

CONSOLE OVERVIEW

"Interval" Display Field: The **Interval** display field contains all display details for the 20/10 interval , 10/20 interval, and user-defined interval programs. The top banner shows which interval program is currently running. This display indicates whether the current interval is a workout or rest phase. The total duration display tracks the total program duration, while the large numeric display tracks the duration of the training or rest phase. The 88/88 display shows the current interval and the total number of program intervals.

"Target Time, Distance & Calories" display field: The target display field is used to track time, distance, and calories during all programs. The banner at the top indicates whether one of the three target programs is currently running. The duration display alternates between the remaining and elapsed time throughout the program. The total distance is displayed in kilometers or miles, depending on how the console was programmed during initial setup. The calories display shows the number of calories burned during the workout.

"Watts / Speed / RPM" Display: Watts, speed, and RPM are displayed for all programs. Watts are a measure of energy output and are often used to track the power output at a specific point during the workout. The speed display shows a simulated value that corresponds to the speed achieved on a standard bicycle and is derived from the current cadence or pedaling speed. Depending on the units selected during console setup, the value is displayed in kilometers per hour or miles per hour. RPM (revolutions per minute) refers to the speed at which the cranks rotate.

"Heart Rate" Display Field: This field provides various information about the user's heart rate. If a signal is detected from the wireless monitor, the user's heart rate appears in the large, three-digit BPM (beats per minute) field and the heart icon flashes. If, however, no signal is detected,

the "No Signal" banner appears, and the heart icon does not light up. When the Target Heart Rate program is running, the console helps the user stay within a range that builds cardiovascular endurance is built up. The upper and lower target range values are displayed next to the "65% of Max HR" and "80% of Max HR" banners, and the "Decrease Speed" or "Increase Speed" (Increase Speed) to indicate that a higher or lower pedaling speed is required to bring the heart rate into the desired range. If the user's heart rate is within the target range, the "Target Heart Rate Achieved" banner is displayed.

CONSOLE BUTTONS

START **START button:** The START button starts a program.

STOP **STOP Button:** Use the STOP button to end a program, resume a paused program, or temporarily pause a running program.

ENTER **ENTER:** The "ENTER" button is used to confirm a value entered while adjusting a program.

UP/DOWN Arrow Keys: Use the UP/DOWN arrow keys to increase or decrease the console values.



Battery: The Assault AirBike console is powered by two (2) AA batteries (not included). The battery compartment is located on the back of the console.

Metric and Imperial Units – Setup Mode: The Assault AirBike ships from the factory with miles set as the default distance unit. Distance and speed are calculated and displayed in miles and miles per hour. To switch between miles and kilometers on the console display, press and hold the START and ENTER buttons simultaneously for two (2) seconds while the console is in standby mode. Setup mode will start, and the "Distance" banner will appear on the LCD screen. The word "kilometers" or "miles" will flash, indicating the current setting. Press the UP or DOWN arrow key to toggle between the two settings. Press the "ENTER" key to confirm the displayed option and exit standby mode.

PROGRAM FEATURES

"Sleep Mode": After five (5) minutes of inactivity, the console enters energy-saving sleep mode. The display turns off, but all previously entered data is saved. To exit sleep mode, pedal or press any button on the console.

"Ready Mode": Ready Mode is designed to signal to the user that the console is turned on and ready to start a program. Ready Mode lasts for five (5) minutes. If no further activity occurs before the Ready Mode period expires, the console returns to Sleep Mode.

"Reset" Procedure: To reset all saved settings (except for the selected unit setting—metric or imperial)—press and hold the STOP button for two seconds.

"Pause Mode": If the START button is pressed while a program is running, Pause Mode is activated and lasts for five (5) minutes. As a reminder, an audible signal sounds every thirty (30) seconds and the display flashes. If no further input is entered, Pause Mode ends and the console enters Standby Mode. To exit Pause Mode and resume the running program, press the START button. You can end the paused program at any time by pressing the STOP button. In this case, the console enters Standby Mode.

Switching between elapsed time and remaining time: While a program is running, the total duration and segment duration values alternate between elapsed time and remaining time.

Quick Program Start: The Assault AirBike console allows users to switch programs with a single button press. If you press a quick program button during your workout, you'll immediately start the corresponding program.

Workout Summary: As additional feedback, the Assault AirBike console provides a brief workout summary immediately after the workout ends. All metrics, such as total duration, total distance, and total watts, are displayed for two (2) minutes.

PROGRAM OPERATION

Standard Program (Quick Start): The Quick Start program option is designed for users who want to bypass the standard setup and start training immediately. The Quick Start program begins as soon as the pedals start moving. As soon as a signal is detected, the console begins displaying all metrics, including the user's heart rate. The program continues to run as long as the pedals are moving. To end the program and view the workout summary, press the "STOP" button.

20/10 INTERVAL and 10/20 INTERVAL Programs: The 20/10 Interval and 10/20 Interval programs offer the user a sequence of eight (8) high-intensity training intervals with preset time intervals. This workout protocol is commonly known as Tabata® or High-Intensity Interval Training (H.I.I.T.). The program automatically signals the start of each workout and rest interval.

20/10 Interval Program	Number of intervals:	8
	Workout interval duration:	20 seconds
	Rest interval duration:	10 seconds
10/20 Interval Program	Number of intervals:	8
	Workout interval duration:	10 seconds
	Rest interval duration:	20 seconds

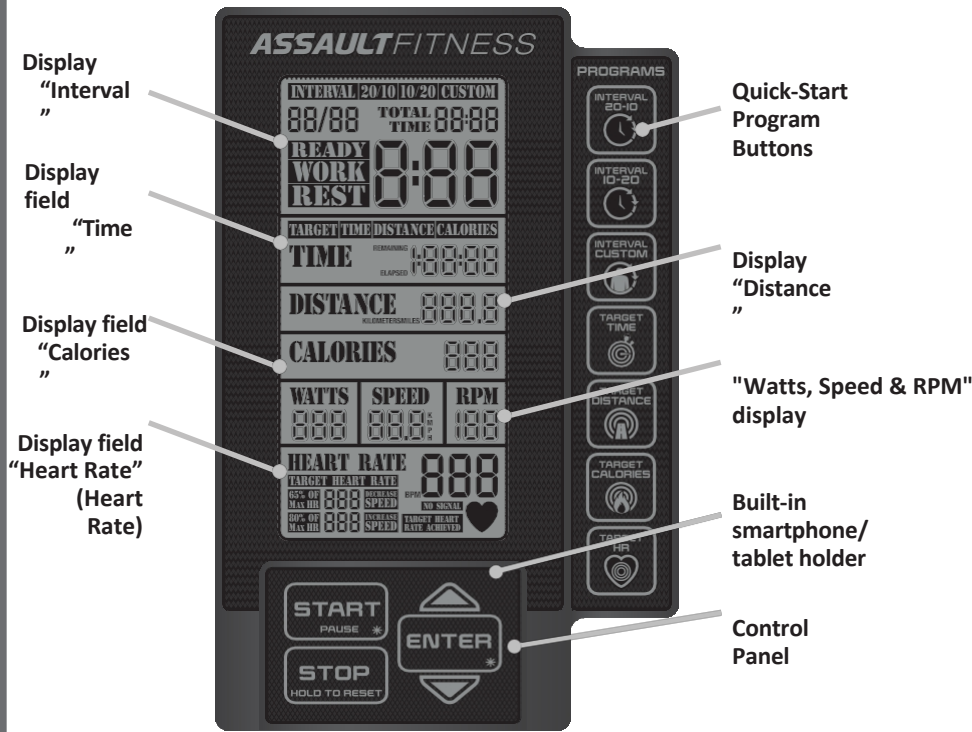
Start: Press the "Interval Custom" program button.

Execution: A countdown from three begins, indicating the start of each training interval.

End: The program runs until the end of the last remaining segment. To end the program early, press the "STOP" button. The workout summary will open and display a record of your workout data.

ASSAULT AIRBIKE

SHORT INSTRUCTIONS



CUSTOM INTERVAL Program: The "Interval Custom" program is similar to the 20/10 interval program, with the difference that the user can set the duration of the workout and rest intervals as well as the total number of intervals.

To start: Press the "Interval Custom" program button.

Setup: When a user runs the Custom Interval program for the first time (or after resetting the console), they must enter the total number of intervals. Adjust the displayed value by pressing the UP or DOWN button and confirm your selection with the "ENTER" button. The default training interval is then displayed. Adjust the displayed value using the UP or DOWN button. Confirm by pressing ENTER. The default rest interval is displayed. Adjust the value and confirm by pressing ENTER.

Execution: A three-countdown begins, indicating the start of the respective training interval. The program starts immediately.

End: The program ends automatically once all interval segments have been completed. To stop the program early, press the "STOP" button. The workout summary will open and display a record of your workout data.

TARGET TIME, TARGET DISTANCE, and TARGET CALORIES Programs: The Target Time, Target Distance, and Target Calories programs all work on the same principle. For each program, the user can set a target value, and the program runs until that target is reached.

To start: Press the desired goal program button.

Set: When the target programs are run for the first time (or after resetting the console), the default value flashes on the display. Adjust the displayed value by pressing the UP or DOWN button and confirm your selection with the "ENTER" button. The program starts automatically.

Execution: The display fields light up and begin tracking the user's progress. If the Target Time program is selected, a countdown begins from the target value. If the Target Distance program is running, the console tracks progress until the target is reached. When the target-calorie program is selected, the console tracks calorie burn.

End: The program ends automatically as soon as the selected goal is reached. To end the program early, press the "STOP" button. The workout summary will appear, displaying a record of the workout data.

TARGET HEART RATE Program: The Assault AirBike's Target Heart Rate program allows the user to set a BPM (beats per minute) range as a goal for optimal cardiovascular training. Using just one piece of information (the user's age), the console automatically calculates the recommended maximum heart rate and the optimal training zone (65–80% of the maximum heart rate).

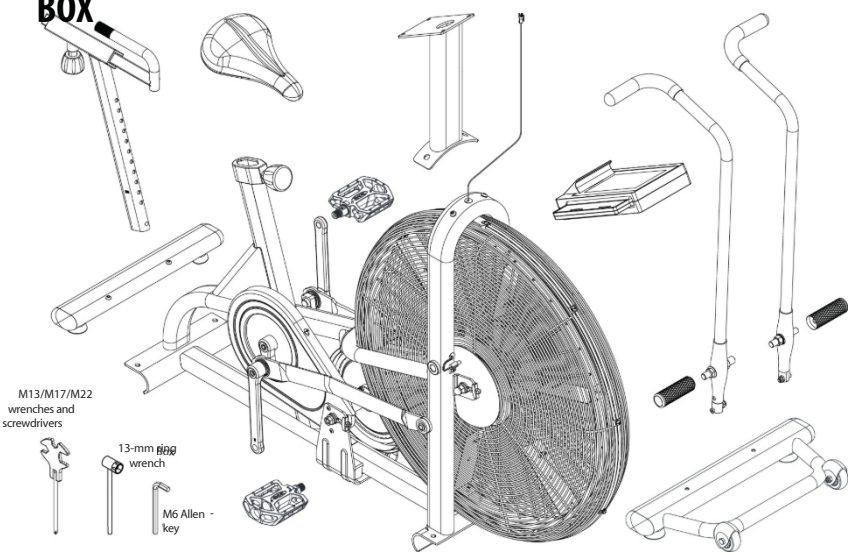
To Start: Press the "Target Heart Rate" program button to start the program.

Setup: When the Target Heart Rate program is run for the first time (or after resetting the console), the "AGE?" banner and the default age value will flash. Set the user's age by pressing the UP or DOWN button and confirm your selection with the "ENTER" button. The program starts automatically.

During the workout: The display fields light up and begin tracking the user's progress. If the user's heart rate falls below the calculated 65% of the maximum heart rate range, the "SPEED UP" banner flashes to indicate that more effort is needed to maintain an optimal heart rate. If the user's heart rate exceeds 80% of the calculated maximum heart rate, the "SLOW DOWN" to indicate that the user is overexerting themselves.

End: The Target Heart Rate program continues to run until the user manually ends it. To end the program early, press the "STOP" button. The workout summary will be displayed.

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QUICK START GUIDE

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SAFETY INSTRUCTIONS AND WARNINGS

Every Assault AirBike is designed for maximum safety and meets or exceeds all applicable national and international standards. Nevertheless, certain precautions must be taken when operating a piece of fitness equipment.

NOTE: Please read the entire user manual before using the equipment. Keep this manual for future reference.

Assembly of Technical Components

The Assault AirBike should be assembled by a qualified technician. A significant level of technical knowledge is required to ensure the safe and complete assembly of the equipment. Many retailers also offer delivery and assembly as part of the purchase agreement. If this unit was delivered in separate parts (in a box) and you are unsure whether you are qualified to perform the assembly, please use the services of your dealer. Service calls resulting from improper assembly are not covered by the warranty, and all associated costs must be borne by the owner.

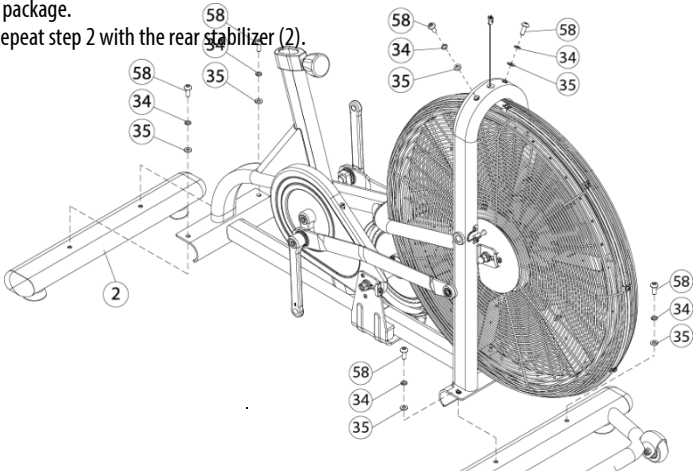
Warnings to Reduce the Risk of Injury to You and Others

To ensure the proper functioning of the device, do not attach any additional devices or accessories to it that are not included with the Assault AirBike. Always wear appropriate clothing and shoes during training. The user’s weight must not exceed 136 kg (300 pounds) for this device. Keep children away from the device. Hands and feet could become caught between moving parts, resulting in serious injury. Place the device on a surface that allows for the following minimum clearances: 60 cm (24 inches) on the sides, and 30 cm (12 inches) in front and behind. The device is intended for indoor use only. Set up the device on a hard, level surface. Always adjust the leveling feet properly before using the AirBike. Before using the machine and after making any adjustments, ensure that all adjustment knobs and levers are securely locked in place. The machine is heavy. Do not attempt to move it by yourself. Never operate the machine if it is damaged or defective.

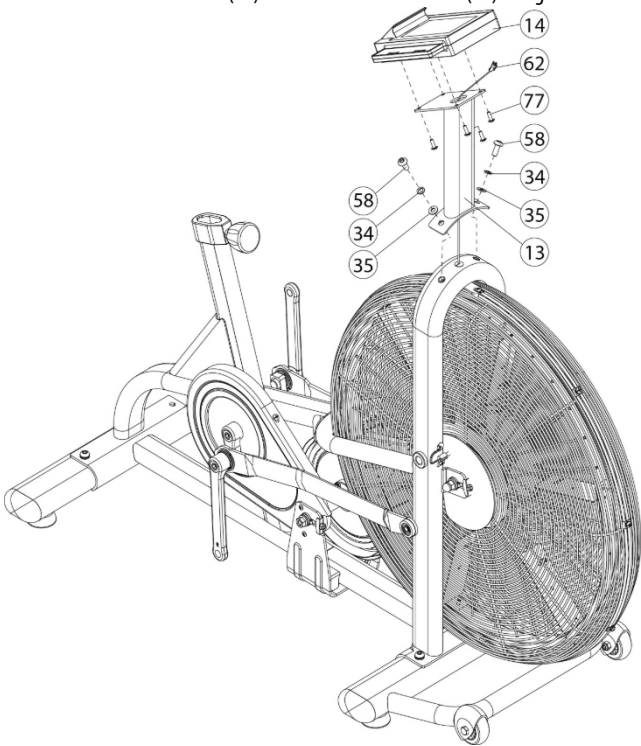
Contact an authorized local fitness retailer.

ASSEMBLY STEPS

1. Remove the six (6) pre-installed fastener sets, each consisting of one M8 screw (58), one lock washer (34), and one flat washer (35).
2. Align the front stabilizer (4) and the guide rail on the main frame, and reattach the two sets—each consisting of a screw, lock washer, and washer (58, 34, and 35)—using the 6-mm Allen wrench included in the package.
3. Repeat step 2 with the rear stabilizer (2).



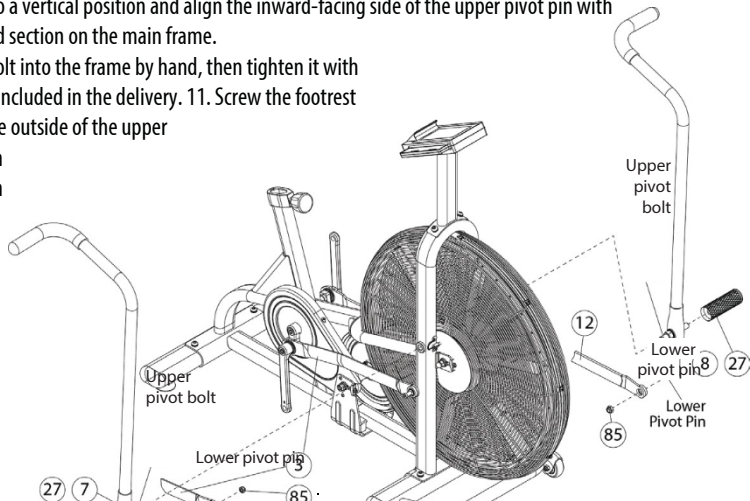
4. Check the console cable (62) for damage before feeding it from the bottom up through the console base (13).
5. Secure the base of the console base (13) to the main frame using the round-head screw, lock washer, and flat washer assemblies (58, 34, and 35).
6. Connect the console cable (62) to the back of the console (14) and carefully route the cable through the console base (13). Be careful not to pinch the cable.
7. Secure the console base (13) to the back of the console (14) using the four screws (77).



8. Place the right handle unit (7) on the ground so that it points forward and away from the right connecting arm (3). Remove the lock nut (85) and set it aside.
9. Slide the right connecting arm (3) onto the lower pivot pin and reinstall the lock nut (85) using the 13-mm ring spanner included in the delivery.
10. Bring the right handle (7) to a vertical position and align the inward-facing side of the upper pivot pin with the threaded section on the main frame.

Screw the bolt into the frame by hand, then tighten it with the wrench included in the delivery.- 11. Screw the footrest (27) onto the outside of the upper pivot pin and tighten it.

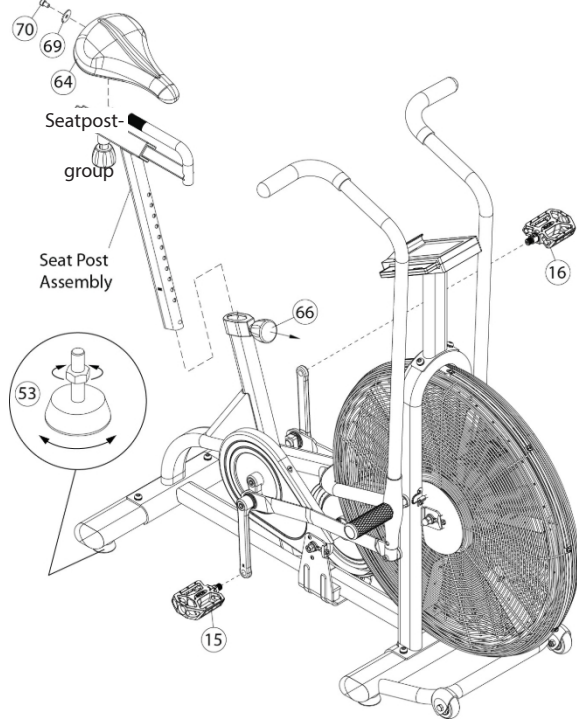
12. Repeat steps 9 through 11 with the assembly on the left side.



13. Remove the hex screw (70) and the washer (69) at the end of the saddle.
14. Loosen the saddle clamp assembly pre-installed on the saddle rails (64) and slide it onto the grooved section of the saddle slide (5).
15. Make sure the saddle is aligned parallel to the floor, and tighten both nuts firmly and evenly.
16. Reinstall the washer (69) and the hex screw (70) at the end of the saddle.
17. Loosen the locking pin (66) by turning the knob counterclockwise. Pull out the locking bolt, insert the seatpost assembly into the frame, and release the locking bolt once the saddle is at the desired height. To ensure that the locking bolt is fully engaged, lift the seatpost assembly. Tighten the locking bolt.

18. Screw the left pedal (16) loosely into the left crank arm by hand.

NOTE: The threads run in opposite directions; from the perspective of the outer end of the pedal to secure it. Use the M13/M15 wrench included in the package to securely fasten the pedal.



Repeat this procedure with the right pedal (15).

NOTE: The right pedal axle is turned clockwise to secure it.

Adjust the four rubber feet (53) so that the Assault AirBike is level. The feet may be set to the lowest position at the factory. Use a wrench to loosen the nut. Adjust the foot to the desired height and tighten the lock nut—counterclockwise when viewed from above.