

Zwift (PC and macOS) cheat sheet

General

These shortcuts work on most screens, if not all of them.

Ctrl + T	Toggle hotkeys on / off
Ctrl + Tab	Move Zwift to another monitor, maximize window
Ctrl + Up arrow	Maximize Zwift window
Caps Lock	Mute / unmute
Ctrl + D	Open My Zwift Dashboard in browser
Ctrl + L	Run parse-zwift-logs.ahk
Ctrl + N	Runs zwift-addons-overlay.ahk which lets you overlay various other applications on the Zwift window (e.g. Netflix, YouTube, and a Zwift chat window)
Ctrl + A	Run zwift-addons-load-and-arrange.ahk
Ctrl + R	Reload the zwift-hotkeys script itself
?	Help
Ctrl + P	Toggle always on top

Camera

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 the right of the rear wheel
6	Head on to the rider
7	Spectator view
8	Helicopter view
9	Bird's eye view
0	Drone view. use the arrow keys, +, and – keys to move and zoom camera

Function

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 / Photo

Pairing devices screen

A	Device pairing screen
Left Alt	Display hotkey indicators
4 or Alt + 4	Unpair / Search for cadence sensors
Ctrl + J or J	Just watch

Search screen

Left Alt	Display hotkey indicators
1 or Alt + 1	Click 1st item in list
2 or Alt + 2	Click 2nd item in list
3 or Alt + 3	Click 3rd item in list
4 or Alt + 4	Click 4th item in list
5 or Alt + 5	Click 5th item in list

Pause screen

Backspace	Back
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Riding / Fan view

R	Click Ride On button
N	Watch next rider in forward direction
B	Watch rider behind the current
L	Leap Forward to top most rider
Backspace	Back (mouse click lower left)
V	Watch Reverse (mouse click lower right)
Ctrl + W	Where am I? (toggle the information window)

No ANT+ Dongle screen

Y	Yes
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N No

Other hotkeys

A	Device pairing screen
E	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 an u-turn
Left arrow / Right arrow	Turn
Space	Use power-ups
Esc	Open "End ride screen". Press again to go back to the game
Tab	Skip workout block
Page Up / Down	Adjust workout % intensity during a workout

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More information: defkey.com/zwift-pc-and-macos-shortcuts

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