GARMIN®

# TACX® NĒRA

## Smart Trainer



# Owner's Manual

# Table of Contents


**Important Safety Information ..... 3**

**Assembling the Trainer ..... 4**

Preparing for Assembly ..... 4
Attaching the Trainer to the Base ..... 4

**Unfolding the Trainer ..... 5**

**Connecting the Power Cable ..... 6**

**Attaching the Bike to the Trainer ..... 7**

Attaching a Quick Release Axle Bike ..... 7
Attaching a Thru Axle Bike ..... 8

**Pairing ..... 10**

Pairing the Trainer with the Tacx® Training App ..... 10
Pairing the Trainer with Other Apps or Devices ..... 10
Pairing the Trainer with a Garmin® Watch or Bike Computer ..... 11

**Compatibility ..... 12**

Axle Types ..... 12
Replacing the End Cap Support on the Non-Drive Side of the Trainer ..... 12
Cassettes and Freehub Bodies ..... 13
Replacing the Cassette ..... 13

**Going for a Ride ..... 16**

Training Modes ..... 16
Operating Modes ..... 16

**Trainer Settings ..... 17**

Connecting the Trainer to a Wi-Fi® Network ..... 17
Pairing the Trainer Over Your Local Area Network (LAN) ..... 17
Customizing the Default Weight Settings ..... 17
Turning Off Zwift™ Race Mode ..... 17
Allowing Open Connections ..... 18
Connecting a Heart Rate Sensor to the Trainer ..... 18

**Software Updates ..... 19**

Updating the Trainer Software ..... 19

**Specifications ..... 20**

LED Status ..... 20
Device Care and Storage ..... 20
Folding the Trainer for Storage ..... 20
Accessories ..... 21

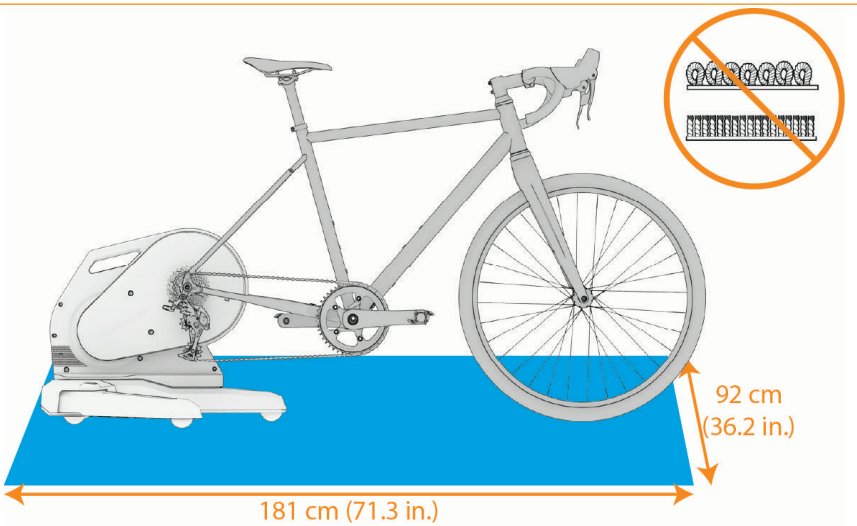
# Important Safety Information

**⚠ WARNING**

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

To maintain stability, you must follow these instructions every time you use the trainer. Failure to follow these instructions may result in serious personal injury or property damage.

- Tighten the four bolts firmly under the base of the trainer.
- Extend the trainer legs fully, until they lock into position with an audible click.
- Always use the trainer on a level surface.
- Do not use the Tacx® Nēra smart trainer with a motion accessory such as a rocker plate.
- Use the trainer on a firm mat or low pile carpet. Avoid soft and high pile carpet. You can use a training mat that is 181 x 92 cm (71.3 x 36.2 in.) or larger.



# Assembling the Trainer

**NOTICE**

You must place the trainer base on a training mat or carpet to protect your floor and the trainer.

## Preparing for Assembly

You must have clearance around the trainer base before assembling the trainer.

- Place the trainer base at least 30 cm (12 in.) away from the edge of the training mat or carpet.
- Place the trainer base at least 50 cm (20 in.) away from the wall or any other obstruction.

## Attaching the Trainer to the Base

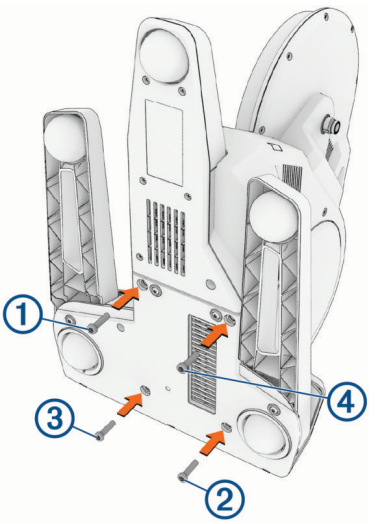
1 Slide the trainer into the trainer base.




2 From the installation kit, select the four bolts and the 5 mm hex key.

3 Turn the trainer on its back.

4 Install the bolts to secure the trainer to its base.




5 Tighten the bolts until you feel moderate resistance.

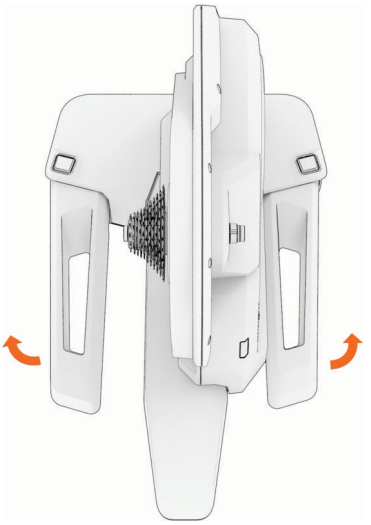
**⚠ CAUTION**

You must tighten the bolts incrementally, following a cross pattern, to ensure even tightness and prevent premature loosening. Improper tightening of the bolts may lead to personal injury and property damage.

6 Turn the trainer back onto its base.

# Unfolding the Trainer

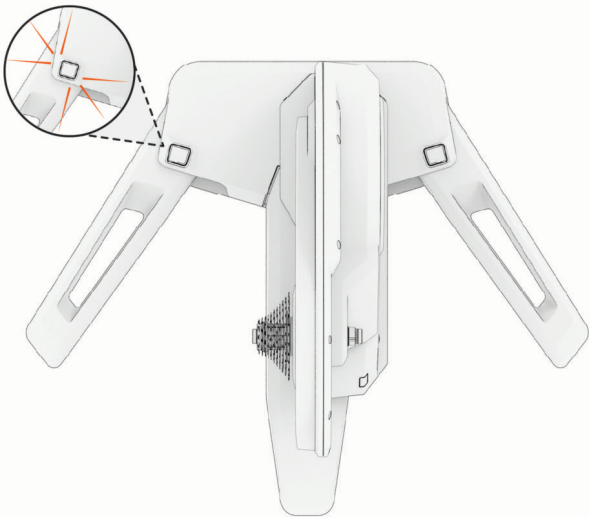
1 Extend the trainer legs out and away from the trainer.



2 Extend the legs all the way out until you hear a click.

**⚠ CAUTION**

You must extend the trainer legs until they lock into the fully extended position, with an audible click. Using the trainer without both legs fully extended can lead to personal injury and property damage.



# Connecting the Power Cable

**⚠ CAUTION**

The power cable is in the product box. Do not attempt to use a third-party power cable or adapter with the Tacx® Nēra trainer because this could lead to personal injury or damage to the trainer.

1 Plug the power cable ① into the port ②.




2 Plug the power cable into a standard wall outlet.

3 If necessary, press the button on the trainer to wake it up.

The LED flashes ○ (white).

**NOTE:** When the trainer is plugged in but not in use, it goes into sleep mode. You can press the button on the trainer to wake it up.

**TIP:** You can connect the trainer to the internet and keep the trainer plugged in to enable automatic software updates (*Software Updates*, page 19).

# Attaching the Bike to the Trainer

## Attaching a Quick Release Axle Bike

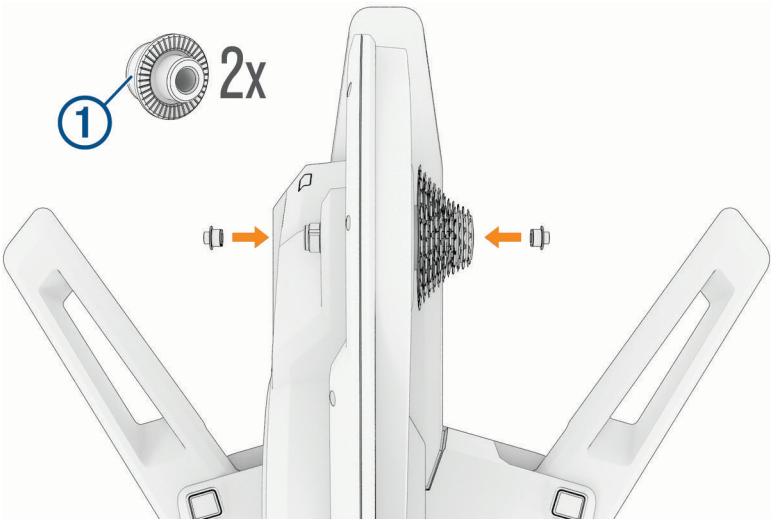
**⚠ WARNING**

The quick release axle must be installed properly. Failure to tighten and firmly close the quick release lever may result in injury or property damage. To see a video, go to garmin.com/tacx/axle.

***NOTICE***

Before attaching your bike to the trainer, you must make sure the correct end cap support is installed on the non-drive side of the trainer (*Replacing the End Cap Support on the Non-Drive Side of the Trainer*, page 12). You cannot attach your bike to the trainer without the correct end cap support.

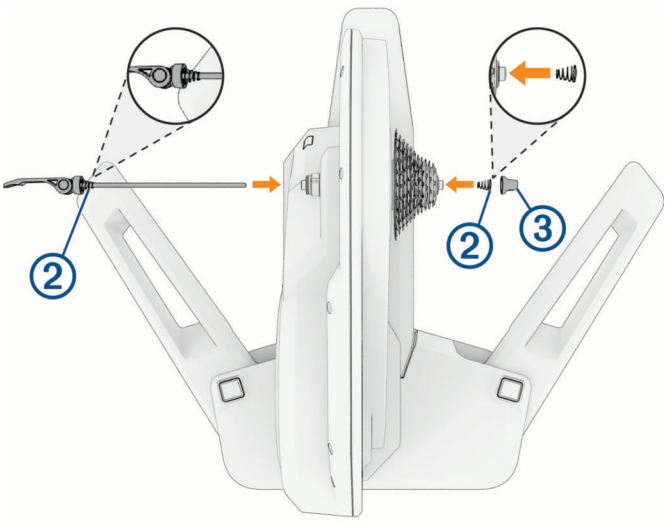
1. Open the installation kit, and select the quick-release skewer and the **QR** end caps.
2. Install the end caps ① on both sides of the trainer.
   Make sure you push the end caps in until they click into place.




3. Insert the skewer on the non-drive side of the trainer.
4. Place the conical springs ② on the skewer.

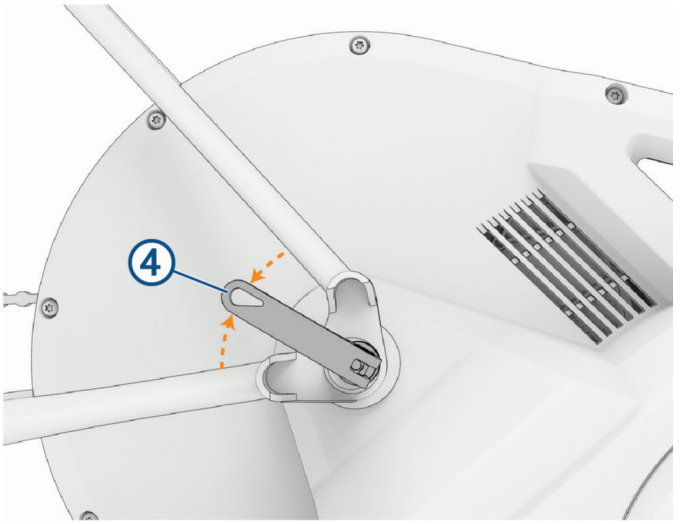
**⚠ CAUTION**

You must place the conical springs with the tapered ends facing the trainer. Installing the springs in the incorrect orientation may lead to an insecure fit, leading to possible serious injury and property damage.




5. Hand tighten the cap ③, leaving enough room for the bike frame.
6. On your bike, shift to the smallest cassette gear.

7 Remove the rear wheel from your bike.
8 Align your bike on the trainer, and place the chain on the smallest sprocket of the trainer cassette.
9 Tighten the cap, and close the quick release handle ④.




**⚠ WARNING**

Failure to tighten and firmly close the quick release lever may result in injury or property damage.

**TIP:** Close the handle between the frame bars so it's easier to grip.

## Attaching a Thru Axle Bike

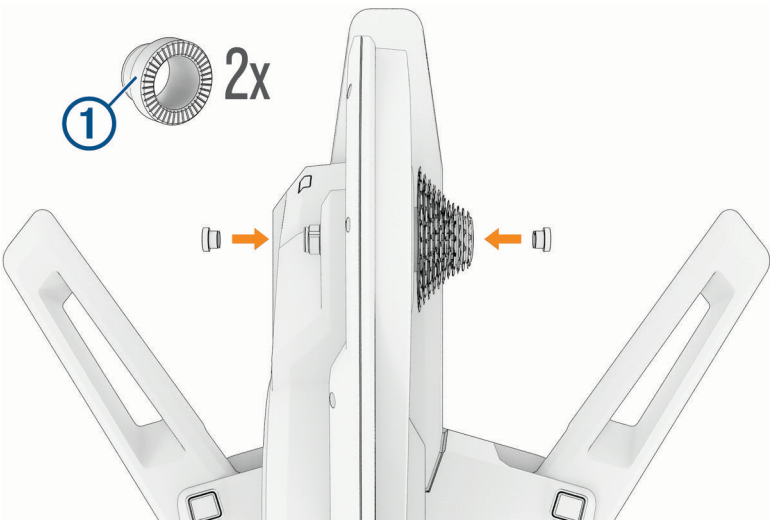
**⚠ WARNING**

The thru axle must be installed properly. Failure to tighten the thru axle firmly, according to the bike manufacturer's recommendation, may result in injury or property damage.

***NOTICE***

Before attaching your bike to the trainer, you must make sure the correct end cap support is installed on the non-drive side of the trainer (*Replacing the End Cap Support on the Non-Drive Side of the Trainer*, page 12). You cannot attach your bike to the trainer without the correct end cap support.

1 Open the installation kit 🔧, and select the **Thru-Axle 12mm** end caps.
2 Install the end caps ① on both sides of the trainer.
Make sure you push the end caps in until they click into place.

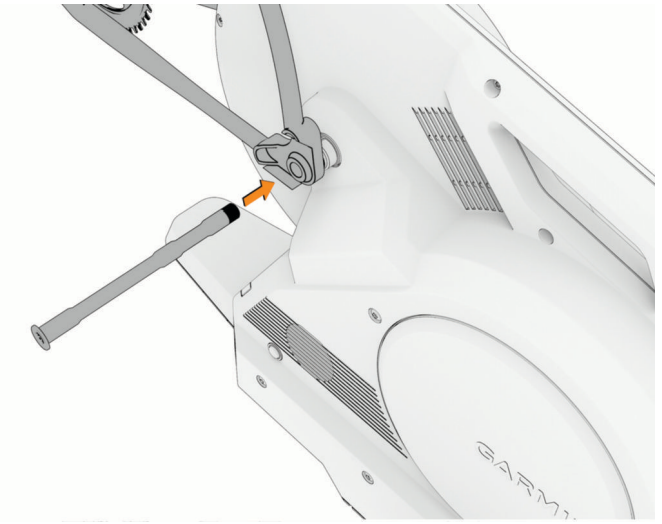



3 On your bike, shift to the smallest cassette gear.
4 Remove the rear wheel from your bike.

You should set the rear wheel aside but keep the thru axle handy. You will use it to attach the bike to the trainer.

5 Place your bike on the trainer, making sure the chain is on the smallest sprocket of the trainer cassette.

6 Insert the axle, and hand tighten.



7 Tighten the axle to the torque specification indicated on the axle or in your bike instructions.

**⚠ WARNING**

Failure to tighten the axle firmly, according to your bike manufacturer's instructions, may lead to serious personal injury and property damage.

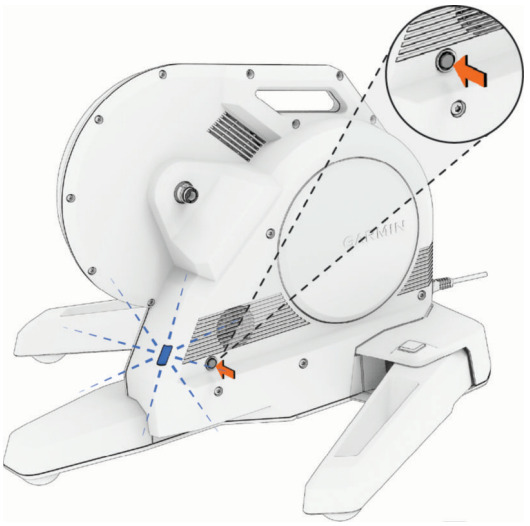
# Pairing

## Pairing the Trainer with the Tacx® Training App

***NOTICE***

You must pair the trainer with the Tacx Training app on your compatible phone or tablet to manage trainer settings and update the software, even if you plan to use another training app or device.

1. Bring your phone or tablet within 3 m (10 ft.) of the trainer.
   **NOTE:** Keep other wireless sensors at least 10 m (33 ft.) away while pairing.
2. Press the button on the trainer to put it in pairing mode.

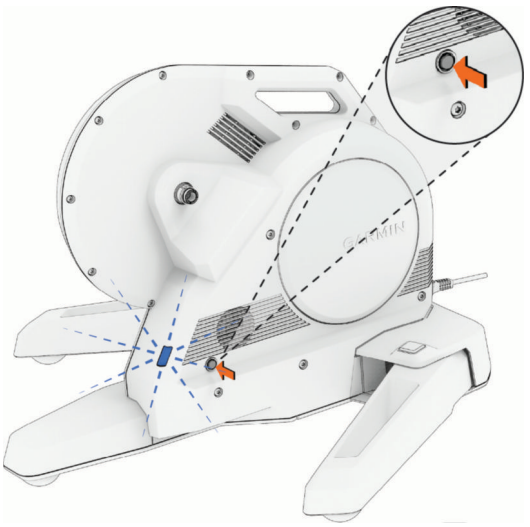


   The status LED flashes ● (blue). If the status LED flashes ○ (white), press the button again.
3. From the Tacx Training app, select **Settings** > **Device Manager**.
4. Select the Tacx Nēra trainer.
5. Follow the on-screen instructions.

## Pairing the Trainer with Other Apps or Devices

If your training app or device does not support secure connections, you must configure the trainer to allow open connections before you can pair it (*Allowing Open Connections*, page 18).

1. Bring the device within 3 m (10 ft.) of the trainer.
   **NOTE:** Keep other wireless sensors at least 10 m (33 ft.) away from the device while pairing.
2. Press the button on the trainer to turn on pairing mode.



   The status LED flashes ● (blue). If the status LED flashes ○ (white), press the button again.

3 Follow your training app or device's instructions for connecting a trainer.

**NOTE:** You can pair the trainer with your device as both a smart trainer and a power meter, so that your device can control the trainer resistance and also record power data.

## Pairing the Trainer with a Garmin® Watch or Bike Computer

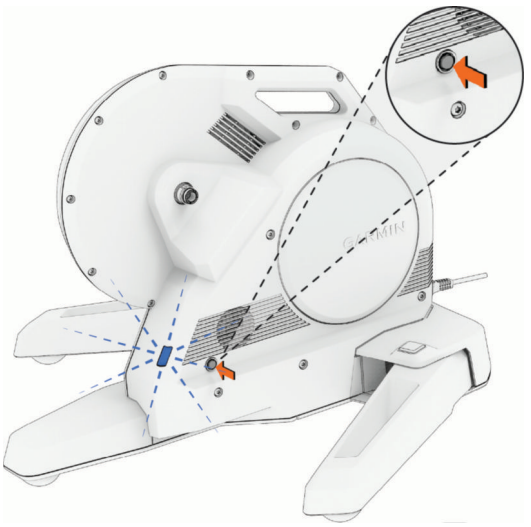
If your Garmin device does not support secure connections, you must configure the trainer to allow open connections before you can pair it (*Allowing Open Connections*, page 18).

**TIP:** You can go to garmin.com/compatibility/nera to make sure your device is compatible with the Tacx® Nēra trainer.

1 Bring the device within 3 m (10 ft.) of the trainer.

**NOTE:** Keep other wireless sensors at least 10 m (33 ft.) away from the device while pairing.

2 Press the button on the trainer to put it in pairing mode.



The status LED flashes ● (blue). If the status LED flashes ○ (white), press the button again.

3 Select an option:

- From your Garmin bike computer, select ☰ > **Sensors** > **Add Sensor** > **Search All**.
- On a Garmin watch, from the menu, select **Sensors & Accessories** > **Add New** > **Search All**.

4 Select the Tacx Nēra device.

**NOTE:** You can pair the trainer with your device as both a smart trainer and a power meter, so that your device can control the trainer resistance and also record power data.

# Compatibility

## Axle Types

**⚠ CAUTION**

The Tacx® Nēra trainer is compatible with the following bike axle standards. Attempting to use the trainer with an incompatible bike axle may lead to personal injury and property damage.

You may need to change the end cap support on the non-drive side of the trainer to fit the rear dropout spacing of your bike. You must install the appropriate end cap on both sides of the trainer to fit the type of axle on your bike.

| Axle Type | Description | Non-Drive Side End Cap Support | End Caps | Instructions |
|---|---|---|---|---|
| 130 mm quick release axle | Common for road bikes with rim brakes. | **QR 130** (included in the installation kit 🔧) | **QR** | *Replacing the End Cap Support on the Non-Drive Side of the Trainer*, page 12<br>*Attaching a Quick Release Axle Bike*, page 7 |
| 142 mm thru axle | Common for modern road bikes. | **QR 135 \| Thru-Axle 142** (pre-installed) | **Thru-Axle 12mm** | *Attaching a Thru Axle Bike*, page 8 |
| 135 mm quick release axle | Common for road bikes with disc brakes. | **QR 135 \| Thru-Axle 142** (pre-installed) | **QR** | *Attaching a Quick Release Axle Bike*, page 7 |
| 148 mm thru axle | Common for modern mountain bikes. Sometimes known as a boost axle. | **Thru-Axle 148** (included in the installation kit 🔧) | **Thru-Axle 12mm** | *Replacing the End Cap Support on the Non-Drive Side of the Trainer*, page 12<br>*Attaching a Thru Axle Bike*, page 8 |

### Replacing the End Cap Support on the Non-Drive Side of the Trainer

If your bike has a 130 mm quick release axle or a 148 mm thru axle, you must remove the pre-installed end cap support on the non-drive side of the trainer, and install the correct one for your bike.

1. Open the installation kit 🔧, and select the blue tool and the correct end cap support:
   - If your bike has a 135 mm quick release axle or a 142 mm thru axle, the pre-installed end cap support (**QR 135 | Thru-Axle 142**) fits your bike. You do not need to replace it.
   - If your bike has a 130 mm quick release axle, select the **QR 130** end cap support.
   - If your bike has a 148 mm thru axle, select the **Thru-Axle 148** end cap support.
2. Insert the blue tool into the end cap support on the non-drive side of the trainer, and turn it counter-clockwise to unscrew it and remove it from the trainer.




**3** Install the end cap support selected in step 1 by turning the blue tool clockwise.

With the correct end cap support installed, you can attach your bike to the trainer (*Attaching the Bike to the Trainer*, page 7).

## Cassettes and Freehub Bodies

***NOTICE***

You must use a cassette system compatible with the rear derailleur on your bike. Using the trainer with an incompatible combination of rear derailleur and cassette system leads to property damage.

The Tacx® Nēra trainer is available in two different options. The standard option comes with a pre-installed, 11-speed cassette and Shimano® HG freehub body. The Zwift Ready™ option (not available in all countries) comes with a pre-installed Zwift™ Cog and the Zwift Click remote control.

**NOTE:** Virtual shifting with the Zwift Click remote control is not compatible with all training apps.

You can purchase freehub bodies compatible with the Tacx Nēra trainer at garmin.com/accessories/nera.

If necessary, you can replace the cassette and freehub body so the trainer matches the system on your bike (*Replacing the Cassette*, page 13).

### Replacing the Cassette

***NOTICE***

You must use a cassette system compatible with the rear derailleur on your bike. Using the trainer with an incompatible combination of rear derailleur and cassette system leads to property damage.

You can follow these instructions to replace the pre-installed cassette system on the trainer, whether it is the standard 11-speed cassette or the Zwift™ cog.

Select an option:

- If your new cassette system comes pre-assembled with a freehub body, you should replace the freehub body and the cassette (*Replacing the Cassette and Freehub Body*, page 14).
- If your new cassette system does not come pre-assembled with a freehub body, and is compatible with Shimano® HG freehub bodies, you can replace only the cassette (*Replacing the Cassette Only*, page 14).

### Replacing the Cassette and Freehub Body

**⚠ CAUTION**

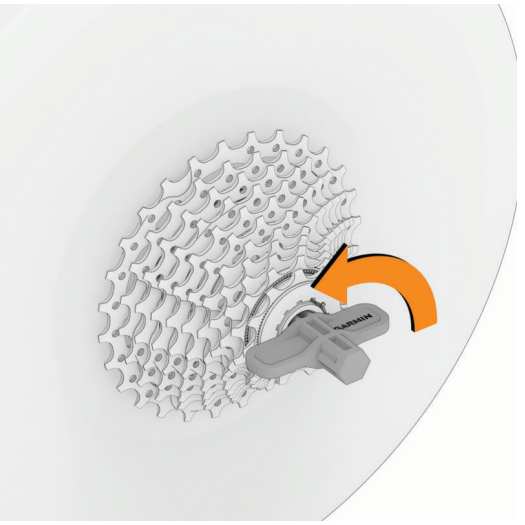
You must be familiar with bike freehub maintenance, or you may damage the trainer. If you have never replaced a freehub body before, Garmin® recommends getting help from an experienced bike technician. Improper cassette and freehub body replacement may lead to personal injury and property damage.

***NOTICE***

You must use a cassette system compatible with the rear derailleur on your bike. Using the trainer with an incompatible combination of rear derailleur and cassette system leads to property damage.

**TIP:** You can follow these steps to replace the freehub body and the cassette together, or only the freehub body after you have removed the cassette.

1. If necessary, remove the end caps from the trainer.
2. Open the installation kit 🔧, and select the blue tool.
3. Insert the blue tool into the lock nut on the drive side of the trainer, and turn it counter clockwise to unscrew it and remove it from the trainer.



4. Gently slide off the cassette and freehub body from the trainer axle.
5. Place the new cassette and freehub body on the trainer axle.

   **TIP:** You can turn the cassette counter-clockwise while gently pushing it onto the trainer hub to seat the freehub body correctly. You can make sure it is seated correctly by turning the cassette counter-clockwise by hand and listening for the sound of the ratcheting mechanism.
6. Using the blue tool, reinstall the lock nut, securing the cassette and freehub body assembly to the trainer.

   **⚠ CAUTION**

   Garmin recommends a torque from 5 to 6 N-m (3.69 to 4.43 lbf-ft.) to secure the drive side lock nut.

### Replacing the Cassette Only

**⚠ CAUTION**

You must be familiar with bike cassette maintenance, or you may damage the trainer. If you have never replaced a bike cassette before, Garmin® recommends getting help from an experienced bike technician. Improper cassette replacement may lead to personal injury and property damage.

***NOTICE***

You must use a cassette system compatible with the rear derailleur on your bike. Using the trainer with an incompatible combination of rear derailleur and cassette system leads to property damage.

Before you can replace the cassette, you must obtain cassette pliers or a chain whip, and a cassette lockring tool, such as the Park Tool FR-5.2 combined with an adjustable wrench.

1. Use cassette pliers or a chain whip to hold the cassette in place.
2. While holding the cassette in place, use a cassette lockring tool to turn the lockring counter-clockwise.
3. Remove the cassette lockring, and set it aside.
4. Slide the cassette off the freehub body.

**NOTICE**

Some of the cogs may separate when you remove the cassette. You should tie the cogs together using a cable tie to store them in the correct arrangement and avoid misplacing cogs.

5. Clean off all old grease from the threads on the freehub body and lockring.
6. Apply a thin layer of grease to the threads on the freehub body and lockring.
7. Place the new cassette on the freehub body.

**NOTICE**

With some 8- to 10-speed cassettes, you must add a spacer between the cassette and the freehub body, to ensure that the lockring tightens properly against the cassette. A spacer is included in the installation kit 🔧.

8. Install the lockring on the freehub body and tighten it using a cassette lockring tool.

**NOTICE**

When tightening the lockring on a trainer, you must use the chain whip or cassette pliers to hold the cassette and prevent the flywheel from turning and allow you to achieve the necessary torque to tighten the lockring.

Garmin recommends a torque of 40 N-m (29.5 lbf-ft.) for the standard 11-speed cassette. See the new cassette manufacturer's instructions for their recommended torque.

# Going for a Ride

Your first ride on the Tacx® Nēra trainer should be a short, manual ride. You should get comfortable riding on the trainer before incorporating it into your training and exploring all its features.

1 Make sure the rear axle is installed properly, securing the bike to the trainer (*Attaching the Bike to the Trainer*, page 7).

**⚠ WARNING**

Failure to tighten the axle firmly, securing the bike to the trainer, may lead to serious personal injury and property damage.

2 Start pedaling slowly.

3 Practice varying your cadence and riding position until you feel comfortable.

After getting used to the feel of riding on the trainer, you should explore the different ways you can train (*Training Modes*, page 16).

## Training Modes

Your connected training app or device may use different modes to control the trainer resistance, whether simulating a virtual ride or helping you hit your power targets consistently during a workout. The Tacx® Training app supports a variety of training modes.

**Movies**: The trainer resistance changes automatically to simulate a real-world ride with video.

**Slope Workout**: The trainer sets the resistance to simulate a specific slope, based on your bike weight and rider weight settings. You can change the slope setting during the ride.

**Power Workout**: The trainer sets the resistance so that you must apply a certain amount of power to keep the cranks moving. This allows you to vary your cadence while keeping the same power output. You can change the power target during the ride.

**Structured Workout**: The trainer resistance automatically changes the power targets for each step in your workout. You must create the structured workout and add it to your calendar using the Garmin Connect™ app for it to appear in the Tacx Training app. You should set a power target for every step in your workout. If a workout step has no power target, the trainer applies resistance to simulate a flat road.

You can also use the trainer in standalone mode, without connecting it to a training app or device (*Operating Modes*, page 16).

## Operating Modes

**Powered and Connected**: All supported features are available when the trainer is plugged in to external power and connected to a training app.

**NOTE:** Some training apps or devices may not support all of the trainer's features.

**Standalone**: If you use the trainer without a training app or device, the trainer simulates riding on a flat road using the default rider weight and bike weight settings (*Customizing the Default Weight Settings*, page 17).

# Trainer Settings

## Connecting the Trainer to a Wi-Fi® Network

Before proceeding, you must connect the trainer to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

1. Open the Tacx Training app.
2. Select **Settings** > **Device Manager**.
3. Select your trainer.
4. Select **Set Up Wi-Fi Network**.
   The trainer scans for Wi-Fi networks within range.
5. Select your Wi-Fi network.
   **NOTE:** If your Wi-Fi network is hidden, you can select Add a Network Manually to enter the SSID.
6. Enter the Wi-Fi network password.
   The trainer connects to the network automatically when in range.

When the trainer is connected to a network with internet access, the trainer software is updated automatically (*Updating the Trainer Software*, page 19).

After connecting, you can pair the trainer with other devices on the same network (*Pairing the Trainer Over Your Local Area Network (LAN)*, page 17).

### Pairing the Trainer Over Your Local Area Network (LAN)

You can pair the trainer with your compatible training app or device over your local network for improved connection stability. Both devices must be connected to the same network.

**TIP:** If your training app or device limits the number of Bluetooth® accessories you can connect, you can pair the trainer over a local network to free up a Bluetooth connection.

1. Make sure your phone, tablet, or other device is also connected to the same local network.
2. From the Tacx® Training app on your phone or tablet, or other compatible training app or device, search for the trainer to add it again as a new device.
3. Select the Tacx Nēra trainer.
   **NOTE:** In the Tacx Training app, the trainer's connection over the local network is labeled LAN, to distinguish it from the trainer's Bluetooth connection.

## Customizing the Default Weight Settings

Before proceeding, you must connect the trainer to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

When you train using an app or device that does not allow you to set your bike weight and rider weight, the trainer uses the default bike weight and rider weight settings.

1. Open the Tacx Training app.
2. Select **Settings** > **Device Manager**.
3. Select your trainer.
4. Select **Device Settings** > **Device Defaults**.
5. Select **Default Body Weight** to change the default body weight.
6. Select **Default Bike Weight** to change the default bike weight.

## Turning Off Zwift™ Race Mode

Before proceeding, you must connect the trainer to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

On training apps compatible with Zwift race mode, the trainer sends 10 individual power readings every second, enabling a faster response when you launch a sprint during a race. If you are not racing, you can turn off Zwift race mode to reduce the number of power readings recorded in your activities.

**NOTE:** Turning off Zwift Race Mode does not affect unsupported training apps.

1. Open the Tacx Training app.
2. Select **Settings** > **Device Manager**.
3. Select your trainer.
4. Select **Device Settings** > **Race Mode**.

5 Select **Zwift Race Mode**.

## Allowing Open Connections

Before proceeding, you must connect the trainer to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

By default, the Tacx Nēra trainer uses a secure Bluetooth® connection. You can configure the trainer to allow open ANT+® or Bluetooth connections to pair it with devices that do not support secure Bluetooth connections. For more information on connection types, you can go to garmin.com/connectiontypes.

1 Open the Tacx Training app.
2 Select **Settings** > **Device Manager**.
3 Select your trainer.
4 Select **Device Settings** > **Connection Settings**.
5 Select an option:
   - To pair the trainer with a Bluetooth device that does not support secure connections, turn off **Secure Bluetooth Connections**.

     The trainer reboots and connects to the Tacx Training app automatically.
   - To pair the trainer with an ANT+ device to control the trainer resistance, turn on **ANT+ FE-C (Smart trainer control)**.
   - To pair the trainer with an ANT+ device to get power data from the trainer, select **ANT+ Power Sensor**.

   **NOTE:** You can turn on multiple connection modes at the same time, and you can connect the trainer to multiple devices at the same time. You can use both ANT+ connections with the same device at the same time to control the trainer and also receive power data over ANT+.

You can follow the instructions for pairing the trainer with your app or device (*Pairing the Trainer with Other Apps or Devices*, page 10).

## Connecting a Heart Rate Sensor to the Trainer

Before proceeding, you must connect the trainer to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

You can connect a heart rate sensor to the trainer instead of connecting it directly to your training app or device.

1 Open the Tacx Training app.
2 Select **Settings** > **Device Manager**.
3 Select your trainer.
4 Select **Device Settings** > **Sensor Bridging**.
5 Make sure your heart rate sensor is turned on and in pairing mode.
6 Select **Add Device**.
7 Select your heart rate sensor.

# Software Updates

The trainer software is updated automatically if you keep the trainer plugged in and connected to a network with internet access (*Connecting the Trainer to a Wi-Fi® Network*, page 17).

The trainer checks for updates after a period of inactivity following the end of your ride. If an update is available, the trainer downloads and installs it automatically before going into sleep mode.

Whether the trainer is connected to a network with internet access or not, you can always use the Tacx® Training app to check for updates and install the latest software on the trainer (*Updating the Trainer Software*, page 19).

## Updating the Trainer Software

***NOTICE***

Do not unplug the trainer or close the app while the software is updating. Closing the app or unplugging the trainer during an update may put the trainer software in an unrecoverable state.

You should make sure the battery on your phone or tablet is fully charged before installing a software update. If your phone or tablet shuts down during an update, it may put the trainer software in an unrecoverable state.

Before proceeding, the trainer must be turned on, paired, and connected to the Tacx® Training app (*Pairing the Trainer with the Tacx® Training App*, page 10).

1. Open the Tacx Training app.
2. Select **Settings** > **Device Manager**.
3. Select your trainer.
4. Select **Firmware Update**.
5. If an update is available, select **Update**.
6. Wait until the software update finishes.

   Updating the software takes several minutes.

# Specifications

| | |
|---|---|
| Power supply | Use the included power cable.<br>From 100 to 240 Vac, 50/60 Hz |
| Operating temperature range | From 0° to 40° C (from 32° to 104° F) |
| Storage temperature range | From −20° to 60° C (from −4° to 140° F) |
| Wireless frequency and transmit power | 2400 – 2483.5 MHz < 20 dBm |
| Maximum rider weight | 120 kg (264 lb.) |
| Maximum bike weight | 10 kg (22 lb.) |

## LED Status

The LED changes based on the trainer status and type of connection.

| LED Activity | Status |
|---|---|
| White | The trainer is active and working properly. |
| Flashing blue | The trainer is in Bluetooth® pairing mode. |
| Blue | The trainer is controlled by your Bluetooth device. |
| Flashing white | When you wake up or power on the trainer, rapid flashing indicates an open connection (*Allowing Open Connections*, page 18). |
| Yellow | The trainer is controlled over Wi-Fi. |
| Flashing yellow | The trainer is connected over Wi-Fi. |
| Flashing cyan | The trainer software is updating. |
| Flashing red | Indicates a critical trainer error. You can check the Tacx® Training app for more information. |

## Device Care and Storage

***NOTICE***

Before unboxing the trainer or taking it out of storage, you must allow its temperature to stabilize for several hours before use. Extreme changes in ambient temperature may cause damage to the trainer.

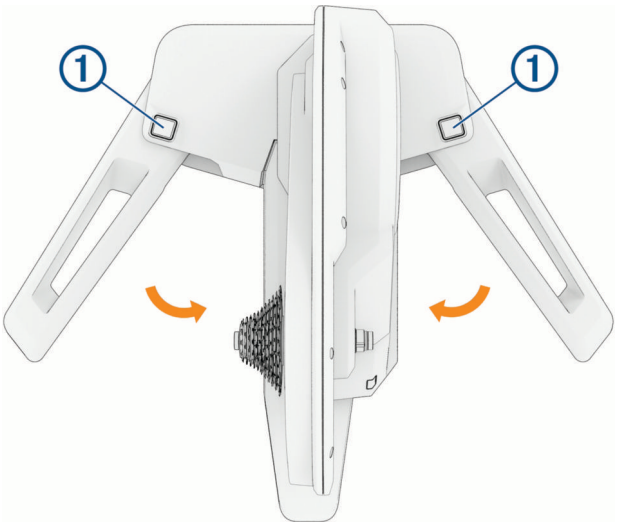
- Check for software updates to make sure you get the latest enhancements and new features (*Updating the Trainer Software*, page 19).
- Check the bolts under the trainer base before using the trainer, and tighten them if necessary.

  **⚠ CAUTION**

  Riding with loose bolts on the trainer base may lead to serious personal injury and property damage.
- Wipe off the device after every use.
- Clean the device before storing it.
- When storing the trainer for the season, disconnect the power cable, and keep it with the trainer.

### Folding the Trainer for Storage

1 While pushing the buttons ① to unlock the trainer legs, push the legs in toward the trainer.




2 Push the legs in completely.

## Accessories

You can purchase accessories for the Tacx® Nēra smart trainer from your Garmin® dealer, or you can go to garmin.com/accessories/nera.

support.garmin.com

© 2026 Garmin Ltd. or its subsidiaries

Garmin®, the Garmin Logo, and Tacx® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™ is a trademark of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Shimano® is a registered trademark of Shimano, Inc. Wi-Fi® is a registered trademark of Wi-Fi Alliance Corporation. Zwift™ and Zwift Ready™ are trademarks of Zwift, Inc. Other trademarks and trade names are those of their respective owners.

M/N: A04831