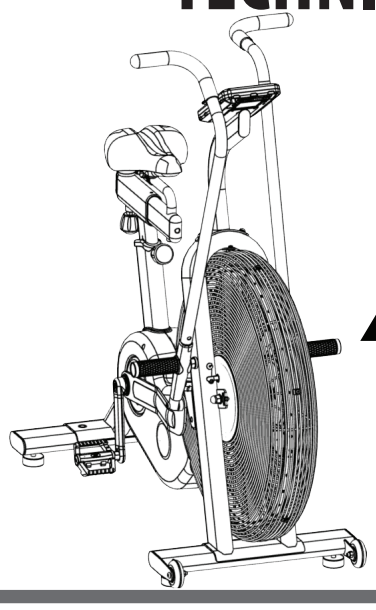
TECHNICAL SPECIFICATIONS & USE GUIDELINES



ASSAULTBIKE PRO X

Part #23-AS-1523

SAFETY PRECAUTIONS & INSTRUCTIONS

Every ASSAULTBIKE PRO X is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment. Always follow basic safety precautions when using this bike to reduce the chance of injury, fire, or damage.

Intended Use

- The ASSAULTBIKE PRO X may be used while seated only.
- The ASSAULTBIKE PRO X is appropriate for residential and commercial use.
- The ASSAULTBIKE PRO X 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 0.6 m (23.6 in.) on all sides of the ASSAULTBIKE PRO X.
- Carefully consider the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

Instructions for Owners

- Read the entire owner's manual before operating the unit.
- Save this manual for future reference.
- Assembly of the ASSAULTBIKE PRO X 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 ASSAULTBIKE PRO X on a solid, level surface.
- All warning labels attached directly to the bike must remain installed. If a warning label becomes illegible or damaged, please contact Assault Fitness for a replacement.
- Maintain the ASSAULTBIKE PRO X to keep it in good working condition, as described in this manual. Inspect the bike for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the ASSAULTBIKE PRO X, obtain help and use proper lifting techniques.
- Do not attempt to service the ASSAULTBIKE PRO X 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 ASSAULTBIKE PRO X, stop immediately. Consult a physician before continuing. When using the ASSAULTBIKE PRO X, 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 ASSAULTBIKE PRO X 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 the ASSAULTBIKE PRO X, on or near it. Do not leave children unsupervised around the bike.
- Do not allow children under the age of 16 to use the Assault Fitness ASSAULTBIKE PRO X.
- Do not allow animals on the ASSAULTBIKE PRO X.
- Examine the bike for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.
- Do not use outdoors.

WARNING: The ASSAULTBIKE PRO X is non-motorized and means the user initiates and controls the speed of the pedals. There is no emergency stop feature and the ASSAULTBIKE PRO X will slow to a stop on its own.

WARNING: The pedals move freely in both directions. Grasp the handlebars whenever mounting and dismounting the ASSAULTBIKE PRO X.

WARNING: If any of the adjustment devices are left projecting, they could interfere with the user's movement.

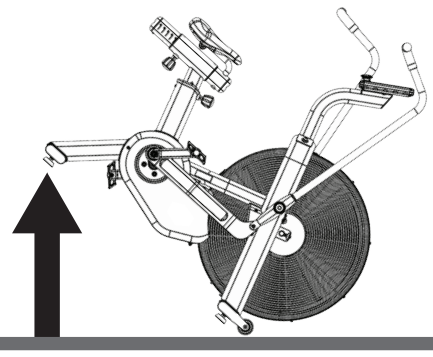
- Heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Operate ASSAULTBIKE PRO X only when facing forward. Never attempt to mount or dismount the bike while the pedals are moving.
- 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.
- Save these instructions.

Mounting and Dismounting the ASSAULTBIKE PRO X

- Grasp the handlebars whenever mounting and dismounting the ASSAULTBIKE PRO X and rotate the pedal on the side you will be mounting/dismounting the bike from until it is at its lowest position.
- If you are mounting the ASSAULTBIKE PRO X from the left side of the bike, place your left foot on the left pedal and swing your right leg around and over the back of the seat and place your foot on the right pedal. Do the opposite when mounting from the right side of the bike.
- Sit down.
- Reverse the process above when dismounting the ASSAULTBIKE PRO X.

Transporting the ASSAULTBIKE PRO X

- Grasp the rear stabilizer and raise to a comfortable position using proper lifting techniques. Roll the unit into place and lower it using proper technique. Never attempt to transport the unit using the moving handlebars as damage and/or injury can occur

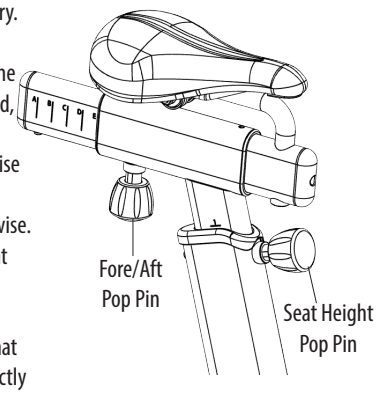


Seat Adjustments and Body Posture/Position

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.

Seat Height

- Dismount the bike. Unthread the seat height pop-pin, if necessary, by turning the seat height pop-pin knob counterclockwise. While holding the seat with one hand, pull out on the seat height pop-pin to release it from its current preset location. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole. Rethread the seat height pop-pin to lock it in position by turning the knob clockwise. The proper seat height for each user is at a position where there should be a slight bend in your knee when you're at the bottom of a pedal stroke.



Seat Fore/Aft Position

- Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower. To adjust the seat fore/aft position, unthread the seat fore/aft pop-pin, if necessary, by turning the seat fore/aft pop-pin knob counter-clockwise. While holding the seat with one hand, pull out on the seat fore/aft pop-pin to release it from its current preset location. Slide the seat to the fore or aft, then gently release the pop-pin. Slide the seat slightly fore or aft, if necessary, until the pop-pin engages a preset hole. Rethread the seat fore-aft pop-pin to lock it in position by turning the knob clockwise.

Upper Body and Arm Positions

- With the seat properly adjusted during the exercise make sure to keep your torso upright and your arms in line with the grips.

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 ASSAULTBIKE PRO X 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.

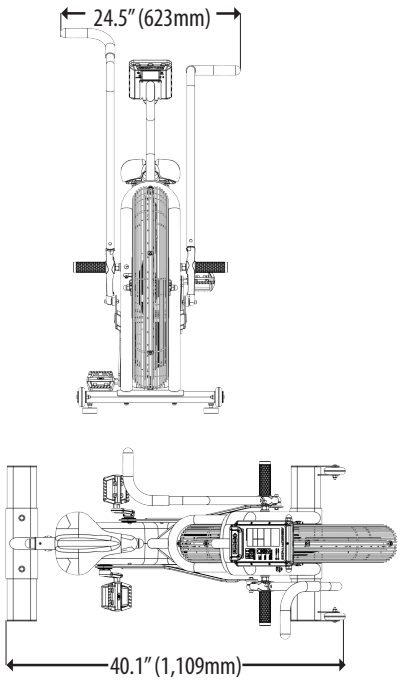
Product Recycling and Disposal

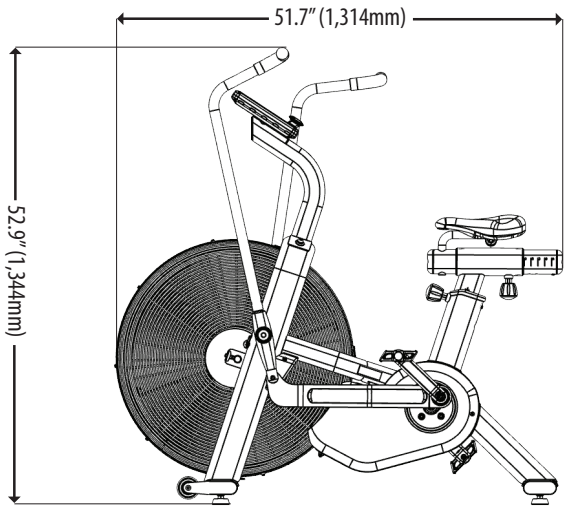
This equipment must be recycled or discarded per applicable local and national regulations. Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable 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.

California Prop 65

This product may expose you to chemicals which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

DIMENSIONS & SPECIFICATIONS

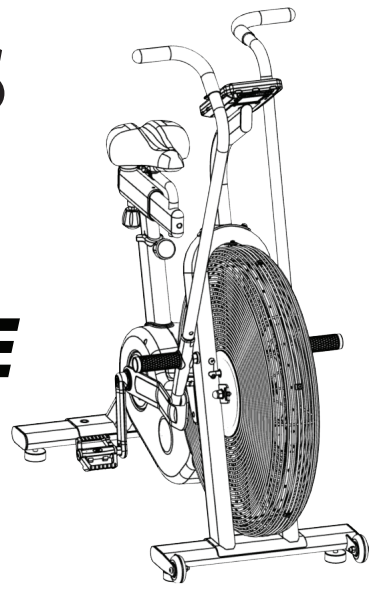




Weight: 124lbs (56.3 Kg)
Power Requirements: 4 AA Alkaline Batteries
Weight Restrictions: 330lbs (150 Kg)

TECHNICAL SPECIFICATIONS & USE GUIDELINES

ASSAULTBIKE PRO X



MAINTENANCE & SERVICE

All ASSAULTBIKE PRO X's are engineered for years of operation. Regular maintenance and cleaning will lengthen the life and preserve the appearance of the ASSAULTBIKE PRO X. 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 ASSAULTBIKE PRO X is manufactured of durable materials; the plastics are molded of strong and chemical-resistant ABS; the frame is produced of high-tensile steel and protected with an industrial-grade, powder paint coating process for the highest level of corrosion resistance; the hardware used for the assembly is corrosion resistant. However, it is important to note that perspiration can be extremely corrosive if allowed to accumulate on the machine.

⚠ **ATTENTION: PERSPIRATION IS VERY CORROSIVE AND IF ALLOWED TO REMAIN ON THE MACHINE, WILL CAUSE DISCOLORATION, FADING, RUST, AND ODORS. UNFORTUNATELY, THESE CONDITIONS ARE NOT COVERED UNDER THE WARRANTY POLICY.**

After each workout, wipe down the entire unit, including the console with a mild soap solution followed by a thorough drying with a clean towel. Positioning a small spray bottle and towel near the unit will help ensure that your equipment looks new for many years. Do not use abrasive or coarse brushes or cloths as damage to the surfaces may occur. Do not flood any area with cleaning solution or liquid. Do not use aggressive chemicals or solvents to clean the bike.

A guideline for service is provided below. If the environment for the ASSAULTBIKE PRO X is extraordinarily dirty or the usage is extremely heavy, the inspection/service should be performed more often.

Maintenance Recommendations

Maintenance Task	Daily	Monthly	Yearly
Spray Down with Mild Soap Solution & Dry.	X		
Tighten Seat Slide & Up/Down Adjustments.	X		
Inspect Unit for Noise or Loose Components.	X		
Adjust Leveling Feet.	X		
Inspect/Tighten Pedals.	X		
Inspect for Loose Crank Bolts. If Loose, Remove and Re-apply Loctite and Re-Tighten.		X	
Inspect/Tighten Linkage Arm Hardware.		X	
Inspect Bottom Bracket for Play or Grinding Feeling in Crank Area. Replace if Necessary.		X	
Inspect/Tighten Handlebar Pivot Hardware.		X	
Tighten All Fixing Nuts and Bolts.			X
Replace Console Batteries.			X

TROUBLESHOOTING

Condition	Potential Causes	Solutions
Console will not power on.	a. Batteries installed incorrectly.	a. Check battery orientation.
	b. Batteries are dead.	b. Replace the four AA batteries.
Console powers on, but metrics do not post.	a. The speed sensor cable is damaged or disconnected.	a. Check for damage and proper connections.
	b. The speed sensor and magnet are not correctly aligned.	b. Adjust the speed sensor positioning.

ASSAULTFITNESS

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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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 seven years from the date of purchase. All other parts and components of the Product shall be free from defects 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. All labor shall be the responsibility of the owner.

What is Not Covered

This Limited Warranty applies only to Products sold in the United States under the Assault brand name. This warranty does not cover normal wear and tear on items such as, but is not limited to, transportation wheels, seat, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage, and excludes paint & finish. Wear items pertain to components that may 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 not extend to any Product that is damaged or rendered defective; (a) as a result of an accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by Assault; (c) by modi cation 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 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 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 Products 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. 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.AssaultFitness.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 the 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 may be requested to be returned to Assault for quality inspection.

Please see other products from Assault Fitness at www.assaultfitness.com.
THANK YOU FOR YOUR BUSINESS!

SERIAL NUMBER LOCATION

