

ZWIFT KEYBOARD SHORTCUTS

- **1:** Default view
- **2-9:** Change view
- **0:** Change to panoramic view
- **A:** Pairing screen
- **E:** Access to Select Workout Screen
- **G:** Switch HR/Power Zone graph on/off
- **M:** Send a group message
- **P:** Unlock a new kit
- **T:** Change gear and setup during the ride
- **U:** Toggle the unit from metric to imperial
- **Spacebar:** Use Power Up
- **Tab:** Skip interval block
- **Down Arrow:** Do a u-turn
- **Page Up/Down:** adjust workout % intensity (“FTP bias”) during a workout.
- **ESC:** End ride
- **F1:** Elbow flick
- **F2:** Waves
- **F3:** Ride On!
- **F4 to F9:** Give various sounds
- **F10:** Screen Capture/Photo

Source: SMARTBikeTrainers.com



