QUICK START GUIDE
AIRBIKE
E L I T E

ASSAULT FITNESS
DESIGNED IN THE U.S.A

AS SHIPPED

- Console (314)
- Speed Sensor Cable - Upper (313a)
- Console Mast (312)
- Console Mast Covers (316)
- Handlebar - Right (322-A)
- Handlebar Pivot Covers (324)
- Speed Sensor Cable - Upper (313b)
- Handlebar - Left (323-A)
- Console Mast Cover Mounting Plates (315)
- Speed Sensor Cable - Lower (384)
- Seat / Slide Assembly (A)
- Seat Slide Cover - Front (343)
- Left Pedal (016)
- Foot Pegs (326)
- Right Pedal (015)
- Front Stabilizer (302-A)
- Rear Stabilizer (303-A)
- Main Frame

HARDWARE DESCRIPTION	DRAWING	QUANTITY
Socket Head Hex Screw M8 x 1.25 x 20mm (304)		4
Flat Washer Ø19.00D x Ø8.5ID 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 Ø22OD x 10.5ID x 2.0t (328)		2
Nylock Nut M10 (329)		2

| ASSEMBLY TOOLS				
17mm/ 21mm Open-Ended Wrench	17mm Open-Ended Wrench	6mm Hex Wrench	4mm Hex Wrench	2.5mm Hex Wrench

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.
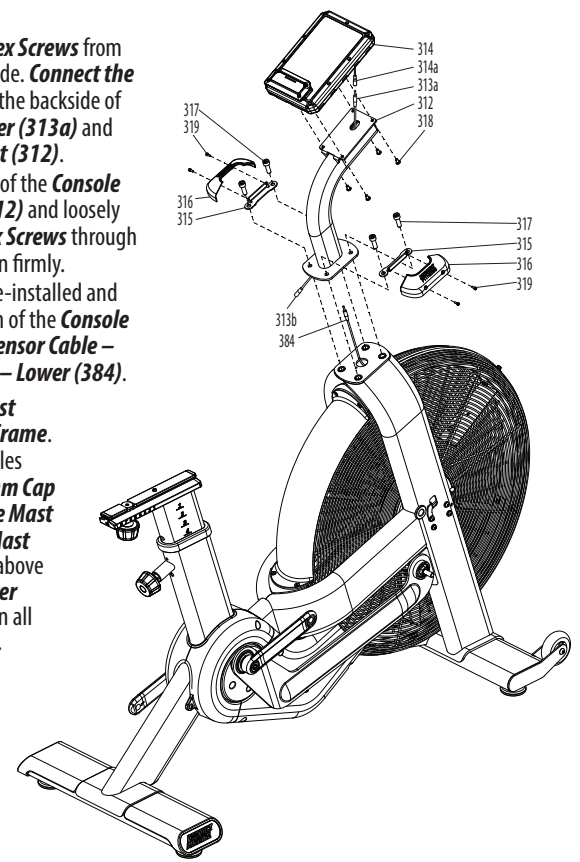
Assembly Step One:
Front & Rear Stabilizer Installation
- With the assistance of a second person, raise front portion of the **Main Frame** so the unit rests on the rear stabilizer receiver and the seat slider.
- While supporting the unit, align the **Rear Stabilizer (303-A)** with the stabilizer receiver 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 Assembliess 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.

Front Stabilizer (302-A)

Rear Stabilizer (303-A)
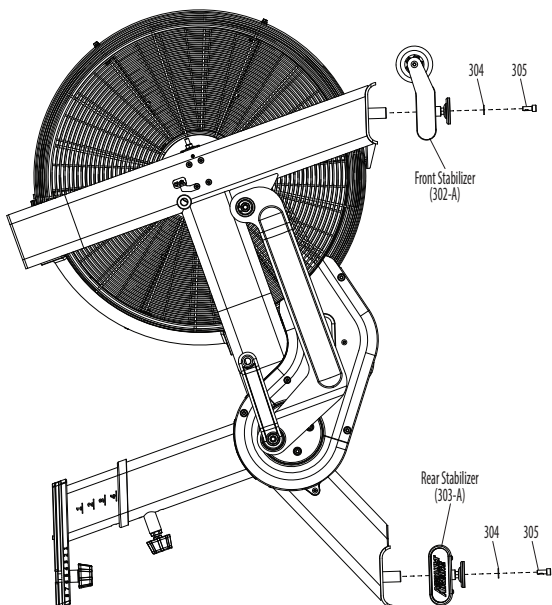
Assembly Step Two: Console Mast
- Remove the four **#318 5mm Socket Head Hex Screws** from the backside of the **Console (314)** and set aside. **Connect the Speed Sensor Cable (314a)** extending from the backside of the console with **Speed Sensor Cable – Upper (313a)** and carefully tuck the cable 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 5mm Socket Head Hex 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.
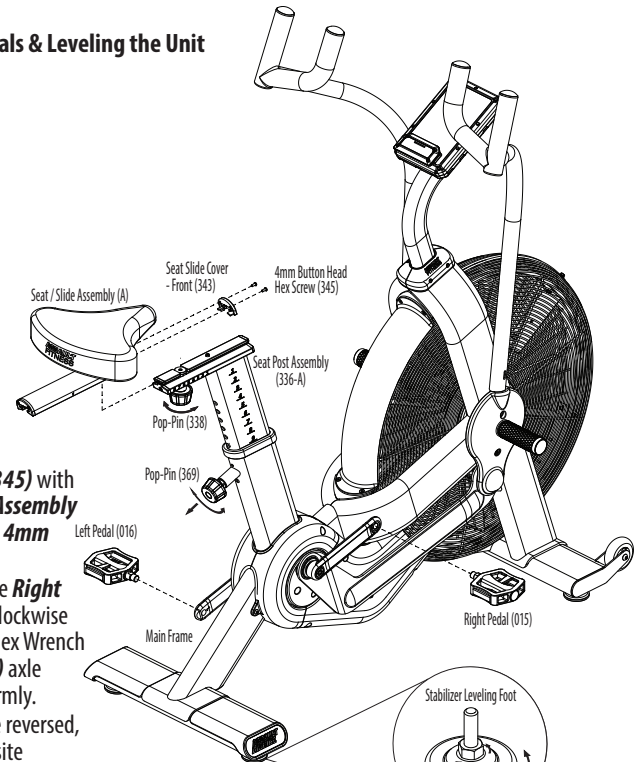

Assembly Step Three – Handlebars
- While supporting the the **Right Handlebar Assembly (322-A)**, align the lower pivot of the handlebar and slide it onto the **Linkage Arm Pivot Pin**. Install a **#328 Flat Washer** and **#329 M10 Nylock Nut** and tighten firmly.
- Rotating the **Right Handlebar** around 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.

Linkage Arm Pivot Pin
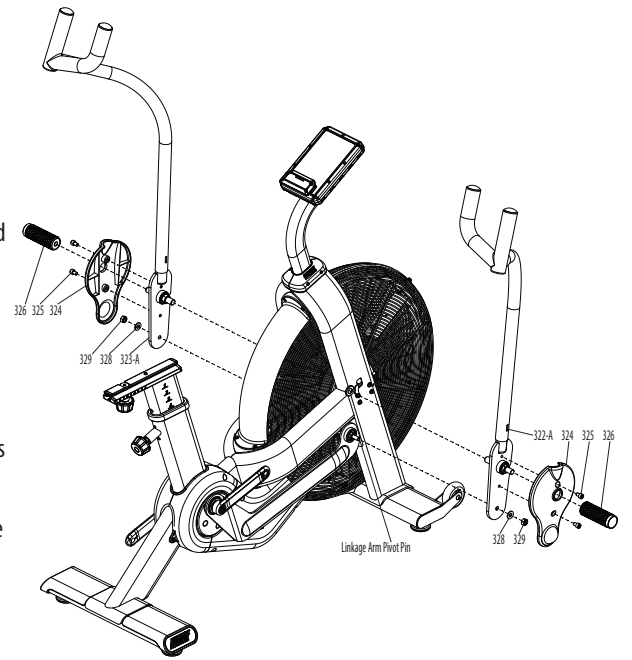
Assembly Step Four – Seat Post, Pedals & Leveling the Unit
- To raise the **Seat Post Assembly (336-A)** loosen the **Seat Post Pop-Pin (369)** and pull it outward while sliding the seat post upward. Release the pop-pin and ensure the seat post has positive engagement in one of the eleven height positions.
- 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 – Front (345)** 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)** 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)** axle inside of the crank arm and tighten firmly.
- The **Left Pedal (016)** 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.

- Seat / Slide Assembly (A)
- Seat Slide Cover – Front (343)
- 4mm Button Head Hex Screw (345)
- Seat Post Assembly (336-A)
- Pop-Pin (338)
- Pop-Pin (369)
- Left Pedal (016)
- Main Frame
- Right Pedal (015)
- Stabilizer Leveling Foot

ASSAULT FITNESS

QUICK START GUIDE
AIRBIKE ELITE

CONSOLE FEATURES

Console Layout

- Time Display Panel
- Calories/kCal Display Panel
- Distance, Speed, Watts & RPM Display Panel
- Heart Rate Display Panel
- Integrated Phone / Tablet Shelf
- Rest / Work Indicator LEDs
- Quick Launch Program Keys
- Function / Option Keys
- Control Keys

Console Keys

START / PAUSE — 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 / HOLD TO RESET — 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.

Press the INTERVAL PROGRAMS key to review and select that available console Interval programming.

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 / COMP MODE — 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.

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.

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

CONNECT Bluetooth ANT+ — 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 following the 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 so 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:

$220 - 35 = 185$ BPM   ($220 -$ Age = Calculated Maximum Heart Rate in Bpm)

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

$0.85 \times 185 = 157$ BPM (85% of 185 BPM [Calculated Maximum Heart Rate] = 185 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.