

ZWIFT KEYBOARD SHORTCUTS

- **1:** Default view
- **2-9:** Change view
- **0:** Change to panoramic view
- **A:** Pairing screen
- **M:** Send a group message
- **P:** Unlock a new kit
- **T:** Change gear and setup during the ride
- **Spacebar:** Use Power Up
- **Down Arrow:** Do a u-turn
- **F1:** Elbow flick
- **F2:** Waves
- **F3:** Ride On!
- **F4 to F9:** Give various sounds
- **F10:** Screen Capture/Photo

WORKOUT CONTROL KEYS

- **E:** Select Workout Screen
- **Tab:** Skip interval block
- **Page Up/Down:** adjust workout % intensity (aka “FTP bias”) during a workout. On a Mac, hold down the fn key and arrow up or down.
- **+ or – :** Increase/decrease smart trainer resistance when ERG mode is off in workout mode.
- **G:** Switch HR/Power Zone graph on/off

- **ESC:** End ride

[SMARTBikeTrainers.com](https://www.smartbiketrainers.com)

