

ZWIFT KEYBOARD SHORTCUTS

Number Keys (Camera Angles)

- 1: Default 6 o'clock view
- 2: Third person view
- 3: First person shooter perspective
- 4: To the side front-left of the rider
- 5: Rear view from right of rear wheel
- 6: Head on to the rider
- 7: Spectator view
- 8: Helicopter view
- 9: Bird's eye view
- 0: Panorama version of current view

Function Keys (Rider Actions)

- F1: Stick out elbow
- F2: Wave hand
- F3: "Ride On!"
- F4: "Hammer Time!"
- F5: "Nice!"
- F6: "Bring It!"
- F7: "I'm toast"
- F8: Bike bell
- F10: Screen Capture

Other Keys

- A: Device pairing screen
- E: Bring up workout selection screen
- G: Toggle Watt/HR graph
- M: Group Message window
- P: enter promo code
- T: User Customization screen (change bike, kit, etc)
- Up Arrow: Show actions/options menu (use left/right arrows to select)
- Down Arrow: Perform a U-turn
- Left or Right arrows to turn
- Spacebar: use power-ups
- Esc: Brings up the "End Ride Screen." Hit again to go back to the game
- Tab: skip workout block
- Page Up/Down: adjust workout % intensity (aka "FTP bias) during a workout