

# TECHNICAL SPECIFICATIONS & USE GUIDELINES



## AIRRUNNER MANUAL TREADMILL



Part #23-AS-567 US-English v1.1 19-May-17

### 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 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 Assault Fitness AirRunner treadmill is non-motorized.
- The AirRunner may be used for running or walking.
- The AirRunner treadmill is appropriate for residential and commercial use.
- The AirRunner 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.) 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 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 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 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 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.
- Maintain the treadmill to keep it in good working condition, as described in this manual. Inspect the treadmill for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- 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, 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 treadmill, stop immediately. Consult a physician before 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 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 treadmill 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 this treadmill, on or near it. Do not leave children unsupervised around the treadmill.
- 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 no 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 monitors are intended only as exercise 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.

#### Instructions for Owners and Users (continued)

- 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.
- 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 soles of your shoes to remove any dirt and embedded stones. The running surface is not intended for cleats or running spikes.
- Save these instructions.

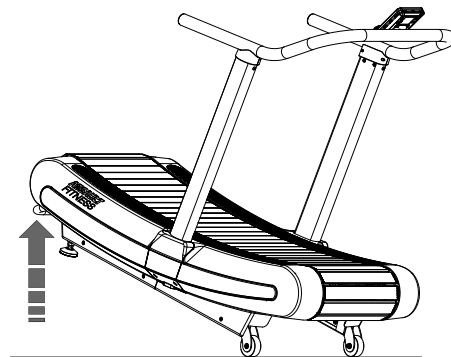
#### Transporting the AirRunner Treadmill

**CAUTION:** This treadmill is heavy. Only move with the aid of a second person. To avoid injury, use a proper lifting technique.

- With the aid of a second person, grasp the transport handle and raise the rear handle to a comfortable position using a proper lifting techniques.
- Roll the unit into place and lower the unit using a proper technique.
- Never grasp the unit by the plastic covers. Damage and 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 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 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.

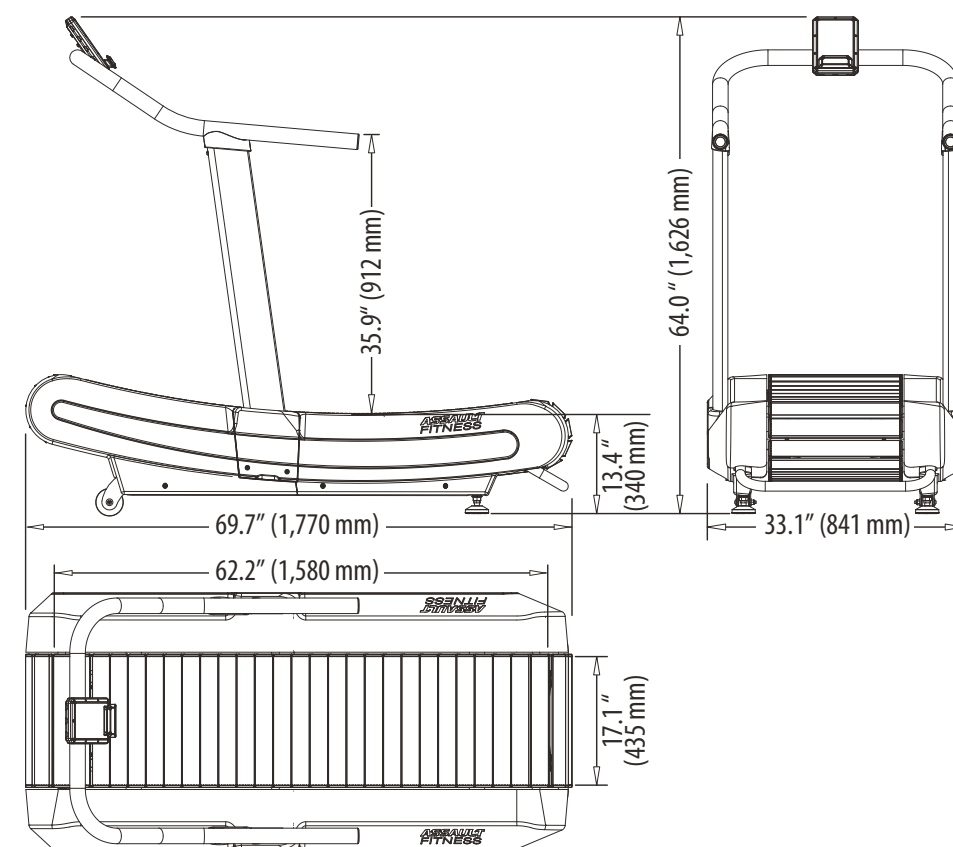
#### Hazardous Materials and Proper Disposal

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:** 280 lbs (127 Kg)
- **Power Requirements:** 4 AA Alkaline Batteries
- **Running Area:** 17.1" x 62.2" (435 mm x 1,580 mm)
- **Step-On Height:** 13.45" (340 mm)
- **Weight Restrictions:** 350lbs (158.8Kg)

# TECHNICAL SPECIFICATIONS & USE GUIDELINES

## AIRRUNNER MANUAL TREADMILL



### MAINTENANCE & SERVICE



All AirRunner manual treadmills are engineered for years of operation. Regular maintenance and cleaning will lengthen the life and preserve the appearance of the AirRunner treadmill.

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 AirRunner 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 treadmill.

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 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 monthly inspection/service should be performed more often.

#### Maintenance Recommendations

TASK	Daily	Monthly
Wipe down all surfaces with a mild soap solution and 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 plastic covers.		X
Lubricate the twelve running belt guide pulleys; one drop per pulley.		X
Move the treadmill and clean/vacuum dust, lint or debris found inside the belt and under the frame.		X

### TROUBLESHOOTING

Condition	Potential Causes	Solutions
Console will not power on.	a. Batteries installed incorrectly.	a. Check battery orientation and correct.
	b. Batteries are dead.	b. Replace the four AA alkaline batteries.
Console powers on, but metrics do not post.	a. One of the three speed sensor cables are damage 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.
Running belt is difficult to move.	a. An item is wedged in the running belt path.	a. Lift edges of belt to locate and remove debris.
	b. A support bearing or guide pulley has seized.	b. Check the 100 support bearings and 12 guide pulleys. Replace as needed.
Squeaking or rubbing noise or slight grinding feeling coming from belt.	a. Running belt is improperly tensioned.	a. Realign/re-tension running belt; contact Assault Fitness customer service for technical service bulletin.
	b. The twelve running belt guide pulleys require lubrication.	b. Apply a drop of silicone based lubricant to each guide pulley.

# ASSAULT FITNESS

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For more information or questions regarding your equipment, please visit our website at [AssaultFitnessProducts.com](http://AssaultFitnessProducts.com)

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### 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, 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](http://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.

#### 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 their Product with Assault, and submits 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, along with the serial number of the transferred Product. The original warranty may only be transferred once.

Please see other products from Assault Fitness at [www.assaultfitnessproducts.com](http://www.assaultfitnessproducts.com).

THANK YOU FOR YOUR BUSINESS!

(05Mar17)

### SERIAL NUMBER LOCATION

