

AIRBIKE ELITE

For those that love the original and are looking to take their interval training to the next level with a smoother ride.



IDEA FOR INTERVAL TRAINING

Because the Assault team knows firsthand the incredible effectiveness of interval training, the Assault Elite was created with interval training in mind. The Elite features increased resistance when speed is increased along with the option for upper and lower body engagement or isolation. Finally, we've equipped this bike with the ability to pedal forward or backward for workout variation.



COMMERCIAL DURABILITY

This bike has been designed to give you the closest to a gym or box experience as you can have from home. With a massive steel frame, solid steel cranks, corrosion resistance, and a solid aluminum seat post and slider, there is no question that this bike will go for years. Designed for strength, durability, and hardcore use, you will find yourself coming back day after day for more burn. In fact, we say this bike doesn't just bring on the burn – it brings on the inferno.



ELITE EXTRAS

The Assault Elite has been outfitted with an exceptionally comfortable large seat to offer support on a lengthier ride. An integrated removable windscreen is easily used or removed for a breezier or less breezy ride. Finally, this bike gives you the option to adjust the air bike's handlebars to fit users of all sizes and enable workout variations; A truly unique feature.

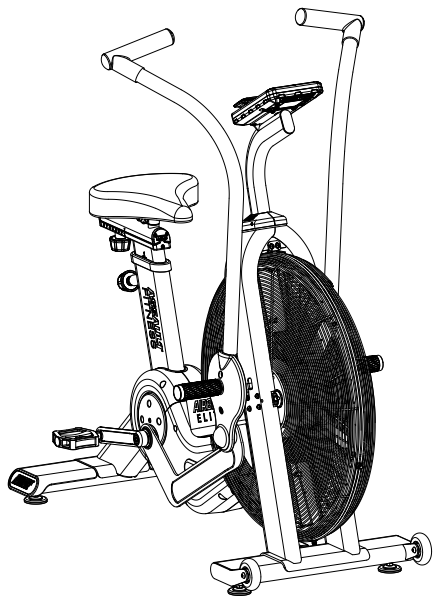


LCD DISPLAY WITH PERFORMANCE TRACKING

Taking the air bike display into the future, this LCD display allows users to connect with Bluetooth and ANT. Monitoring your heart rate is straightforward, and you can quickly connect your mobile device for data tracking. Classic time, distance, and calorie goal programs are available, but especially exciting are the HIIT interval training programs available on the console.

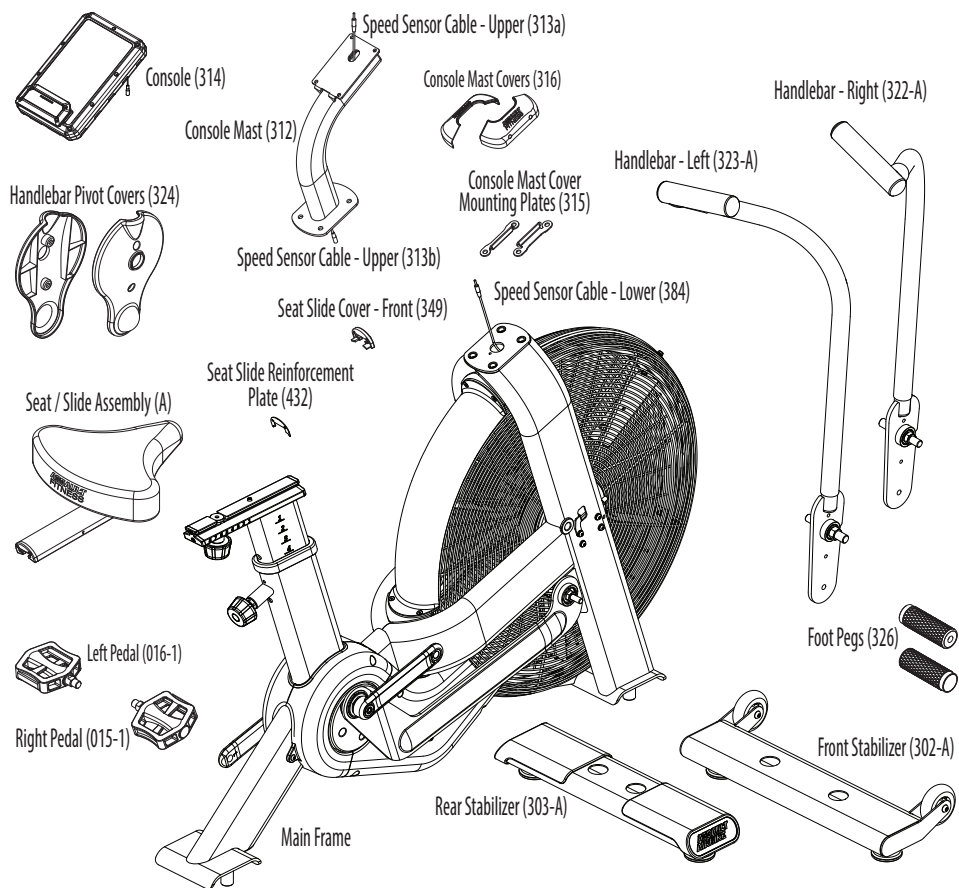
QUICK START GUIDE

AIRBIKE ELITE



Part #23-AS-418 US-English v1.0 26-March-18

AS SHIPPED



HARDWARE DESCRIPTION	DRAWING	QUANTITY	ASSEMBLY TOOLS				
Socket Head Hex Screw M8 x 1.25 x 20mm (304)		4	17mm / 21mm Open-Ended Wrench (413)	17mm Open-Ended Wrench (424)	6mm Hex Wrench (414)	4mm Hex Wrench (415)	2.5mm Hex Wrench (416)
Flat Washer Ø19.00D x Ø8.51D x 1.2t (305)		4					
Socket Head Hex Screw M8 x 1.25 x 25mm (317)		4					
Socket Head Hex Screw M3 x 0.5 x 8mm (319)		4					
Socket Head Hex Screw M8 x 1.25 x 12mm (325)		4					
Button Head Hex Screw M4 x 10mm (345)		2					
Flat Washer Ø22.0D x 10.51D x 2.0t (328)		2					
Nylock Nut M10 (329)		2					

ASSEMBLY

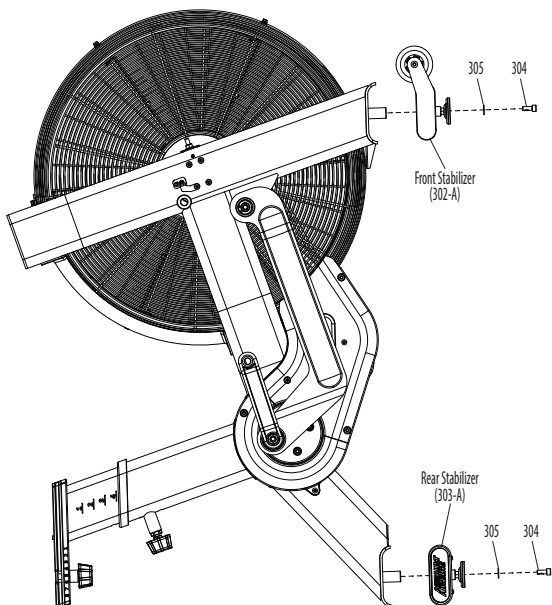
Introduction

- The Assault Fitness AirBike Elite 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 all parts shown in the section above titled *As Shipped* are included before attempting assembly of the AirBike Elite.

Assembly Step One:

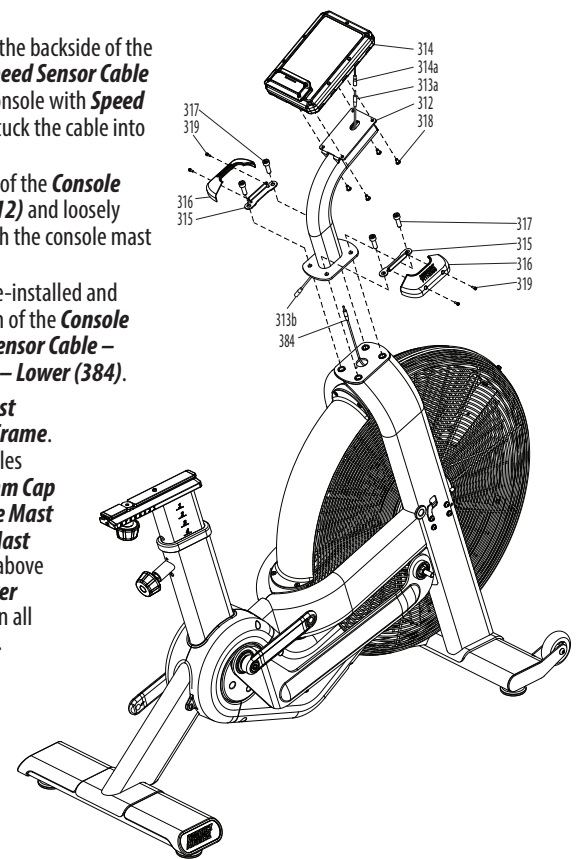
Front & Rear Stabilizer Installation

- With the assistance of a second person, raise front portion of the **Main Frame** so the unit rests on the rear stabilizer receiver and the seat slider.
- While supporting the unit, align the **Rear Stabilizer (303-A)** with the stabilizer receiver of the **Main Frame**.
- Place one **#305 M8 Flat Washer** onto each of the **#304 M8 x 20mm Socket Head Hex Screws**. Loosely thread the M8 Socket Head Hex Screw/M8 Flat Washer Assemblies through the underside of the **Rear Stabilizer (303)** and into the **Main Frame**. Repeat these steps for the **Front Stabilizer (302-A)** and tighten the screws firmly with the provided 6mm Hex Wrench.
- With assistance, safely return the AirBike Elite to an upright position.



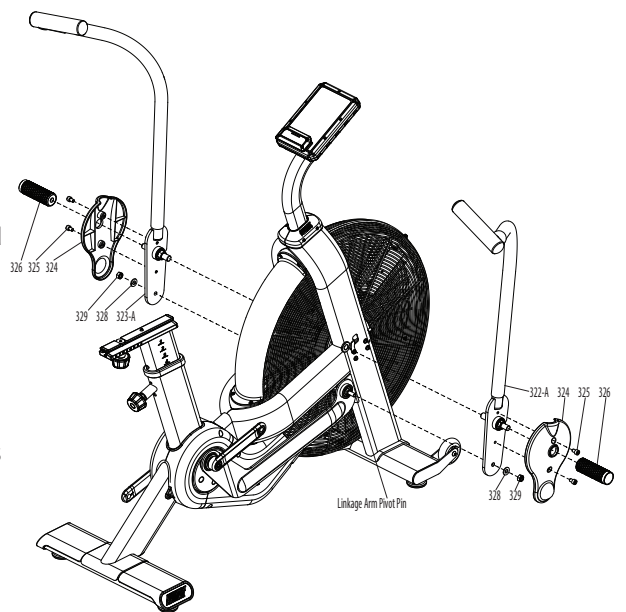
Assembly Step Two: Console Mast

- Remove the four **#318 Phillips Screws** from the backside of the **Console (314)** and set aside. **Connect the Speed Sensor Cable (314a)** extending from the backside of the console with **Speed Sensor Cable - Upper (313a)** and carefully tuck the cable into the **Console Mast (312)**.
- Align the mounting holes located in the back of the **Console (314)** with the holes in the **Console Mast (312)** and loosely thread the four **#318 Phillips Screws** through the console mast and into the console. Tighten firmly.
- The Speed Sensor Cable - Upper (313)** is pre-installed and should be extending from the top and bottom of the **Console Mast**. Connect the lower end of the **Speed Sensor Cable - Upper (313b)** with the **Speed Sensor Cable - Lower (384)**.
- Align the mounting plate for the **Console Mast (312)** with the mounting holes in the **Main Frame**. Carefully tuck the console connectors and cables into the frame. Loosely thread two **M8 x 25mm Cap Head Hex Screws (317)** through the **Console Mast Cover Mounting Plate (315)** and **Console Mast (312)** and into the **Main Frame**. Repeat the above steps and install the **#315 Console Mast Cover Mounting Plate** on the opposite side. Tighten all four screws firmly with the 6mm Hex Wrench.
- Align one of the **Console Mast Covers (316)** with the mounting holes in the **Console Mast Cover Mounting Plate (315)** and loosely thread two **#319 M4 Socket Head Hex Screws** through the one cover and into the plate. Repeat this process for the opposite side, and tighten all four screws.



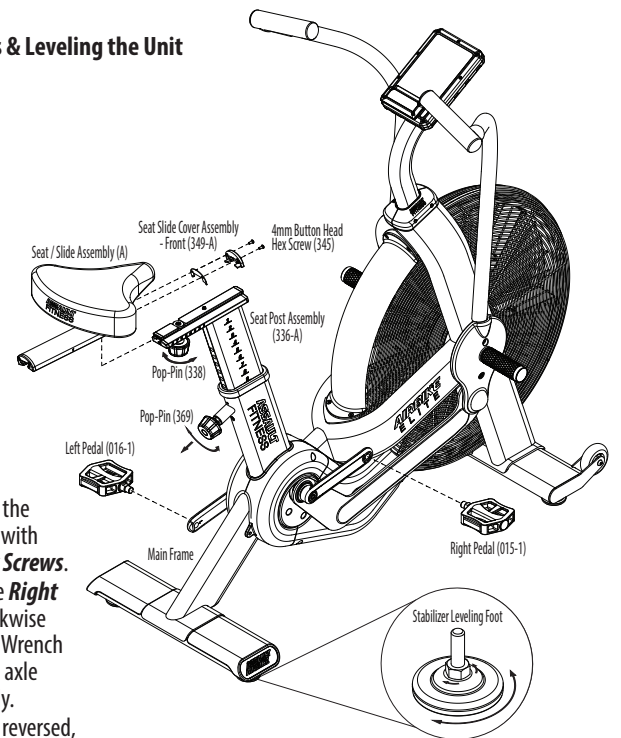
Assembly Step Three - Handlebars

- While supporting the the **Right Handlebar Assembly (322-A)**, align the lower pivot of the handlebar and slide it onto the **Linkage Arm Pivot Pin**. Install a **#328 Flat Washer** and **#329 M10 Nylock Nut** and tighten firmly.
- Rotating the **Right Handlebar** around the lower pivot, align the upper pivot pin with the receiver on the main frame. Thread the pivot pin into the frame with a clockwise rotation and tighten firmly with the provided wrench.
- Align one of the **Handlebar Pivot Covers (324)** with the mounting holes on the **Right Handlebar**, and loosely thread the two **#325 Cap Head Hex Screws** through the cover and into the handlebar. Tighten firmly.
- Install a **Foot Peg (326)** onto the handlebar pivot, rotating it clockwise.
- Slide the long, 6mm hex wrench through the holes milled into the peg and tighten firmly with a clockwise rotation.
- Repeat the above steps for the left side.



Assembly Step Four - Seat Post, Pedals & Leveling the Unit

- To raise the **Seat Post Assembly (336-A)** loosen the **Seat Post Pop-Pin (369)** and pull it outward while sliding the seat post upward. Release the pop-pin and ensure the seat post has positive engagement in one of the eleven height positions.
- Align the channel in the underside of the **Seat / Slide Assembly (A)** with the rail on the **Seat Post Assembly (336-A)** and slide it all the way forward. It may be necessary to loosen the **Seat Slide Adjuster Knob (338)**.
- Align the **Seat Slide Cover Assembly - Front (349-A)** with the forward edge of the **Seat / Slide Assembly (A)** and mount it with the two **#345 - 4mm Button Head Hex Screws**.
- Install the **Right Pedal (015-1)** onto the **Right Crank** a few threads by hand with a clockwise rotation of the axle. Insert the 6mm Hex Wrench into the end of the **Right Pedal (015-1)** axle inside of the crank arm and tighten firmly.
- The **Left Pedal (016-1)** axle threads are reversed, meaning the axle rotates in the opposite direction from most screws or bolts for installation. Engage the first few threads of the **Left Pedal** axle into the **Left Crank** by hand with a counter-clockwise rotation, then tighten firmly with the 6mm Hex Wrench.
- Select a suitable space for operation of the AirBike Elite. Move the unit to the desired location by raising the rear stabilizer off the ground until the transport wheels touch the ground. Slowly push the unit into place. Ensure there is 0.5 m (19.7 in.) of clearance on all sides of the bike.
- Ensure the unit is level and does not rock by adjusting the **Stabilizer Leveling Feet**. There are two feet on the Front Stabilizer and two on the Rear Stabilizer. As a starting point, loosen each foot by threading the assembly downward/clockwise, and then thread the locknuts downward (clockwise) against the foot base. Check the unit for stability and make any adjustments as necessary. Once stable, lock the **Stabilizer Leveling Feet** in place by tightening the jam nut upward/counter-clockwise, against the underside of the stabilizer to lock the current position of each foot.
- Congratulations, your new Assault AirBike Elite is fully assembled and ready for use. Please read all included information, user guides and warnings before use.



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For more information or questions regarding your equipment, please visit our website at www.assaultfitness.com
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QUICK START GUIDE

AIRBIKE ELITE

CONSOLE FEATURES

Console Layout



Console Keys

- START** 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** Use the STOP key to end a program or pause a running program. To reset the console and erase all user-entered data, press the STOP key for more than two seconds.
- INTERVAL PROGRAMS** Press the INTERVAL PROGRAMS key to review and select that available console interval programming.
- HEART RATE PROGRAMS** The HEART RATE Programs key opens the available heart rate control programs.
- SPLIT TIME** Pressing the SPLIT TIME key freezes the workout metrics for five seconds. The workout will continue to run in the background.
- SPEAKER ON / OFF** Pressing the SPEAKER ON / OFF key turns off or on the console's audible notifications.
- ENTER** The ENTER key confirms values entered when adjusting a program. Pressed along with the ENTER key, the Setup Mode will launch. To launch the Comp Mode, press the ENTER key for five seconds.
- UP/DOWN** The UP/DOWN Arrow keys allow the user to increase and decrease console values. Pressing the UP/DOWN Arrow keys together for five seconds will launch the Comp Setup Mode.
- TARGET PROGRAMS** The TARGET PROGRAMS key launches the Target Program setup mode. The user can program a custom calorie, time or distance target.
- CONNECT** Connections to a mobile device or wireless chest strap via the on-board Bluetooth or ANT+ radios are initiated by pressing the CONNECT key.
- CHANGE UNITS** The CHANGE UNITS key allows on-the-fly unit of measure changes. Choose between English/Standard or Metric units. When pressed, the console will flash the updated units banner to confirm the change.

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 prevent damage to the electrical components. Removal/replacement of batteries will erase clock and user settings.

Clock/Time Settings. Each time the batteries are replaced, the clock settings will be erased. To modify the clock, enter the Setup 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.

Permanent Memory. Total run time and service interval reminder data will always be maintained.

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 use fresh alkaline batteries.

Sleep Mode. After ten (10) minutes of inactivity, the console will enter the Sleep Mode and display only the clock. All display features will switch off, however previously entered data will be saved.

Ready Mode. The Ready Mode is designed to notify the user that the console is powered on and ready for use. "Assault" and "Ready" will post in the alpha-numeric display. The Ready Mode will time out in ten (10) minutes.

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. The alpha-numeric display will flash "Paused" and each metrics display field will post "P". To return to the previous program, press the START key. To continue the program, press the START key again. If no further input is made, the Pause Mode will end and console will enter the Ready Mode in ten (10) minutes.

Program Quick Start. The AirRunner console allows users 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 or moving the running belt. The program will run continuously and all metrics will count up from zero.

Workout Results. At the end of each workout, the console will post a workout summary of the workout data. Total Calories and Distance will post, followed by Maximum Speed, Watts and RPM, then Average Speed, 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

WARNING. Please read all included information, user guides and warnings before use.

QUICK START Program

The Quick Start program option is for users wishing to bypass the on-board programming setup steps and begin their workout immediately. The Quick Start program will launch as soon as the belt begins to move or 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 stops moving. To end the program and 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 Tabata® or (High Intensity 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 flashing the on-board LEDs and audible tones.

Interval 20/10 Program

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

10/20 Program

Number of Intervals: 8
Work 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 program and post a 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. Adjust the displayed value 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 time value with the UP or DOWN key 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 program and post a 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 continue until that goal 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 by pressing the UP or 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 Workout Summary 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. With one piece of information (user age), the console will automatically calculate the Estimated Calculated Maximum Heart Rate as well as some common heart rate training zones (65%, 75% and 85% of Max Bpm). Additionally, a specific Bpm of 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 until the desired target 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 to confirm. If Timer On was selected, adjust the time values via the UP/DOWN keys, and press ENTER to confirm.

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 provide prompts such as HR Low 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 value (based on the entered 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, press the STOP key. 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 Target Programs with some key differences. 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 useful for a class setting or a 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 will post in the alpha-numeric display 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) via the UP/DOWN keys 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. Select imperial/English or metric units and press ENTER to view the confirmed settings. To alter the Comp Program settings, relaunch the Comp Set Mode.

Ready: 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 between users as this mode locks out the selection of other programs and features. Press the ENTER key for five (5) seconds to launch the Comp Ready Mode and display the previously set target.

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 banner for the selected target 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 or calories are selected as 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 in thirty (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 Exercise. The Surgeon General released a report on physical activity and health stating exercise and fitness are beneficial for a person's health and emphasized the need for exercise as a key component for disease prevention and healthier living. The best way to determine exercise intensity is to monitor your pulse rate. Heart rate can easily be monitored by counting the number of heart beats per minute at the chest, wrist or the carotid artery on your neck, however it is difficult to do while exercising. 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 by a wireless chest strap (option).

Calculated Maximum Heart Rate

Your target heart rate depends primarily upon your age. It is key to work within a safe and productive zone. If the exercise intensity is too low or too high, only modest gains will be made in strength and cardiovascular fitness. A workout at a very low intensity will not offer maximum benefits.

It is general 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 estimations are relevant for a 35-year-old user:

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

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

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

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 is the most accurate and convenient method of detecting and monitoring a heart rate signal. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal creating an erratic or impossibly high Bpm. The only remedy for such a 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 a strong or accurate heart rate signal. A wireless heart rate receiving system is one feature found on this unit. In order for the console to detect and display your heart rate wirelessly, four(4) conditions must be present:

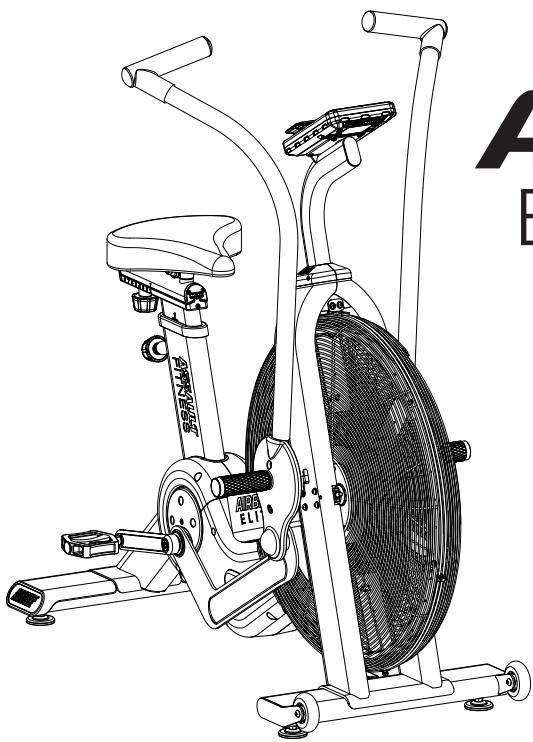
- A compatible heart rate chest strap transmitter must be functioning and worn. The console requires a dual-band ANT+/Bluetooth Low Energy heart rate chest strap. Several manufacturers offer dual band models. For proper function of the chest strap, please refer to the manufacturer's instructions.
- Both the console and heart rate chest strap must be powered on/activated.
- A workout program must be running.
- 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. Follow 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 AirRunner treadmill.
- 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. "ANT+HR" will begin to 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 flash "Connected" followed by "ANT+HR" flash to confirm connection.

TECHNICAL SPECIFICATIONS & USE GUIDELINES



AIRBIKE ELITE



Part #23-AS-419 US-English v1.0 03-Apr-18

SAFETY PRECAUTIONS & INSTRUCTIONS

Every Assault AirBike Elite is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any 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 AirBike Elite may be used while seated only.
- The AirBike Elite is appropriate for residential and commercial use.
- The AirBike Elite 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, passage around, and emergency dismount: a minimum of 0.5 m (19.7 in.) on all sides of the AirBike Elite.
- 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 current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

Instructions for Owners

- Read the entire owner's manual before operating the unit.
- Save this manual for future reference.
- Assembly of the Assault AirBike Elite should be performed by a qualified technician. A significant amount of technical knowledge is required for the safe and 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 do not feel you can perform the assembly 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 owner.
- Do not use accessory attachments that are not recommended by Assault Fitness. Such attachments may cause injuries.
- Assemble and operate the AirBike Elite 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.
- Maintain the Assault AirBike to keep it in good working condition, as described in this manual. Inspect the bike for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the AirBike, obtain help and use proper lifting techniques.
- Do not attempt to service the AirBike Elite 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, chronic respiratory illness, or 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 chronic illnesses or physical impairments; or are taking any medication. If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the AirBike, stop immediately. Consult a physician before continuing.

When using the Assault AirBike Elite, 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 a number of 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 that may influence heart rate acquisition and processing.
- The AirBike should not be used without prior instruction by qualified personnel.
- Do not use while under the influence of alcohol, drugs, or narcotics.
- Do not allow children, or people unfamiliar with the operation of the Assault AirBike Elite, 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 AirBike Elite.
- Do not allow animals on the bike.
- Examine the bike for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.
- Do not use outdoors.

WARNING: The AirBike Elite is non-motorized and means the user initiates and controls the speed of the pedals. There is no emergency stop feature and the AirBike will slow to a stop on its own.

WARNING: The pedals move freely in both directions. Grasp the handlebars whenever mounting and dismounting the bike.

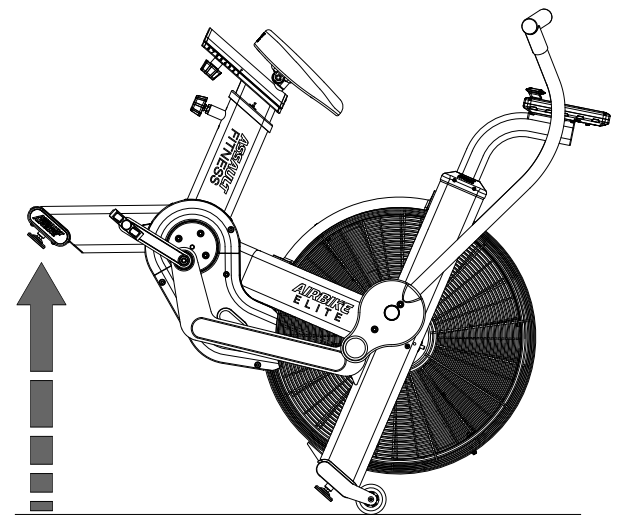
- Heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Operate AirBike Elite only when facing forward. Never attempt to mount or dismount the bike while the pedals are moving.
- 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.
- 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.
- Save these instructions.

Transporting the Assault AirBike Elite

- Grasp the rear stabilizer and raise to a comfortable position using proper lifting techniques. Roll the unit into place and lower it using proper technique. Never attempt to transport the unit using the moving handlebars as damage and/or injury can occur.

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 owned by the Bluetooth 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 or television reception, 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 AirBike Elite 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 party responsible for compliance 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 centimeters 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 installed to provide 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.

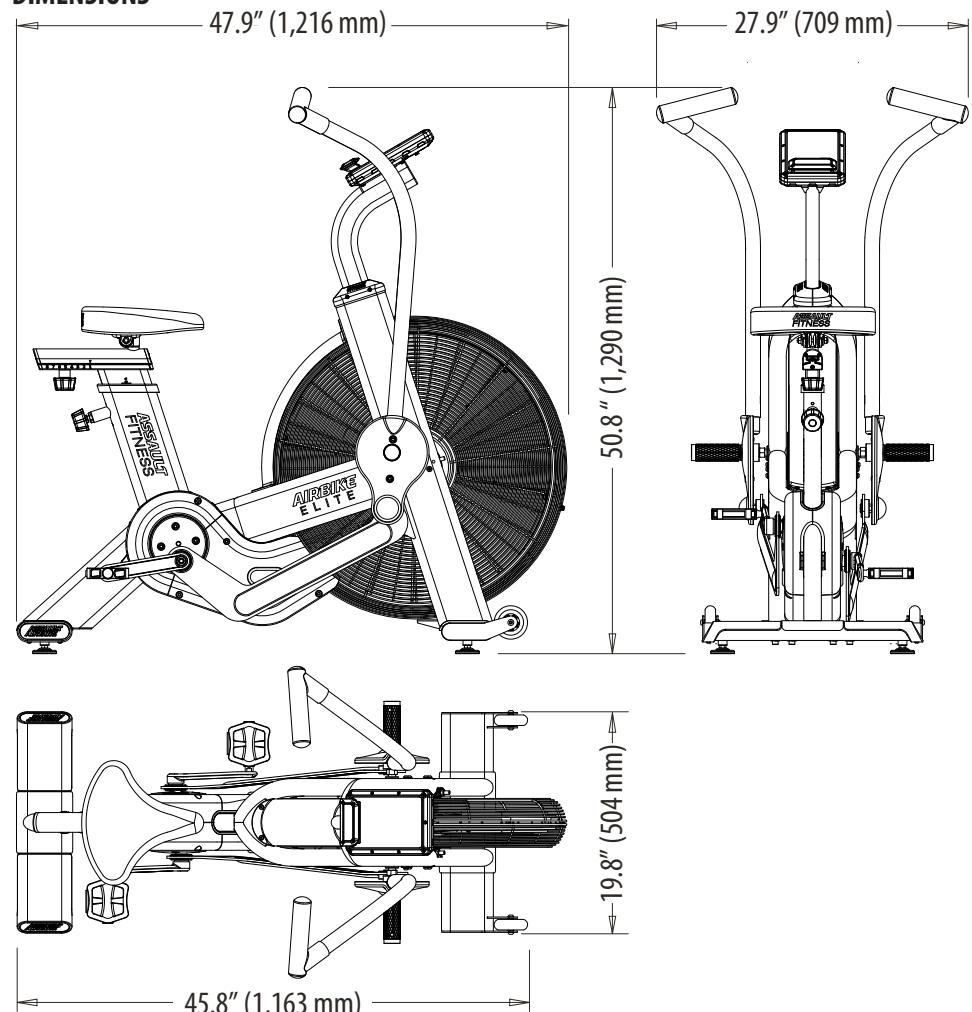
Hazardous Materials and Proper Disposal

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 is not to be thrown away, 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 to be reused, recycled, or recovered 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 framework available to 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 the potential presence of hazardous substances in EEE. For proper collection and treatment, contact Assault Customer Support.

DIMENSIONS

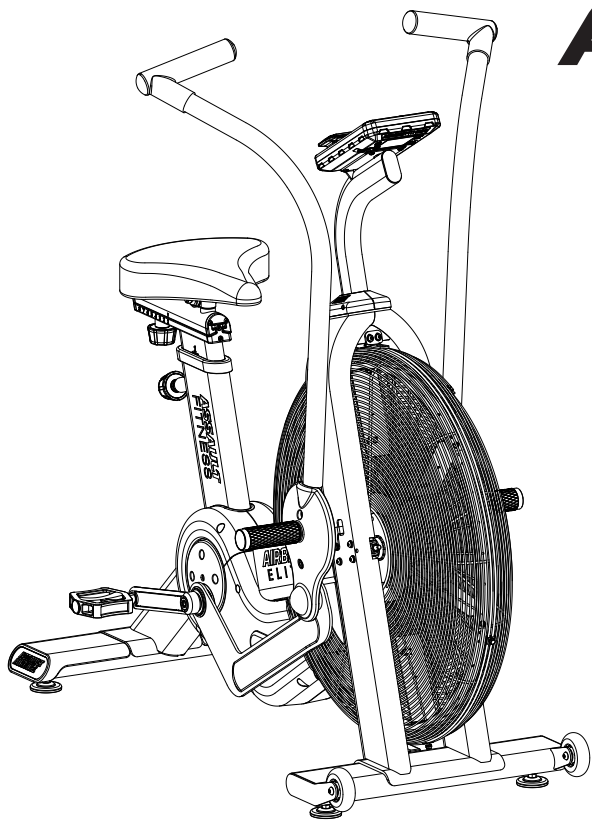


SPECIFICATIONS

- **Weight:** 136.7 lbs (62 Kg)
- **Power Requirements:** 4 AA Alkaline Batteries
- **Weight Restrictions:** 350lbs (158.8 Kg)

TECHNICAL SPECIFICATIONS & USE GUIDELINES

AIRBIKE ELITE



MAINTENANCE & SERVICE



All Assault AirBike Elites are engineered for years of operation. Regular maintenance and cleaning will lengthen the life and preserve the appearance of the AirBike Elite.

Let noise be your first indication that a repair or adjustment is required. Please discontinue use immediately and contact an Authorized Service Technician or Assault Fitness Dealer if an 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 AirBike Elite is manufactured of durable materials; the plastics are molded of strong and chemical-resistant ABS; the frame is produced of high-tensile steel and protected with an industrial-grade, powder paint coating process for the highest level of corrosion resistance; the hardware used for the assembly is corrosion resistant. However, it is important to note that perspiration can be extremely corrosive if allowed to accumulate on the machine.

ATTENTION: PERSPIRATION IS VERY CORROSIVE AND IF ALLOWED TO REMAIN ON THE MACHINE, WILL CAUSE DISCOLORATION, FADING, RUST AND ODORS. UNFORTUNATELY, THESE 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 and towel near the unit will help 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 cleaning solution or liquid. Do not use aggressive chemicals or solvents to clean the bike.

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

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

Maintenance Recommendations

TASK	INTERVAL		
	Daily	Monthly	Quarterly
Spray Down with Mild Soap Solution & Dry.	X		
Tighten Seat Slide & Up/Down Adjustments.	X		
Inspect Unit for Noise or Loose Components.	X		
Adjust Leveling Feet.	X		
Inspect/Tighten Pedals.	X		
Inspect for Loose Crank Bolts. If Loose, Remove and Re-apply Loctite and Re-Tighten.		X	
Inspect Bell-Crank Bolts. If Loose, Remove and Apply Loctite and Re-Tighten.		X	
Inspect/Tighten Linkage Arm Hardware.		X	
Inspect Bottom Bracket for Play or Grinding Feeling in Crank Area. Replace if Necessary.		X	
Inspect/Tighten Handlebar Pivot Hardware.		X	
Lubricate Chains.			X
Tighten All Fixing Nuts and Bolts.			X
Inspect/Adjust Chain Tensions.			X
Clean Chains.			X
Replace Console Batteries.			X

TROUBLESHOOTING

Condition	Potential Causes	Solutions
Console will not power on.	a. Batteries installed incorrectly.	a. Check battery orientation.
	b. Batteries are dead.	b. Replace the four AA batteries.
Console powers on, but metrics do not post.	a. The speed sensor cable is damaged or disconnected.	a. Check for damage and proper connections.
	b. The speed sensor and magnet are not correctly aligned.	b. Adjust the speed sensor positioning.

ASSAULT FITNESS PRODUCTS COMMERCIAL WARRANTY STATEMENT

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 materials 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 three years 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 (at Assault option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. Labor coverage shall be provided for one year.

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, transportation 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 need to be replaced due to wear and 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, is improperly maintained, and 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 extent to any Product that is damaged or rendered defective; (a) as 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) operation using 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 has been defaced or removed. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

Warranty Service Area

If a Product requires shipment, delivery or transport it is the purchaser's sole responsibility 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 Limited Warranty applies only to Product 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 improper assembly. Improper 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 can include damaged wire harnesses, 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, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR 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 online at www.AssaultFitnessProducts.com/Registrations or via telephone with Assault Fitness Customer Service at 888-815-5559. 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, transferred warranty letter, 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.

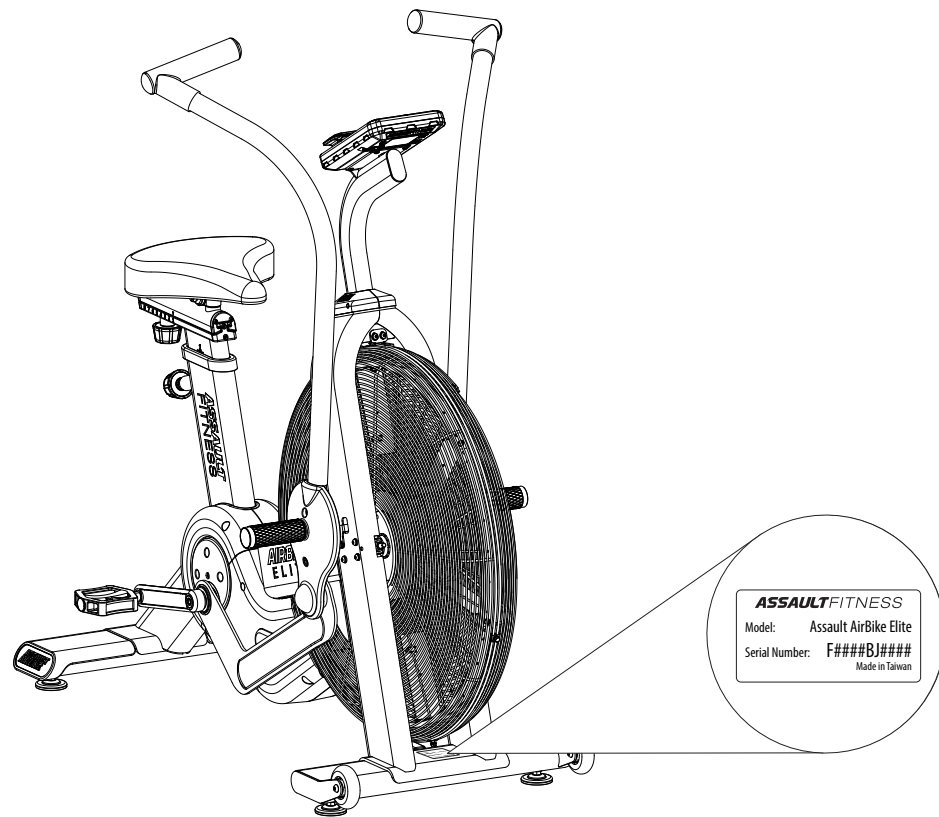
Warranty Claim Processing

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 used parts that are equivalent in 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 change manufacturers of any parts 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, custom duties and taxes, or any 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 during shipment.

Please see other products from Assault Fitness at www.assaultfitness.com.

THANK YOU FOR YOUR BUSINESS!

SERIAL NUMBER LOCATION



ASSAULT FITNESS

5803 Newton Drive Carlsbad, California 92008 Ph. 1.888.815.5559

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

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