



***HIIT AIRBIKE***

**AT-1000B**



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# SAFETY FIRST

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.

*The maximum user weight for this machine is **330 lbs. (150kgs.)***

**Dear Valued Customer,**

Thank you for your recent purchase of the **HIIT AirBike** from **AirTEK Fitness**. We believe that you have purchased one of the highest quality and affordable AirBikes on the market today. Prior to using your **HIIT AirBike** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

## WARRANTY INFORMATION

Record your Serial Number in your owner's manual and register online [www.AirTEKFitness.com/warranty](http://www.AirTEKFitness.com/warranty)

**Serial Number:** \_\_\_\_\_ **Purchase Date:** \_\_\_\_\_

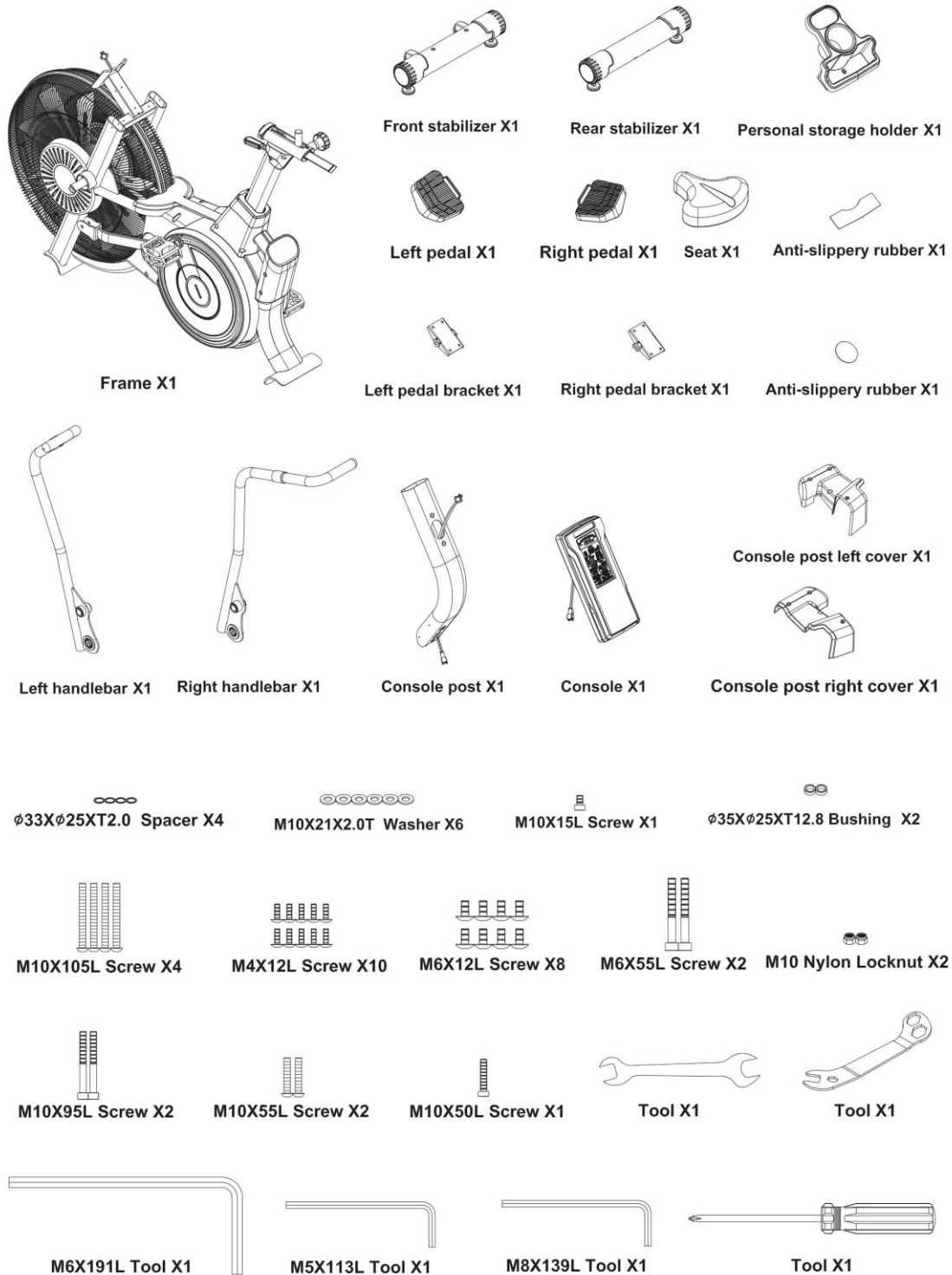
**Lifetime Frame Warranty, 2 Year Parts, Non-Transferable Limited Warranty.**

## ASSEMBLY NOTE

Before begin to assembly your HIIT AirBike:

1. **Check all the parts included** with shown in the manual. If parts are missing or damaged, do not use it and please return to AirTEK Fitness.
2. **Ready all your tools & parts.** Only use original parts, safety cannot be ensured if any unapproved components were used.
3. **Make sure the space is free** from anything that may cause injury and keep unsupervised children, pets, disable persons & senior citizens during assembly.
4. If you have any question or doubts during assembling, please contact AirTEK Fitness at (360) 321-7090 or (800) 398-9121.

# ASSEMBLY PARTS



**Parts Numbered on Back of Packaging**

# ASSEMBLY INSTRUCTIONS

**1**

*Use Holes in Front*

M6X191L      NO.85  
M10X105L(2pcs)

**2**

M6X191L      NO.85  
M10X105L(2pcs)

**3**

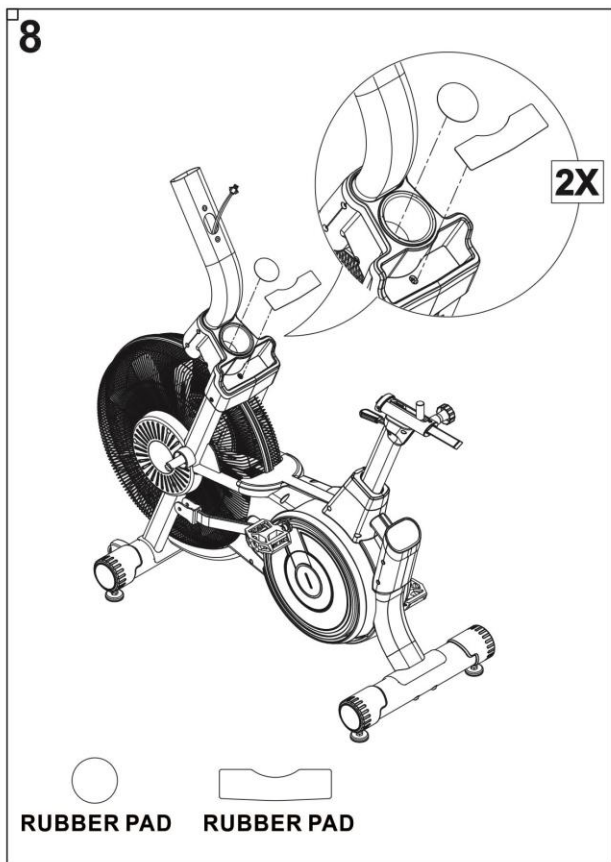
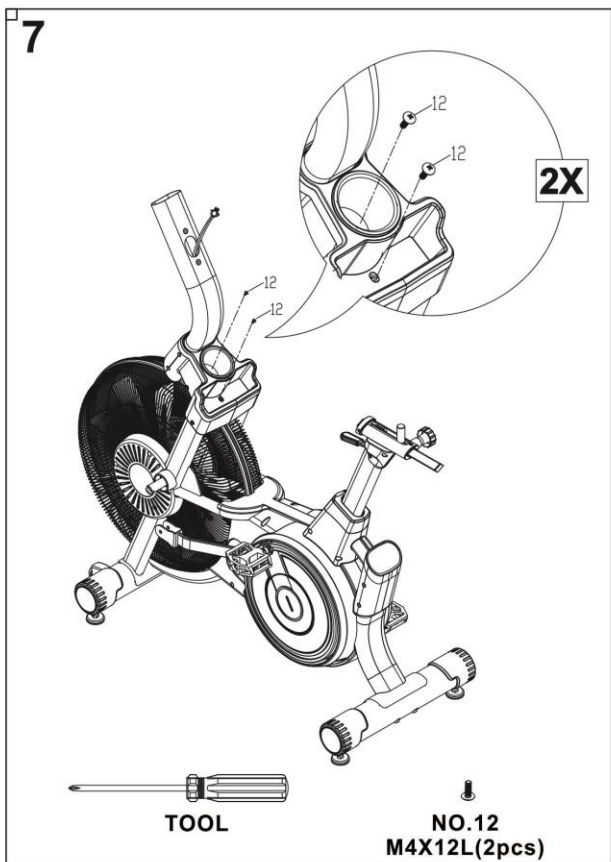
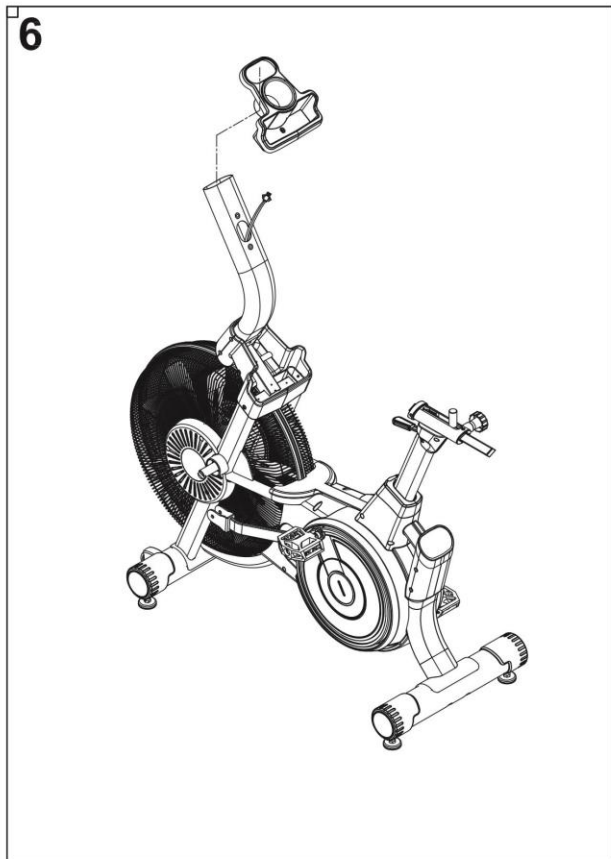
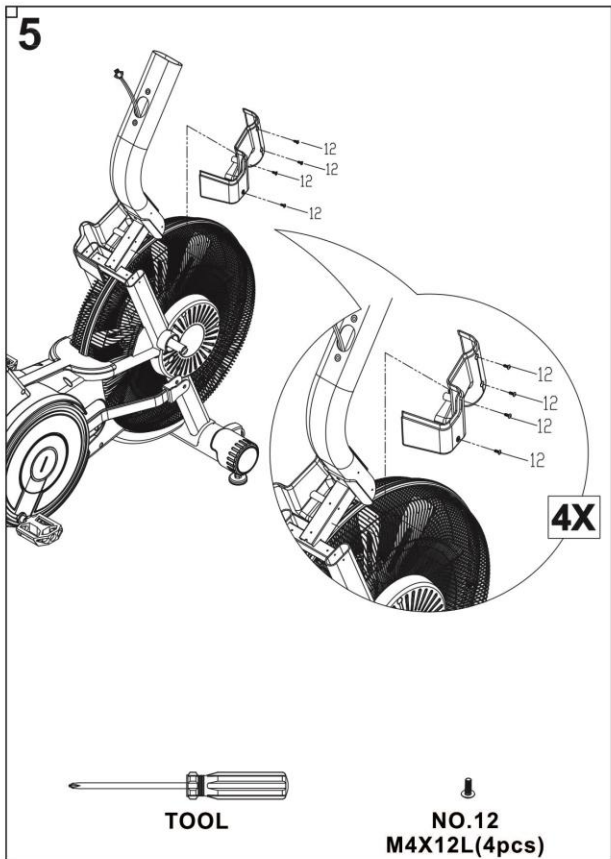
*Wire Pinch Point*

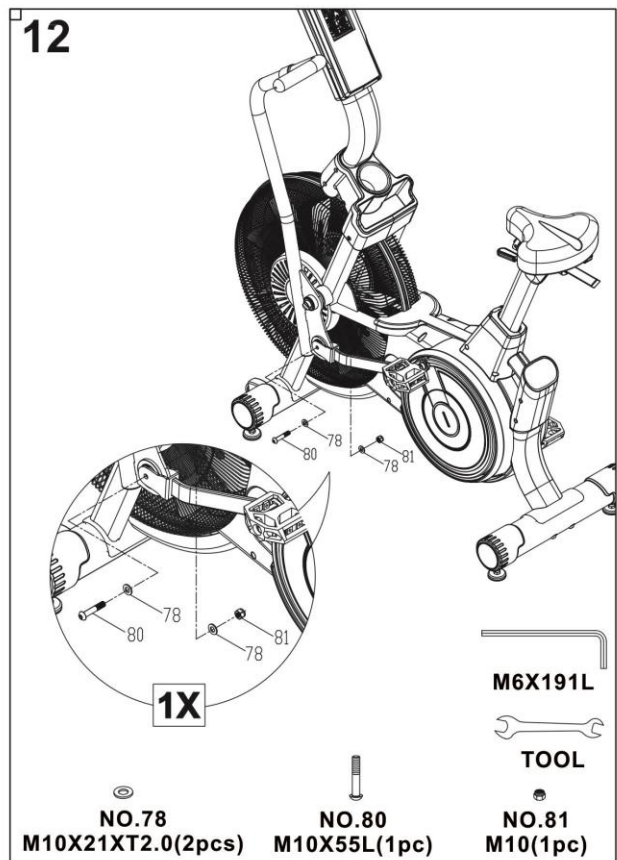
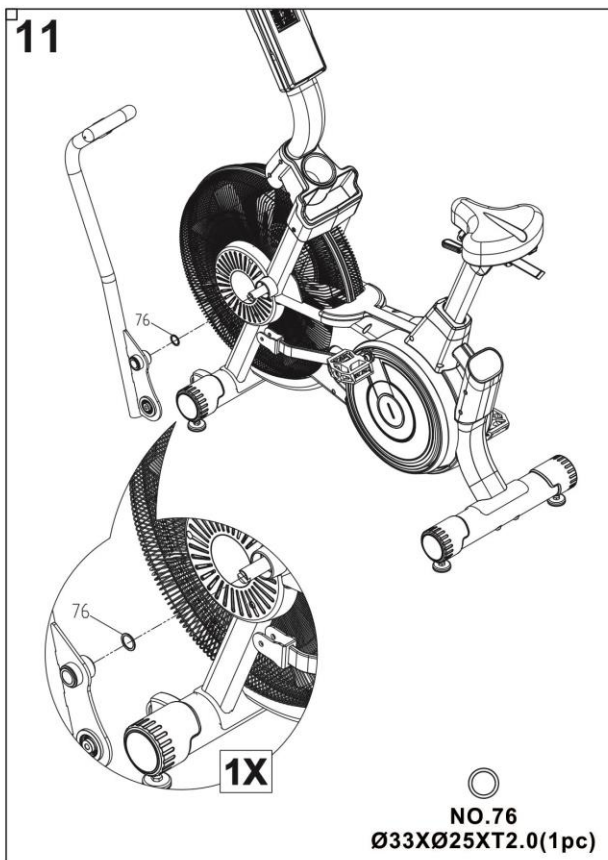
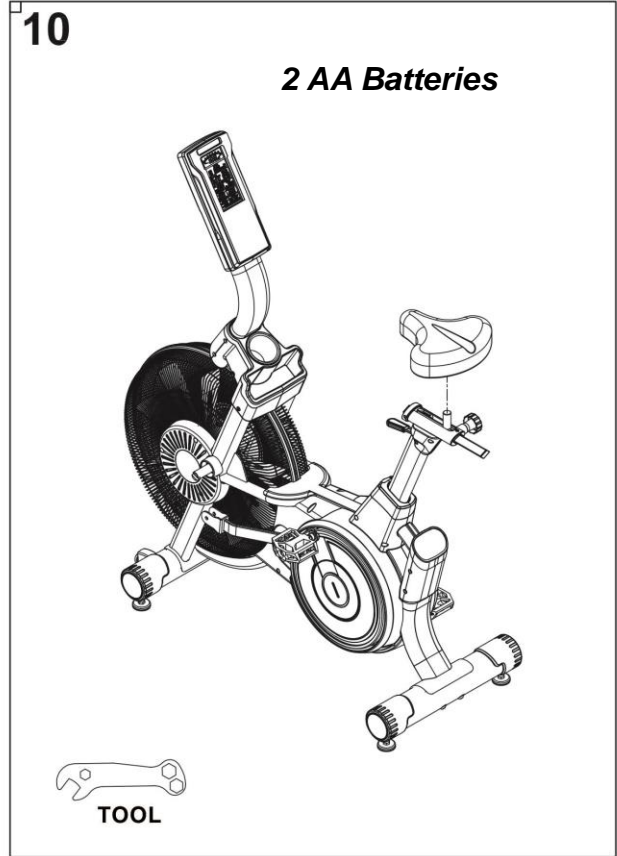
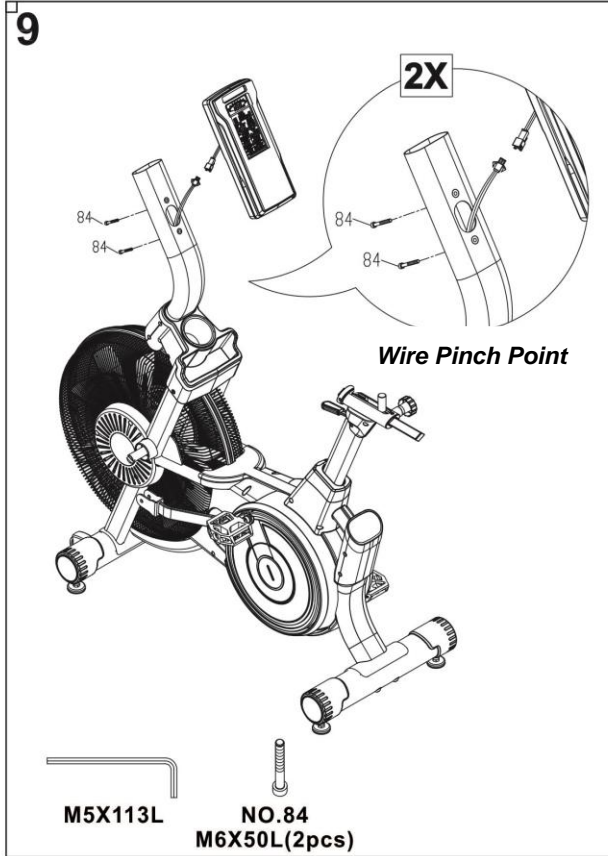
M8X139L      NO.82      NO.83  
M10X50L(1pc)    M10X15L(1pc)

**4**

TOOL      NO.12  
M4X12L(4pcs)

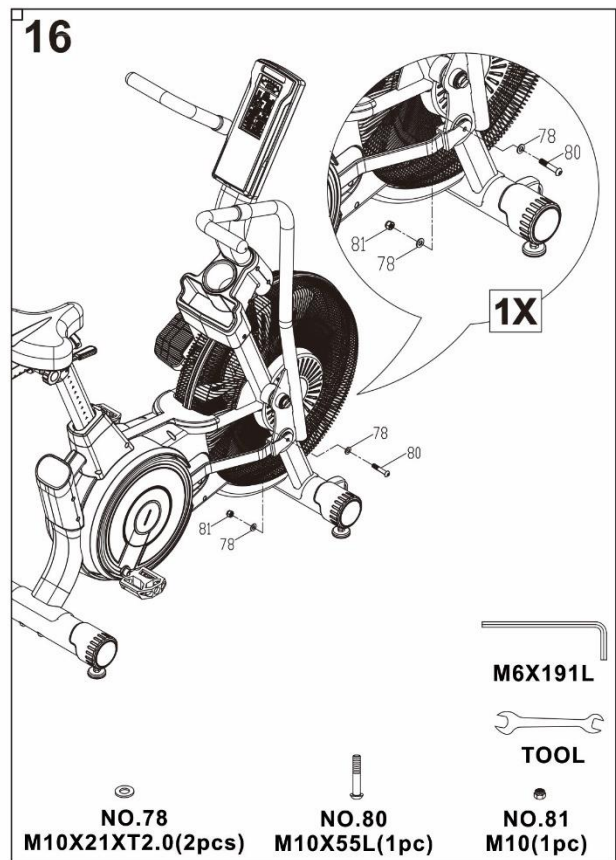
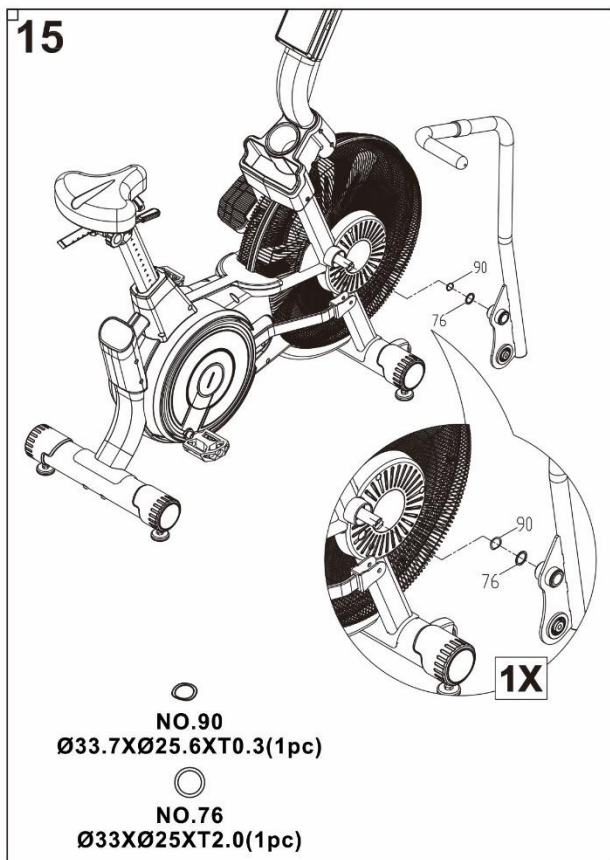
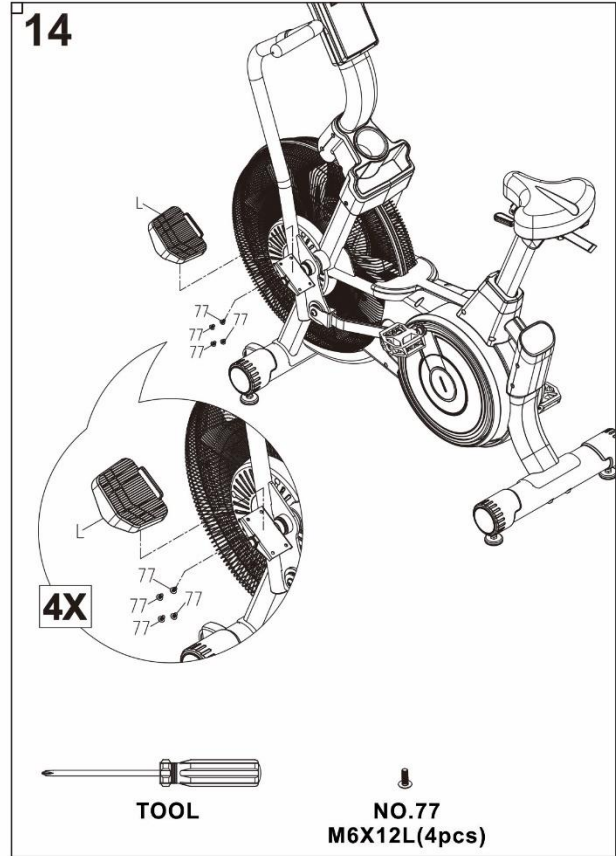
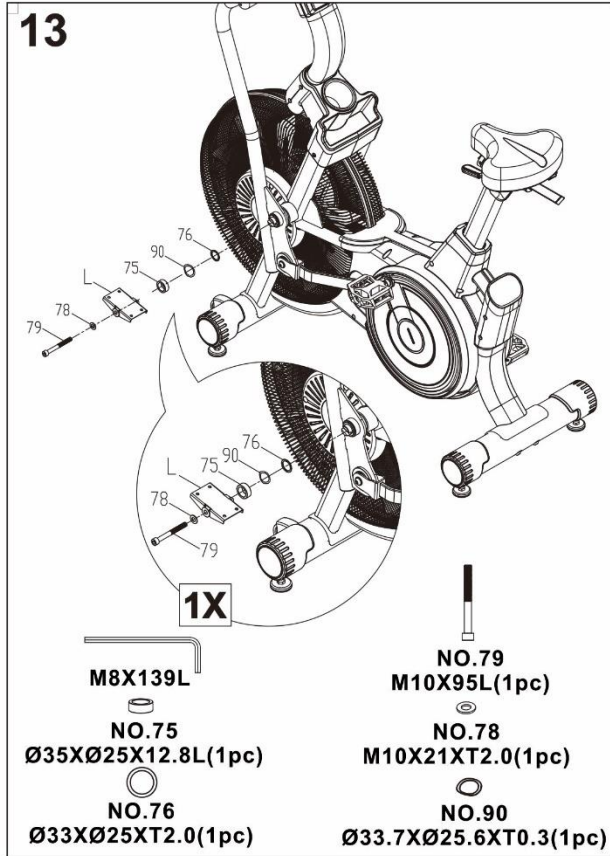




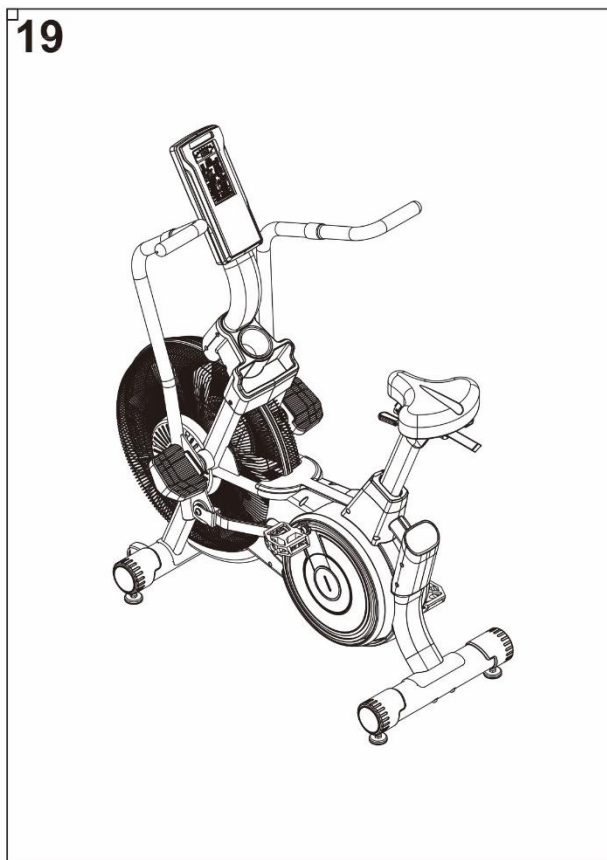
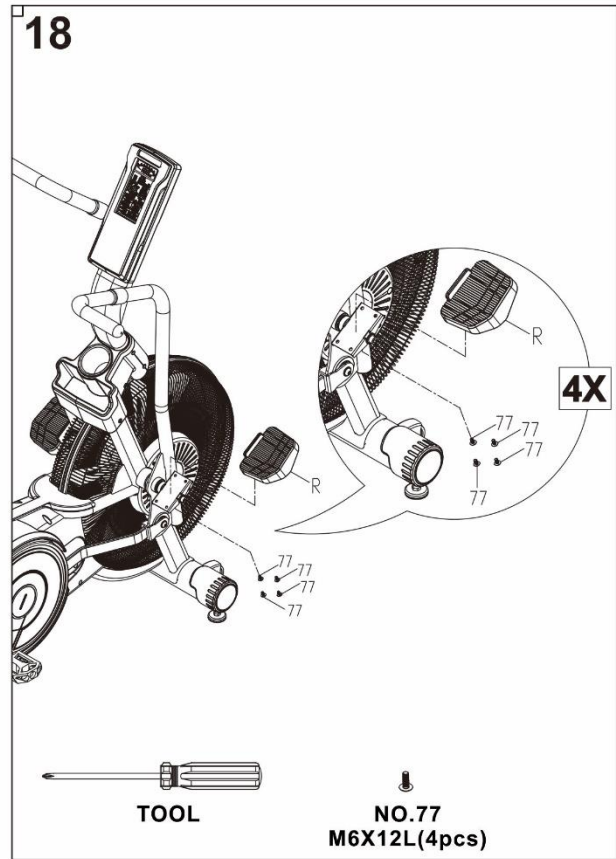
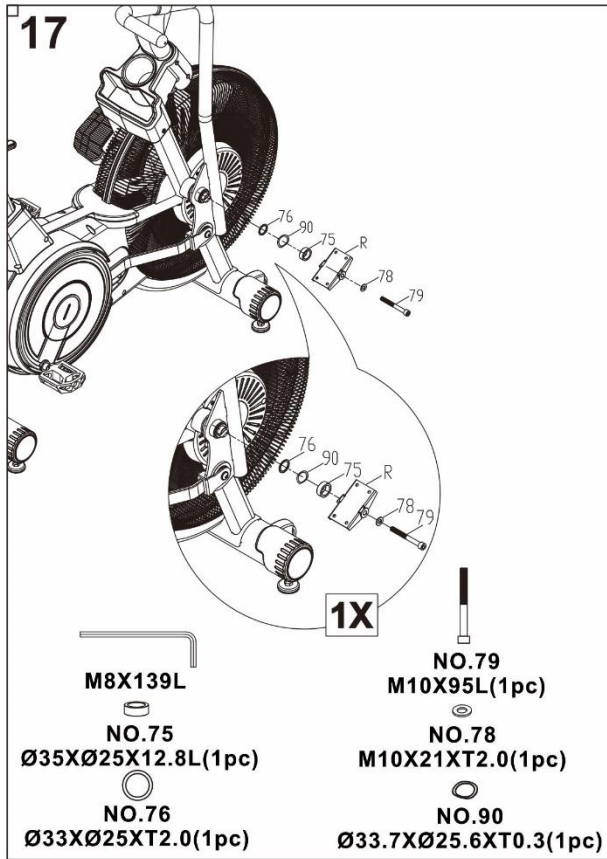


**Caution: Secure Arm During Assembly**



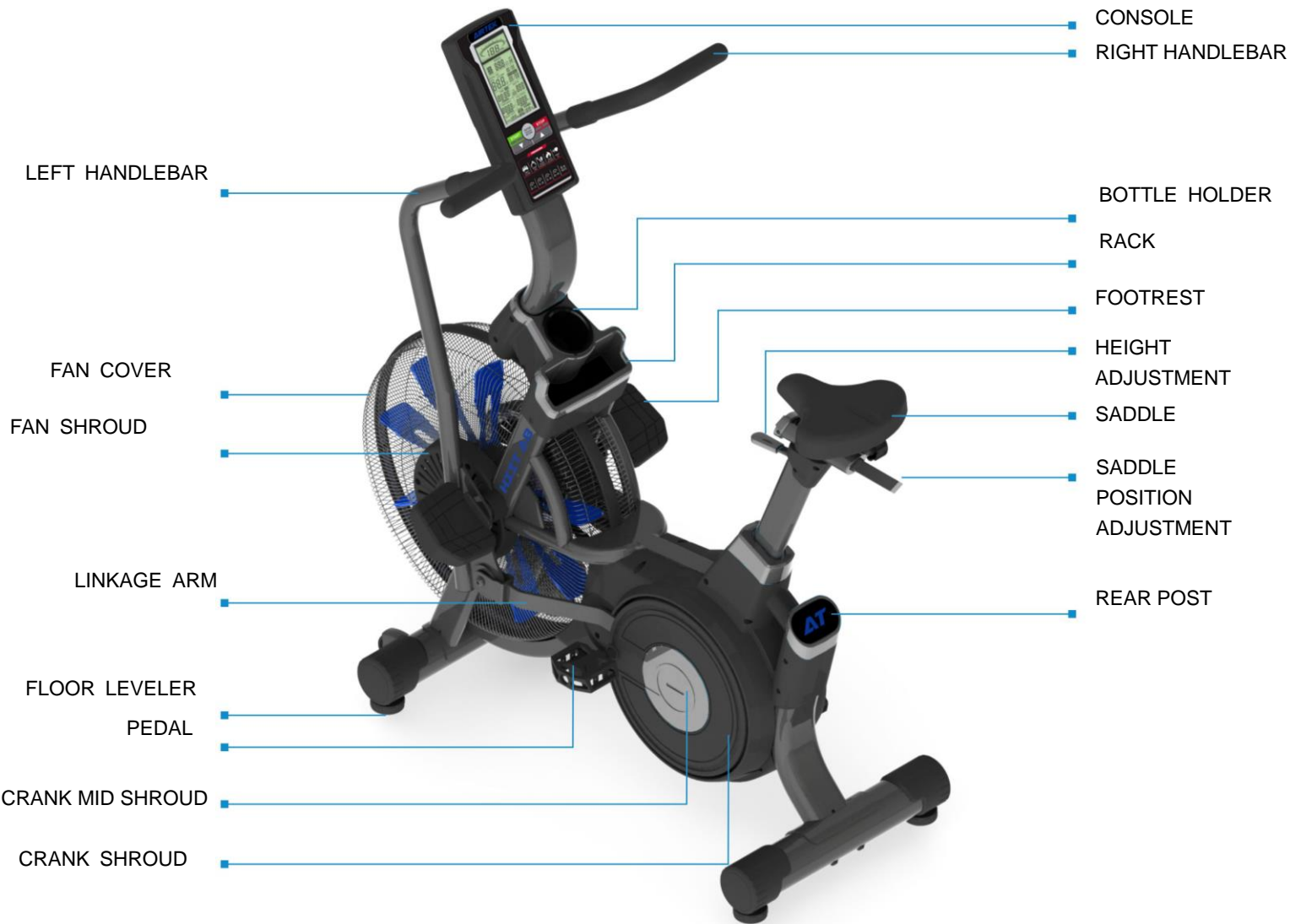


**Caution: Secure Arm During Assembly**



Congratulations on completing the assembly of your new HIIT Airbike! Be sure to occasionally check that the screws and bolts are properly tightened as they may loosen from extended use. It is best to use a diluted cleaning solution and a soft rag to wipe your unit clean. Thank you for your purchase and enjoy your HIIT Airbike!

# OVERVIEW OF YOUR AIRBIKE



# DISPLAY FUNCTIONS



## Button Functions

1. **START BUTTON** – Press the Start button to begin your workout.
2. **STOP BUTTON** - Press the Stop button to pause your workout, Hold the Stop Button to Reset the screen.
3. **ENTER BUTTON** – Press enter to input data and cycle between time, distance & calories modes.

***HOLD ENTER FOR 30 SEC TO CHANGE UNITS***

4. **UP / DOWN BUTTON** – Use the Up and Down buttons to increase and decrease values.

*Use 2 AA batteries for console power supply.*





RPM DISPLAY

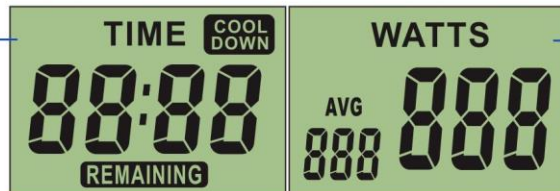


SPEED & AVG DISPLAY



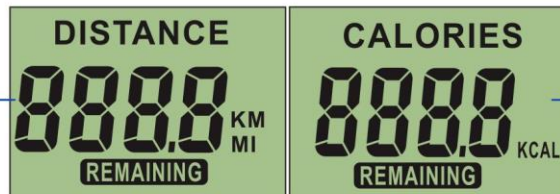
PROGRAM & SETTING DISPLAY

TIME DISPLAY



WATTS & AVG DISPLAY

DISTANCE DISPLAY



CALORIES DISPLAY

AGE SETTING

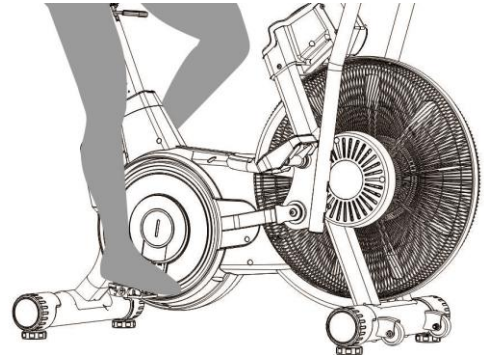
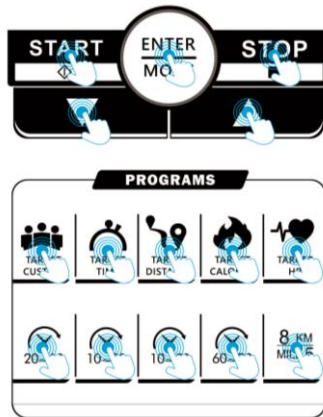


TARGET HR DISPLAY



# QUICK START GUIDE

## STEP 1



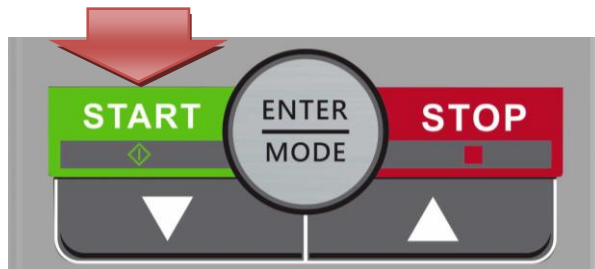
*Press any button or pedal the bike to power on the display.*

## STEP 2



*Use the UP / DOWN buttons to change your age, then press ENTER to set you age.*

## STEP 3



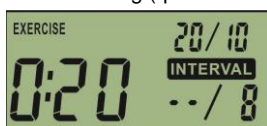
*Press the START button to begin a Manual Workout*

# PROGRAMS

The HIIT AirBike has 12 built-in programs. Follow steps 1 and 2 to enter your age, then use the **UP** or **DOWN** to select programs or settings, then press **START** to begin your desired workout program.

## Program 1

Interval Training (quick button)



## Program 2

Interval Training (quick button)



## Program 3

Interval Training (quick button)



## Program 4

Interval Training (quick button)



## Program 5

Distance Intensive Training  
(quick button)



## Program 6

Target Custom: Interval Training  
(quick button)



## Program 7

Target Time (quick button)



## Program 8

Target Distance (quick button)



## Program 9

Target Calories (quick button)



## Program 10

Target Heart Rate (quick button)



## Program 11

Interval Training



## Program 12

Target Calories





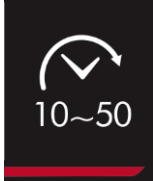



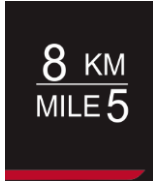

You may adjust the setting of workout programs using the **UP** and **DOWN** buttons. In the Target Heart Rate program the settings are predetermined by the 「AGE」 entered.

# QUICK PROGRAM KEYS



Target Custom: Interval Training    Target Time    Target Distance    Target Calories    Target Heart Rate    Interval Training    Interval Training    Interval Training    Interval Training    Distance Intensive Training

PROGRAM	BUTTON	SCREEN DISPLAY	PRESET	ADJUSTABLE SETTING
Target Custom Interval Training			Exercise 30 sec. Rest 30 sec. Repeat 12 cycle	Exercise sec. Rest sec. Repeat cycle
Target Time			Target: 30 minutes	Target time
Target Distance			Target: 16 KM	Target distance
Target Calories			Target: 10 calories	Target calories
Target Rate	Heart 		MHR 60% ~ 80% (nonadjustable)	
Interval Training			Exercise 20 sec. Rest 10 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle

Interval Training			Exercise 20 sec. Rest 10 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle
Interval Training			Exercise 10 sec. Rest 50 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle
Interval Training			Exercise 60 sec. Rest 90 sec. Repeat 12 cycle	Exercise sec. Rest sec. Repeat cycle
Distance Intensive Training			Target: 8 KM / 5MILE	Target distance

- **BUILT-IN HEART-RATE RECEIVER**

Built-in wireless heart-rate receiver compatible with polar chest belts.

- **SLEEP STATE**

The display will enter SLEEP MODE after 4 minutes of inactivity.

# DISPLAY OPERATION

- **SELECT TRAINING PROGRAM**

1. Quick Program Button : Select one of the 10 preset programs, then press start.
2. Use **UP** or **DOWN** to select built-in programs, Press Enter, Press Start.
3. Press **START** into manual mode, after turn-on console and setup 「AGE」.
4. Hold **STOP** for 3 seconds, then console will be forced back to power turn-on state.

- **TRAINING TARGET SETTING**

1. After selecting the program, please press **ENTER/MODE** to cycle through workout inputs.
2. Use **UP** or **DOWN** to change the value, then press **ENTER/MODE** set the workout input and go to the next workout input.

**Reminder:**

When the console reboots, personalized workout settings will revert to preset data.

- **START, PAUSE, CONTINUE, STOP TRAINING PROGRAM**

After selecting the program and setting, please press **START** to start. You may:

1. Press **STOP** to pause the program. The console will show 「PAUSE」.
2. During the pause, press **STOP** to stop the program.  
*Hold this button for 3 seconds, to reset the display.*
3. During the pause, press **START** to continue.
4. After finishing the program, the display will beep and show a workout summary.

- **TARGET HR PROGRAM**

You may select target HR program for a maximum cardiovascular training. Select your age, then console will calculate your maximum heart rate (MHR) and best training zone (60% ~ 80%).



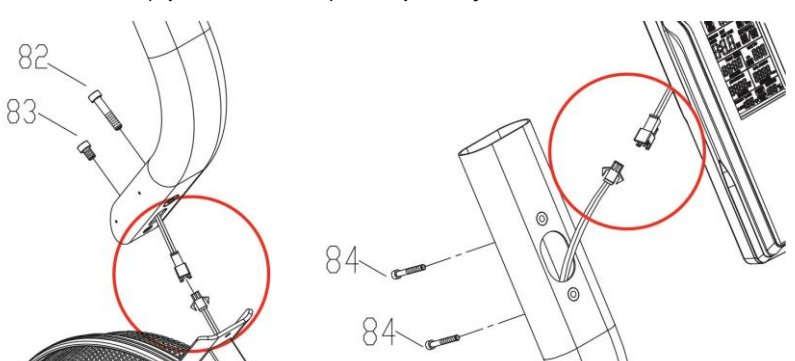
Press **Target HR** in to program

Console will count your target heart rate by 「AGE」. You may press **START** to start program, or press **ENTER/MODE** to enrich your training (select one of time, distance or calorie setting.)

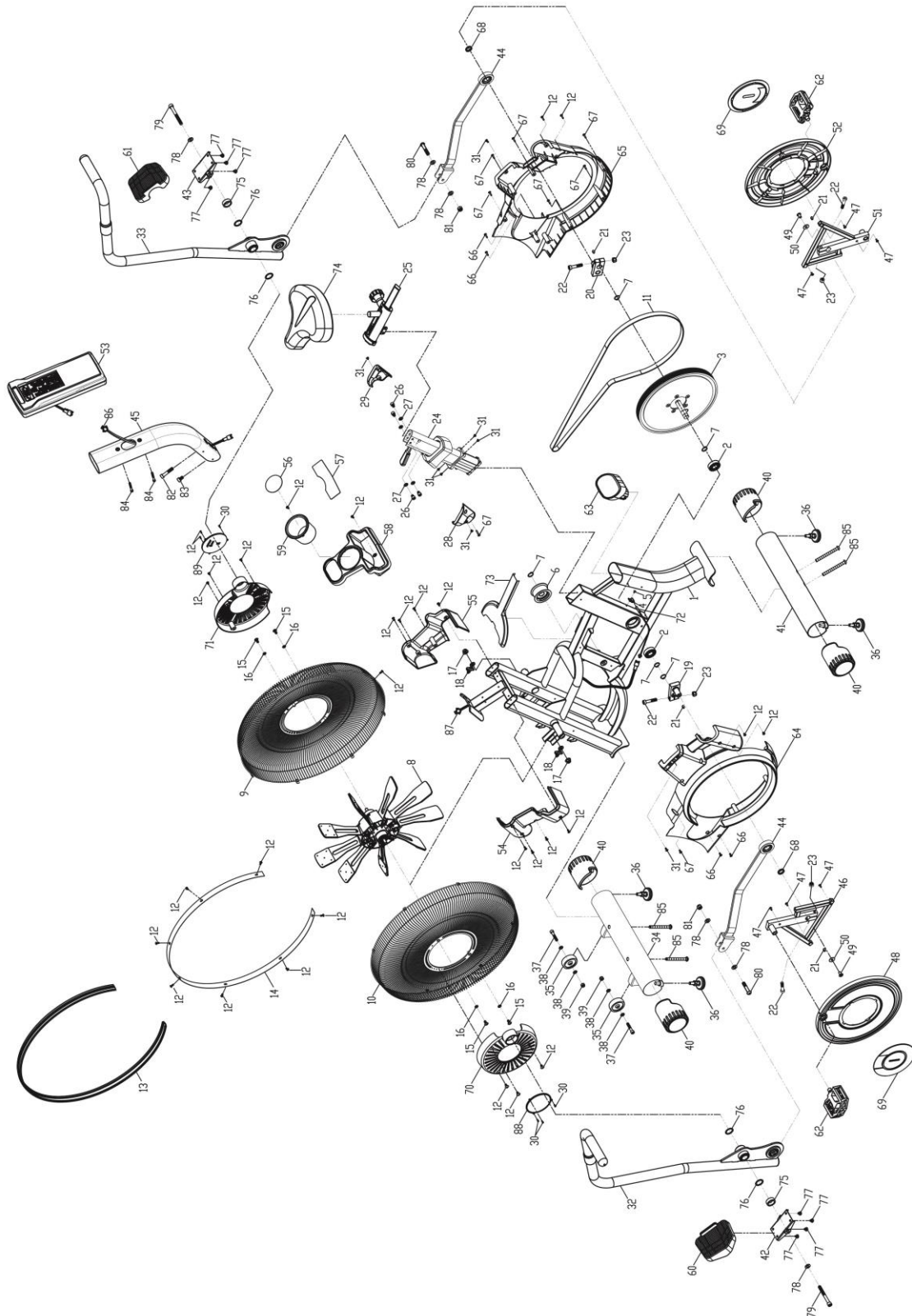
1. Start program: press **START** to start your program. If your heart rate (HR) is lower than MHR 60%, the screen will read INCREASE SPEED. If your HR is higher than MHR 80%, the screen will read DECREASE SPPEED. Try to keep your HR in the training range.
2. End program: press **STOP** to end your program, and training data will show on screen.



# TROUBLE SHOOTING

ISSUE	CAUSE	INSPECTION & ELIMINATING
Screen Blank	Low Battery	Replace two new batteries AA-size (UM-3), and make sure positive (+) & negative (-) pole at the right position.
Data does not change during operation.	Console is showing 「 PAUSE 」 or 「 STOP 」	When the screen is showing 「 PAUSE 」 or 「 STOP 」, console is at pause or stop state. You may press <b>START</b> to start, and TIME display screen will continue counting. Console will continue to work.
	Speed sensor NOT connect completely	<p>When the screen is showing 「 START 」, console is at start state. And, SPEED &amp; RPM display data will show "0." This means console detect no exercise. Please check and connect the console wire (speed sensor) completely.</p>  <p><b>**Please check Installation Instructions STEP 3 &amp; STEP 9.</b></p>
Display Turning Off	Inactivity for 4 Minutes.	The display has a power-saving function. It will enter into SLEEP MODE automatically, if 4 minute no input or exercise. You may press any button or step bike pedal one circle to wake up console.

# EXPLODED DIAGRAM



# PARTS LIST

NO.	Item	Q'ty	NO.	Item	Q'ty
1	FRAME	1	46	LEFT CRANK	1
2	BEARING TPI 6204	2	47	SCREW M4*10L	6
3	CHAIN WHEEL	1	48	LEFT CRANK COVER	1
4	SPEED SENSOR BRACKET	1	49	SCREW M8*15L	2
5	SCREW M4*8L	1	50	WASHER M8*Ø23*T1.5	2
6	REVERSE WHEEL	1	51	RIGHT CRANK	1
7	C20 CLIP	5	52	RIGHT CRANK COVER	1
8	FAN BLADES SEAT(ABS)	1	53	CONSOLE	1
9	FAN LEFT COVER	1	54	CONSOLE POST LEFT COVER	1
10	FAN RIGHT COVER	1	55	CONSOLE POST RIGHT COVER	1
11	CHAIN 9PJ1854	1	56	RUBBER PAD (BOTTLE)	1
12	SCREW M4*12L	18	57	RUBBER PAD	1
13	FAN COVER TRIM	1	58	RACK	1
14	POSITIONING PIECE	1	59	BOTTLE HOLDER	1
15	SCREW M6*15L	4	60	LEFT PEDAL	1
16	WASHER M6*Ø13*T1.5	4	61	RIGHT PEDAL	1
17	WH NUT M10	2	62	LEFT & RIGHT BIKE PEDALS 9/16"	1
18	CHAIN TENSIONER	2	63	REAR POST COVER	1
19	LEFT SHORT CRANK	1	64	LEFT MAIN CASE	1
20	RIGHT SHORT CRANK	1	65	RIGHT MAIN CASE	1
21	KEY 6*6*10L	4	66	SCREW M4*16	4
22	SCREW M10*50L	4	67	SCREW M4*20	11
23	NYLOCK NUT M10	4	68	RIGN Ø26*Ø20*T5.0	2
24	SEAT POST	1	69	CRANK MIDDLE COVER	2
25	SEAT ADJUSTABLE RAIL	1	70	FAN MIDDLE COVER - LEFT	1
26	SCREW M8*10L	4	71	FAN MIDDLE COVER - RIGHT	1
27	WASHER M8*Ø16*1.5	4	72	SENSOR	1
28	LEFT SEAT COVER	1	73	UPPER TRIM PANEL	1
29	RIGHT SEAT COVER	1	74	SEAT	1
30	SCREW M3* 10L	6	75	LOCATING RING Ø35*Ø25*12.8L	2
31	SCREW M4*6L	8	76	HANDLEBAR SPACER RING Ø33*Ø25*T2.0	4
32	LEFT HANDLEBAR	1	77	SCREW M6*12L	8
33	RIGHT HANDLEBER	1	78	WASHER M10*21*2.0	6
34	FRONT STABILIZER	1	79	SCREW M10*95L	2
35	MOVING WHEEL Ø62*24	2	80	ALLEN HEAD SCREW M10*55L	2
36	ADJUSTABLE FOOT	4	81	NYLOCK NUT M10	2
37	SCREW M8*45L	2	82	SCREW M10*50L	1
38	WASHER M8*Ø16*1.5	4	83	SCREW M10*15L	1
39	NYLOCK NUT M8*1.25	2	84	SCREW M6*50L	2
40	STABILIZER COVER	4	85	ALLEN HEAD SCREW M10*105L	4
41	REAR STABILIZER	1	86	UPPER CABLE	1
42	LEFT PEDAL BRACKET	1	87	DOWN CABLE	1
43	RIGHT PEDAL BRACKET	1	88	FAN MIDDLE TRIM PANEL - LEFT	1
44	LINKAGE ARM	2	89	FAN MIDDLE TRIM PANEL - RIGHT	1
45	CONSOLE POST	1	90	WAVE WASHER	4