAR EL CASSETTE Y EL NÚCLEO



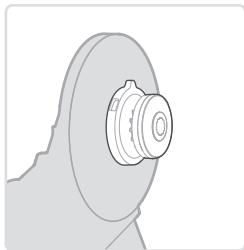
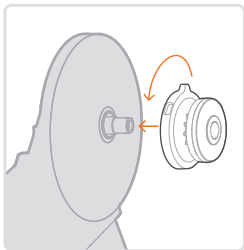
**CHECK FOR WIDE SPACER AND ASSEMBLE
IF NOT THERE**

**VÉRIFIEZ S'IL Y A UNE LARGE ENTRETOISE,
SINON INSTALLEZ-LA / PRÜFEN, OB BREITER
ABSTANDSHALTER VORHANDEN IST UND GGF.
MONTIEREN / COMPROBAR SI ESTÁ EL
SEPARADOR ANCHO, MONTARLO SI NO ESTÁ**



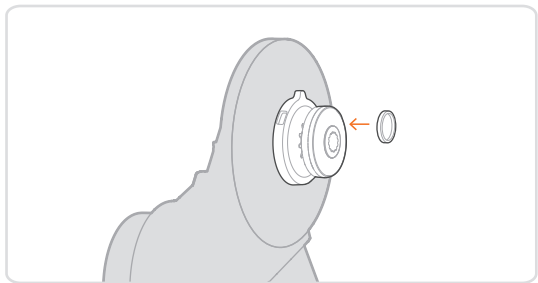
ASSEMBLE COG

ASSEMBLEZ LE COG / COG ZUSAMMENSETZEN
/ MONTAR EL COG



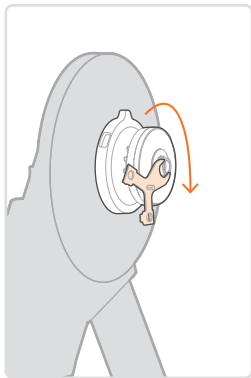
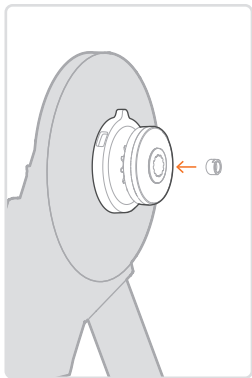
ASSEMBLE SLIM SPACER

**INSTALLEZ L'ENTRETOISE MINCE / SCHMALEN
ABSTANDHALTER MONTIEREN / MONTAR EL
SEPARADOR ESTRECHO**



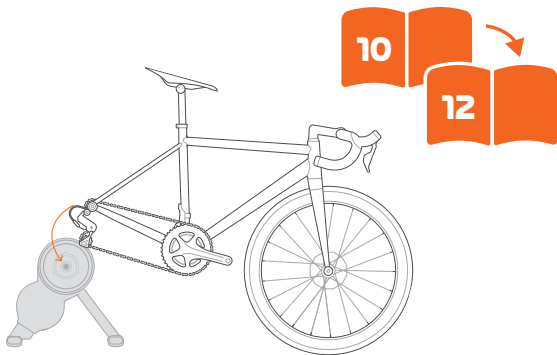
ASSEMBLE & TIGHTEN NUT

ASSEMBLEZ L'ÉCROU / MUTTER EINSETZEN /
COLOCAR LA TUERCA



FOR MOUNTING A BIKE
POUR MONTER UN VÉLO
UM EIN BIKE ZU MONTIEREN
PARA COLOCAR UNA BICICLETA

GO TO PAGE 12
PASSEZ À LA PAGE 12
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IR A LA PÁGINA 12



FOR ZWIFT RIDE GO TO THE ZWIFT RIDE QSG

POUR UTILISER LE ZWIFT RIDE

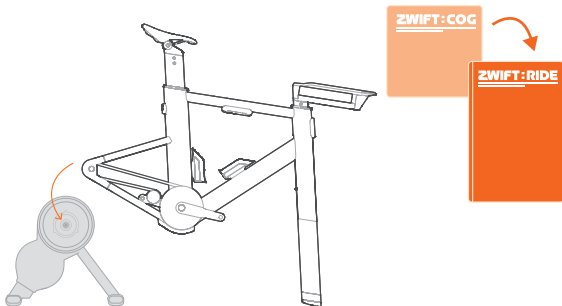
CONSULTEZ LE GUIDE DE DÉMARRAGE RAPIDE DU ZWIFT RIDE

FÜR ZWIFT RIDE

LIES BITTE DIE ZWIFT RIDE-KURZANLEITUNG

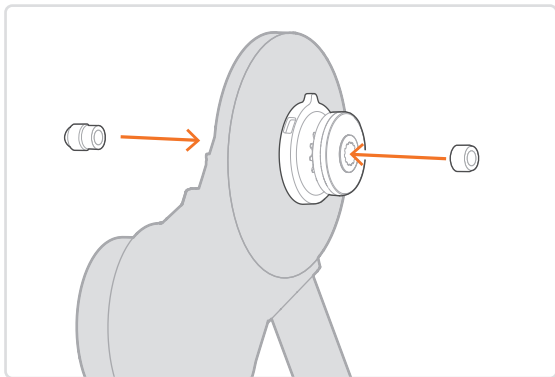
PARA LA ZWIFT RIDE

IR A LA GUÍA DE INICIO RÁPIDO DE ZWIFT RIDE



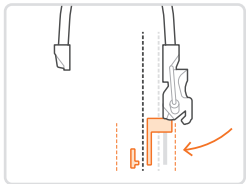
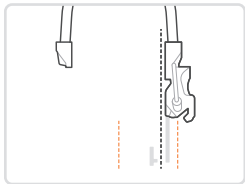
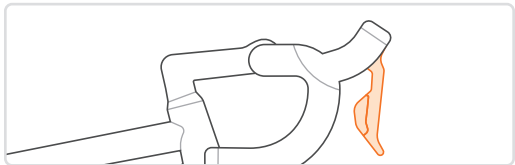
REASSEMBLE ADAPTERS

REMONTEZ LES ADAPTATEURS / ADAPTER
WIEDER ZUSAMMENSETZEN / VOLVER A
MONTAR LOS ADAPTADORES



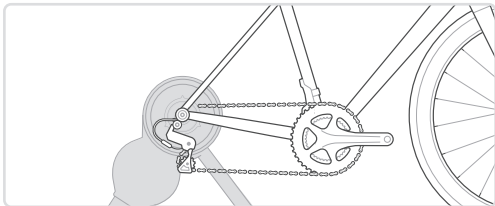
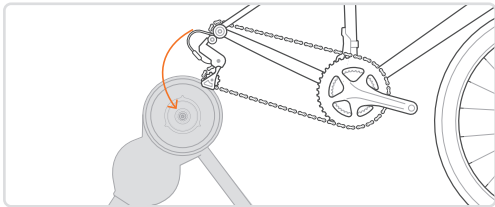
MOVE DERAILLEUR TO MIDDLE OF THE RANGE OF GEARS

DÉPLACEZ LE DÉRAILLEUR SUR UN PIGNON DU MILIEU / UMWERFER IN DIE MITTE DER REIHE VON GÄNGEN BEWEGEN / MOVER EL DESVIADOR A LA MITAD DE LA GAMA DE MARCHAS



MOUNT YOUR BIKE

**MONTEZ VOTRE VÉLO / FAHRRAD MONTIEREN /
COLOCAR LA BICICLETA**

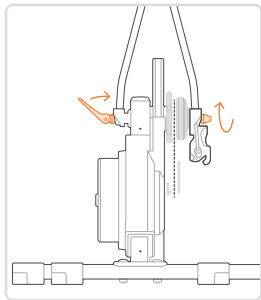
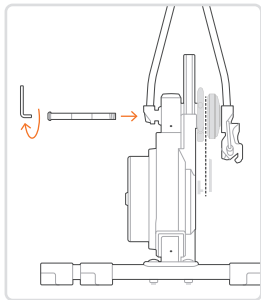


ASSEMBLE & TIGHTEN AXLE

ASSEMBLEZ L'AXE ET SERREZ / ACHSE

ZUSAMMENSETZEN UND ANZIEHEN / MONTAR

Y APRETAR EL EJE

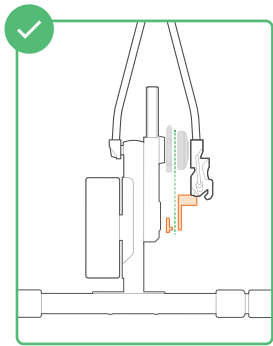
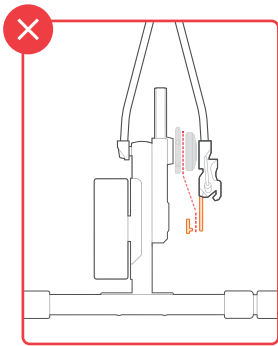


ALIGN DERAILLEUR TO COG SPROCKET

ALIGNEZ LE DÉRAILLEUR AU PIGNON DU COG /

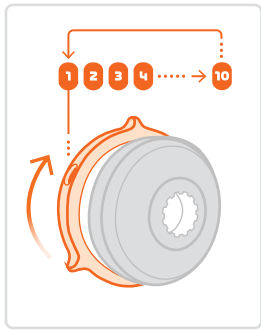
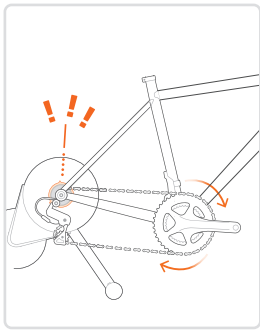
UMWERFER AN COG-ZAHNRAD AUSRICHTEN /

ALINEAR EL DESVIADOR CON EL PIÑÓN DEL COG



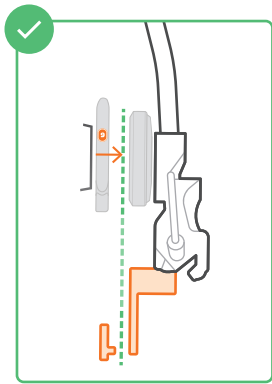
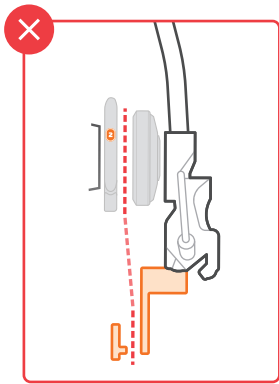
CHECK FOR CHAIN NOISE

VÉRIFIER SI LA CHAÎNE FAIT DU BRUIT / AUF KETTENGERÄUSCHE PRÜFEN / COMPROBAR SI LA CADENA HACE RUIDO



TWEAK THE SPROCKET

AJUSTEZ LE PIGNON DU COG / JUSTIERE DAS
COG-ZAHNRAD / AJUSTAR EL PIÑÓN DEL COG



GO TO ZWIFT CLICK START GUIDE

**ACCÉDEZ AU GUIDE DE DÉMARRAGE RAPIDE DU
ZWIFT CLICK / GEHE ZUR ZWIFT CLICK**

**KURZANLEITUNG / IR A LA GUÍA DE INICIO RÁPIDO
DEL ZWIFT CLICK**



NOTES

