

AIR RUNNER



SET UP & SAFETY GUIDE

Important: Please read instructions before use

PRECAUTIONS



Before you start training on your RPM Power® Air Runner, please read these instructions carefully. Be sure to keep these instructions readily available, in the case of repair and/or for spare part delivery.

Only ever use suitable tools when assembling this product and always ask for the assistance of a second person if necessary.

Before each use, always check the tightness and security of the elements in this product. It is important to note the condition of these elements and make sure that they are performing their correct function.

This product should only be assembled on a flat, even stretch of ground that is free from objects and other people. Do not wear loose clothing or jewellery near this machine when it is active, as they may become caught in the moving parts.

Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, only ever use original parts. In case of repair, please contact RPM Power at the address printed in this manual for further advice.

It is essential to regularly maintain this Air Runner. Use a slightly damp cloth to remove any dust or dirt from the machine. Avoid the use of too much water or aggressive detergents when cleaning this product.

Ensure that training starts only after you have correctly assembled and fully inspected the Air Runner. For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.

This Air Runner is designed for adults only. It is not suitable for children under 12 years old. Please ensure that teenagers only ever use this product under the supervision of an adult. Ensure that any person using this product is aware of possible hazards, e.g. movable parts during training.

Consult your physician before engaging in any form exercise with this product. Only every use this Air Runner at a level which matches that of your current fitness level and ability. Never over exert yourself when using this product, as doing so may cause injury.

IMPORTANT OPERATIONS

- 1) Use caution while participating in other activities while using your air runner; such as watching television, reading etc. Distractions may cause you to lose balance or stray from walking in the centre of the belt, which could result in serious injury.
- 2) NEVER mount or dismount the treadmill while the belt is moving. Be cautious when first using this machine until familiar with it's use.
- 3) Always hold of to the handrail while making control changes
- 4) Stop exercise immediately and consult your doctor if you feel dizzy, weak, experience discomfort or pain, chest pains or any pain that could indicate a heart attack, breathlessness, rapid of irrelgular heartbeat.

ASSEMBLY VIDEO

Scan the barcode below for Assembly Video which can be found on the Product Information section of our website

www.rpmpower.com/info



Open the camera app on your phone



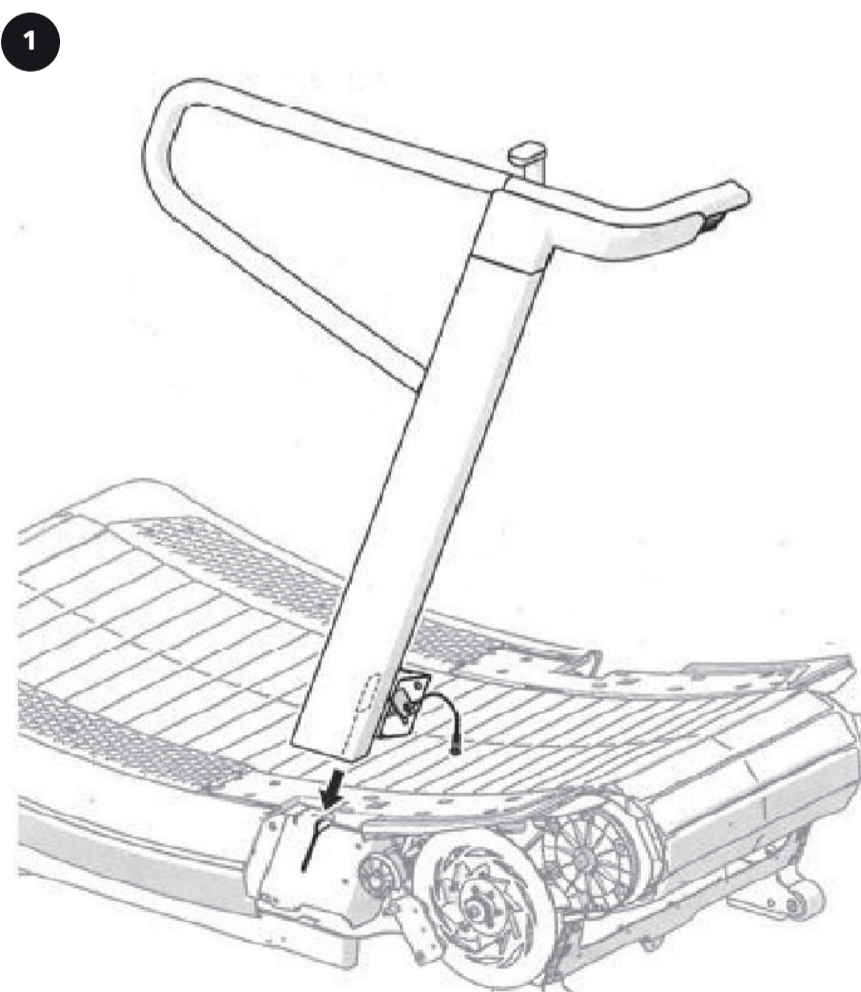
Take a photo of the QR code



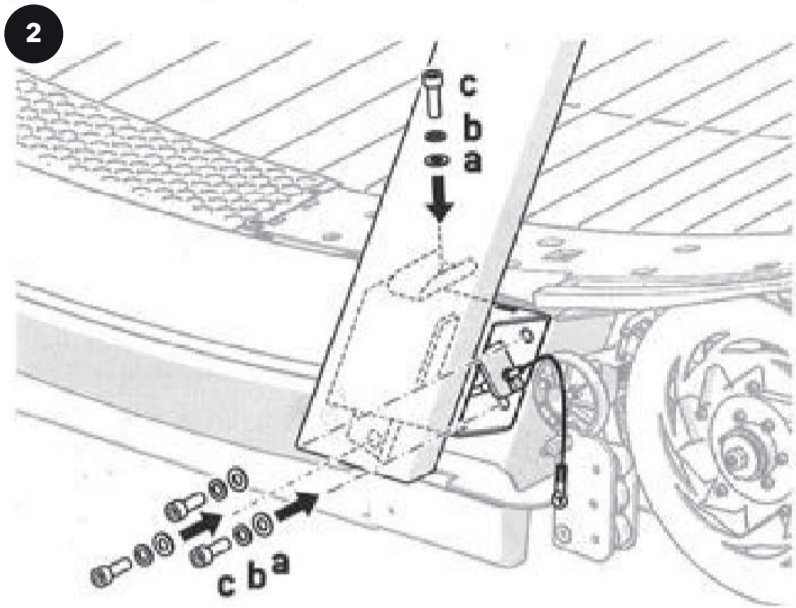
Select the banner notification that appears on the screen

ASSEMBLY INSTRUCTIONS

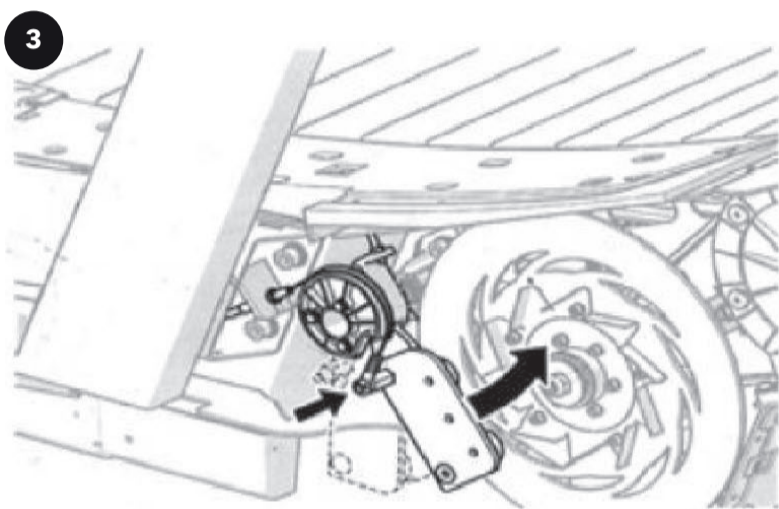
STEP 1: Assemble the upright column



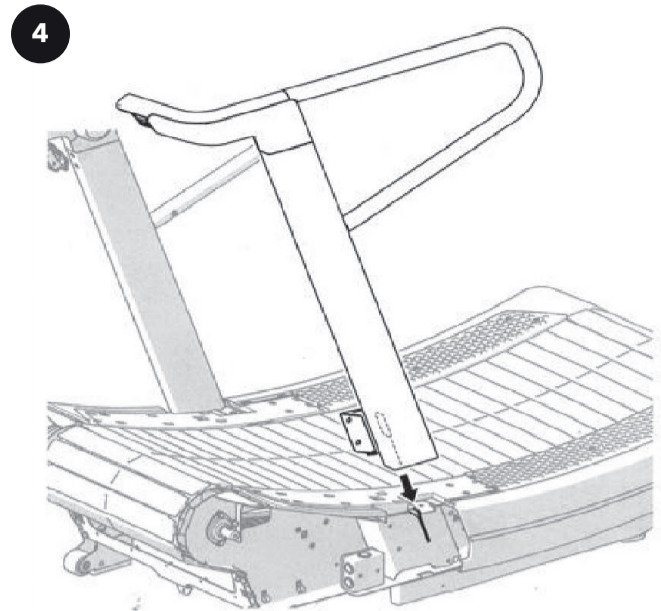
STEP 2: Connect the magnetic system



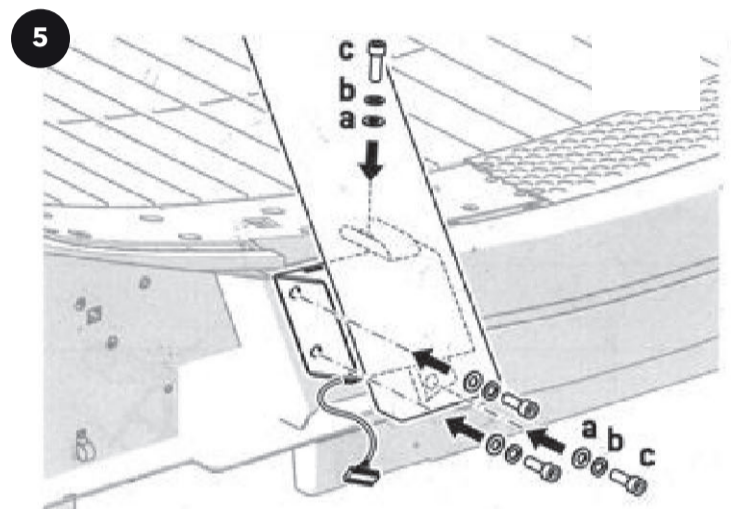
STEP 3: Place magnetic system under the flywheel and choose correct position



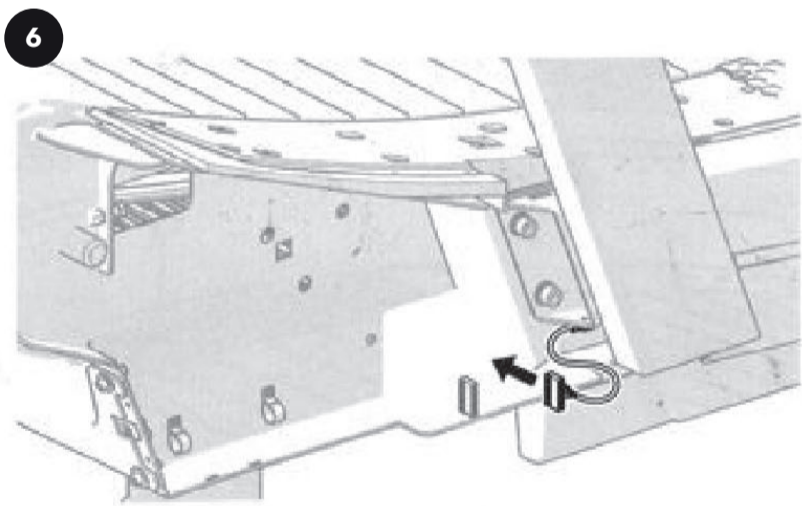
STEP 4: Assemble the other side of the treadmill column



STEP 5: Assemble the bottom of the other side of the treadmill column



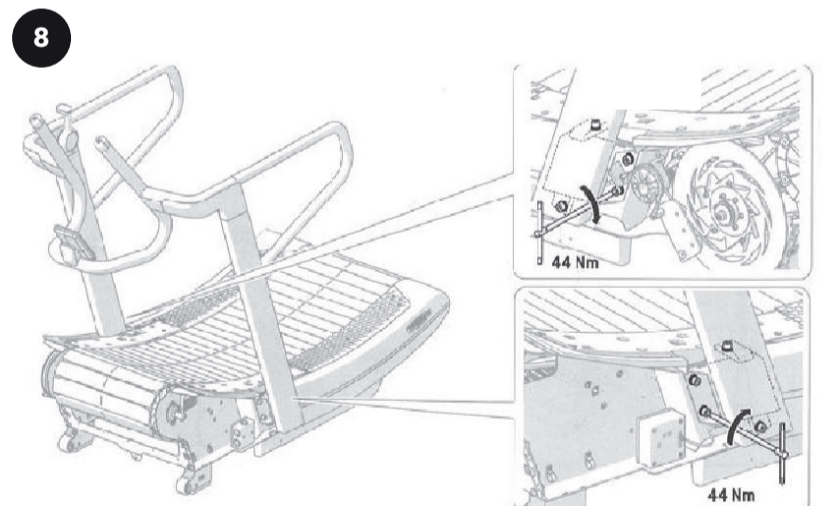
STEP 6: Insert lock nuts & washers to secure column



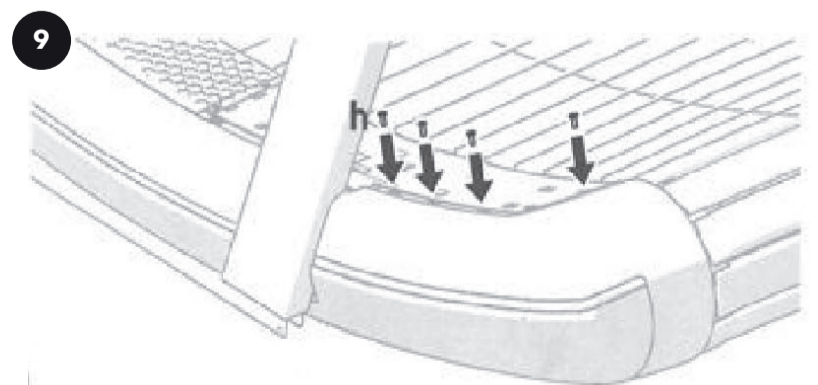
STEP 7: Assemble the counter & monitor unit

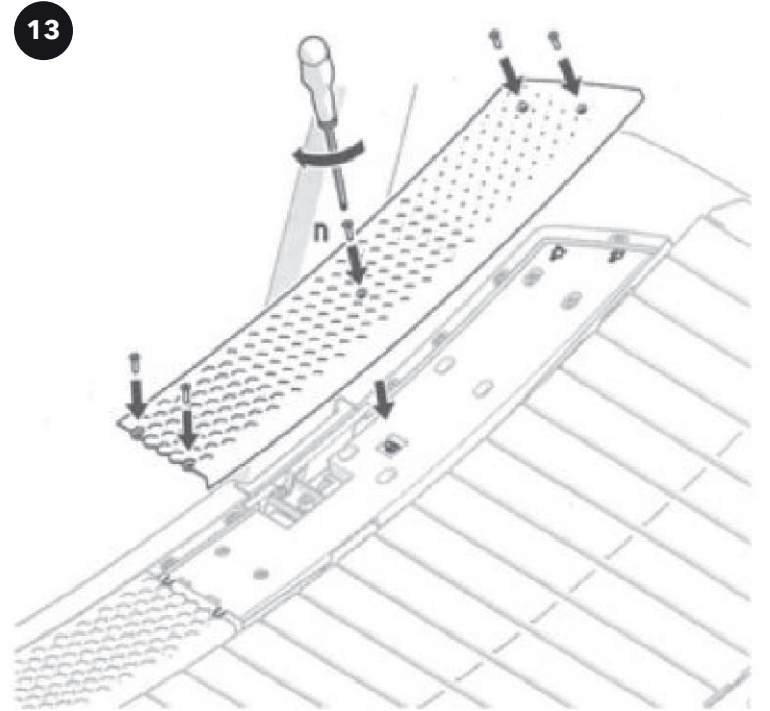
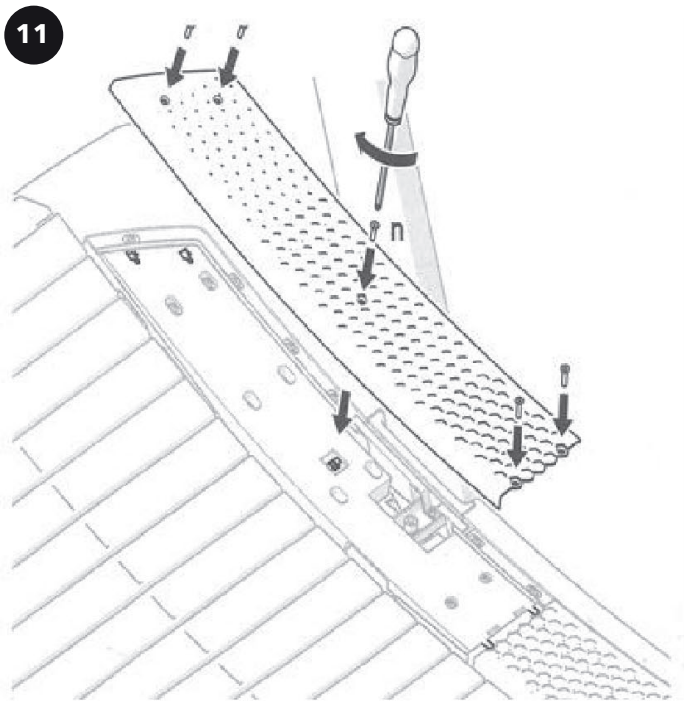
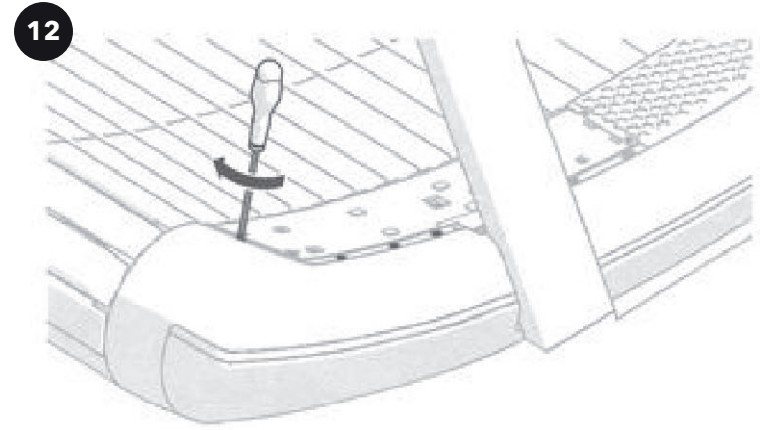
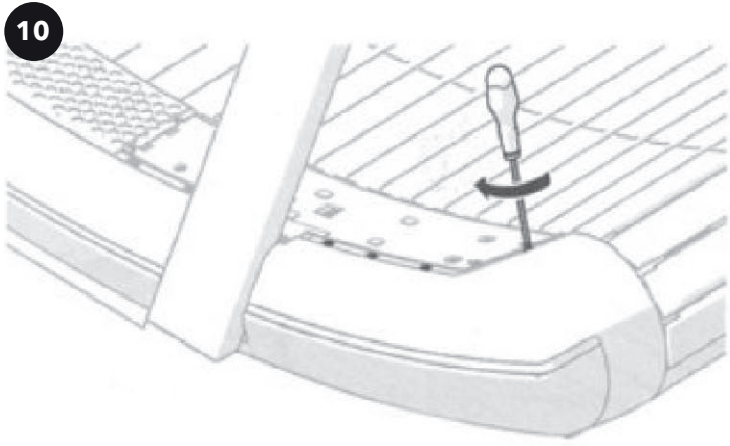


STEP 8: Fix and attached the handle unit



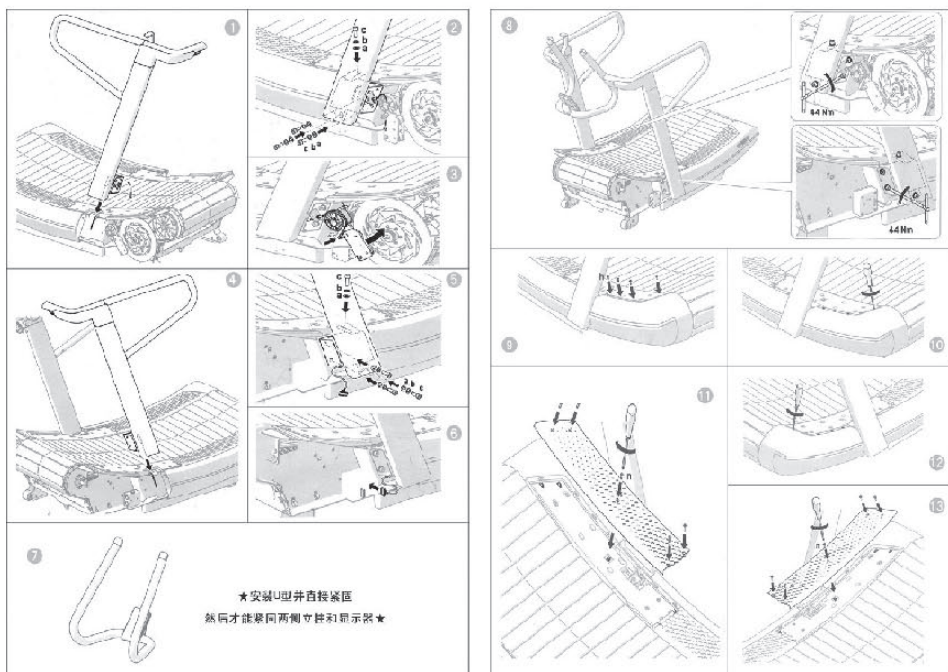
STEP 9: Assembly the treadmill side cover from front to back. All screws can be removed at same time





ASSEMBLY EXPLODING

DISPLAY MONITOR



TIME: 00-99:59 MIN:SEC
 SPEED: 0.0-999.9KM/H OR ML/H
 DISTANCE: 0.0-99.9KM/H OR ML/H
 CALORIES: 0.0-999.9KCAL

MODE: To select the function you want, hold the key for 4 seconds to have all function values reset except the ODOMETER (Total)

SET: to input the target value by the key except the ODOMETER (Total)

RESET/CLEAR: to let the value reset except the ODOMETER (Total)

Auto ON/ OFF: The monitor will automatically shut off if there is no activity for 4 minutes, the monitor will power on when you start exercise or press key

FUNCTIONAL

1. **TIME (TMR)** Auto-memorize the workout time while exercising
2. **SPEED (SPD)** Display the current speed
3. **Distance (DST)** Accumulate the distance while exercising
4. **Calories (CAL)** Auto-memorize the calories while exercising

BATTERY: If there is an improper display on the monitor, the batteries may need to be replaced. This Air Runner takes two AA batteries.

EXERCISE INTENSITY

To achieve maximum fitness results, it is that you are aware of the limits to your fitness level and ability. Never exercise too intensely that you risk over exertion or injury.

A good tip is to monitor your heart rate.

As a rule of thumb, the following formula is commonly used: Maximum pulse rate = 220 - Age. While exercising the pulse rate should always be between 60~85% of the maximum pulse rate. When starting to exercise, you should maintain a pulse rate at 60% of your maximum pulse rate for the first couple of weeks. With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

The body starts to burn fat at approx. 60% of the maximum pulse rate. To reach an optimum fat burning rate, it is advisable to keep the pulse rate between 60%~70% of the maximum pulse rate.

The recommended training amount per week consists of three workouts per week for 30 minutes each. This advice is based on someone with an intermediate to advanced fitness level. If you are a beginner, take your time to work up to this amount of training.

Example: You are 52 years of age would like to start exercising.

Maximum pulse rate = 220 - 52 (age) = 168 pulse/min

Minimum pulse rate=168 x 0.6=101 pulse/min

Highest pulse rate=168x0.7=117 pulse/min

SPECIFICATIONS:

Net weight of Air Runner: 160kg

Max User Weight: 180kg

Assembled Size: L: 158cm x W: 90cm x H: 173cm

EXERCISE GUIDELINES

It is important to consult your physician before beginning any form of exercise. Only ever use this Air Runner at a level which matches that of your current fitness level and ability. Never over exert yourself when using this product, as doing so may cause injury. Should you experience any pain, discomfort or dizziness while exercising, stop immediately and take a rest. Should these symptoms persist, seek medical advice.

THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Air Runner. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website.

Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

Follow us for offers, giveaways, new products and more!



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