

QUICK START GUIDE

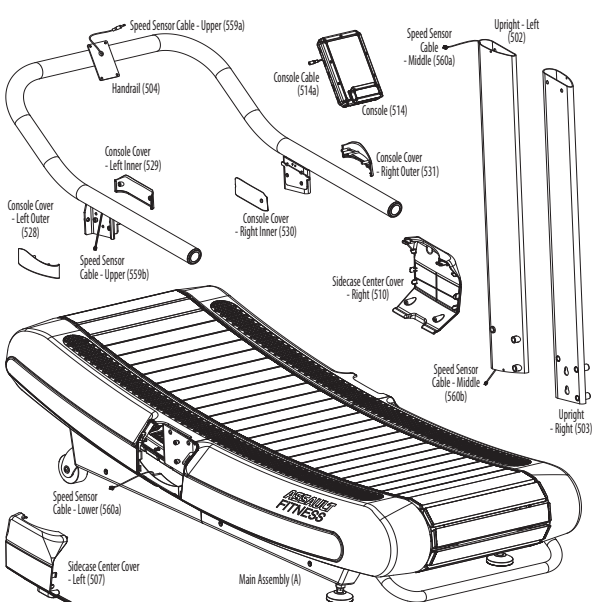
AIRRUNNER MANUAL TREADMILL



Part #23-AS-566 US-English v1.0 05-Mar-17



AS SHIPPED



ASSEMBLY TOOLS			
13/16mm Open-Ended Wrench	5mm Hex Wrench	4mm Hex Wrench	All Alkaline Batteries 4 pieces
HARDWARE DESCRIPTION		DRAWING	QUANTITY
Hex Screw M10 x 75mm (534)			6
Phillips Head Screw M4.2 x 13mm (538)			12
Bottom Head Hex Screw M8 x 20mm (535)			6
Flat Washer Ø20.00 x 1.10 x 1.5t (562)			6

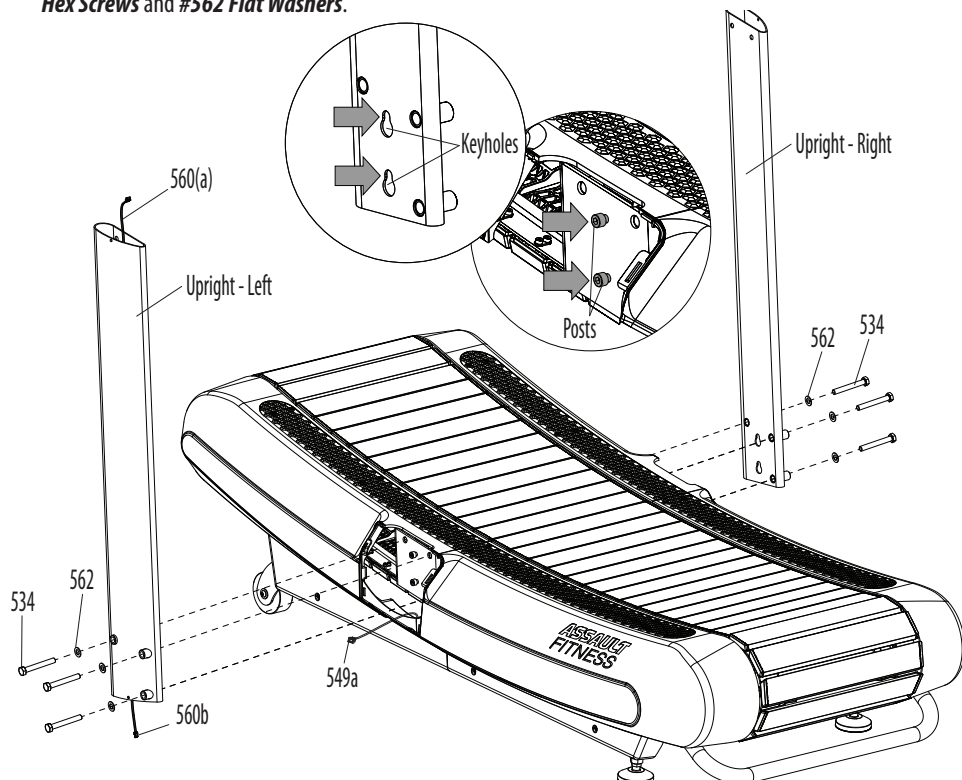
ASSEMBLY

Introduction

- The Assault Fitness AirRunner treadmill 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 titles *As Shipped* are included before attempting assembly of the AirRunner.

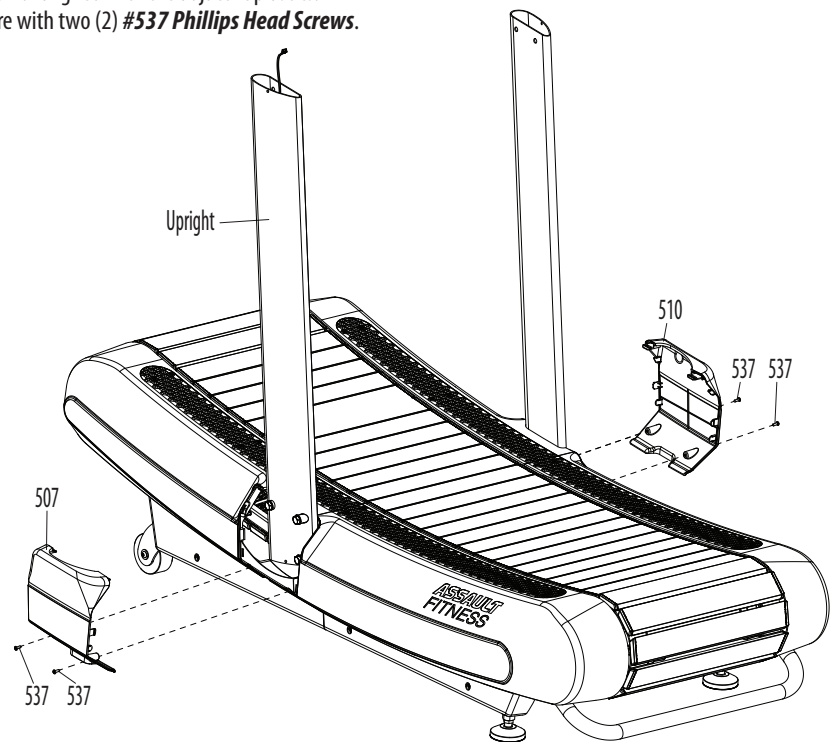
Assembly Step One: Upright Installation

- Locate the **Speed Sensor Cable – Lower (549a)** and ensure the end/connector is extending from the main frame.
- Raise the **Upright – Left** vertically, ensuring the **Keyholes** are located at the bottom. Align the **Upright – Left** keyholes with the two posts located on the main frame. This will support the upright while completing the installation.
- Connect the **Speed Sensor – Lower (549a)** and **Speed Sensor Cable – Middle (560b)** connectors firmly.
- Locate three (3) sets of **#534 Hex Screws** and **#562 Flat Washers**, and loosely thread each assembly through the **Left Upright** and into the main frame. Tighten the screws firmly.
- Hang the **Upright – Right** keyholes onto the **Main Frame** posts and install the remaining three (3) sets of **#534 Hex Screws** and **#562 Flat Washers**.



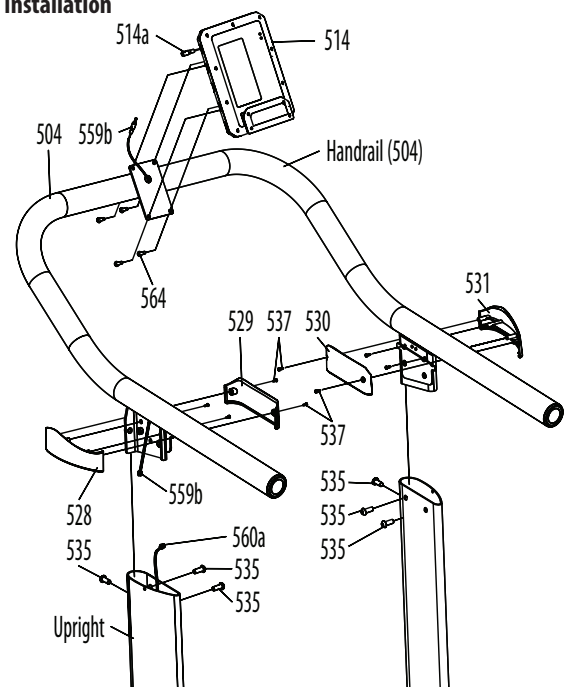
Assembly Step Two: Sidecase Covers

- Locate the **Sidecase Center Cover – Left (507)**. Align the tabs locate at the top with the receivers on the installed sidecase plastics. To install, the cover will hinge downward and snap in place. Ensure the outer surface of the cover is flush or aligned with the adjacent plastics.
- Secure with two (2) **#537 Phillips Head Screws**.



Assembly Step Three – Handrail & Console Installation

- Remove the four (4) **#564 Hex Screws** from the backside of the **Console (514)** and set them aside.
- Connect the **Console Cable (514a)** and **Speed Sensor Cable – Upper (559b)** connectors and carefully tuck the excess cable into the Handrail.
- Loosely thread the four (4) **#564 Hex Screws** through the mounting plate on the **Handrail** and into the backside of the **Console (514)**. When all four (4) screws are installed, tighten firmly.
- With the help of a second person, support the **Handrail** assembly above the uprights and connect the **Speed Sensor Cable – Upper (559b)** and **Speed Sensor Cable – Middle (560a)** connectors. Carefully tuck the connectors and excess cables into the left **Upright**.
- Set the left and right **Handrail** brackets inside the left and right **Uprights**. While supporting the **Handrail Assembly**, loosely thread three (3) **#535 Button Head Hex Screws** through the left **Upright** and into the **Handrail** bracket. Repeat this step for the right side and tighten all six (6) screws firmly.
- Align the **Console Cover – Left Outer (528)** with the outside of left **Handrail** bracket, and thread two (2) **#537 Phillips Head Screws** through the handrail bracket and into the **#528 Cover**. Repeat this step for the right side with **Console Cover – Right Outer (531)**.
- Align the **Console Cover – Left Inner (529)** with the inside of the left **Handrail** bracket install two (2) **#537 Phillips Head Screws** through the **#529 Cover** and into the **#528 Cover**.
- Align the **Console Cover – Right Inner (530)** with the inside of the right **Handrail** bracket and install two (2) **#537 Phillips Head Screws** through the **#530 Cover** and into the **#531 Cover**.

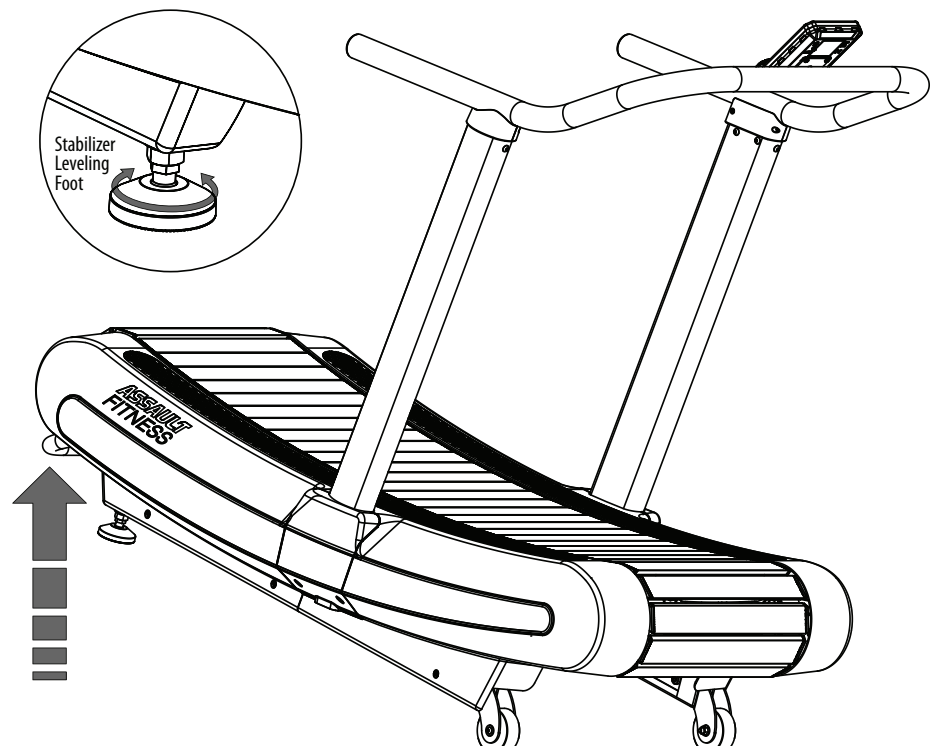


Assembly Step Four – Final Adjustments

- Identify a suitable location that is level and offers enough space for the unit with the minimum required free space. It is recommended that the AirRunner be sited with a minimum of 0.5 meters (19.7 in.) of clearance from the nearest walls or other equipment to the left, right and front of the unit. A minimum of 2.0m (79”) of clearance should be maintained to the rear of the AirRunner.

CAUTION: THIS TREADMILL IS HEAVY. INJURY CAN OCCUR IF PROPER LIFTING TECHNIQUES ARE NOT PRACTICED.

- To relocate, raise the rear of the unit with by grasping the transport handle and slowly rolling the AirRunner to the desired location.
- Ensure the unit is level and does not rock by adjusting the Stabilizer Leveling Feet. Two feet are located at the rear of the main frame. As a starting point, loosen each foot by threading the assembly downward/clockwise, and then thread the locknuts downward (clockwise) against the base of the foot. Check the unit for stability and make any adjustments as necessary. Once stable, lock the Stabilizer Leveling Feet in place by tightening the jamb nut upward/counter-clockwise, against the underside of the frame to lock the current positions for each foot.
- Congratulations. The assembly of your Assault Fitness AirRunner treadmill is complete. Please read all included information, user guides and warnings before use.



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 AssaultFitnessProducts.com

© Assault Fitness 2017

