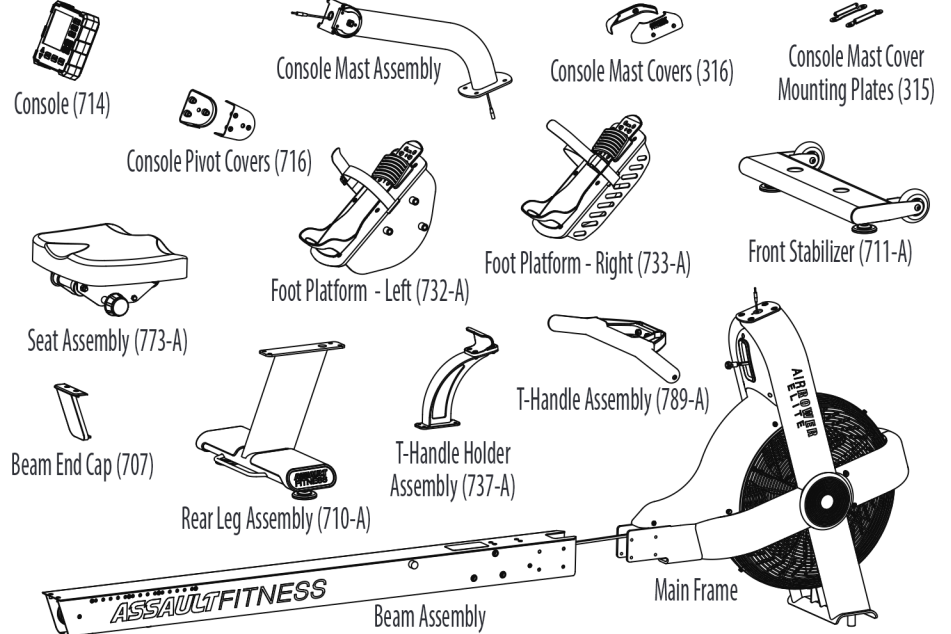


QUICK START GUIDE

AIRROWER ELITE

Part #23-AS-799 US-English v1.0 03-April-19

AS SHIPPED



***NOTE: CHAIN IS INSTALLED FROM BEAM ASSEMBLY TO MAIN FRAME; MAKE NOTE DURING ASSEMBLY**

HARDWARE DESCRIPTION	DRAWING	QUANTITY	ASSEMBLY TOOLS				
Socket Head Hex Screw M8 x 1.25 x 16mm (304)		2	6mm Hex Wrench (809) 	5mm Hex Wrench (808) 	4mm Hex Wrench (807) 	3mm Hex Wrench (806) 	2.5mm Hex Wrench (805)
Flat Washer Ø19.00D x Ø8.5ID x 1.2t (305)		20					
Socket Head Hex Screw M8 x 1.25 x 25mm (317)		8					
Socket Head Hex Screw M3 x 0.5 x 8mm (319)		4					
Spring Washer Ø13.30D x Ø8.2ID x 1.8t (703)		20					
Button Head Hex Screw M8 x 1.25 x 12mm (704)		8					
Button Head Hex Screw M5 x 0.8 x 10mm (708)		2					
Round Head Cross Tapping Screw M3.5 x 10mm Long (709)		2					
Socket Head Hex Screw M8 x 1.25 x 40mm (712)		6					
Socket Head Hex Screw M5 x 0.8 x 12mm (715)		10					
Button Head Hex Screw M5 x 0.8 x 20mm Long (738)		4					

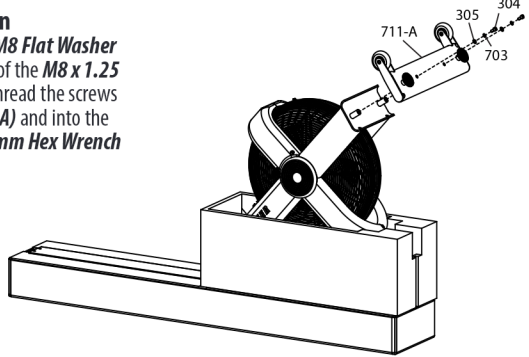
ASSEMBLY

Introduction

- The Assault Fitness AirRower Elite requires assembly prior to use. Tools required to complete the initial setup and assembly have been included in the Assembly Hardware Kit.
- Lift box top off of contents. Remove all loose parts and the hardware kit from the side of the styrofoam carton. Set aside styrofoam and remove styrofoam from top of frame but **leave the main frame assembly and beam assembly in the styrofoam and proceed to Step 1 below.**
- Confirm all parts shown in the section above titled *As Shipped* are included before attempting assembly of the AirRower Elite.

Assembly Step 1: Front Stabilizer Installation

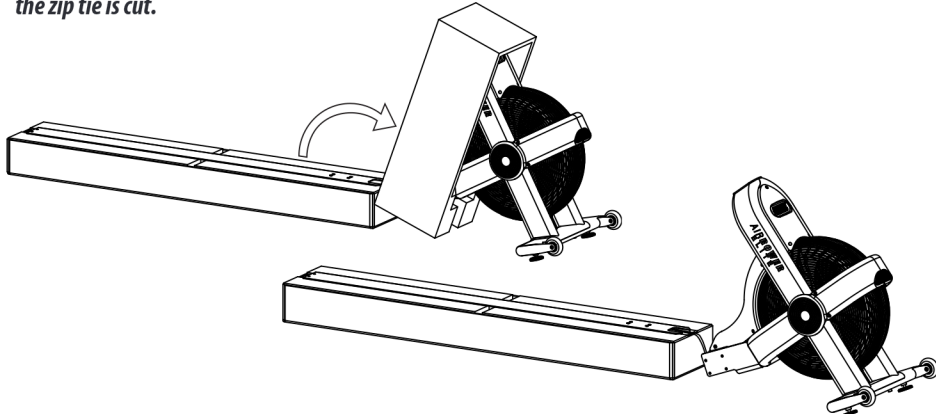
- Install the **Front Stabilizer (711-A)** by placing one **M8 Flat Washer (305)** and one **M8 Spring Washer (703)** onto each of the **M8 x 1.25 x 16mm Socket Head Hex Screws (304)**. Loosely thread the screws through the underside of the **Front Stabilizer (711-A)** and into the **Main Frame**. Secure the screws in place with the **6mm Hex Wrench (809)**.



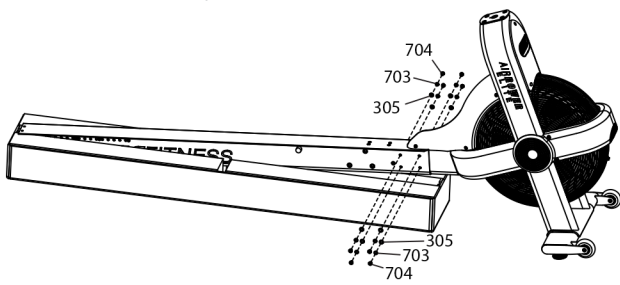
Assembly Step 2: Beam Installation

- With the assistance of a second person, rotate the **Main Frame** and supporting styrofoam as shown in the figure until they rest on the floor. **NOTE: Be careful and keep the chain in line with the beam as the frame is rotated towards the floor in order to ensure that the chain does not get kinked or bent.**
- Cut the zip tie holding the chain to the lower box, but before doing so, note the warning below:

WARNING: There is tension in the chain which will pull the Beam Assembly towards the Main Frame once the zip tie is cut.

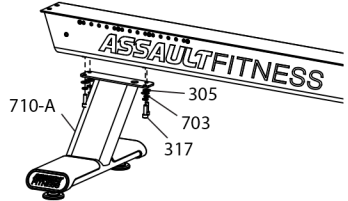


- Align the **Beam Assembly** with the **Main Frame** and slide the beam onto the beam fixing joint as shown.
- Secure the **Beam Assembly** by placing one **M8 Flat Washer (305)** and one **M8 Spring Washer (703)** onto each of the **M8 x 1.25 x 12mm Button Head Hex Screws (704)**. Loosely thread the screws through the **Beam Assembly** side wall and and into the **Main Frame**. Secure the screws in place with the **6mm Hex Wrench (809)**.



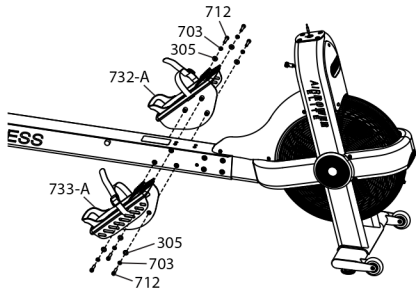
Assembly Step 3: Rear Leg Assembly Installation

- Install the **Rear Leg Assembly (710-A)** by placing one **M8 Flat Washer (305)** and one **M8 Spring Washer (703)** onto each of the **M8 x 1.25 x 25mm Socket Head Hex Screws (317)**. Loosely thread the screws through the underside of the **Rear Leg Assembly (710-A)** and into the **Beam Assembly**. Secure the screws in place with the **6mm Hex Wrench (809)**.



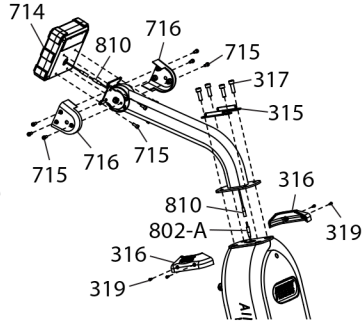
Assembly Step 4: Foot Platform Installation

- Install the **Foot Platforms (732-A and 733-A)** by placing one **M8 Flat Washer (305)** and one **M8 Spring Washer (703)** onto each of the **M8 x 1.25 x 40mm Socket Head Hex Screws (712)**. Loosely thread the screws through the inside of each **Foot Platforms (732-A and 733-A)** and into the **Beam Assembly**. Secure the screws in place with the **6mm Hex Wrench (809)**.



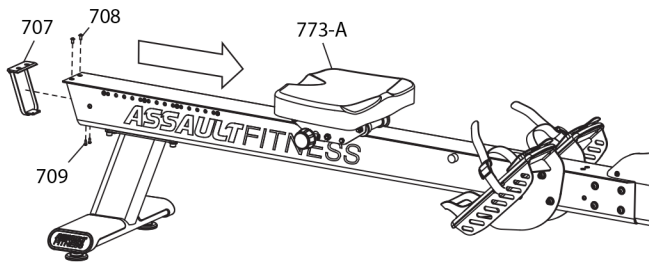
Assembly Step 5: Console Mast and Console Installation

- The **Computer Mast Cable (810)** is pre-installed and should be extending from the top to the bottom of the **Console Mast Assembly**. Connect the top end of the **Computer Mast Cable (810)** extending from the **Console Mast Assembly Pivot Bracket** into the cable extending from the hole in the backside of the console and **carefully** tuck the excess cable into the **Console (714)**.
- Align the mounting holes located in the back of the **Console (714)** with the holes in the **Console Mast Assembly Pivot Bracket** and loosely thread in the four **M5 x 0.8 x 12mm Socket Head Hex Screws (715)**. Tighten using the **4mm Hex Wrench (807)**.
- Next, install the **Console Pivot Covers (716)** using the six **M5 x 0.8 x 12mm Socket Head Hex Screws (715)** and tighten using the **4mm Hex Wrench (807)**.
- Connect the lower end of the **Computer Mast Cable (810)** extending from the **Console Mast Assembly** into the **RPM Sensor and Cable Assembly (802-A)** extending from the **Main Frame** and **carefully** tuck the excess cable into the **Main Frame** or **Console Mast Assembly**.
- Align the mounting plate for the **Console Mast (312)** with the mounting holes in the **Main Frame**. Loosely thread two **M8 x 1.25 x 25mm Cap Head Hex Screws (317)** through each **Console Mast Cover Mounting Plate (315)** and **Console Mast Assembly** and into the **Main Frame**. Tighten all screws firmly using the **6mm Hex Wrench (809)**.
- Finally, install the two **Console Mast Covers (316)** using the four **M3 x 0.5 x 8mm Socket Head Hex Screws (319)**. and tighten firmly using the **2.5mm Hex Wrench (805)**.



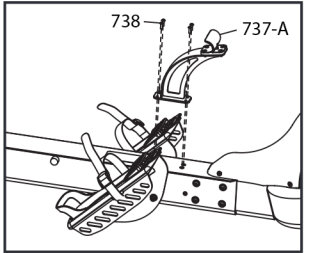
Assembly Step 6: Seat and End Cap Installation

- Slide the **Seat Assembly (773-A)** onto the **Beam Assembly** in the orientation shown. Do not force it on the Beam or you could risk damaging the wheels.
- Install the **End Cap (707)** using the two **M5 x 0.8 x 10mm Button Head Hex Screws (708)** and tighten using the **3mm Hex Wrench (806)**. Next install the two **M3.5 x 10mm Long Round Head Cross Tapping Screws (709)** through the underside of the beam using a Phillips head screwdriver to complete the installation of the **End Cap (707)**.



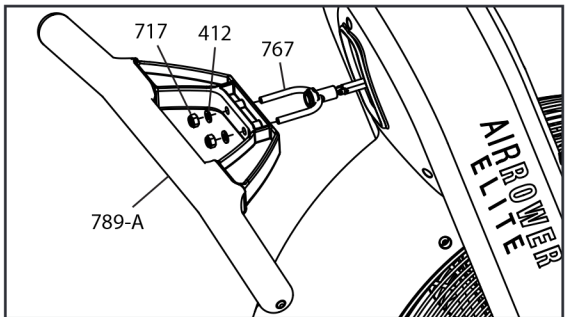
Assembly Step 7: T-Handle Holder Installation

- Install the **T-Handle Holder Assembly (737-A)** using the four **M5 x 0.8 x 20mm Button Head Hex Screws (738)** and tighten using the **3mm Hex Wrench (806)**.



Assembly Step 8: T-Handle Installation

- Pull the chain forward from the shroud opening using the connected zip tie.
- Install the **T-Handle Assembly (789-A)** using the **T-Handle U-Bolt (767)**, two **1/4-20 UNC Nuts (717)**, and two **Ø10.00D x Ø5.5 x 1t Flat Washers (412)** and tighten using the provided **11mm Wrench**.
- Cut the zip tie from the chain.
- Place the **T-Handle Assembly (789-A)** in the **T-Handle Holder**.



Assembly Step 9: Leveling the Unit

- Select a suitable space for operation of the AirRower 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 at least 0.5 m (19.7 in.) of clearance on all sides of the rower.
- Ensure the unit is level and does not rock by adjusting the **Leveling Feet**. There are two feet on the Front Stabilizer and two on the Rear Stabilizer. As a starting point, loosen each foot by turning the leveler clockwise (when looking down towards the lever), and then loosen the locknuts against the foot base. Check the unit for stability and make any adjustments as necessary. Once stable, lock the **Leveling Feet** in place by tightening the jam nut, against the underside of the stabilizer to lock the current position of each foot.
- Congratulations, your new Assault Fitness AirRower Elite is fully assembled and ready for use. Please read all included information, user guides and warnings before use.

ASSAULT FITNESS

5803 Newton Drive Carlsbad, California 92008 Ph. 1.888.815.5559

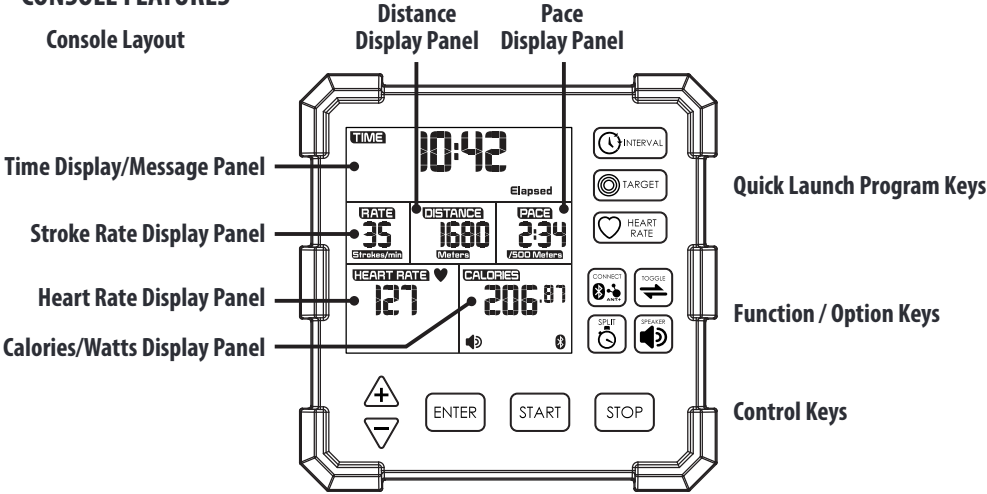
For more information or questions regarding your equipment, please visit our website at

www.assaultfitness.com

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QUICK START GUIDE

CONSOLE FEATURES



Console Keys

- START

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

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.
- INTERVAL

Press the INTERVAL PROGRAMS key to review and select that available console interval programming.
- HEART RATE

The HEART RATE PROGRAMS key opens the available heart rate control programs.
- SPLIT

Pressing the SPLIT key freezes the workout metrics for five seconds. The workout will continue to run in the background.
- SPEAKER

Pressing the SPEAKER key turns off or on the console's audible notifications.
- ENTER

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.
- UP/DOWN ARROWS

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.
- TARGET

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

Connections to a mobile device or wireless chest strap via the on-board Bluetooth or ANT+ radios are initiated by pressing the CONNECT key.
- TOGGLE

The TOGGLE key allows the user to choose between showing Calories or Watts. 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 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. 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 total runtime, total distance, 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 AirRower 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 pulling the rower chain. 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 Time, Calories, and Distance will post, followed by Maximum Stroke Rate, Watts and Pace, then Average Stroke Rate, Watts and Pace.
- Service Interval Reminders and Notifications.**

The AirRower 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 rower chain is pulled 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 resistance fan stops moving. To end the program and view the Workout Summary, press the STOP key.
- Launch:

Press the START key or begin rowing.
- 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 the start of each work and rest interval. Additionally, work and rest intervals will be signaled via audible tones.

Interval 20/10 Program	Number of Intervals: 8
Work Interval Length:	20 seconds
Rest Interval Length:	10 seconds Interval

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 goal. 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 the UP or DOWN key 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 or DOWN key, 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 Pace, or HR High/Decrease Pace 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 Mode 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. 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, Stroke Rate, Pace, and Watts. 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 rowing or 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 do so while exercising. To aid in heart rate training, the AirRower console is equipped with a wireless heart rate receiver which can detect a HR signal being transmitted by a wireless chest strap (optional).
- ### 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 generally 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:

$220 - 35 = 185 \text{ BPM}$

$(220 - \text{Age} = \text{Calculated Maximum Heart Rate in Bpm})$

$0.65 \times 185 = 120 \text{ BPM}$

$(65\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 120 \text{ Bpm})$

$0.85 \times 185 = 157 \text{ BPM}$

$(85\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 157 \text{ Bpm})$
- 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 an ANT+ or Bluetooth Low Energy (LE) heart rate chest strap. 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+ or Bluetooth LE heart rate chest strap is paired to the console.
- ### Pairing the Wireless ANT+ or Bluetooth LE Heart Rate Transmitter to the AirRower Console.
- There are two ways to connect the ANT+ or BTLE heart rate chest strap to the AirRower console.

 - ANT+:** 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 icon will begin to flash and the alpha-numeric display will flash "Connected" to confirm connection.
 - Bluetooth:** Pairing will occur via the BTLE radio. Ensure the chest strap is on and worn correctly. Press and release the CONNECT key. "BT#####" will be shown in the alpha-numeric display until the heart rate strap pairs to the console. When paired, the HEART RATE icon will begin to flash and the alpha-numeric display will flash "Connected" to confirm connection.

TECHNICAL SPECIFICATIONS & USE GUIDELINES

AIRROWER ELITE



Part #23-AS-800 US-English v1.0 12-February-19

SAFETY PRECAUTIONS & INSTRUCTIONS

Every Assault AirRower 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 machine to reduce the chance of injury, fire, or damage.

Intended Use

- The AirRower rowing ergometer may be used for indoor rowing simulation.
- The AirRower rowing ergometer is appropriate for residential and commercial use.
- The AirRower 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 rower.
- 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 in which the product is used. 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 AirRower 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 rower on a solid, level surface.
- All warning labels attached directly to the rower must remain installed. If a warning label becomes illegible or damaged, please contact Assault Fitness for a replacement.
- Maintain the rower to keep it in good working condition, as described in this manual. Inspect the rower for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the rower, obtain help and use proper lifting techniques.
- Do not attempt to service the rower yourself, except to follow the maintenance instructions in this manual.

Instructions for Owners and Users

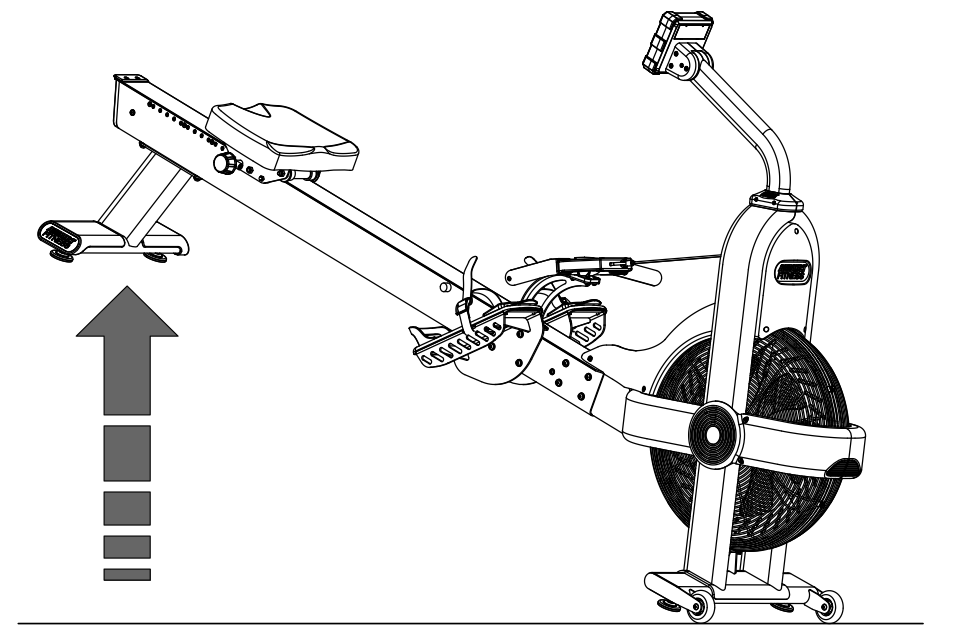
Before beginning any fitness program, you should obtain a thorough medical exam from your physician, particularly if you have high blood pressure, high cholesterol, diabetes, chronic respiratory illness, or heart disease; are pregnant; have a family history of any of the preceding conditions; are over 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 rower, stop immediately. Consult a physician before continuing.

When using the rower, 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 rower 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 rower, on or near it. Do not leave children unsupervised around the rower.
- Do not allow children under the age of 16 to use the Assault Fitness AirRower.
- Do not allow animals on the rower.
- Examine the rower for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.
- Do not use outdoors.
- Do not operate the rower without the shrouds installed.
- Do not use the rower with 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 rower. Never jump from the rower. Never enter the rower from the front. Operate the rower only when facing forward.
- 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 foot platforms are not intended for cleats or running spikes.
- Save these instructions.

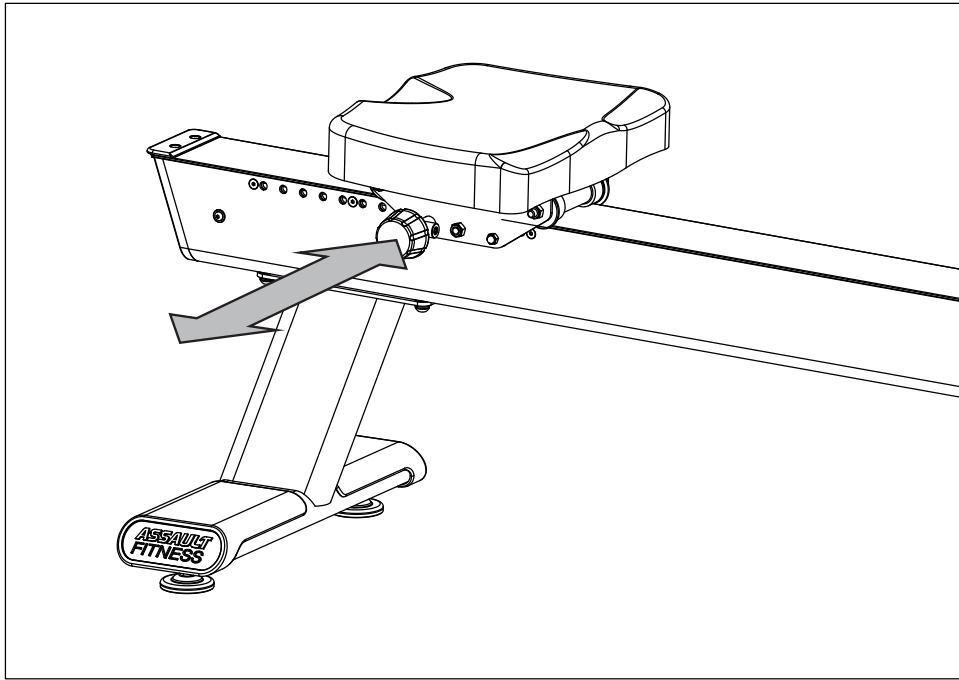
Transporting the AirRower:

- Grasp the transport handle and raise the rear end of the rower to a comfortable position using a proper lifting technique.
- Roll the unit into place and lower the unit using a proper lifting technique.
- Never grasp the unit by the plastic covers. Damage and injury can occur.



Seat Locking Mechanism:

- The seat on the AirRower can be locked in a fixed position on the beam to allow for additional exercise modalities beyond a traditional rowing ergometer.
- The fixed positions allow for fixed upper body exercises engaging different muscles groups than the typical dynamic rowing modality.
- To lock the seat, push the knob on the right hand side of the seat carriage towards the beam to engage the locking pin into one of the available fixing holes; it may be necessary to slightly slide the seat assembly forward or backward on the beam to properly align the locking pin.
- To release the seat locking pin, pull the seat knob away from the beam.



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.

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 AirRower 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

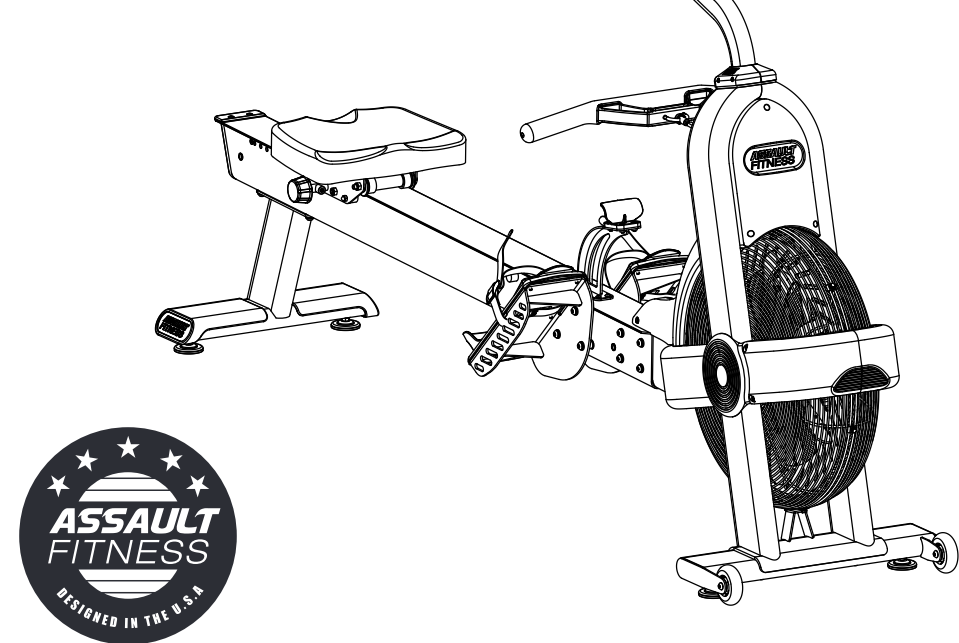
The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal.

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.

TECHNICAL SPECIFICATIONS & USE GUIDELINES

AIRROWER ELITE



MAINTENANCE & SERVICE

All AirRowers are engineered for years of operation. Regular maintenance and cleaning will lengthen the life and preserve the appearance of the AirRower rowing ergometer. 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 AirRower 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 beam is made from aluminum; the hardware used for the assembly is stainless steel. 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 rower.

As a reminder to the user, the AirRower 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 AirRower 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
Move the rower and clean/vacuum dust, lint or debris found 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 speed sensor cables are damage or disconnected.	a. Check for damage and proper connections.
	b. The speed sensor and magnets are not correctly aligned.	b. Adjust the speed sensor positioning.
Seat makes noise when it moves on the beam	a. Debris is on the beam	a. Clean beam of all debris
	b. Debris is stuck to wheels	b. Clean seat rollers of all debris

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 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.

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 AssaultFitness.com

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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, foot pedals, rubber grips, 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 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

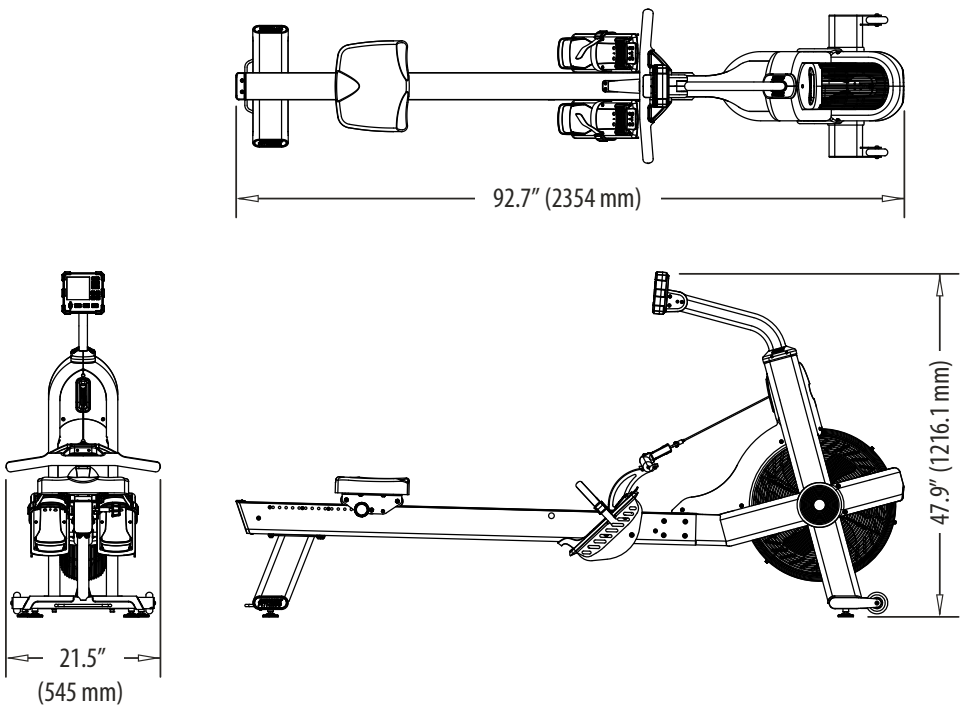
During any remaining warranty period, the remaining period of warranty can be transferred one time to another party, as long as the original purchaser previously registered their Product with Assault, and submits within 30 days after transfer of the Product a letter to Assault’s at the address below 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.

THANK YOU FOR YOUR BUSINESS!

(12Feb19)

DIMENSIONS



SPECIFICATIONS

- **Weight:** 124.6 lbs (56.5 Kg)
- **Power Requirements:** 4 AA Alkaline Batteries
- **Weight Restrictions:** 350 lbs (158.8 Kg)

SERIAL NUMBER LOCATION

