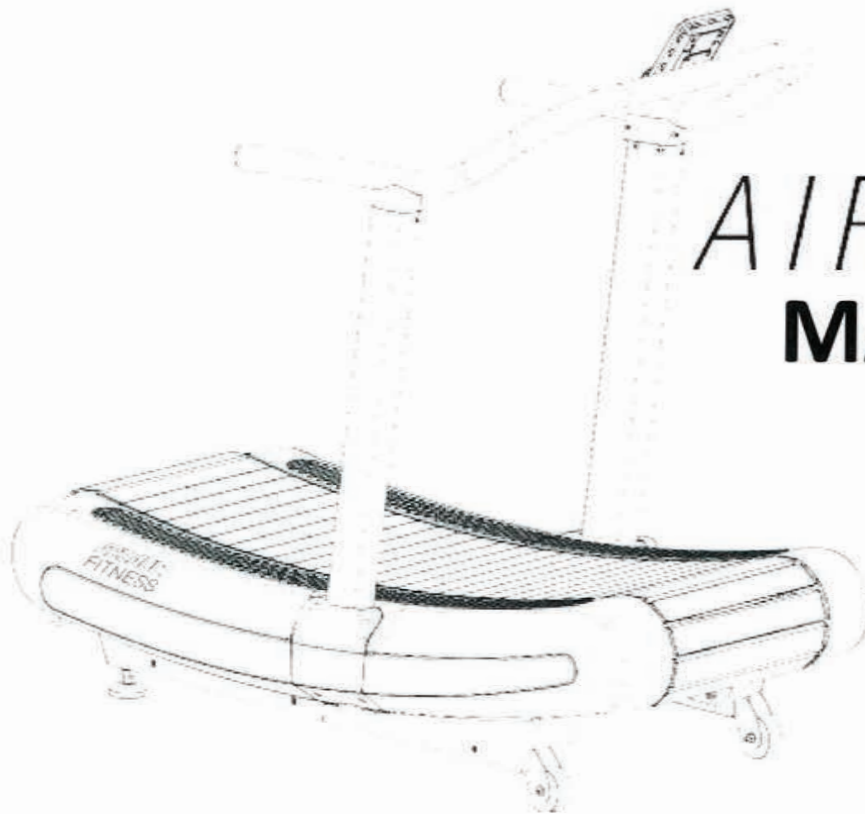




AIR **RUNNER**

MANUAL TREADMILL

OWNER'S MANUAL

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ASSAULTFITNESS

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For more information or questions regarding your equipment, please visit www.assaultfitness.com.

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SAFETY PRECAUTIONS & INSTRUCTIONS

Every Assault AirRunner manual treadmill is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precaution piece of fitness equipment. Always follow basic safety precautions when using this bike to reduce the chance of injury, fire, or damage.

Intended Use

- ☐ **The Assault Fitness AirRunner treadmill non-motorized.**
- ☐ **The AirRunner manual treadmill can be used for running or walking.**
- ☐ **The AirRunner treadmill is appropriate for residential and commercial use.**
- ☐ **The treadmill may be used only for the intended use.**
- ☐ **Any additional uses may result in serious personal injury and/or property damage.**

Spacing Requirement

- ☐ **The minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of March 1, 2017, for access and emergency dismount: a minimum of 0.5 m (19.7 in.) to the left, right and front, and 2.0 m (79.0 in.) behind the treadmill.**
- ☐ **Consider carefully the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305). ASTM standards are voluntary and may not reflect actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for traffic, industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.**

IMPORTANT: THESE SPACING RECOMMENDATIONS SHOULD BE USED WHEN POSITIONING BIKE AWAY FROM SOURCES OF HEAT, SUCH AS RADIATORS, HEAT REGISTERS, AND TEMPERATURE EXTREMES.

Instructions for Owners

- ☐ **Read the entire owner's manual before operating the unit. Save this manual for future reference.**
- ☐ **Assembly of Technical Items: Assembly of the Assault AirRunner treadmill should be performed by a qualified technician. A significant amount of technical knowledge is required for the complete assembly of the unit. Many retailers will offer delivery and assembly as part of the sales agreement. If this unit was sold unassembled (in the carton) and you cannot assemble successfully, please call the dealer for service. Service calls for improper assembly are not covered by the Warranty Policy and any associated charges will be the responsibility of the user.**
- ☐ **Do not use accessory attachments that are not recommended by Assault Fitness. Such attachments may cause injuries.**
- ☐ **Assemble and operate the treadmill on a solid, level surface.**
- ☐ **All warning labels attached directly to the treadmill must remain installed. If a warning label becomes illegible or damaged, please contact Assault Fitness for a replacement.**
- ☐ **Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.**
- ☐ **Maintain the treadmill to keep it in good working condition, as described in this manual. Inspect the bike for incorrect, worn, or loose components, and then correct, repair, or replace as needed.**
- ☐ **If you plan to move the treadmill, obtain help and use proper lifting techniques.**
- ☐ **Do not attempt to service the treadmill yourself, except to follow the maintenance instructions in this manual.**

Instructions for Owners and Users

Before beginning any fitness program, you should obtain a thorough medical exam from your physician, particularly if you have high blood pressure, high cholesterol, diabetes, heart disease; are pregnant; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; have other health impairments; or are taking any medication. If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the treadmill, stop immediately. Consult your physician if symptoms are continuing.

When using treadmill, you should always take basic precautions, including the following:

- ☐ **Assault Fitness cannot guarantee that the heart rate measurement system on its products will work for all users in all instances. Heart rate measurement accuracy varies based on many factors, including the user's physiology and age, the method in which the equipment and the heart rate measurement system is used, external interference, and other factors affecting heart rate acquisition and processing.**
- ☐ **The treadmill should not be used without prior instruction by qualified personnel.**

- ☐ **Do not use while under the influence of alcohol or drugs or narcotics.**
- ☐ **Do not allow children, or people unfamiliar with the operation of this treadmill, on or near it. Do not leave children unsupervised around the bike.**
- ☐ **Do not allow children under the age of 16 to use the Assault Fitness AirRunner treadmill.**
- ☐ **Do not allow animals on the treadmill.**
- ☐ **Examine the treadmill for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.**
- ☐ **Do not use outdoors.**

WARNING The AirRunner treadmill is non-motorized and means the user initiates and controls the speed of the running belt. There is not emergency stop feature and the treadmill will slow to a stop on its own.

WARNING The belt moves freely in only one direction. Grasp the handrails whenever mounting and dismounting the treadmill.

- ☐ **Do not operate the treadmill without the handrail installed.**
- ☐ **Do not use the treadmill with walking poles or other devices not specifically approved by Assault Fitness.**
- ☐ **Heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitor aids in determining heart rate trends in general.**
- ☐ **Never jump onto the treadmill. Never jump from the treadmill. Never enter the treadmill from the front. Operate treadmill only when facing forward. Never attempt to mount or dismount the treadmill while the belt is moving.**
- ☐ **Hold on to the handrail with one hand whenever you operate the console keys with the other hand. Face the console and do not lean on or pull on the console at any time.**
- ☐ **Never drop or insert objects into any opening.**
- ☐ **Keep hands away from moving parts.**
- ☐ **Weight Restriction: 350 lbs.**
- ☐ **Wear proper exercise clothing and shoes for your workouts and avoid loose or dangling clothing. Tie long hair back. Do not wear shoes with heels, and check the sole for debris and embedded stones. The running surface is not intended for cleats or running spikes.**
- ☐ **Save these instructions.**

General Notes:

ANT, ANT+ and the ANT+ logo are trademarks of Garmin Switzerland GmbH.

The Bluetooth® trademarks—including the BLUETOOTH word mark, the figure mark (the runic "B" and oval design), and the combination mark (Bluetooth word mark and design)—are trademarks of SIG.

The Tabata® trademark is owned by Universal Pictures Visual Programming Limited.

REGULATORY INFORMATION

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in an individual installation. If this equipment does cause harmful interference to radio communications, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- ☐ **Reorient or relocate the receiving antenna.**
- ☐ **Increase the distance between the Assault AirRunner treadmill and the affected receiver.**
- ☐ **Consult the dealer or an experienced radio/TV technician for help. FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the manufacturer could void the user's authority to operate this equipment.**

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The antennas used for this transmitter must be kept at a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

IC Statement

This device complies with Industry Canada license-exempt RSS-210 standard. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal.

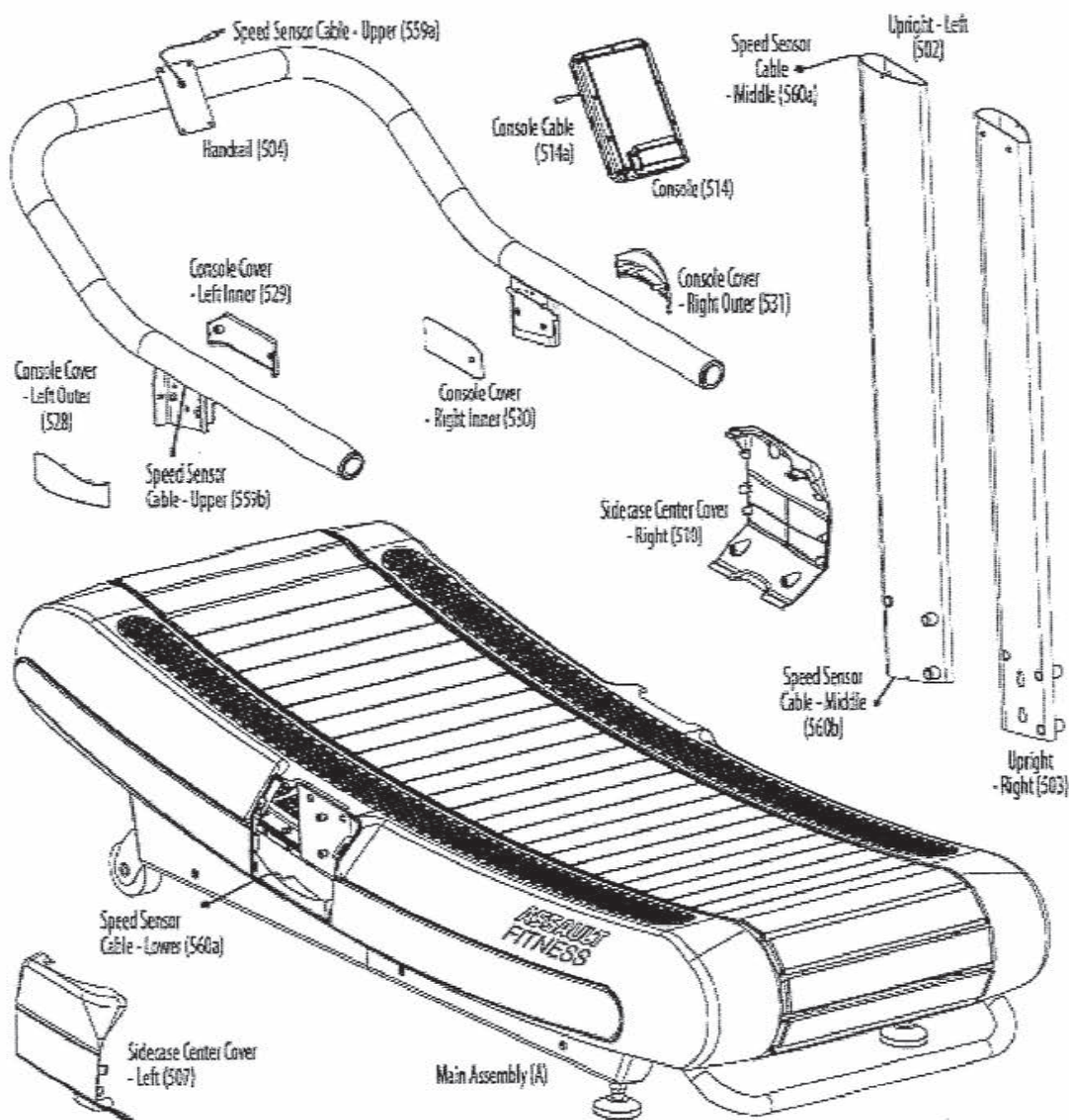
Product Recycling and Disposal

This equipment must be recycled or discarded per applicable local and national regulations. Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product must be recycled and not disposed of as waste but rather reclaimed upon end of life per this Directive. In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and recycled at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection services of authorized customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to hazardous substances in EEE. For proper collection and treatment, contact Assault Customer Support.

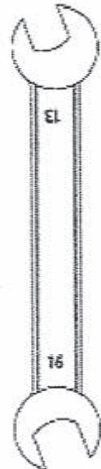
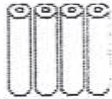
ASSEMBLY

As Shipped

The Assault Fitness AirRunner treadmill requires only minor assembly. All tools required to complete the initial setup and assembly have been included in the Assembly Hardware Kit. Remove the unit and all parts from the carton and packaging. Confirm that all parts shown below are included before attempting assembly of the AirRunner.



ASSEMBLY TOOLS

13/16mm Open-Ended Wrench	5mm Hex Wrench	4mm Hex Wrench	AA Alkaline Batteries 4 pieces
			

HARDWARE DESCRIPTION	DRAWING	QUANTITY
Hex Screw M10 x 75mm (S34)		6
Phillips Head Screw M4.2 x 13mm (S38)		12
Button Head Hex Screw M8 x 20mm (S35)		6
Flat Washer Ø2000 x 1110 x 1.5t (S62)		6

Assembly Step One: Upright Installation

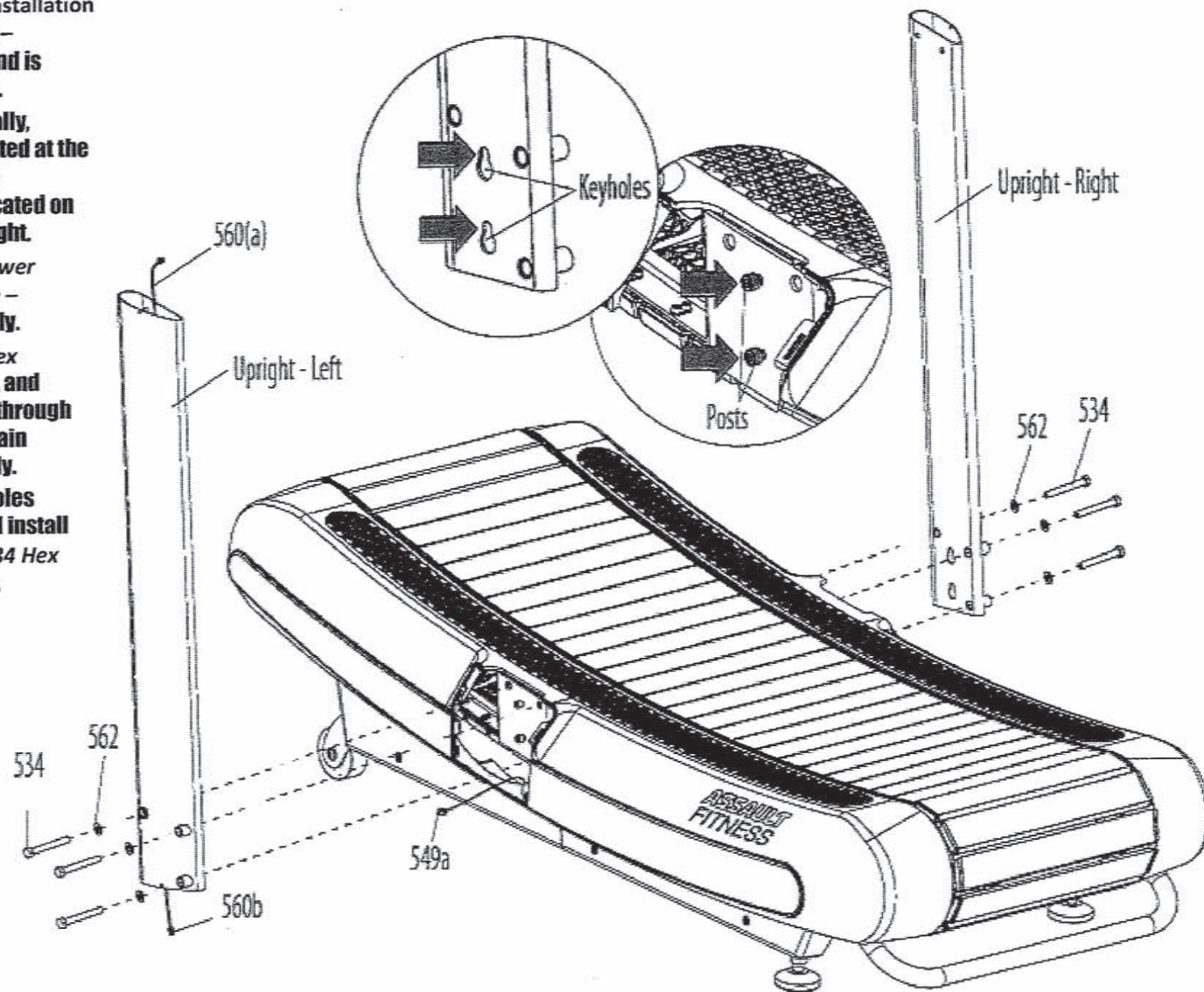
Locate the Speed Sensor Cable – Lower (549a) and ensure the end is extending from the main frame.

Raise the Upright – Left vertically, ensuring the keyholes are located at the bottom. Align the Upright – Left keyholes with the two posts located on the main frame and fix the upright.

Connect the Speed Sensor – Lower (549a) and Speed Sensor Cable – Middle (560b) connectors firmly.

Locate three (3) sets of #534 Hex Screws and #562 Flat Washers, and loosely thread each assembly through the Left Upright and into the main frame. Tighten the screws firmly.

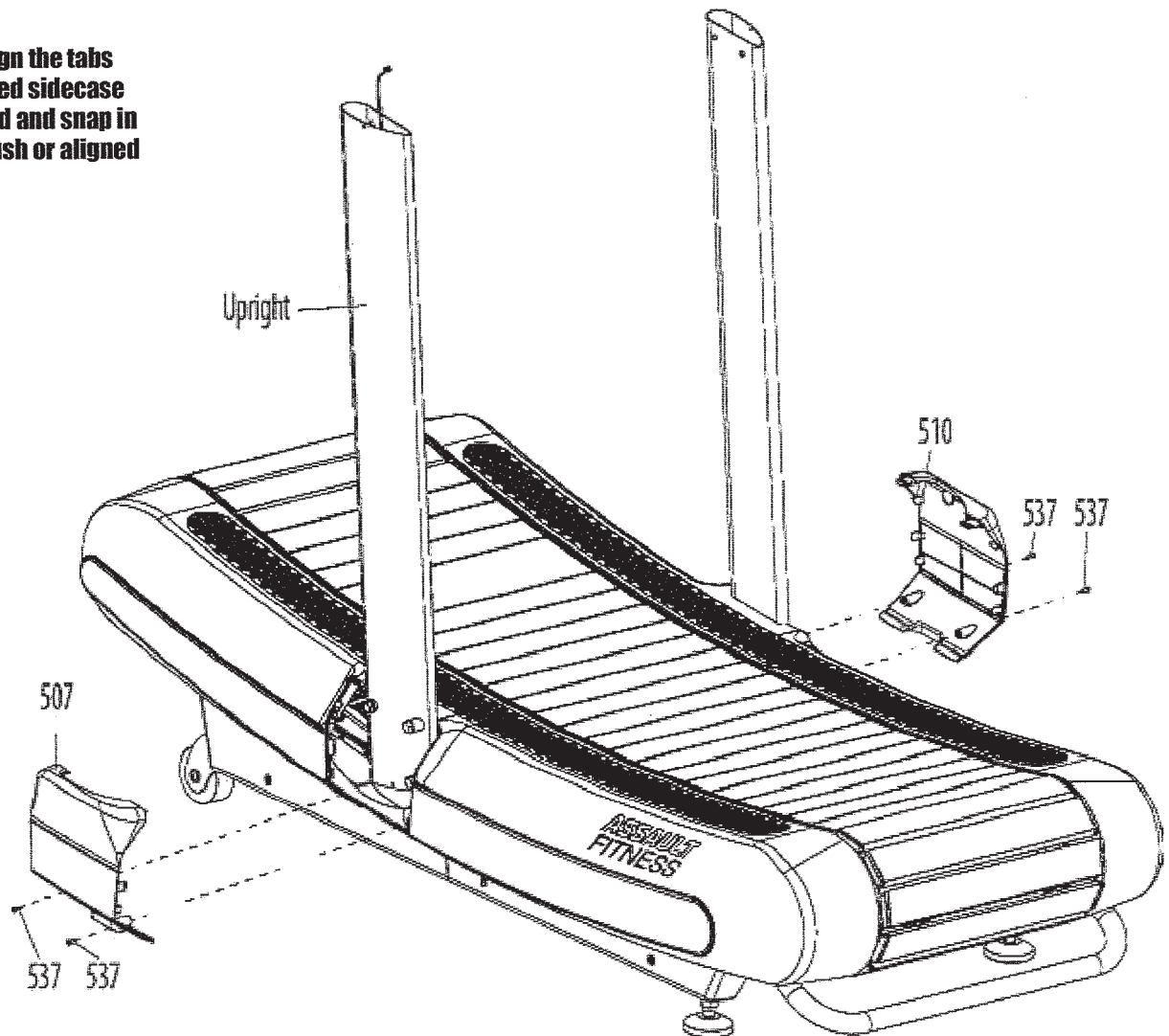
Hang the Upright – Right keyholes onto the Main Frame posts and install the remain three (3) sets of #534 Hex Screws and #562 Flat Washers.



Assembly Step Two: Sidecase Covers

Locate the Sidecase Center Cover - Left (507). Align the tabs locate at the top with the receivers on the installed sidecase plastics. To install, the cover will hinge downward and snap in place. Ensure the outer surface of the cover is flush or aligned with the adjacent plastics.

Secure with two (2) #537 Phillips Head Screws.



Assembly Step Three – Handrail & Console Installation

Remove the four (4) #564 Hex Screws from the backside of the Console (514) and set them aside.

Connect the Console Cable (514a) and Speed Sensor Cable – Upper (559b) connectors and carefully tuck the excess cable into the Handrail.

Loosely thread the four (4) #564 Hex Screws through the mounting plate on the Handrail and into the backside of the Console (514). When all four (4) screws are installed, tighten them firmly.

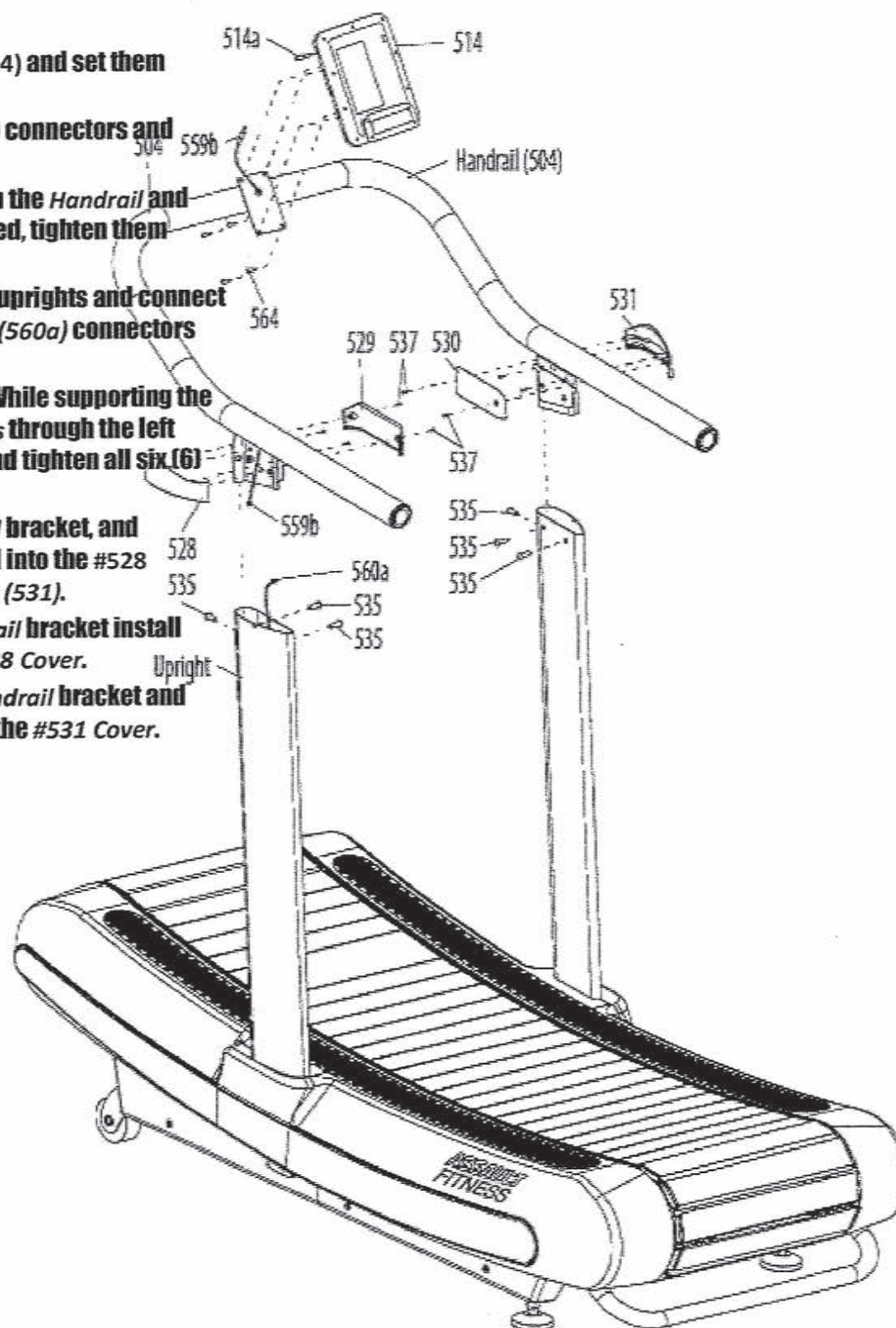
With the help of a second person, support the Handrail assembly over the uprights and connect the Speed Sensor Cable – Upper (559b) and Speed Sensor Cable – Middle (560a) connectors and carefully tuck the connectors and excess cables into the left Upright.

Set the left and right Handrail brackets inside the left and right Uprights. While supporting the Handrail Assembly, loosely thread three (3) #535 Button Head Hex Screws through the left Upright and into the Handrail bracket. Repeat this step for the right side and tighten all six (6) screws firmly.

Align the Console Cover – Left Outer (528) with the outside of left Handrail bracket, and thread two (2) #537 Phillips Head Screws through the handrail bracket and into the #528 Cover. Repeat this step for the right side with Console Cover – Right Outer (531).

Align the Console Cover – Left Inner (529) with the inside of the left Handrail bracket install two (2) #537 Phillips Head Screws through the #529 Cover and into the #528 Cover.

Align the Console Cover – Right Inner (530) with the inside of the right Handrail bracket and install two (2) #537 Phillips Head Screws through the #530 Cover and into the #531 Cover.



Assembly Step Four – Final Adjustments

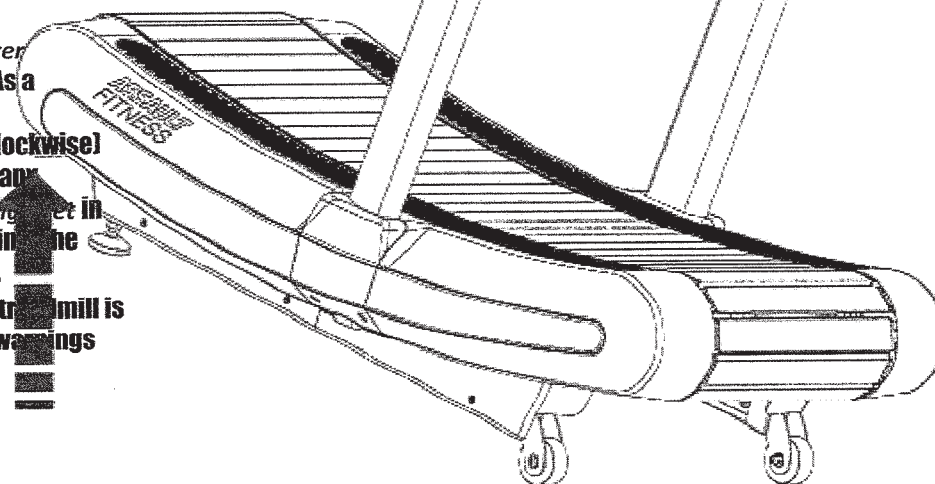
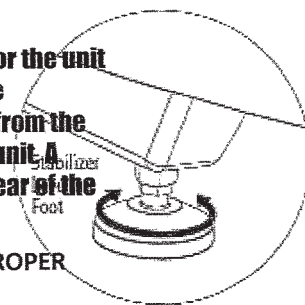
Identify a suitable location that is level and offers enough space for the unit with the minimum required free space. It is recommended that the AirRunner be sited with a minimum of 0.5 m (19.7 in.) of clearance from the nearest walls or other equipment to the left, right and front of the unit. A minimum of 2.0m (79") of clearance should be maintained to the rear of the AirRunner.

CAUTION: THIS TREADMILL IS HEAVY. INJURY CAN OCCUR IF PROPER LIFTING TECHNIQUES ARE NOT PRACTICED

To relocate, raise the rear of the unit with by grasping the transport handle and slowly rolling the AirRunner to the desired location.

Ensure the unit is level and does not rock by adjusting the *Stabilizer Leveling Feet*. Two feet are located at the rear of the main frame. As a starting point, loosen each foot by threading the assembly downward/clockwise, and then thread the locknuts downward (clockwise) against the base of the foot. Check the unit for stability and make any adjustments as necessary. Once stable, lock the *Stabilizer Leveling Feet* in place by tightening the jamb nut upward/counter-clockwise, against the underside of the frame to lock the current positions for each foot.

Congratulations. The assembly of your Assault Fitness AirRunner treadmill is complete. Please read all included information, user guides and warnings before use.



ASSAULT ELITE CONSOLE FEATURES

The Assault Fitness AirRunner is equipped with an LCD console that offers real time information to the user. During the workout, several performance metrics are tracked simultaneously, and at the end of the program, the user's results are posted.

Console Layout



User Metrics

Time / Interval Display Panel. The Time Interval Display Panel will provide display for the time metric as well as the Interval 10/20 and Interval Custom Program. Depending upon the selected program, the Remaining or Elapsed banner will light.

INTERVAL **TARGET**
TIME Remaining **SPLIT**
Elapsed
1:00:00

Calories Display Panel. The Calories display panel will track caloric burn during all programs.

CALORIES
0000.00

Heart Rate Display Cluster. The Heart Rate cluster will post the user's heart rate in Bpm/ (Beats per minute). The Heart Rate Signal banner will indicate whether a heart rate is detected by the console.

HEART RATE  NO SIGNAL
HR ON
000 TARGET
HR DECREASE
HIGH SPEED
HR INCREASE
LOW SPEED

Alpha-Numeric Display. The Alpha-Numeric Display offers versatile messaging to the user.

ALPHA-NUMERIC

Distance, Speed, Watts & Pace Display Panel. Distance, Watts, Speed and Pace will be displayed during all programs. Distance can be displayed as Meters, Kilometers or Miles. The Speed metric may be displayed in Kilometer or Miles. Watts are a measurement of energy generation and are frequently used to measure the amount of work generated at any given time during a workout. The Pace display provides the user's rate over one Mile or Kilometer, depending upon the current units setting.

DISTANCE **SPEED**
00000.00 **00.0**
Meters KM Mi KMi/hr
WATTS **PACE**
0000 **00:00**
Mins/KMi

Console Keypads



START Key. The **START** key will launch a program and restart a paused program. Pressed in conjunction with the **ENTER** key, the Setup Mode will launch.



STOP Key. Use the **STOP** key to end a program or temporarily pause a program. To reset the console and erase all user-entered data, press the **STOP** key for more than two seconds.



ENTER Key. The **ENTER** key confirms a value to be entered when editing a program. Pressed in conjunction with the **ENTER** key, the Setup Mode will launch. To launch the Comp Mode, press the **ENTER** key for five seconds.



UP/DOWN Arrow Keys. The **UP/DOWN** Arrow keys allow the user to increase or decrease console values. Pressing the **UP/DOWN** Arrow keys together for five seconds will launch the Comp Setup Mode.



INTERVAL PROGRAMS Key. To review and select that available console Interval programs, press the **INTERVAL PROGRAMS** key.



TARGET PROGRAMS Key. The **TARGET PROGRAMS** key launches the Program setup mode. The user can program a custom calorie, time, or distance target.



HEART RATE Programs Key. The **HEART RATE Programs** key opens the heart rate control programs.



CONNECT Bluetooth / ANT+ Key. Connections to a mobile device or heart rate strap via the on-board Bluetooth or ANT+ radios are initiated by the **CONNECT** key.



CHANGE UNITS Key. The **CHANGE UNITS** key allows on-the-fly unit changes. Choose between English/Standard or Metric units. When the console will flash the updated units banner to confirm the change.



SPLIT TIME Key. Pressing the **SPLIT TIME** key freezes the current workout metrics for five seconds. The workout metrics will continue in the background.



SPEAKER ON / OFF Key. Pressing the **SPEAKER ON / OFF** key turns the console's audible notifications on or off.

Battery Installation

The console operates on four (4) AA batteries (included). The battery compartment is on the back side of the console. Only use alkaline batteries of the same brand and age to avoid leakage. Removal/replacement of batteries will erase clock settings, however total time and maintenance reminder data will be retained on the console's permanent memory.

Clock/Time Settings

Each time the batteries are replaced, the clock settings will be erased. To set the clock, select the 12-hour or 24-hour time display format via the **UP/DOWN** keys, and press the **ENTER** key to confirm. Set the hour and minutes, then press **ENTER** to confirm. If no input is received within thirty (30) seconds, the console will time out and enter the sleep mode. To adjust the time settings, launch the Settings Mode by pressing the **ENTER** and **START** keys simultaneously.

ANT+ 2.4Ghz Wireless Technology

Connection of an optional ANT+ heart rate chest strap can be made via the on-board wireless receiver. See the section titled Heart Rate Training for more information regarding heart rate chest strap.

Permanent Memory

Total run time and service interval reminder data will be maintained during battery displacement and replacement.

Low Battery Indicator.



When power for the installed batteries reaches 10% of total capacity, the Low Battery Indicator icon will light to indicate fresh batteries are required. Always install a low battery indicator is lit.

Sleep Mode

After ten (10) minutes of inactivity, the console will enter the power-saving Sleep Mode and display only the time of day. All display features will switch off, however previously launch the Ready Mode, move the running belt or press any button on the console.

Ready Mode.

The Ready Mode is designed to notify the user that the console is powered on and ready to begin a program. "Assault" and "Ready" will post in the alpha-numeric display. The Ready Mode length. If no other activity occurs before the Ready Mode period has elapsed, the console will enter the Sleep Mode.

Reset Process

To reset all user settings, press and hold the STOP key for two (2) seconds. The clock, total runtime and maintenance reminder data will be retained in the permanent memory.

Pause Mode

While any program (except the Comp Program) is running, pressing the START key will launch the Pause Mode for ten (10) minutes. The onboard speaker (if turned on) will sound a tone to serve as a reminder that the unit has been paused. The alpha-numeric display will flash "Paused" and each metrics display field will post "P". To return to the previous program, further input is made, the Pause Mode will end and console will enter the Ready Mode. To exit the Pause Mode and continue the currently running program, press the START key. At any time, press the STOP key two (2) times to launch the Ready Mode.

Program Quick Start

The AirRunner console allows the user to begin a workout without the selection of a program. When launched, the metrics will begin to display within seconds of pressing the START key. The running belt. The program will run continuously and all metrics will count up from zero.

Workout Results

For additional user feedback, the console provides a brief workout summary immediately following the completion of the workout session. Total Calories and Distance will post. Metrics will be displayed by Maximum Speed, Average Watts and Average RPM, then Average Speed, Average Watts and Pace.

Service Interval Reminders and Notifications



The AirRunner console offers service interval reminders for monthly, quarterly, bi-annual and annual maintenance intervals. Refer to the Maintenance section.

PROGRAM OPERATION

QUICK START Program

The Quick Start program option is for users wishing to bypass the onboard programming setup steps and begin their workout immediately. The Quick Start program will launch if the START key is pressed. The console will begin to display all metrics, including the user's heart rate (if a signal is detected). The program will run continuously until the belt is stopped. To view the Workout Summary, press the STOP key.

Launch: Press the START key or begin walking/running on the belt.

Run: All metrics will begin to post.

End: Press the STOP key. The Results summary will be displayed for total, average and maximum values.

INTERVAL 20/10 & INTERVAL 10/20 Programs

The Interval 20/10 and Interval 10/20 programs offer the user a series of eight (8) high-intensity workout intervals with preset time segments. This training protocol is commonly known as Interval Training (H.I.I.T.). The console will provide messages to the user at start of each *work* and *rest* interval. Additionally, work and rest intervals will be signaled via audible tones.

Interval 20/10 Program	Number of Intervals: 8	Interval 10/20 Program	Number of Intervals: 8
Work Interval Length: 20 seconds		Work Interval Length: 10 seconds	
Rest Interval Length: 10 seconds		Rest Interval Length: 20 seconds	

Launch: Press the INTERVAL PROGRAMS key until the desired program title is visible. Confirm the selection of the displayed program title by pressing the START key.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the record of the workout data.

INTERVAL CUSTOM Program

The Interval Custom Program is similar to the Interval 20/10 Program except the user has the ability to set the length of the *work* and *rest* intervals as well as the total number of intervals.

Launch: Press the INTERVAL PROGRAMS key repeatedly until Custom is displayed. Confirm the selection of the visible program by pressing the START key.

Setup: When running the Interval Custom program for the first time (or after the console has been reset), the user will be required to enter the total number of intervals. When prompted by pressing the UP or DOWN key, followed by the ENTER key to confirm. The default work interval time value will then post. Adjust the displayed value via the UP/DOWN keys and press ENTER to confirm. The default rest interval will post. Adjust the value and confirm by pressing ENTER.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the record of the workout data.

TARGET TIME, TARGET CALORIES and TARGET DISTANCE Programs

The Target Time, Target Distance and Target Calories programs each operate in an identical manner. For these programs, the user may set a single target metric value and the program will track the progress toward the goal until the target has been achieved.

Launch: Press the TARGET PROGRAMS key repeatedly until the banner for the desired target is displayed. Press ENTER to confirm the selection.

Setup: When running the Target programs for the first time (or after the console has been reset), the display will flash with the default value. Adjust the displayed value via the UP/DOWN keys, followed by the ENTER key to confirm. The program will begin automatically.

Run: The display fields will light and begin to track the progress of the user toward the goals. If Time was the selected target, remaining time will be displayed and the timer will count down. If Distance or Calories are the selected targets, the console will track the progress toward those goals and timer will count up.

End: The program will end automatically when the selected target has been achieved or the timer reaches zero. To end the program at any time, press the STOP key. The program will launch and post a record of the workout data.

TARGET HEART RATE Program

The Target Heart Rate Program offers users the ability to target a specific heart rate / Bpm (Beats-per-minute range) or heart rate zone for maximum cardiovascular training. Via the console, the user can set a target heart rate or heart rate zone. The console will automatically calculate the Estimated Maximum Heart Rate as well as some common heart rate training zones (65%, 75% and 85% of Max Bpm). The user's choice can be entered.

Launch: Press the HEART RATE PROGRAMS key.

Setup: Set the user's age via the UP/DOWN keys and confirm the entry by pressing the ENTER key. Select the target HR range or the Custom Bpm by pressing UP/DOWN keys. The target HR range or Custom Bpm is displayed, then press ENTER. The console offers a choice of adding a countdown timer. Select *Timer On* or *Timer Off* via the UP/DOWN keys, and press ENTER. The program will launch and post a record of the workout data.

Note: The accuracy of the displayed metrics is dependent upon an accurate user age value entry.

Run: The display fields will light and begin to track the progress of the user and the user's target heart rate will flash in the alpha-numeric display. The console will be followed by *Increase Speed, or HR High/Decrease Speed* to aid the user in maintaining the targeted heart rate range. If the user's heart rate remains at an elevated age), the console will shut down.

End: The Target Heart Rate program will run continuously until ended manually by the user or the selected timer value has expired. To end the program at any time, the **Workout Summary** will launch and post a record of the workout data.

COMP Program

The Comp Program allows the trainer or user to set a pre-defined workout program targeting a Caloric, Time or Distance value. The Comp Program operates similar to the Targeted program. While the console is in the Comp Run Mode, all other program functions are locked out to ensure the identical program settings are repeated and unchangeable. This feature is ideal for head-to-head competition.

Setup: The Comp Program requires a few setup steps. To launch the Comp Set Mode, press the UP+DOWN arrow keys simultaneously for five (5) seconds. *Comp Set Mode* will be displayed and the TARGET banner will flash as well as one of the available metrics of Time, Calories or Distance. Select the desired target (Time, Calories or Distance) and confirm the selection by pressing ENTER. The selected target value will flash. Adjust the flashing value via the UP/DOWN arrow keys and press ENTER to confirm the selection. Select the metric units and press ENTER to view the confirmed settings. To alter the Comp Program settings, relaunch the Comp Set Mode.

Ready Mode: Before the Comp Program can be run, the console must be set to the Comp Ready Mode. This step ensures that the program cannot be accidentally changed while in the middle of a workout. Press the ENTER key for five (5) seconds to launch the Comp Ready Mode and display the previously set target value.

Run: When the console is in the Comp Ready Mode, launch the Comp Program by pressing START. *Run Comp* will post and flash in the alpha-numeric display and the target value will flash. If *time* is the target metric, the timer will count down the time remaining while logging values for calories, distance, speed, Watts and RPM. If *distance* is the target, the timer will count up.

End: The program will end automatically when the target metric has been reached. The Comp Ready Mode will launch, ready for the next user/competitor.

Exit: To exit the Comp Ready Mode, press the DOWN arrow key for five (5) seconds to launch the standard Ready Mode. To conserve battery power, the Comp Ready Mode will time out (30) minutes and enter the Sleep Mode. When input is received via rotation of the running belt or input from a console key, the Comp Ready Mode will launch.

HEART RATE TRAINING

Heart Rate is an Important Key to Your Fitness. The Surgeon General elapsed a report on physical activity and health which states that exercise and fitness are beneficial for a person's health. The need for exercise as a key component for disease prevention cannot be overstated. One of the best ways to determine exercise intensity is to monitor your pulse rate. Your heart rate can easily be determined by counting the number of heart beats per minute at the chest, wrist or the carotid artery on your neck. It is difficult however to count your own pulse while exercising as it is not possible to count the number of beats per minute. To aid in heart rate training, the AirRunner console is equipped with a wireless heart rate receiver which can detect a HR signal being transmitted from a heart rate monitor (not included).

Calculated Maximum Heart Rate

Your target heart rate depends primarily upon your age. It is important to work within a safe and productive zone. If the exercise intensity is too low or too high, only modest gains in cardio-vascular fitness. A workout at a very low intensity will not offer maximum benefits. Conversely, if the workout intensity is too high, injury or fatigue may slow the progress of your body attempts to recover.

Note: It is generally perceived that it is most effective to train at a heart rate between 65% and 85% of your maximum heart rate. Calculated Maximum Heart Rate is calculated as a percentage of your Maximum Heart Rate (estimated as 220 Bpm minus your age).

To calculate your Calculated Maximum Heart Rate and find the appropriate target training zone, use the following formulas. The following estimation information would be relevant for a 35-year-old user.

$$220 - 35 = 185 \text{ BPM} \quad 220 - \text{Age} = \text{Calculated Maximum Heart Rate in Bpm}$$

$$0.65 \times 185 = 120 \text{ BPM} \quad 65\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 120 \text{ Bpm}$$

$$0.85 \times 185 = 157 \text{ BPM} \quad 85\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 157 \text{ Bpm}$$

Based on these calculations, the recommended heart rate training zone for this user would be between 120 Bpm and 157 Bpm.

Using the Wireless Heart Rate Receiver

In general, a wireless heart rate chest strap (not included) is the most accurate and convenient method of detecting and monitoring a heart rate signal. Occasionally, certain factors can interfere with the transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal so that the rate appears erratic or inconsistent. One such symptom is to isolate the unit from potential disturbances. Additionally, a person's body chemistry or lack of perspiration can prevent the chest strap from providing an accurate heart rate signal. A wireless telemetry heart rate receiving system is one feature found on this unit. In order for the console to detect and display your heart rate wirelessly, five (5) conditions must be met:

- A compatible heart rate chest strap transmitter must be functioning and worn. The console requires a dual-band ANT+/Bluetooth Low Energy heart rate chest strap. See the Appendix for compatible models. A short list of compatible models can be found in the appendix at the end of this manual. For proper function of the chest strap, please refer to the manufacturer's instructions.
- Both the console and heart rate chest strap must be powered on.
- A workout program must be running.
- The user is within three (3) feet of the console.
- The ANT+/Bluetooth LE heart rate chest strap is paired to the console.

Pairing the Wireless ANT+/Bluetooth LE Heart Rate Transmitter to the AirRunner Console.

There are two ways to connect the ANT+/BTLE heart rate chest strap to the AirRunner console.

Bluetooth: If monitoring the workout through a compatible mobile device and application, pairing of heart rate strap will occur via the Bluetooth radio from within the application instructions which will include turning the Bluetooth radio on in the mobile device, pressing the CONNECT key on the console and selecting the A

ANT+: If a mobile device is not used, pairing will occur via the ANT+ radio. Ensure the chest strap is on and worn correctly. Press and hold the CONNECT key for 5 seconds. A blue flash in the alpha-numeric display until the heart rate strap pairs to the console. When paired, the HEART RATE banner will begin to flash and the alpha-numeric display will show "Connected" followed by "ANT+HR" flash to confirm connection.

ASSAULT AIRRUNNER LIMITED WARRANTY

What is Covered

LifeCore Fitness, Inc. dba Assault Fitness ("Assault") warrants to the original purchaser of this Assault branded product (the "Product") that the frame of the Product shall be free from defect in material and workmanship for a period of five years from the date of purchase. All other parts and components of the Product shall be free from defect in material and workmanship for a period of one year from the date of purchase when the Product is used under as recommended by Assault under normal uses and conditions. During the warranty period, Assault will at no additional charge to you repair or replace the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor shall be the responsibility of the original purchaser.

What is Not Covered

This Limited Warranty applies only for Product sold in the United States under the Assault brand name. This warranty does not cover normal wear and tear on items such as, but not limited to, wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, cosmetic damage, and excludes paint & finish. Wear items pertain to components that might wear or tear resulting from normal usage. This warranty is void if the Product is improperly stored, assembled, altered and/or modified in any way, misused, abused, is subject to accident, or if the Product is damaged by fire, flood, or other external causes. This warranty does not cover repair for any noises such as: squeaks, clunks, thumps resulting from poor or lack of preventive maintenance. This Limited Warranty does not extend to any Product that is defective; (a) result of accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by Assault; (c) by modification of the Product; (d) by normal wear and tear; (e) incorrect power supplies; or (f) as a result of service by anyone other than Assault, or an authorized Assault service provider. This Limited Warranty is void if the Product serial number is altered. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

Warranty Service Area

Any labor cost is the responsibility of the original purchaser. Any labor cost is the responsibility of the original purchaser. If a Product requires shipment, delivery or transport to a service area, the original purchaser is responsible for the cost of shipping and to pay for any fees associated with servicing of a Product. Any evidence of alteration, erasing or forgery of proof-of-purchase documents voids this Limited Warranty. This warranty is void if the Product is purchased from Assault or from an authorized Assault reseller.

Voided Warranty

The warranty does not apply to any failure of the Product or its components due to alterations or modifications, misuse and abuse, accidental damage, lack of maintenance or assembly can be avoided if the unit is assembled by an authorized technician. Damage due to improper assembly is not covered by the warranty. Common assembly errors include stripped screws and nuts, crank arms or damaged threads. If the serial number has been removed, altered or defaced, the warranty for the affected unit is voided.

Disclaimed Warranties

THE PROVISIONS OF THIS WARRANTY ARE IN LIEU OF ANY OTHER WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL. TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL OTHER WARRANTIES, BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY, ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT.

Warranty Registration

PLEASE REGISTER YOUR PRODUCT WITH ASSAULT FITNESS WITHIN (10) DAYS OF PURCHASE AT www.AssaultFitnessProducts.com/Registration or via telephone with Assault Fitness Customer Service at 815-5559. Unless otherwise prohibited by law, in order to validate the warranty this Product must have been registered through Assault Fitness, and/or a copy of the proof of purchase and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service, Assault Fitness will not cover any warranty claims.

Warranty Claim Processing

To obtain warranty service, you must contact the original place of purchase. Assault may, at its option, repair or replace any defective Product frame or parts with new or serviceable parts that perform function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service become the property of Assault. Assault reserves the right to cover any existing warranty. Any parts determined to be defective must be returned to Assault to obtain warranty service. You must prepay any shipping charges, export taxes and other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss or damage to the parts or Product while in transit.

Transferring Your Warranty

During any remaining warranty period, the remaining period of warranty can be transferred one time to another party, as long as the original purchaser previously registered the Product within 30 days after transfer of the Product a letter to Assault's at the address below acknowledging the transaction and specifying the new owners name, address and phone number of the transferred Product. The original warranty may only be transferred once.

Please see other products from Assault Fitness at www.assaultfitnessproducts.com. THANK YOU FOR YOUR BUSINESS!

(02/2017)

MAINTENANCE & SERVICE



All AirRunner manual treadmills are engineered for years of operation. Regular maintenance and cleaning will lengthen the life and preserve the appearance. Let noise be your first indication that a repair or adjustment is required. Please discontinue use immediately and contact an Authorized Service Technician if unusual noise, scraping, knocking, grinding or vibration is detected. Often, a minor issue will become a major repair if ignored and use is continued.

The AirRunner is manufactured of durable materials; the plastics are molded of strong and chemical-resistant ABS; the frame is produced of high-tensile steel. The industrial-grade, powder paint coating process for the highest level of corrosion resistance; the hardware used for the assembly is stainless steel. However, perspiration can be extremely corrosive if allowed to accumulate on the machine.

NOTE: PERSPIRATION IS VERY CORROSIVE AND IF ALLOWED TO REMAIN ON THE MACHINE, WILL CAUSE DISCOLORATION, FADING, RUST AND ODORS. UNFORTUNATE CONDITIONS ARE NOT COVERED UNDER THE WARRANTY POLICY.

After each workout, wipe down the entire unit, including the console with a mild soap solution followed by a thorough drying with a clean towel. Positioning a small spray bottle ensure that your equipment looks new for many years. Do not use abrasive or coarse brushes or cloths as damage to the surfaces may occur. Do not flood any area with clean aggressive chemicals or solvents to clean the treadmill.

silicone based lubricant similar to a chain lubricant for bicycles.

As a reminder to the user, the AirRunner console will post the Monthly Service Reminder Indicator icon when it is time to service the machine. Once serviced, the icon can be reset.

A guideline for service is provided below. If the environment for the AirRunner is extraordinarily dirty or the usage is extremely heavy, the monthly inspection/service should be performed more frequently.

Dry graphite lubricant Tube of black grease Canned air Extension tool

Service Intervals

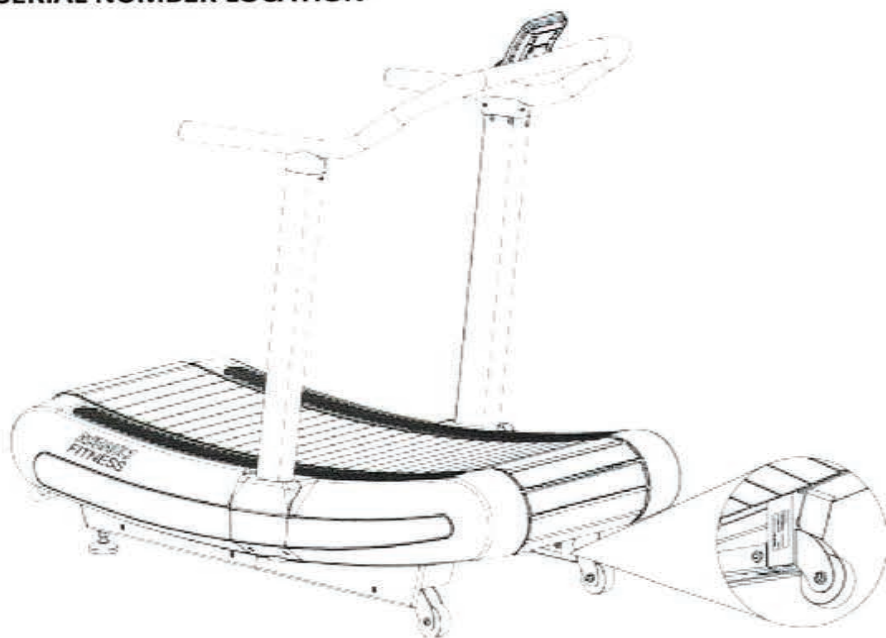
Task	Daily	Monthly
Wipe Down All Surfaces with a Mild Soap Solution & Dry Thoroughly	X	
Inspect Unit for Noisy, Damaged or Loose Components	X	
Ensure the Unit Does Not Rock. If Necessary, Re-Adjust the Leveling Feet	X	
Inspect the Entire Unit for Loose Hardware, Including the Uprights, Handrail, Frame and Console		X
Lubricate the Twelve (12) Running Belt Guide Pulleys – One (1) Drop of Lubricant Each Cycle		X
Move the Treadmill and Clean/Vacuum Dust, Lint or Debris Found Inside the Belt and Underneath		X

Troubleshooting

Condition	Potential Causes	Potential Causes & Solutions
Console Will Not Power On	a. Batteries installed incorrectly. b. Batteries are dead.	Check battery orientation. Replace the four (4) AA alkaline batteries.
Console Powers On, But the Metrics Do Not Post	a. One of the three (3) speed sensor cables are damaged or disconnected. b. The speed sensor and magnet are not aligned correctly.	a. Check for damage and proper connections. b. Adjust the speed sensor positioning.
Running Belt Is Difficult to Move	a. An item is wedged in the running belt path. b. A Support Bearing or Guide Pulley has seized. c. The unit is too cold. The bearing grease had become stiff.	a. Lift edges belt to locate and remove debris. b. Check the 100 Bearings and 12 Guide Pulleys. Replace if necessary. c. Heat the room to 40°
Squeaking or Rubbing Noise or Slight Vibration Feeling Coming from Belt	a. Running belt is improperly tensioned; Re-align belt via the tensioning lever. b. The Twelve Guide Pulleys require lubrication.	a. Call Assault Fitness Customer Service to obtain Service Manual. b. Apply a drop of silicone based lubricant to each Guide Pulley.

WOODWAY Customer Service. 11.2 Running Surface Belt is Stuck/Difficult to Move □ Check for any obstacles around or under the belt and remove them if possible. □ Remove si
belts are properly aligned on rollers. □ Contact a WOODWAY Customer Service technician to determine where the cause of the problem could be. 11.3 Squeaking Sounds □ Bea
Customer Service to replace bearing. □ Toothed belt rubbing against guide roller: Grease edge of belt with a universal lubricant. □ Broken guide roller or roller bearing: Conta
replace broken part. □ Timing belt rubbing against the pulley: Grease the edge of the timing belt with a small amount of all-purpose grease. Note: Excessive grease can cause c

SERIAL NUMBER LOCATION



SPECIFICATIONS

Dimensions

Image Needed

Weight: 280lbs (127Kg)

5803 Newton Drive • Carlsbad, California 92008 • Ph. 1.
For more information or questions regarding your equipment, please call 1-800-955-5959
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