

ZWIFT KEYBOARD SHORTCUTS

- **1:** Default view
- **2-9:** Change camera views
- **0:** Drone view (move around using arrow keys and +/- keys)

- **A:** Pairing screen
- **M:** Send a group message
- **P:** Unlock a new kit
- **T:** Change gear and setup during the ride
- **G:** Switch HR/Power Zone graph on/off
- **Spacebar:** Use Power Up
- **Down Arrow:** Do a u-turn
- **Up Arrow:** Action menu bar
- **Left Arrow:** Left turn selection
- **Right Arrow:** Right turn route selection

- **F1:** Elbow flick
- **F2:** Wave
- **F3:** “Ride On”
- **F4:** “Hammer time”
- **F5:** “Nice”
- **F6:** “Bring it”
- **F7:** “I’m toast”
- **F8:** Bell ring
- **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 set to off in workout mode.

- **ESC:** End ride



esc End Ride	Elbow flick F1	Wave F2	"Ride On" F3	"Hammer Time" F4	"NICE" F5	"Bring It" F6	"I'm Toast" F7	Bell Ring F8	F9	F10	
1 Default View	2 Short Distance View	3 POV View	4 Beside View	5 Low Angle View	6 Rear View	7 Flyby View	8 Chopper View	9 Birds Eye View	0 Drone View	- Decrease Resistance	+ Increase Resistance
tab Skip Interval	A Device Pairing	E Workout Select	G Power/HR Graph	T Custom Gear	M Group Message	P Unlock Kit	Page Up Adjust Workout % Up	Page Down Adjust Workout % Down			
		Power Up						Action Bar	L-Turn	U-Turn	R-Turn