ASSAULT FITNESS AIRBIKE PRO
ANLEITUNG

Art.-Nr. ⬚ 22301 · Kategorie: ⬚ Air Bikes
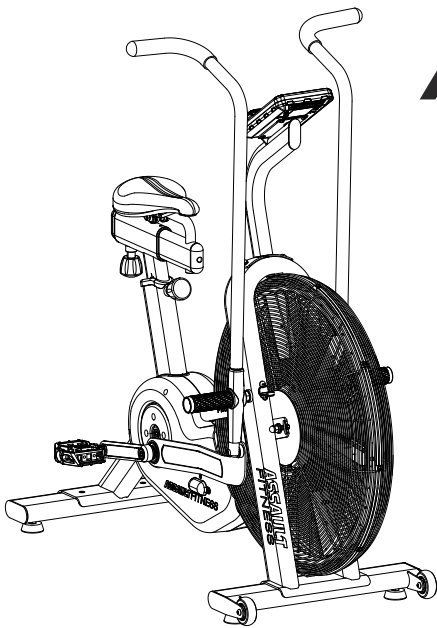
ASSAULTBIKE
PRO

ASSAULTBIKE PRO Exploded Diagram
Part #: 935
Revision Date 16.August.21

935
Exploded View
936
Quick Start Guide
937
Technical Specifications
& Use Guidelines

103   102-1   938

940

105
Logo

941

937-A

ASSAULTFITNESS x2
942

ASSAULT
FITNESS x2
943

ASSAULTBIKE x2
PRO
944

954-A

OPTION
-WIND SHIELD
23-AS-911

911

6-sets

ASSAULT FITNESS

ASSAULTBIKE PRO
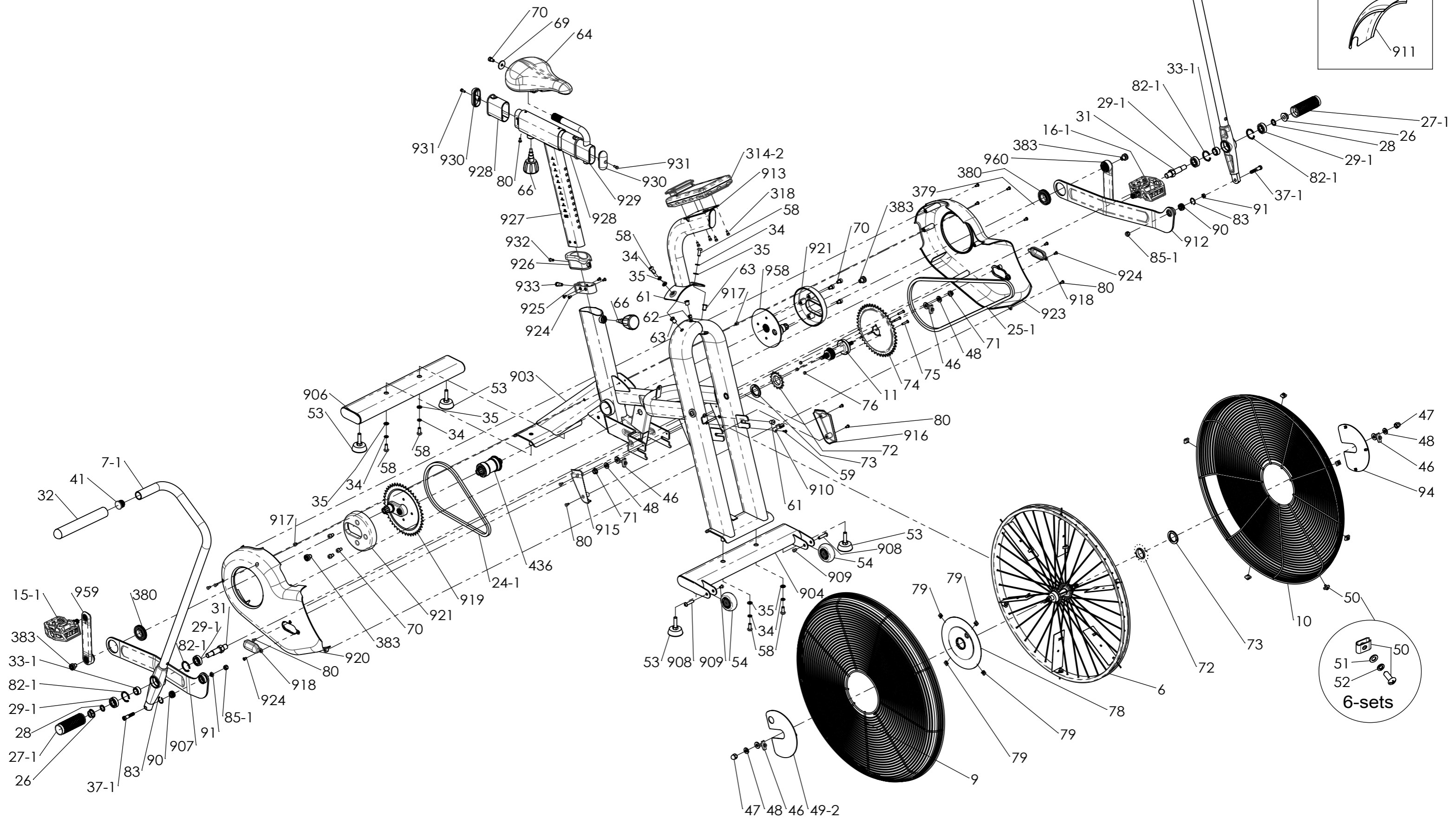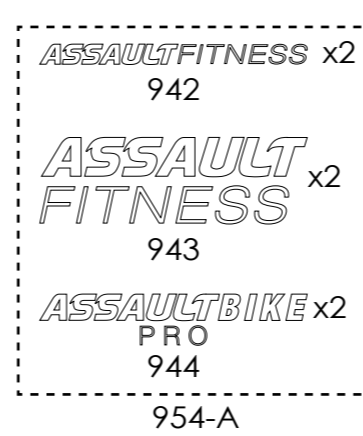
No.	SKU #	Description	Qty
6*	*Avail as assembly only	Fan Wheel (part of 006-A1). *Avail as assembly only	1
6-A1	23-AS-006-A1	Fan Wheel Assembly (006, 072, 073, 078, 079x4)	1
7-1*	*Avail as assembly only	Handle Bar PRO - Right w/ AF logo (part of 007-A3). *Avail as assembly only	1
7-A3	23-AS-007-A3	Handle Bar Assembly PRO - Right (007-1, 026, 027-1, 028, 029-1x2, 031, 032, 033-1, 041, 082-1x2)	x
8-1*	*Avail as assembly only	Handle Bar PRO - Left w/ AF logo (part of 008-A3). *Avail as assembly only	1
8-A3	23-AS-008-A3	Handle Bar Assembly PRO - Left (008, 026, 027-1, 028, 029-1x2, 031, 032, 033-1, 041, 082-1x2)	x
9	23-AS-009	Fan Cage AABC - Right (009)	1
10	23-AS-010	Fan Cage AABC - Left (010)	1
11*	*Avail as assembly only	Middle Hub (part of 011-A1). *Avail as assembly only	1
11-A1	23-AS-011-A1	Middle Hub Assembly (011, 072, 073, 074, 075x3, 076x3)	x
15-1	23-AS-015-1	Pedal - Right (015-1)	1
16-1	23-AS-016-1	Pedal - Left (016-1)	1
24-1	23-AS-024-1	Chain - Right Side 1/2" x 1/8" 64L (024-1)	1
25-1	23-AS-025-1	Chain - Left Side 1/2" x 1/8" 98L (025-1)	1
26	23-AS-026	Handlebar Pivot Fixing Nut M14 (026, part of 007-A2, 008-A2)	2
27-1	23-AS-027-1	Foot Peg - 1 Piece (027-1, part of 007-A2, 008-A2). Use for S/N A1607BB1231 or later on AABC	2
28	23-AS-028	Washer 14.5mmID x 22mmOD x 1mmT (028, part of 007-A2, 008-A2)	2
29-1	23-AS-029-1	Ball-Bearing 6003ZZ (029-1, part of 007-A2, 008-A2). Use for S/N A1709BB0516 or later on AABC	4
31	23-AS-031	Handlebar Pivot 91.4L (031, part of 007-A2, 008-A2)	2
32	23-AS-032	Handle Bar Grip (032, part of 007-A2, 008-A2)	2
33-1	23-AS-033-1	Spacer 25mmOD x 13.8mmL (033-1, part of 007-A2, 008-A2). Use for S/N A1709BB0516 or later on AABC	2
34	23-AS-034	Lock Washer M8 (034, part of 002-A2, 004-A3, 013-A, 904-A, 906-A, 913-A)	6
35	23-AS-035	Flat Washer 8mmID x 16mmOD x 1.5mmT (035, part of 002-A2, 004-A3, 013-A, 904-A, 906-A, 913-A)	6
37-1*	*Avail as assembly only	Linkage Arm Pivot Pin M8 x 43mmL (part of 037-A). *Avail as assembly only	2
37-A	23-AS-037-A	Lower Handlebar Pivot Pin Assembly (037-1, 085-1, 091)	x
41	23-AS-041	Handlebar End Cap (041, part of 007-A2, 008-A2)	2
46*	*Avail as assembly only	Chain Tensioner w/ bolt & nut (part of 046-A, 049-A, 094-A). *Avail as assembly only	4
46-A	23-AS-046-A	Chain Tensioner Assembly (046, 048, 071)	x
47	23-AS-047	Acorn Nut 3/8" x 26 (047, part of 049-A, 094-A)	2
48	23-AS-048	Flat Washer 10mmID x 20mmOD x 3mmT (048, part of 046-A, 049-A, 094-A)	4
49-1*	*Avail as assembly only	Fan Cage Cover - Right Side w/ Hole (part of 049-A, 049-A1). *Avail as assembly only	1
49-A1	23-AS-049 -A1	Fan Cage Cover Assembly PRO - Right Side w/ Hole (046, 047, 048, 049-1)	x
50*	*Avail as assembly only	Fan Cage Clip & Screw (part of 050-A). *Avail as assembly only	6
50-A*	*Avail as assembly only	Fan Cage Clip & Screw Assembly (050, 051, 052, part of 050-A). *Avail as assembly only	x
50-A1	23-AS-050-A1	Fan Cage Fixing Clip Assembly Set of 6 (050-Ax6)	x
51*	*Avail as assembly only	Flat Washer 5mmID x 10mmOD x 1mmT (part of 050-A). *Avail as assembly only	6
52*	*Avail as assembly only	Lock Washer M5 (part of 050-A). *Avail as assembly only	6
53	23-AS-053	Stabilizer Leveling Foot w/ fixing nut (053, part of 002-A, 004-A3, 904-A, 906-A)	4
54*	*Avail as assembly only	Stabilizer Transport Wheel (part of 004-A2, 054-A, 904-A, 905-A). *Avail as assembly only	2
58	23-AS-058	Button Head Screw M8 x 20mm (058, part of 002-A2, 004-A3, 013-A, 904-A, 906-A, 913-A)	6
59	23-AS-059	Self Tapping Screw M4 x 16mm (059, part of 062-A1, 922-A)	1
61	23-AS-061	Cable Bushing 12.7mmOD (061, part of 062-A1, 922-A)	2
62	23-AS-062	Speed Sensor / Computer Wire (062, part of 062-A1, 922-A)	1
63	23-AS-063	Rivnut (063)	2
64	23-AS-064	Saddle (064)	1
66	23-AS-066	Pop Pin Knob (066, part of 022-A2, 927-A)	2
69	23-AS-069	Flat Washer 8.5mmID x 30mmOD x 2mmT (069, part of 005-A, 929-A)	1
70	23-AS-070	Socket Head Hex Screw M8 x 12mm (070, part of 005-A, 921-A, 929-A)	7
71*	*Avail as assembly only	Flange Nut 3/8" x 26 (part of 046-A, 071-A). *Avail as assembly only	2
71-A	23-AS-071-A	Center Hub Fixing Nut Assembly (048x2, 071x2)	x
72	23-AS-072	Drive Cog 14 Teeth (072, part of 006-A1, 011-A1)	2
73	23-AS-073	Drive Cog Lock Ring (073, part of 006-A1, 011-A1)	2
74	23-AS-074	Chain Wheel - Left 46 Teeth (074, part of 011-A1)	1
75	23-AS-075	Button Head Screw M5 x 25mm (075, part of 011-A1)	3
76	23-AS-076	Nylock Nut M5 (076, part of 011-A1)	3
78	23-AS-078	Speed Sensor Magnet & Plate (078, part of 006-A1)	1
79	23-AS-079	Speed Sensor Plate Clip (079, part of 006-A1)	4
80	23-AS-080	Hex Screw M5 x 10mm (080, part of 020-A, 915-A, 916-A, 920-A, 923-A, 929-A)	15
82-1	23-AS-082-1	Cir-Clip IRTW-35 (082-1, part of 007-A2, 008-A2). Use for S/N A1709BB0516 or later	4
83*	*Avail as assembly only	Cir-Clip IRTW-22 (part of 003-A2, 012-A2, 907-A, 912-A). *Avail as assembly only	2
85-1*	*Avail as assembly only	Nylock Nut M8 x 9.5mmT (part of 004-A2, 037-A, 054-A). *Avail as assembly only	2
86-A	23-AS-086-A	Water Bottle Holder Kit (086, 087x4, 088)	0
90*	*Avail as assembly only	Spherical Bearing PB8 (part of 003-A2, 012-A2, 907-A, 912-A). *Avail as assembly only	2
91*	*Avail as assembly only	Flat Nut M8 x 1.25 x 4mmT (part of 037-A). *Avail as assembly only	2
94*	*Avail as assembly only	Fan Cage Cover - Plastic Left Side w/o Hole (part of 094-A). *Avail as assembly only	1
94-A	23-AS-094-A	Fan Cage Cover - Plastic Left Side w/o Hole (046, 047, 048, 094)	x
102-1*	* Shipped with FG SKU only	Combo Hex Wrench M6 / Phillips Driver (part of 100-A, 937-A). * Shipped with FG SKU only	1
103*	* Shipped with FG SKU only	Open End Wrench 13mm (part of 100-A, 937-A). *Shipped with FG SKU only	1
105	23-AS-105	Assault Fitness Decal (105, part of 100-A, 418-A1, 799-A, 937-A)	1
314-2*	*Avail as assembly only	Assault AirBike Elite Display-B Console (part of 314-A). *Avail as assembly only	1
314-A1	23-AS-314-A1	Assault AirBike Elite Display-B Console Assembly (314-2, 318x4)	x
380*	*Avail as assembly only	Bearing 6005ZZ-2NR (part of 320-A, 321-A, 907-A, 912-A). *Avail as assembly only	2

| No.	SKU #	Description	Qty
318*	*Avail as assembly only	Socket Head Hex Screw M5 x 10mm (part of 314-A, 318-A). *Avail as assembly only	4
318-A	23-AS-318-A	Console Mounting Screws Assembly (318x4)	x
379*	*Avail as assembly only	Wave Washer (part of 320-A, 321-A, 379-A, 907-A, 912-A). *Avail as assembly only	4
379-A	23-AS-379-A	Wave Washer Assembly (379x4)	x
383*	*Avail as assembly only	Crank Fixing Bolt (part of 907-A, 912-A 919-A, 921-A, 957-A, 958-A, 959-A). *Avail as assembly only	4
383-A	23-AS-383-A	Crank Fixing Bolt Assembly (383x2)	x
436*	*Avail as assembly only	Bottom Bracket (part of 436-A). *Avail as assembly only.	1
436-A	23-AS-436-A	Bottom Bracket Assembly - With Crank Fixing Bolts (436, 383x2). Use for S/N F2004BJ0001 or later for AABE	x
595	23-AS-595	Elite Bike / Runner Console Battery Door	x
903#	#Avail as part of OEM only	Main Frame. #Avail as part of OEM only	1
904*	*Avail as assembly only	Front Stabilizer (part of 904-A). *Avail as assembly only	1
904-A	23-AS-904-A	Front Stabilizer Assembly (034x2, 035x2, 053x2, 054x2, 058x2, 904, 908x2, 909x2)	x
905-A	23-AS-905-A	Stabilizer Transport Wheel Assembly (054, 908, 909)	x
906*	*Avail as assembly only	Rear Stabilizer (part of 906-A). *Avail as assembly only	1
906-A	23-AS-906-A	Rear Stabilizer Assembly (034x2, 035x2, 053x2, 058x2, 906)	x
907*	*Avail as assembly only	Linkage Arm Right (part of 907-A). *Avail as assembly only	1
907-A	23-AS-907-A	Linkage Arm Assembly - Right (083, 090, 379x2, 380, 383, 907)	x
908*	*Avail as assembly only	Transport Wheel Axle (part of 904-A, 905-A). *Avail as assembly only	2
909*	*Avail as assembly only	Button Head Hex Screw M6 x 12mm (part of 904-A, 905-A). *Avail as assembly only	2
910*	*Avail as assembly only	Speed Sensor Mounting Bracket (part of 922-A) . *Avail as assembly only	1
911	23-AS-911	Wind Screen (911, part of 911-A)	0
912*	*Avail as assembly only	Linkage Arm Left (part of 912). *Avail as assembly only	1
912-A	23-AS-912-A	Linkage Arm Assembly - Left (083, 090, 379x2, 380, 383, 912)	x
913*	*Avail as assembly only	Console Mast PRO (part of 913-A). *Avail as assembly only	1
913-A	23-AS-913-A	Console Mast Assembly PRO (034x2, 035x2, 058x2, 913)	x
915*	*Avail as assembly only	Finger Guard - Right (part of 915-A). *Avail as assembly only	1
915-A	23-AS-915-A	Finger Guard Assembly - Right (080x2, 915)	x
916*	*Avail as assembly only	Finger Guard - Left (part of 916-A). *Avail as assembly only	1
916-A	23-AS-916-A	Finger Guard Assembly - Left (080x2, 916)	x
917#	#Avail as part of OEM only	Hex Pivot Nut M5	2
918*	*Avail as assembly only	Chain Guard Hole Cover (part of 918-A). *Avail as assembly only	2
918-A	23-AS-918-A	Chain Guard Hole Cover Assembly (918, 924)	x
919*	*Avail as assembly only	Bell Crank & Chain Wheel - Right (part of 919-A). *Avail as assembly only	1
919-A	23-AS-919-A	Bell Crank & Chain Wheel Assembly - Right (383x2, 919)	x
920*	*Avail as assembly only	Chain Guard PRO - Right (part of 920-A). *Avail as assembly only	1
920-A	23-AS-920-A	Chain Guard Assembly PRO - Right (080x3, 920)	x
921*	*Avail as assembly only	Bell Crank Cover (part of 921-A). *Avail as assembly only	2
921-A	23-AS-921-A	Bell Crank Cover Assembly (070x3, 383, 921)	x
922-A	23-AS-922-A	Speed Sensor and Mounting Bracket (059, 061x2, 062, 910)	x
923*	*Avail as assembly only	Chain Guard PRO - Left (part of 923-A). *Avail as assembly only	1
923-A	23-AS-923-A	Chain Guard Assembly PRO - Left (080x7, 923)	x
924*	*Avail as assembly only	Flat Head Hex Screw M5 x 10mm (part of 918-A, 925-A, 927-A). *Avail as assembly only	6
925*	*Avail as assembly only	Seat Post Attachment Bracket (part of 925-A, 927-A). *Avail as assembly only	1
925-A	23-AS-925-A	Seat Post Attachment Bracket Assembly (924x4, 925, 933)	x
926*	*Avail as assembly only	Seat Post Sleeve (part of 926-A, 927-A). *Avail as assembly only	1
926-A	23-AS-926-A	Seat Post Sleeve Assembly (926, 932)	x
927*	*Avail as assembly only	Seat Post (part of 927-A). *Avail as assembly only	1
927-A	23-AS-927-A	Seat Post Assembly (066, 924x4, 925, 926, 927, 928x2, 932, 933)	x
928	23-AS-928	Seat Slide Bushing (928, part of 927-A)	2
929*	*Avail as assembly only	Seat Slide Rail (part of 929-A). *Avail as assembly only	1
929-A	23-AS-929-A	Seat Slide Rail Assembly (069, 070, 080, 929, 930x2, 931x2)	x
930*	*Avail as assembly only	Seat Slide Rail End Cap (part of 929-A, 930-A). *Avail as assembly only	2
930-A	23-AS-930-A	Seat Slide Rail End Cap Assembly (930, 931)	x
931*	*Avail as assembly only	Socket Head Hex Screw M5 x 12mm (part of 929-A, 930-A). *Avail as assembly only	2
932*	*Avail as assembly only	Oval Head Screw M6 x 15mm (part of 926-A, 927-A). *Avail as assembly only	1
933*	*Avail as assembly only	Stopper / Screw M8 x 21.4mm (part of 925-A, 927-A). *Avail as assembly only	1
935*#	*Avail as assembly only, #Available Online	Assault AirBike Pro BOM & Exploded View Diagram (part of 937-A). *Avail as assembly only, #Available Online	1
936*#	*Avail as assembly only, #Available Online	Assault AirBike Pro Quick Start Guide (part of 937-A). *Avail as assembly only, #Available Online	1
937-1*#	*Avail as assembly only, #Available Online	Assault AirBike Pro Technical & Safety Guidelines - US ENGLISH (part of 937-A1). *Avail as assembly only, #Available Online	1
937-A1	23-AS-937-A1	Assault AirBike Pro Docs & Tools Assembly - US ENGLISH; bagged (102-1, 103, 105, 935, 936, 937-1, 938, 941)	x
938*	* Shipped with FG SKU only	Hex Wrench M4 (part of 937-A). *Shipped with FG SKU only	1
940	23-AS-940	Assault AirBike Pro Warning Label - US ENGLISH (940)	1
941*	* Shipped with FG SKU only	Combo Open End Wrench Stamped Steel 15/22mm (part of 937-A). *Shipped with FG SKU only	1
942*	*Avail as assembly only	ASSAULTBIKE PRO "ASSAULT FITNESS" 203.71mm handlebar decal (part of 954-A). *Avail as assembly only	2
943*	*Avail as assembly only	ASSAULTBIKE PRO "ASSAULT FITNESS" 156.72mm seat tube decal (part of 954-A). *Avail as assembly only	2
944*	*Avail as assembly only	ASSAULTBIKE PRO "ASSAULTBIKE PRO" 148mm frame decal (part of 954-A). *Avail as assembly only	2
954-A	23-AS-954-A	ASSAULTBIKE PRO Logo decal set (942, 943x2, 944x2)	x
958*	*Avail as assembly only	Bell Crank - Left (part of 958-A). *Avail as assembly only	1
958-A	23-AS-958-A	Bell Crank Assembly - Left (958, 383x2)	x
959*	*Avail as assembly only	Crank Arm - Right (part of 959-A). *Avail as assembly only	1
959-A	23-AS-959-A	Crank Arm Assembly - Right (959, 383)	x
960*	*Avail as assembly only	Crank Arm - Left w/ Warning Tag (part of 960-A). *Avail as assembly only	1
960-A	23-AS-960A	Crank Arm Assembly - Left (960, 383)	x

QUICK START GUIDE

ASSAULTBIKE PRO

ASSAULT FITNESS · DESIGNED IN THE U.S.A

Part #23-AS-936 US-English 01-July-20

AS SHIPPED
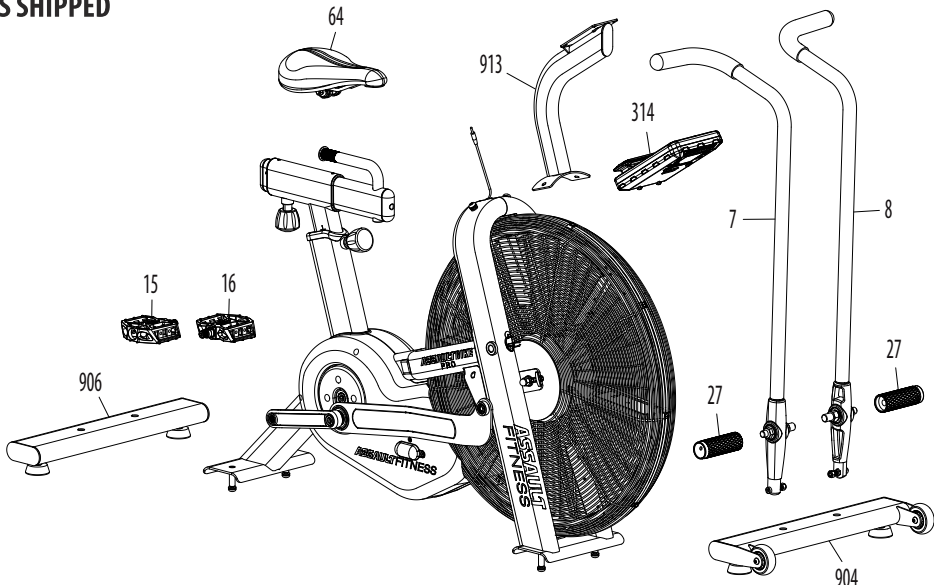
| ASSEMBLY TOOLS		
Combo Open End Wrench Stamped Steel 15/22mm (941)	Combo Hex Wrench M6 / Phillips Driver (102-1)	Open End Wrench 13mm (103)

ASSEMBLY

Introduction
- The **ASSAULTBIKE PRO** requires only minor assembly. All tools required to complete the initial setup and assembly have been included.
- 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 **ASSAULTBIKE PRO**.
- All required hardware used in the assembly of the **ASSAULTBIKE PRO** has been preinstalled and will need to be removed as part of the assembly process.

Assembly Step One:
Front & Rear Stabilizer Installation
- Remove the six (6) pre-installed sets of M8 screws (58), lock washers (34) and flat washers (35).
- Remove the hex screw (70) and flat washer (69) from the end of the Seat Post Assembly. These will be reinstalled as part of step four.
- Align the front stabilizer (904) with the receiver on the main frame, and re-install the two screws, lock washers and flat washers (58, 34 & 35) with the supplied 6mm hex wrench/screwdriver.
- Align the rear stabilizer (906) with the receiver on the main frame, and re-install the two screws, lock washers and flat washers (58, 34 & 35) with the supplied 6mm hex wrench/screwdriver.
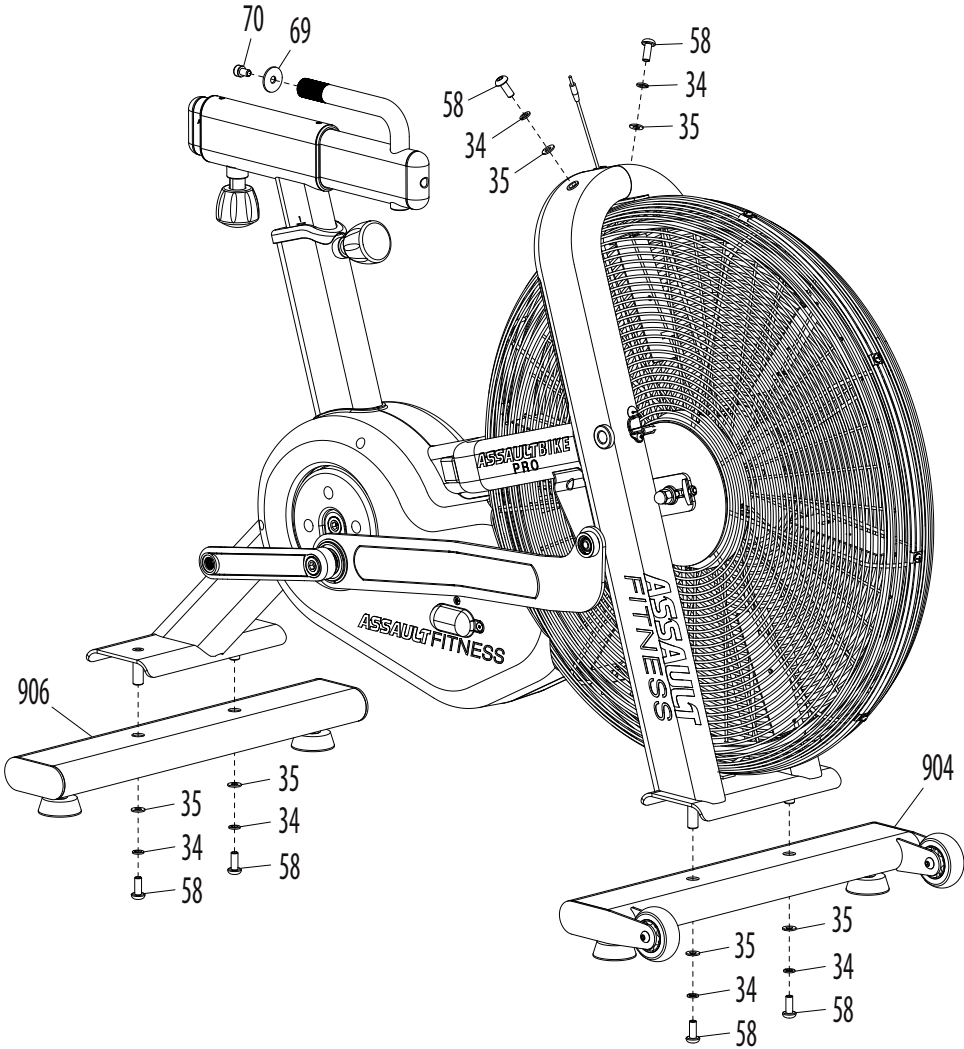

Assembly Step Two: Console and Console Mast
- Inspect the console cable (62) for damage before threading it through the bottom side and out the top of the console mast (913).
- Install the button head screws, lock washers, and flat washers (58, 34 & 35) through the console mast base (913) and into the main frame.
- Plug the console wire (62) into the pigtail wire that extends from the hole in the back side of the console (314) and carefully tuck the excess wire into console mast (913). Do not pinch the cable.
- Insert the four screws (318) through the console mast (913) and into the back of the console (314).
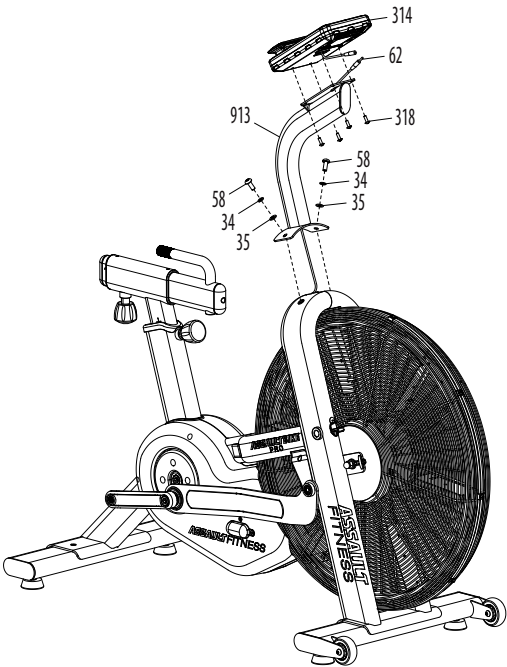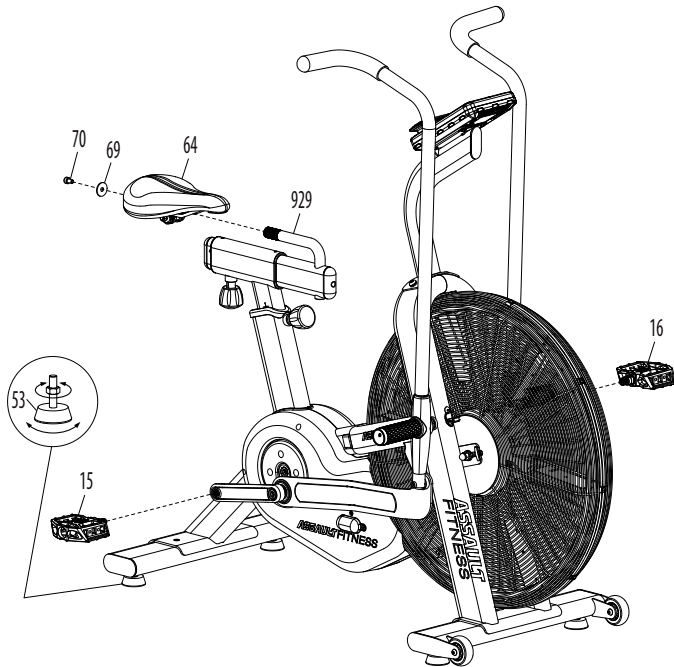

Assembly Step Three – Handlebars
- Place the right handlebar assembly (7) on the floor extending forward and away from the right linkage arm (907). Remove the locknut (85) and set aside.
- Slide the right linkage arm (907) onto the Lower Pivot Pin and re-install the locknut (85) with the provided 13mm wrench.
- Raise the right handlebar (7) into a vertical position and align the inside of the Upper Pivot Pin with the threaded mount on the main frame. Thread the pivot into the frame by hand, then tighten firmly with the supplied 15mm/22mm combo wrench.
- Thread the peg (27) onto the outside of the Upper Pivot Pin and tighten firmly.
- Repeat the steps above for the left side assembly.
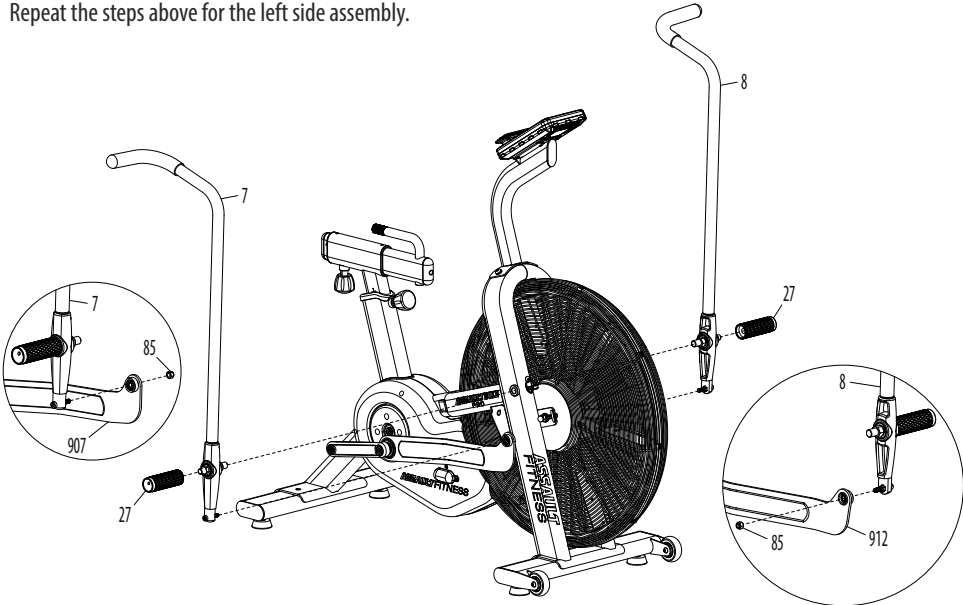
Assembly Step Four – Seat, Pedals, & Leveling the Unit
- Loosen the seat clamp assembly that is pre-installed onto the rails of the seat (64) and slip the assembly onto the knurled portion of the seat slide (929). Ensure the seat is level with the ground and fix both nuts firmly and evenly.
- Reinstall the flat washer (69) and hex screw (70) into the end of the seat post assembly. These were removed during step one.
- The left pedal (16) 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 15mm/22mm combo wrench.
- Repeat this process for the right pedal (15). NOTE: The right pedal axle will be rotated clockwise to install.
- Ensure the unit is level and does not rock by adjusting the leveling feet (53). 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 leveling feet (53) in place by tightening the jam nut upward/counter-clockwise, against the underside of the stabilizer to lock the current position of each foot.

QUICK START GUIDE

ASSAULTBIKE PRO

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.

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 ASSAULTBIKE PRO 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.

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 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 so while exercising. To aid in heart rate training, the **ASSAULTBIKE PRO** 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 ASSAULTBIKE PRO Console.

There are two ways to connect the ANT+/BTLE heart rate chest strap to the **ASSAULTBIKE PRO** 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 Assault AirBike.
- **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.

SPORT-TEC

Physio & Fitness

www.sport-tec.de

Sport-Tec GmbH
Physio & Fitness
Lemberger Str. 255
D-66955 Pirmasens

Tel.: +49 (0) 6331 1480-0
Fax: +49 (0) 6331 1480-220
E-Mail: info@sport-tec.de
Web: www.sport-tec.de