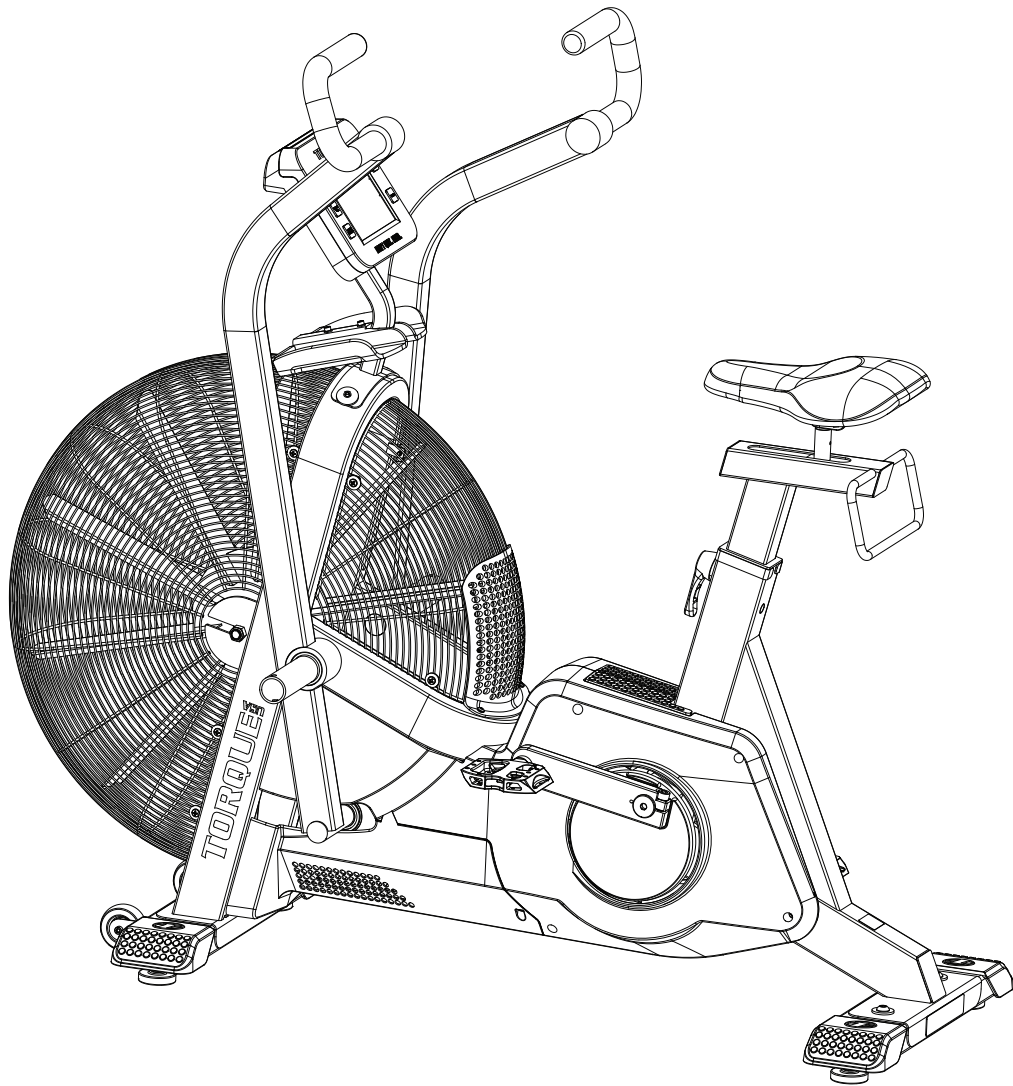


TORQUE^{USA}



Stealth Air Bike Assembly & User Instructions

Model No: AB-TS-T800-101-F07

Manual P/N: 5785801-Rev C



This product is compliant with the applicable CE requirements.

Stealth Air Bike Assembly & User Instructions

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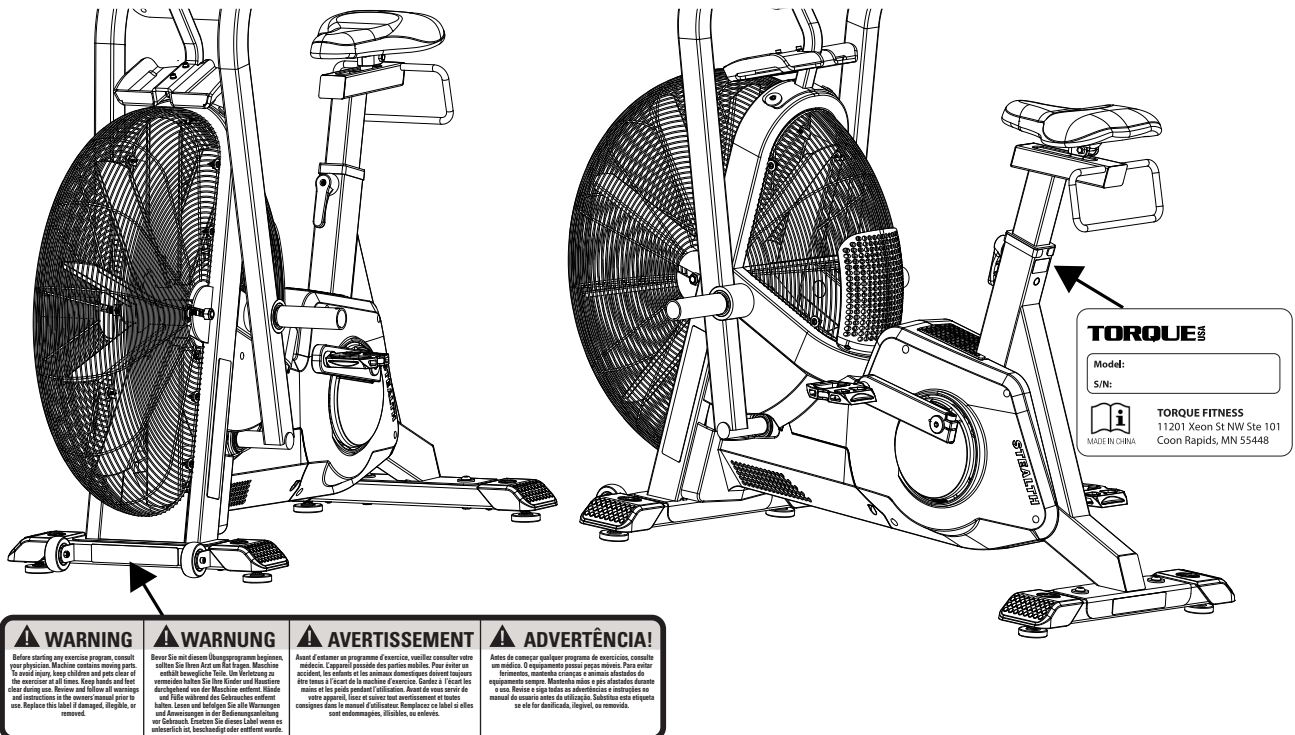
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IMPORTANT SAFETY INSTRUCTIONS

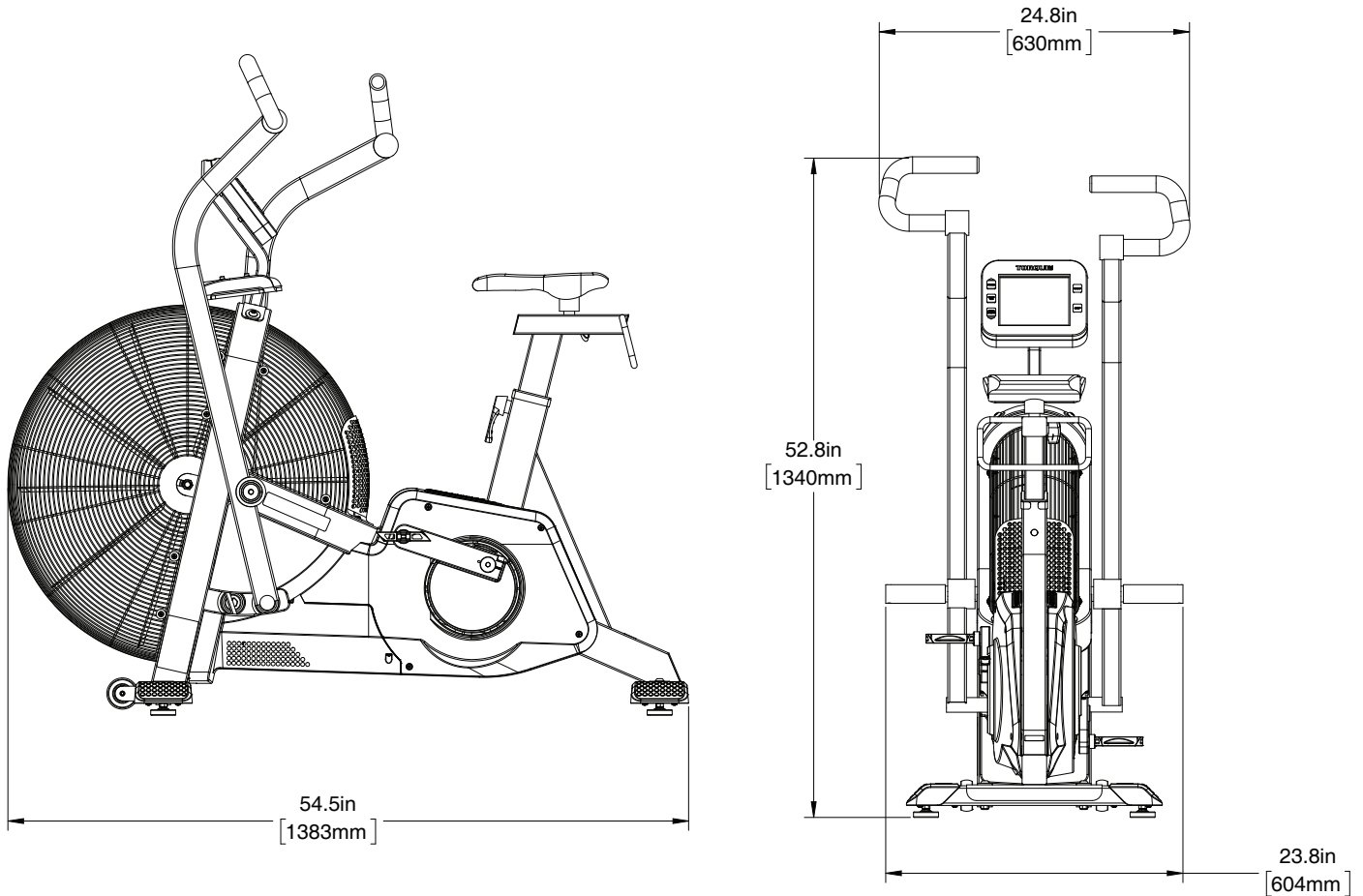
WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear.

- Keep children and pets away from the bicycle during assembly and use.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- **DO NOT** attempt to use the Stealth Air Bike for any purposes other than that for which it was intended.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the Stealth Air Bike.
- Examine the Stealth Air Bike before each use for loose parts or signs of wear. Do not use if found in this condition.
- **DO NOT** exit the Stealth Air Bike until the arms and pedals have come to a complete stop.
- Check the security of the seat and arms before each use. If loose or wobbly, tighten securely before use.
- Consult your physician before beginning an exercise program using this equipment.
- Injuries to health may result from incorrect or excessive training.
- **DO NOT** drop or put objects into any opening in the fan assembly or any other part of the unit.
- Use caution when pedaling and stopping; the braking system is speed dependent.
- Set up the Stealth Air Bike on a solid, level, horizontal surface. Use the levelers on the front stabilizer to eliminate any side-to-side wobble during use.
- Position the bike in a space with a minimum of 2 feet (0.6 meter) on either side.
- **DO NOT** try to change the design or functionality of this machine. Doing so could compromise the safety of this machine and will void the warranty.
- User weight is not to exceed 350 lbs (159 kg).
- The unit is intended for indoor use only.

SAVE THESE INSTRUCTIONS



Stealth Air Bike Product Specifications



Maximum User Weight:	350 lbs. (159 kg)
Machine Weight:	132 lbs. (60 kg)
Power Requirements:	Two (2) AA batteries

CE Complies with the following:
2001/95/EU General Product Safety Directive
2011/65/EU Restriction of Hazardous Substances Directive
2013/56/EC Battery Directive
2014/30/EU EMC Directive

Stealth Air Bike Assembly Instructions

Assembly Preparation

Tools Required

- Box cutter (or comparable cutting tool)
- 4mm Allen (hex) wrench
- 6mm Allen (hex) wrench
- 13mm wrench
- 15mm wrench
- 17mm wrench
- #2 Phillips screwdriver
- Rubber mallet (optional)

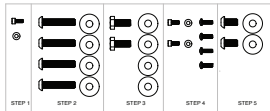
Hardware Included

- M10 x 25 Screw Qty: 2
- M10 Washer Qty: 10
- M5 x 16 Screw Qty: 4
- M10 x 20 Screw Qty: 2
- M10 x 50 Screw Qty: 4
- M5 x 12 Socket Head Screw Qty: 3
- M5 Washer Qty: 3

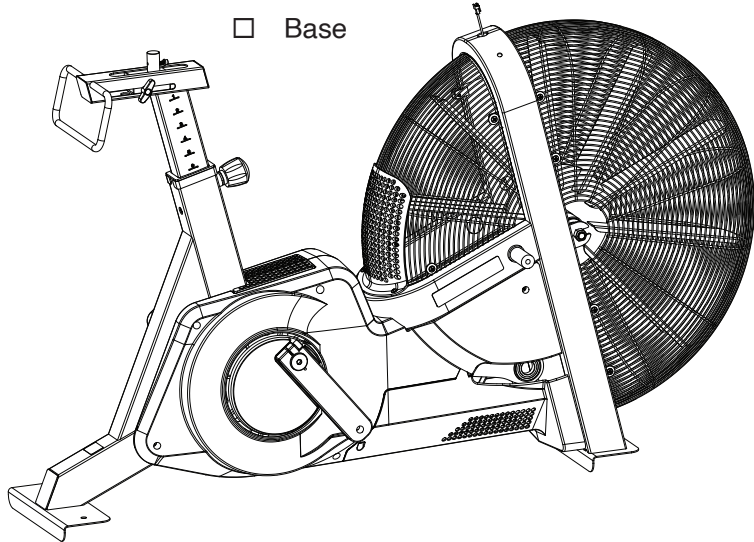
Prepare for Assembly

1. Use box cutter to carefully cut the box at each corner; pull box sides away from contents.
2. Unpack all contents, removing all packaging and protective bags. Verify all items shown below are included and undamaged.

☐ Hardware Pack



☐ Base



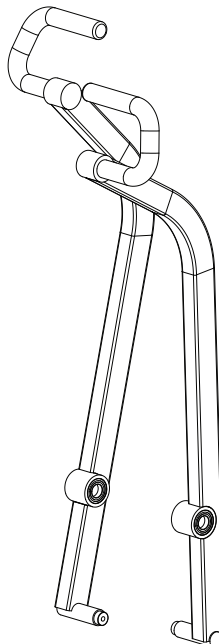
☐ Seat



☐ Stabilizers: Front & Rear



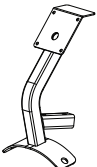
☐ Arms (Left & Right)



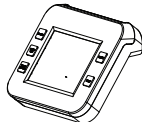
☐ Foot Pegs (2)



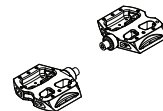
☐ Console Mast



☐ Digital Console



☐ Pedals, Left and Right

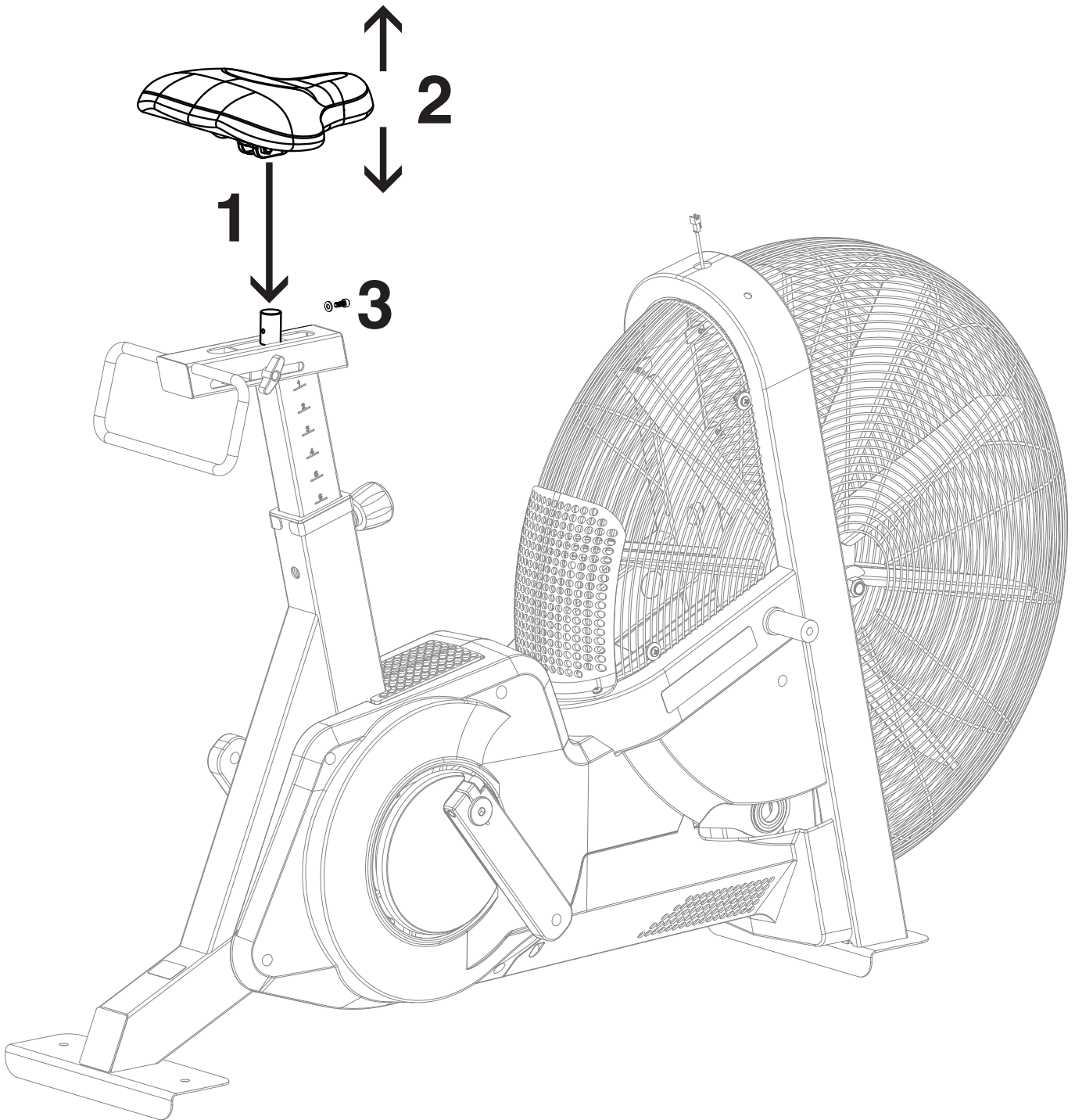


☐ Bottle Tray



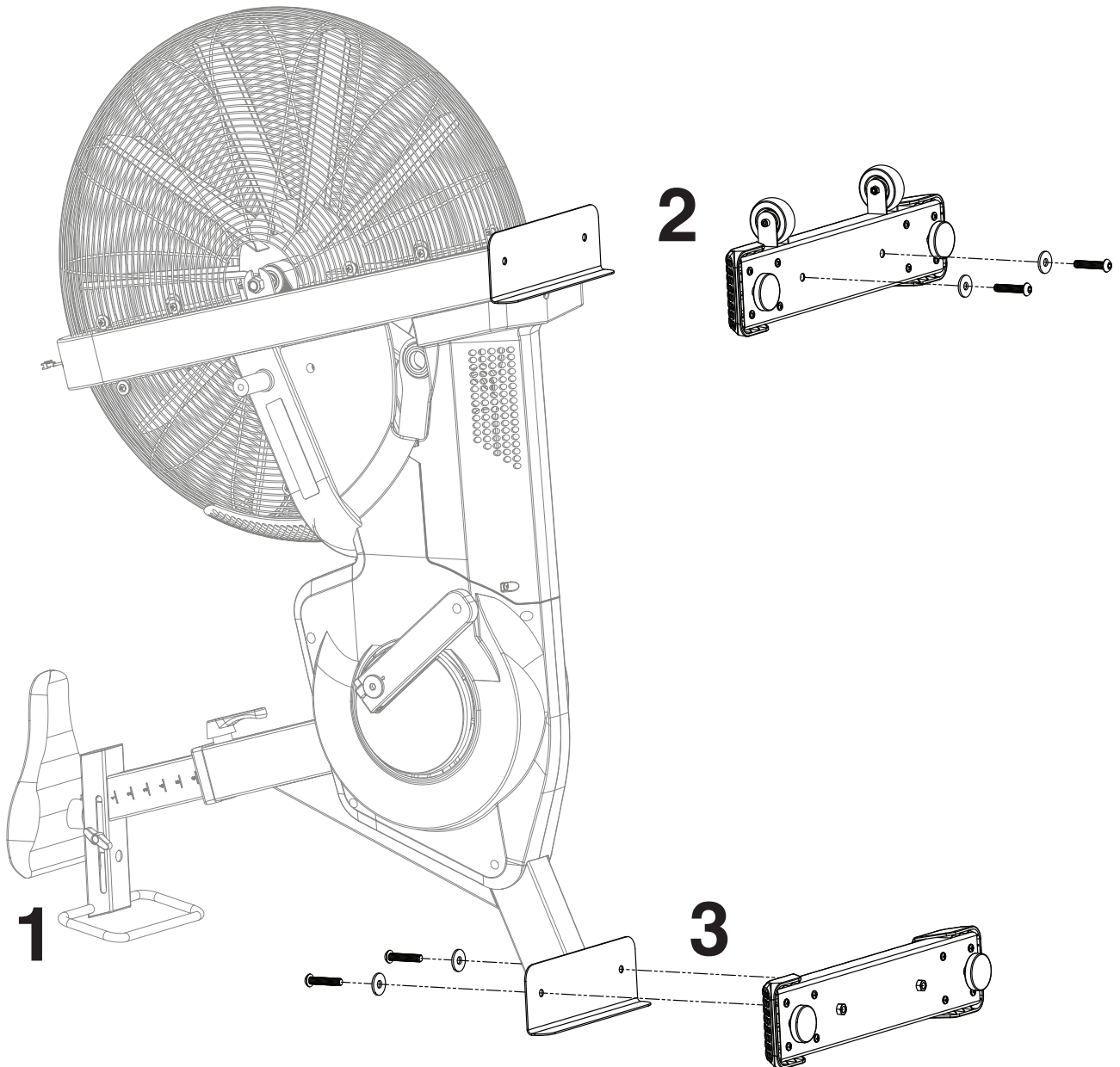
1. Seat

1. Align hole in seat carriage with seat post; press into place.
2. Align tilt of seat; hold in desired position and tighten nuts on each side of seat carriage with 13mm wrench.
3. Align rotation of seat (front to back). Insert hex screw into washer and into hole in front of seat carriage; tighten with 4mm hex wrench.



2. Front & Rear Stabilizers

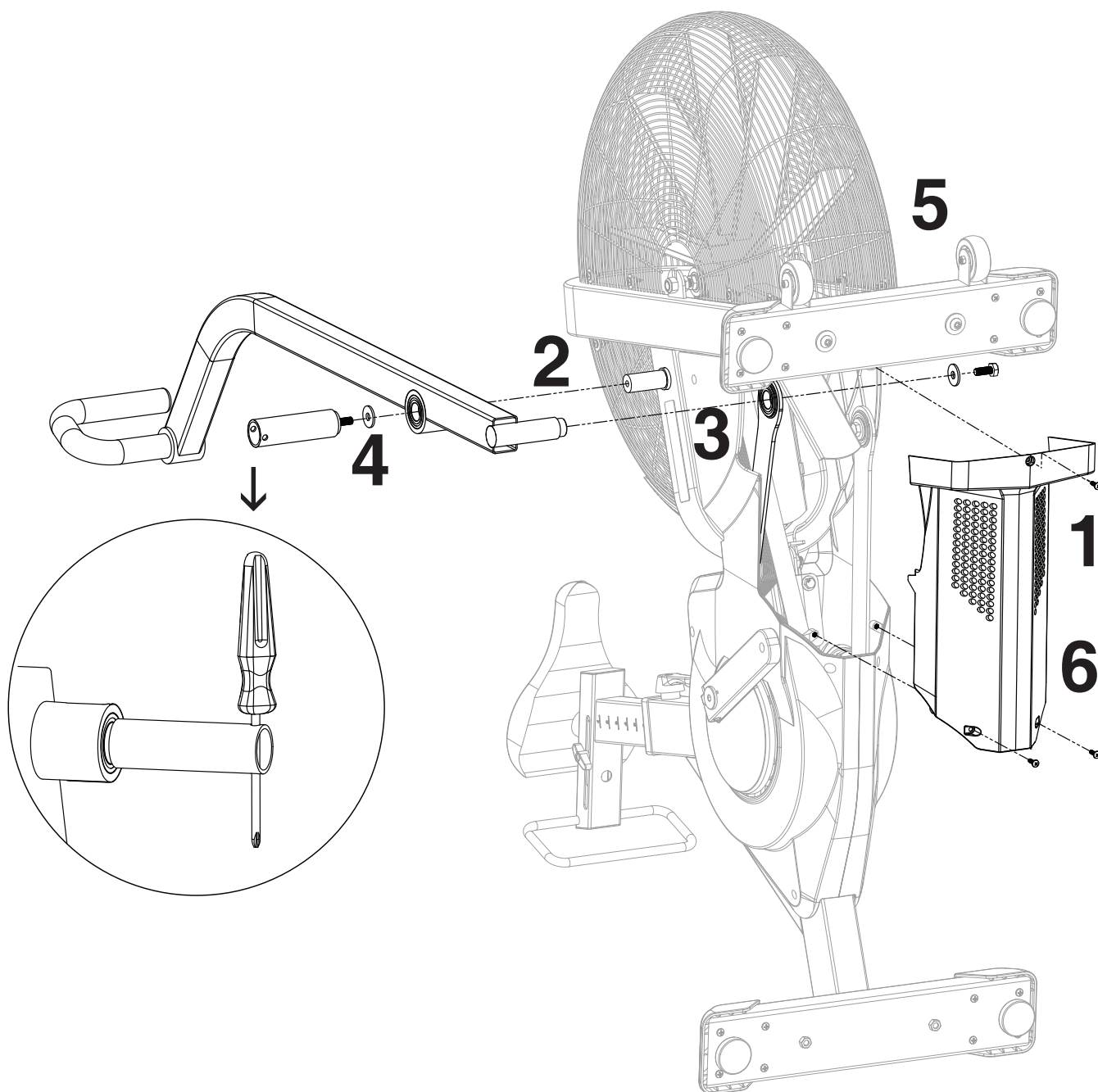
1. Tip the base up to rest on the towel rack as shown.
2. Align front stabilizer with front base plate, positioning stabilizer wheels on top as shown. Place one (1) washer on each bolt; insert two bolts with washers through holes in front stabilizer into base plate. Tighten with 6mm hex wrench.
3. Align rear stabilizer with rear base plate. Insert two bolts with washers through two holes in base plate into rear stabilizer. Tighten with 6mm hex wrench.



3. Arms & Foot Pegs

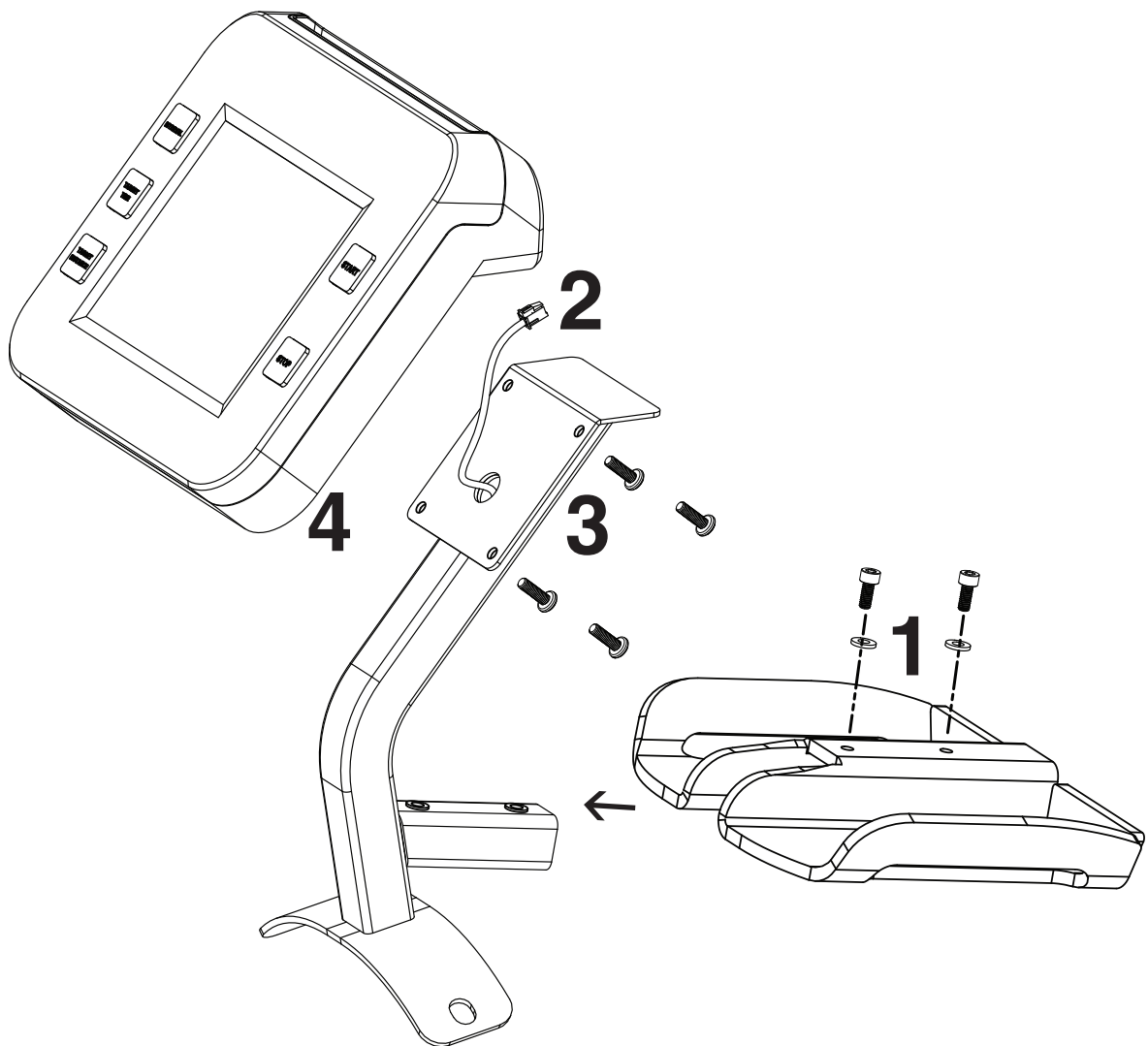
Note: Arms are marked: “L” for the user’s left side and “R” for the user’s right side.

1. Use #2 Phillips screwdriver to remove three (3) screws and bottom shroud, retaining screws and shroud for re-assembly in step 6.
2. Orient and align arm to axle as shown; slide into place over axle.
3. Align arm link with arm axle. Insert bolt in washer, then insert bolt with washer from inside of frame into arm axle. Tighten with 17mm wrench.
4. Place washer on foot peg; screw foot peg into hub. Insert screwdriver blade into hole in foot peg and turn foot peg to tighten.
5. Repeat steps 2-4 for second arm and foot peg (not shown).
6. Re-position bottom shroud on frame. Use #2 Phillips screwdriver to secure shroud with three (3) screws removed in step 1.
7. Tip base forward and upright to rest on stabilizers (not shown).



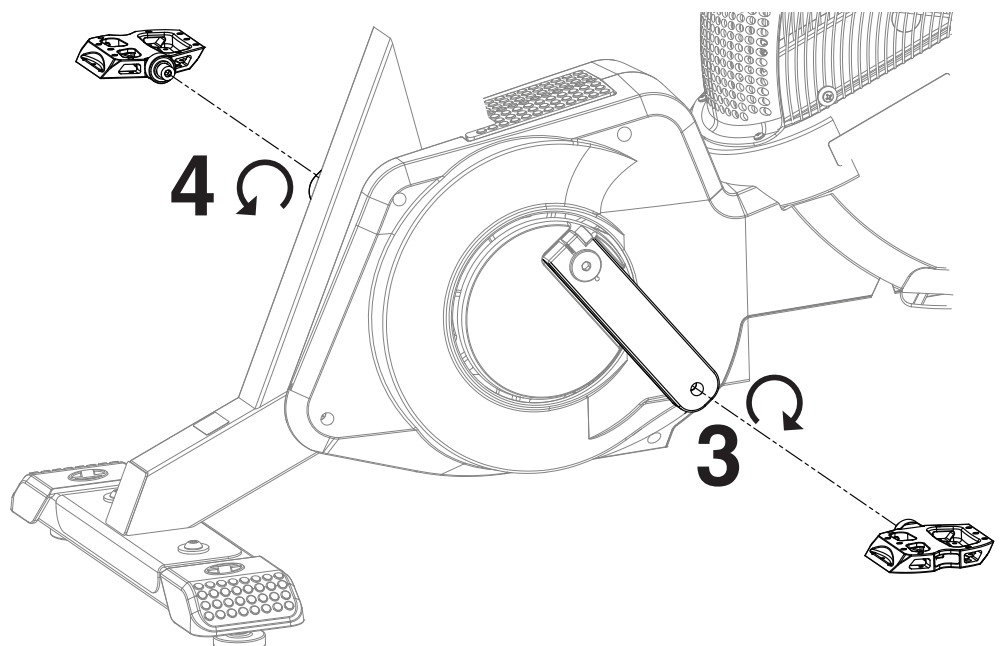
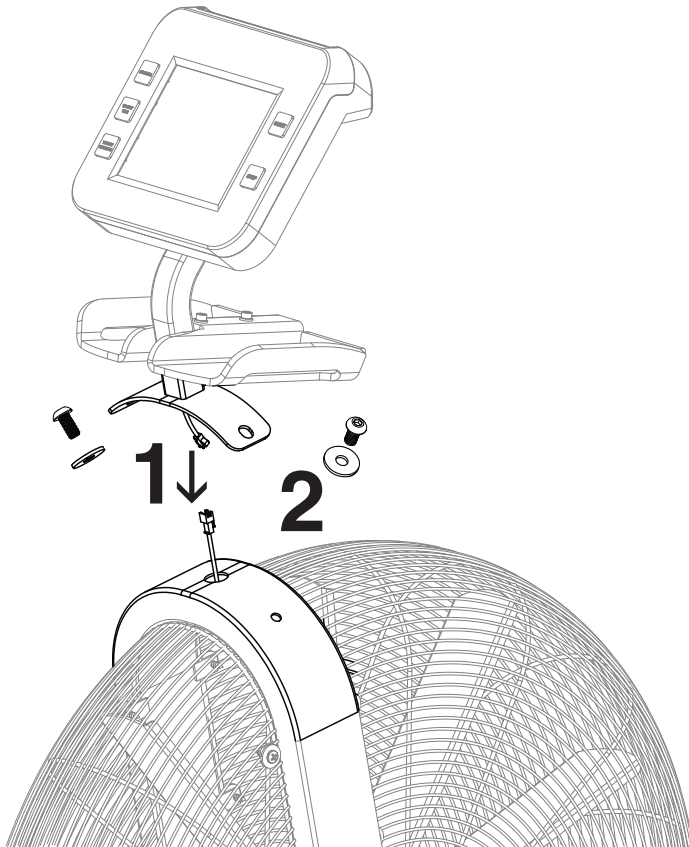
4. Console, Bottle Tray & Mast

1. Align holes in bottle tray with holes in mast. Place one (1) washer on each hex bolt, then insert bolt with washer through tray into mast. Use 4mm hex wrench to tighten.
2. Connect cable from mast to cable in console (not shown), listening for a “click” to ensure a good connection.
3. Place console face down on soft surface. Align mast bracket to back of console. Insert four (4) Phillips screws through holes in mast bracket into holes in back of console; use #2 Phillips screwdriver to tighten.
4. Insert battery, orienting battery nodes according to diagram in console (not shown).



5. Mast & Pedals

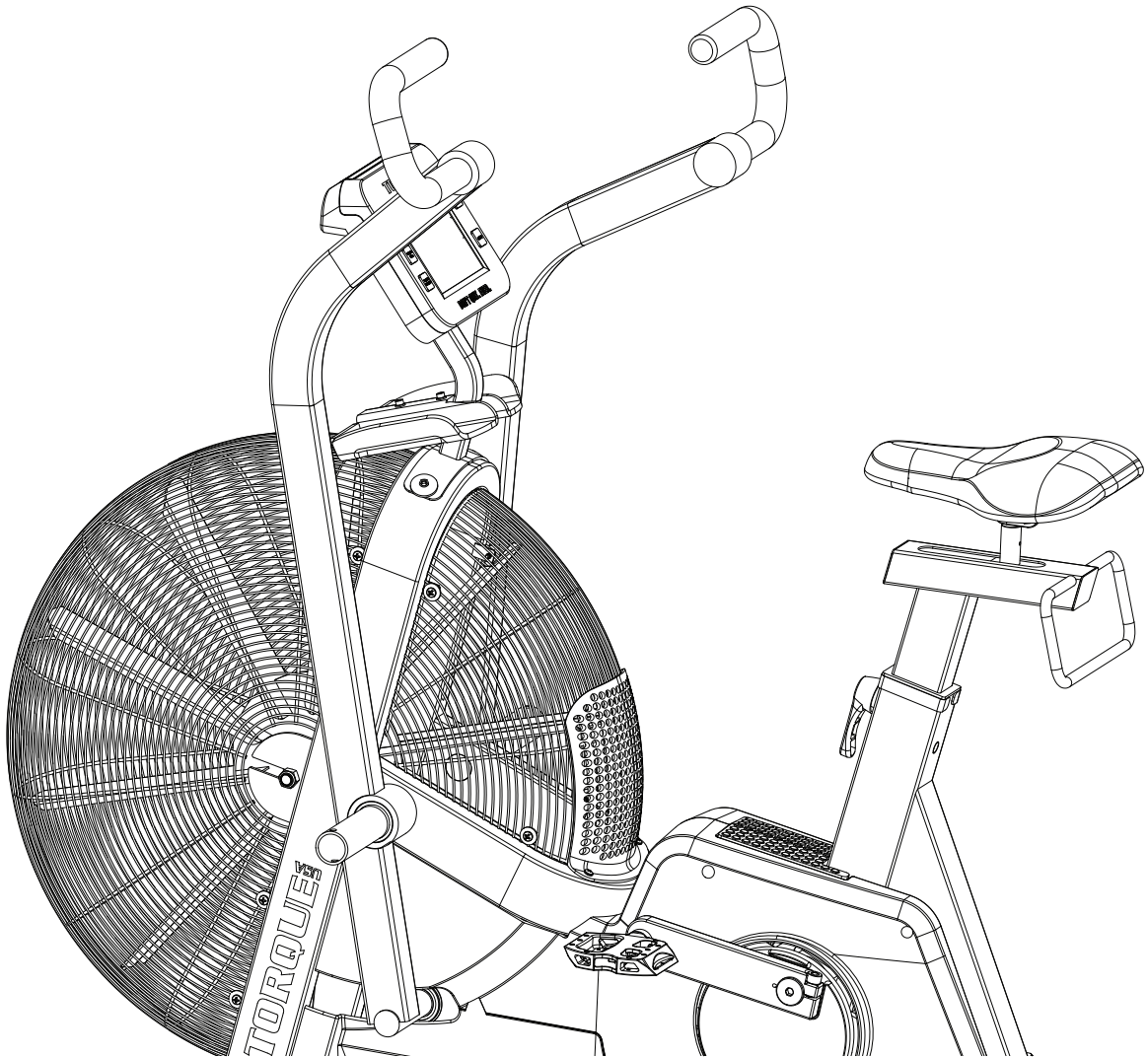
1. Connect cable from mast to base, listening for a “click” to ensure a good connection.
2. Align holes in curved mast plate with holes in base, feeding any extra cable into base fork to keep it from being pinched or mashed. Insert one (1) washer onto each bolt; insert bolts with washers through holes in mast plate and into base. Use 6mm hex wrench to tighten.
3. Thread the right pedal axle (marked “R”) clockwise into the pedal crank on user’s right side of unit; tighten with 15mm wrench.
4. **The left pedal has a reverse (left-hand) thread.** Thread the left pedal axle (marked “L”) counter-clockwise into the pedal crank on user’s left side of unit; tighten with 15mm wrench.



6. Level & Test

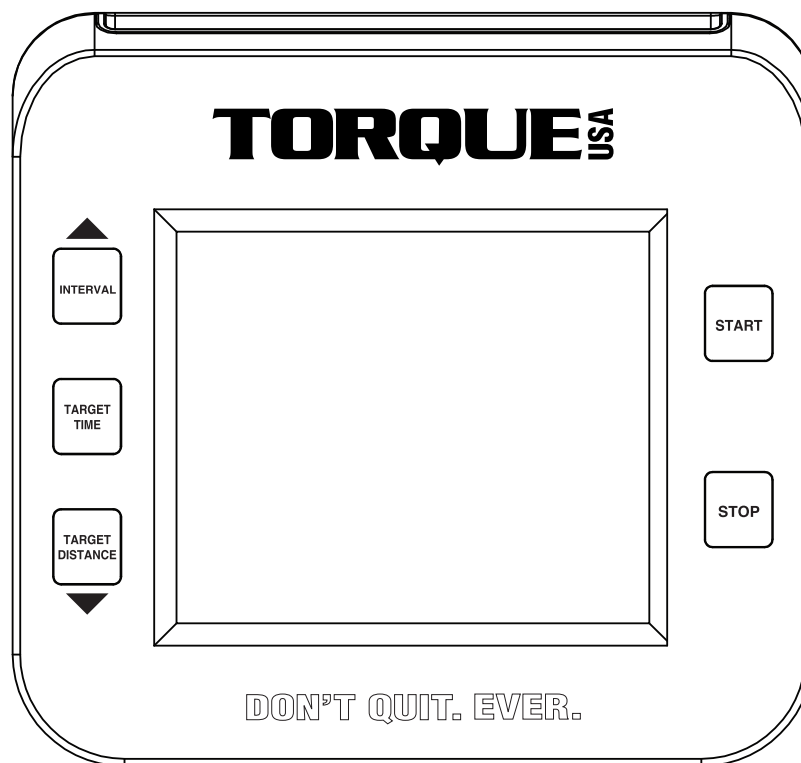
1. Adjust the levelers on the front stabilizer to eliminate any side-to-side movement of the unit. Be sure the levelers are locked after adjustment.
2. Sit on the seat and start pedaling to wake the console. Notice that “8s” flash in all data fields.
3. Verify the security of arms and pedals as you pedal, noticing the changing data elements in the display.
4. Press each of the program buttons (Interval, Target Time, Target Distance) to verify the console is functioning.

Should you encounter any issues, email service@torquefitness.com, or call 763-754-7533 (8:30 am – 5:00 CST) for assistance.



Stealth Air Bike User Instructions

Console Buttons



The console features five (5) buttons to control the digital display:

START

Press this button to wake the console. When the console is on and in a neutral state (all zeros in the display fields), press this button to begin a Quick Start workout, or to start a programmed workout.

STOP

Press this button to end a workout. Press the button a second time to clear reset the console data to the neutral state or cancel programming.

INTERVAL (▲)

Press this button to select the Interval program. Also, use this button to **increase** the time or distance value when setting up a program.

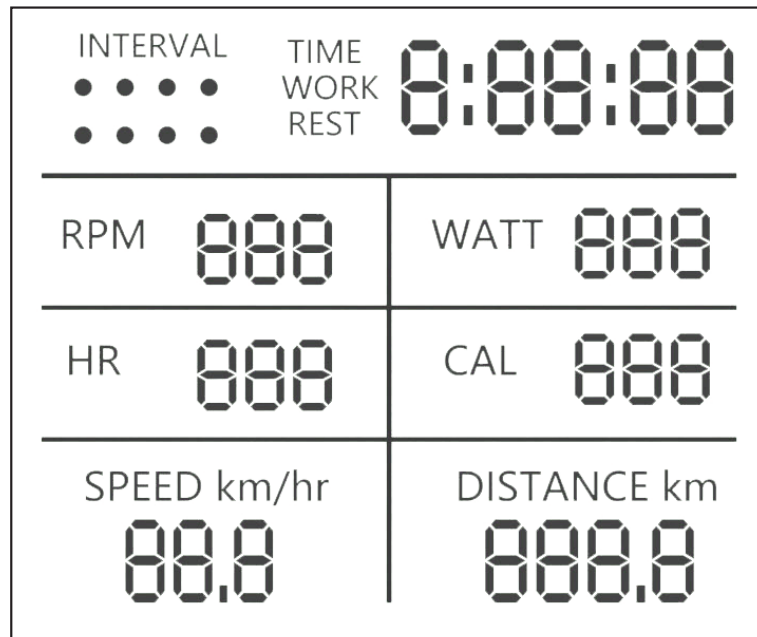
TARGET TIME

Press this button to select the Target Time program.

TARGET DISTANCE (▼)

Press this button to select the Target Distance program. Also, use this button to **decrease** the time or distance value when setting up a program.

Display



The digital LCD includes the following data:

- TIME** During a Quick Start or Target Distance workout, displays the elapsed **time** of the workout, counting up (hours:minutes:seconds). During an Interval or Target Time workout, the display counts down from the specified target interval or workout time. When programming an Interval or Target Time workout, use the up and down arrows to display the interval option or target workout time in this field.
- RPM** Displays the **revolutions per minute** (RPM) of the pedals, ranging from 0-999.
- WATT** Displays the approximate watts currently being generated, ranging from 0-9999.
- HR** Displays the user's current **heart rate**, in beats per minute. The user must be wearing a Polar-compatible heart rate chest strap.
- CAL** Displays the approximate number of **calories** burned during the workout (based on a user weight of 150 pounds), ranging from 0-999.
- SPEED** Displays the approximate current **speed**, in miles or kilometers per hour, from 0-99.9
- DISTANCE** During a workout, displays the approximate **length** of the ride, in miles or kilometers, from 0 to 999.9. When programming the Target Distance program, use the up and down arrows to display the target distance for the workout in this field.

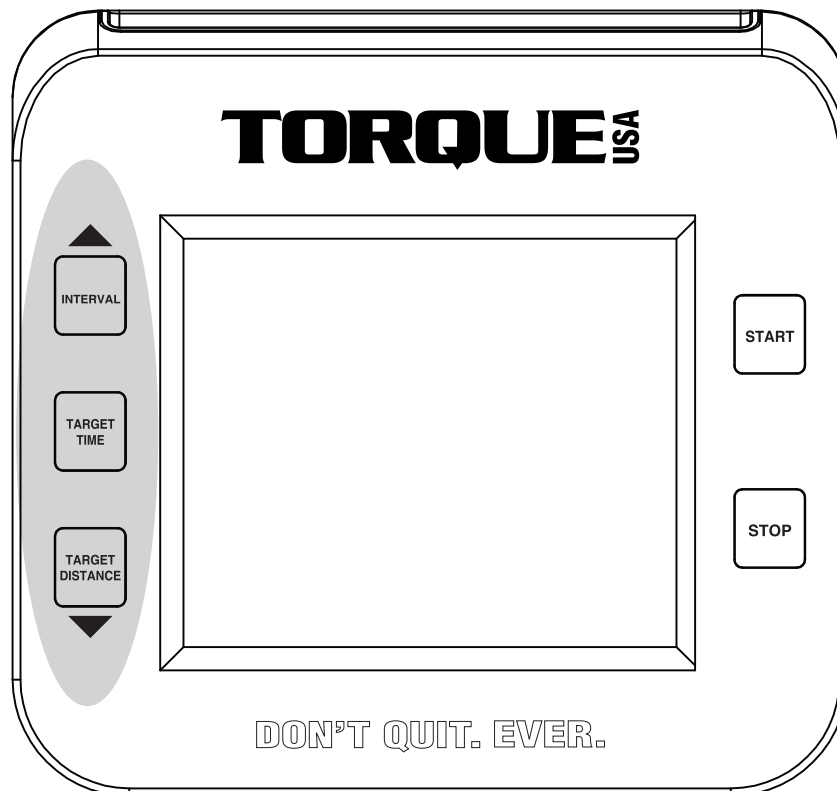
Additionally, these prompts are displayed when using the Interval program:

- INTERVAL** Indicates the current interval number of a set of eight (8), with each interval represented by a "dot" (●). (For example, during the fourth interval, four dots are displayed.)
- WORK or REST** The prompts "WORK" and "REST" are alternatively displayed during each interval, guiding you to exert or rest, according to the interval option you have selected.

At the end of a workout, the display offers a summary screen, including the following data:

Total Time	Average RPM
Total Calories	Average Watts
Total Distance	Average Heart Rate
	Average Speed

Programs



The three buttons on the left side of the console access pre-programmed workouts to enhance your exercise experience:

INTERVAL

Choose from four interval options, each offering a different combination of seconds of **work** and **rest**:

20:10 10:20 30:30 40:20

To program your workout, press the **INTERVAL** button until the work/rest combination you choose is displayed in the “TIME” field, then press **START**. The display prompts you to “WORK” or “REST”, counting down the remaining seconds in the current interval, and the number of dots displayed at the top indicates the current interval number, up to a total of eight (8).

TARGET TIME

Choose a specific length of time for your workout, up to 9 hours (9:00:00).

To select the time, press the **TARGET TIME** button, then press “▲” (the **INTERVAL** button) or “▼” (the **TARGET DISTANCE** button) to increase or decrease the time value in one-minute increments until you reach your desired setting. Press **START**, and your workout begins, counting down from the target time.

TARGET DISTANCE

Choose a specific distance goal for your workout, up to 999.9 miles (or kilometers).

To select the distance, press the **TARGET DISTANCE** button, then press “▲” (the **INTERVAL** button) or “▼” (the **TARGET DISTANCE** button) to increase or decrease the distance value in tenths of a mile (or kilometer) increments until you reach your desired setting. Press **START**, and your workout begins, counting down from the target distance.

Maintenance

The Stealth T-800 Air Bike must be examined regularly for damage and wear. Damaged or worn components must be replaced immediately with Torque Fitness- approved service parts.

Follow this schedule to keep your bike in peak operating condition:

Daily:

- Check for loose, broken or damaged parts. Ensure the belt is not slipping, and the arms and pedals are not loose. Tighten components if needed.
- Clean with a damp cloth. Do not spray cleaner directly on the bike; moisten the cloth first, then wipe the bike. Do not allow moisture from perspiration to accumulate as it is extremely corrosive.
- Ensure bike is level. Adjust levelers if necessary.

Weekly:

- Ensure seat adjustments are smooth. If necessary, apply a silicone-based lubricant to the seat post.
- With a damp cloth, clean all surfaces of dust and dirt. Do not spray cleaner directly on the bike; moisten the cloth first, then wipe the bike.

Monthly:

- Check pedals, crank arms and moving handles for damage or looseness. Tighten if necessary.
- Check the belt for signs of wear. Pedal the bike by hand and observe the belt tracking on the fan pulley. Ensure the belt is tracking straight.
- Inspect bearings in the bottom bracket, arms and fan. Excessive noise or grinding is a sign of bad bearings. Replace when damaged with Torque Fitness- approved service parts.

For service and support, contact your dealer, or email service@torquefitness.com, or call 763-754-7533 (8:30 am – 5:00 CST).

Limited Product Warranty

For warranty information, visit www.torquefitness.com/pages/warranty.

If you purchased your machine outside of the United States, consult your local distributor or dealer for warranty coverage.

TORQUE^{USA}

DON'T QUIT. EVER.™

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Toll free: 1-877-TORQUE5 (1-866-664-9894)
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For sales: sales@torquefitness.com
For service: service@torquefitness.com