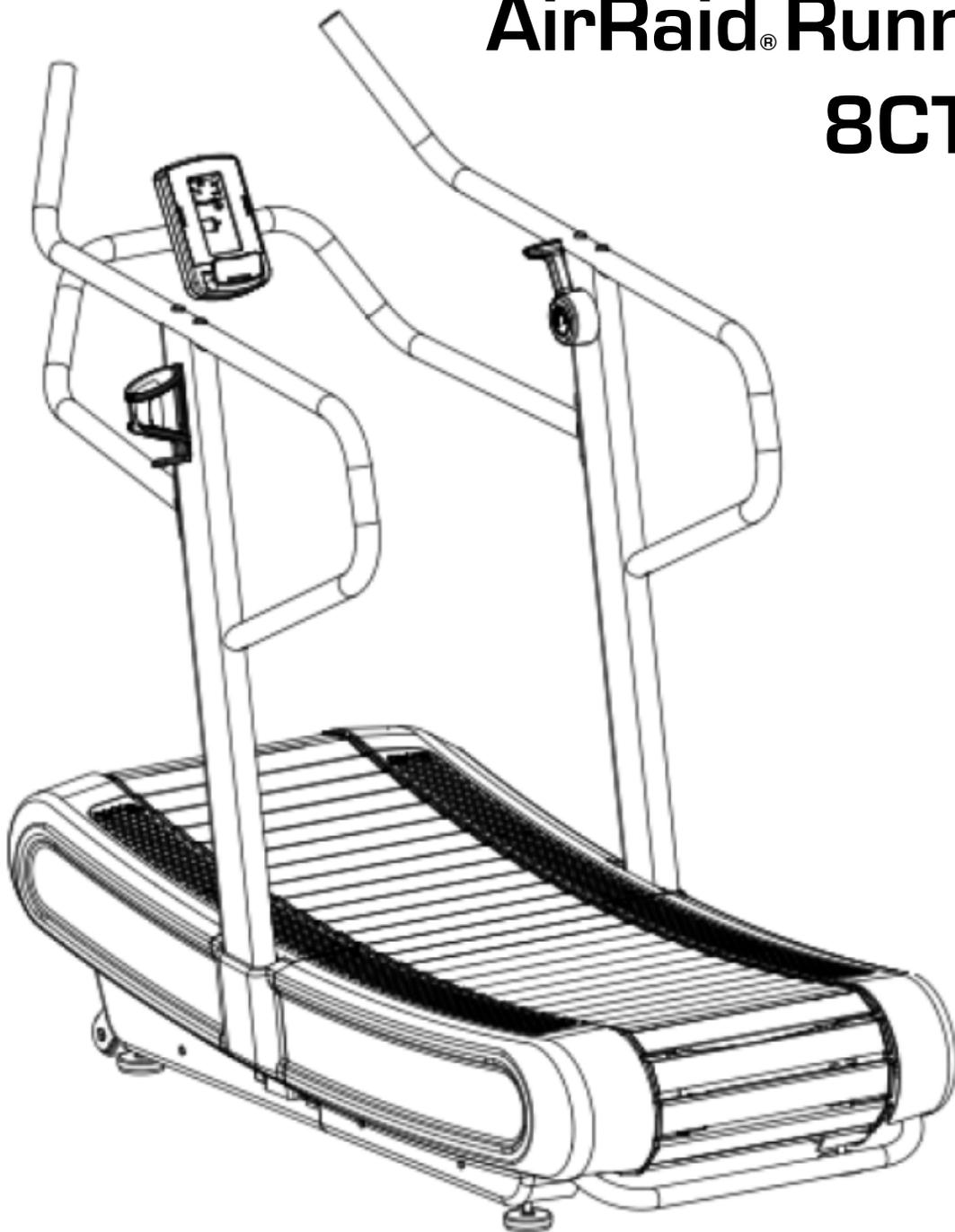




**AirRaid® Runner**  
**8CTM**

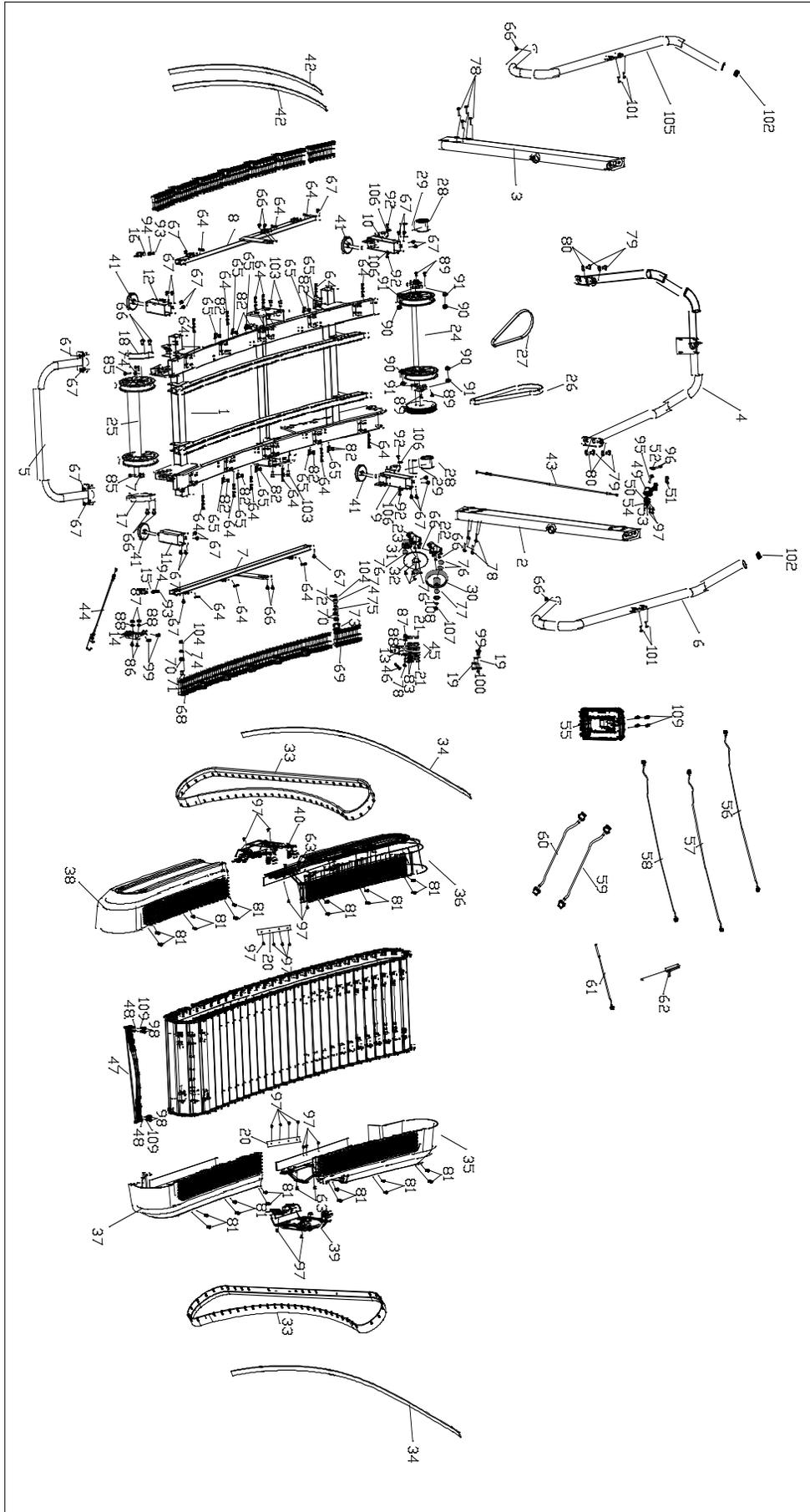


## General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

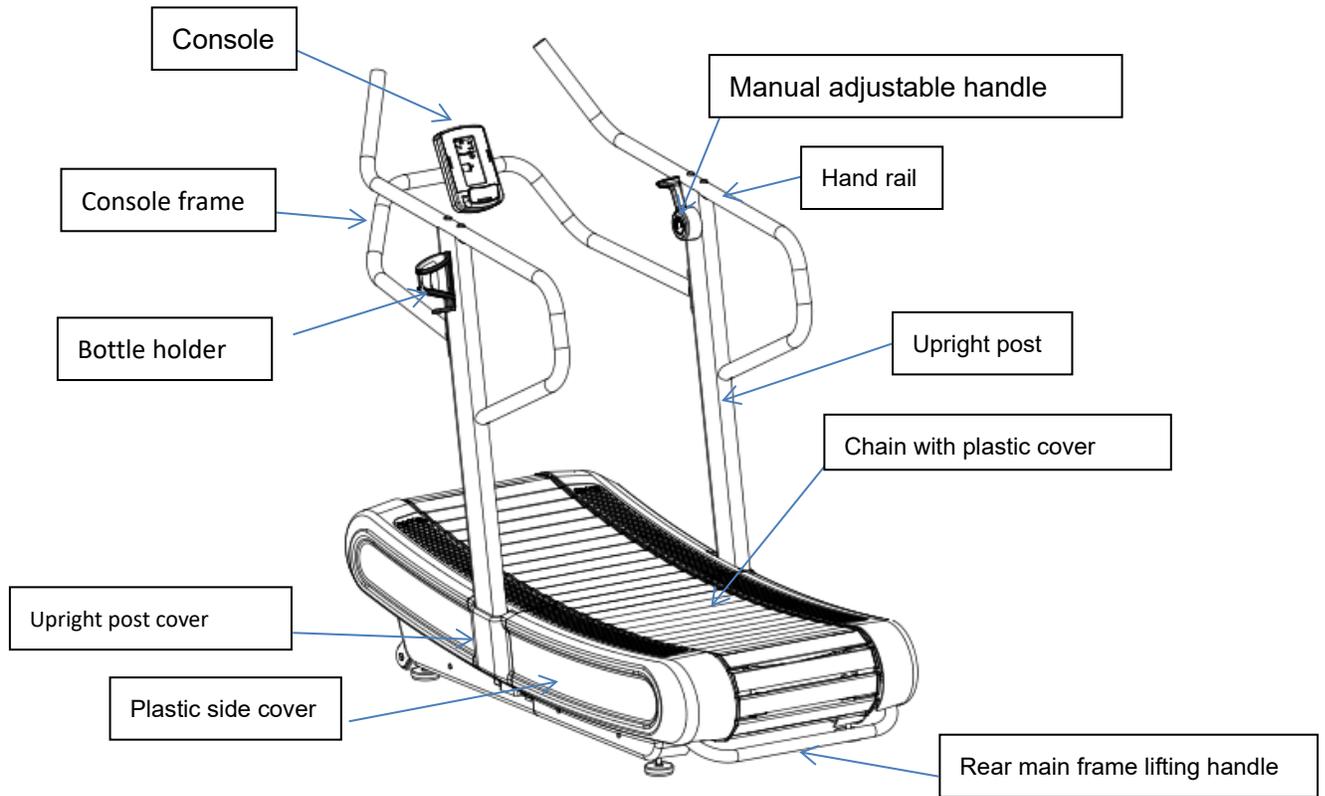
- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.

Exploded drawing:



No.	Description	Q'ty	No.	Description	Q'ty
1	Main frame	1	56	2 pin connected wire L-1250mm	1
2	Upright post - right side	1	57	VR 3 pin connected wire L-1250mm	1
3	Upright post - left side	1	58	2 pin connected wire L-950mm	1
4	Console frame	1	59	VR 3 pin connected wire L-950mm	1
5	Rear main frame lifting handle	1	60	3 pin connected wire L-500mm	1
6	Handrail - right side	1	61	2 pin - plug bottom section connected wire L-	1
7	Curve cover fixing support - right side	1	62	Resistor VR	1
8	Curve cover fixing support - left side	1	63	Screw fixing buckle	4
9	Front foot- right side	1	64	Screw fixing plate	10
10	Front foot- left side	1	65	T shape siderail guider	6
11	Rear foot- right side	1	66	Allen head C.K.S full thread bolt - M8*15	12
12	Rear foot- left side	1	67	Allen head C.K.S full thread bolt - M8*20	24
13	Magnet bracket	1	68	Hexagon head half thread bolt - M8*65*20	98
14	Adjustable resistor fixing bracket	1	69	Hexagon socket head full thread bolt - M8*65	12
15	Rear roller adjustable bracket	2	70	Bearing 608ZZ	124
17	Curve cover reinforcement plate - right side	1	71	Sleeveφ12*φ8.1*18.4	98
18	Curve cover reinforcement plate - left side	1	72	Sleeveφ12*φ8.1*14	12
19	Adjustable resistor fixing plate	2	73	Guiding pulley wheel	12
20	Curve cover fixing bracket	2	74	Flat washer φ8	110
21	Magnet covered plate	2	75	Internal Circlip φ23	12
22	Pulley wheel axle weldment	1	76	Deep groove ball bearing 6201ZZ	4
23	Driving wheel axle weldment	1	77	One way bearing CSK12P	1
24	Front roller	1	78	Allen head C.K.S half thread bolt M8×55×20	9
25	Rear roller	1	79	Allen head C.K.S full thread bolt M8×25	4
26	Motor belt - 380PJ6	1	80	Curve washer Φ8.5×R25×t2.0	4
27	Motor belt - 250PJ6	1	81	Phillip countersunk head self-tapping screw	24
28	Moving wheels	2	82	Phillip countersunk head self-tapping screw	20
29	Wheel and axle	2	83	Phillip head C.K.S full thread screw M5×10	4
30	Driving pulley wheel -front	1	85	Hexagon socket head full thread bolt M8×75	2
31	Driving wheel axle	1	86	Allen head C.K.S half thread bolt M8×30×20	2
32	Driving wheel plate -	1	87	Hex head locknut M8	3
33	Slat fixing belt	2	88	Flat washer Φ8	3
34	EVA mat - t2.0×50×3600	2	89	Allen head C.K.S half thread bolt M10×25×15	4
35	Front plastic side cover - right side	1	90	Hex head locknut M10	4
36	Front plastic side cover - left side	1	91	Flat washer Φ10	4
37	Rear plastic side cover - right side	1	92	Allen countersunk head full thread screw M6×15	4
38	Rear plastic side cover - left side	1	93	Hexagon head full thread bolt M8×30	2
39	Upright post side cover - right side	1	94	Hexagon nut M8	2
40	Upright post side cover - left side	1	95	Allen head C.K.S step bolt M6×50×36	1
41	Front foot stop	4	96	Phillip pan head self-tapping screw ST3×10	2
42	EVA mat - t5.0×70×3000	1	97	Phillip head C.K.S self-tapping screw ST4×16	22
43	Top section resistance cable L - 1150mm	1	98	Phillip pan head full thread bolt M5*15	240
44	Top section resistance cable L - 450	1	99	Phillip head C.K.S full thread screw M4×10	3
45	Round magnet	4	100	Hex head locknut M4	3
46	Brake tension spring	1	101	Hexagon socket head full thread bolt M8×45	4
47	Chain with plastic cover	60	102	Flat plug Φ38×t1.5	2
48	Double hole Washer - t1.5*20*10	120	103	Hexagon socket head full thread bolt M8×15	4
49	Manual adjustable handle	1	104	Hex head locknut M8	110
50	Stall adjustable assembly	1	105	Handrail - left side	1
51	Manual adjustable handle cover	1	106	End cover t1.2×φ31	4
52	Manual adjustable handle side cover	1	107	Hexagon lock nylon nut M6	1
53	Stall adjustable post	2	108	Flat washer Φ6	1
54	Ordinary cylindrical spring	1	109	Spring washer φ6	240
55	Console	1			

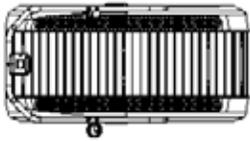
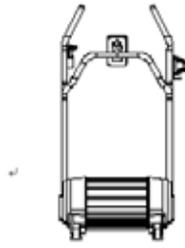
# Product profile



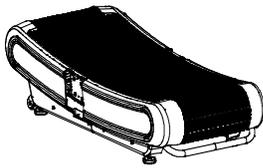
Dimension (Unfold)	1720*810*1570mm
Running surface	1600*440mm

Remark: Our company retain the priority of revision not to advise in advance.

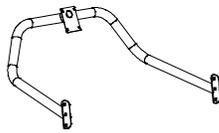
## Different views



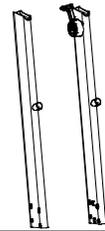
## Packing list



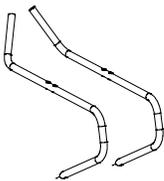
Main body



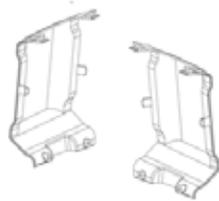
Console frame



Upright post



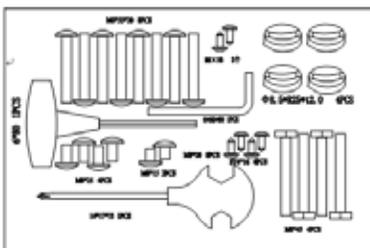
Hand rail left + right



Upright post cover



Console

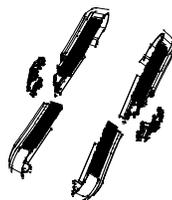


Screw kit

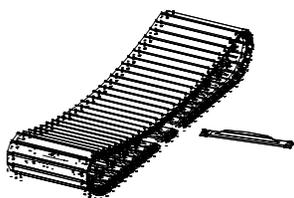
User manual

User manual

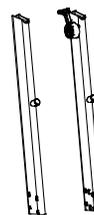
## Main part



Plastic cover



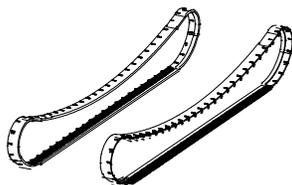
Chain with plastic cover



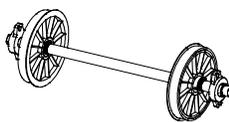
Upright post



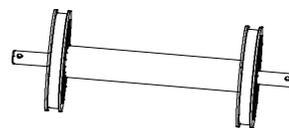
Console



Fixing belt

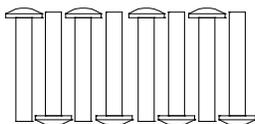


Front roller

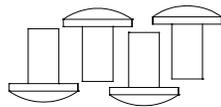


Rear roller

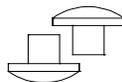
## Screw kit list



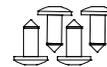
Allen head C.K.S half  
thread bolt M8×55×20.  
8pcs



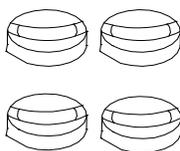
Allen head C.K.S full  
thread bolt M8\*25  
8pcs



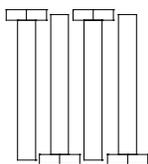
Allen head C.K.S full  
thread bolt M8\*15  
2pcs



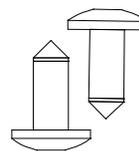
Phillip head C.K.S self-  
tapping screw ST4×16  
4pcs



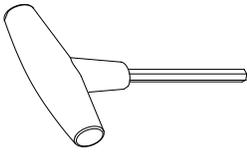
Curve washer  
Φ8.5×R25×t2.0  
4pcs



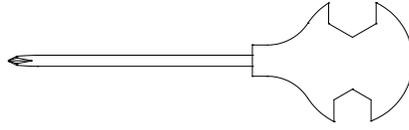
Hexagon socket head full  
thread bolt M8\*45  
4pcs



Cross groove big flat head  
pointed mouth full M4×16  
2pcs



T shape wrench  
6\*80



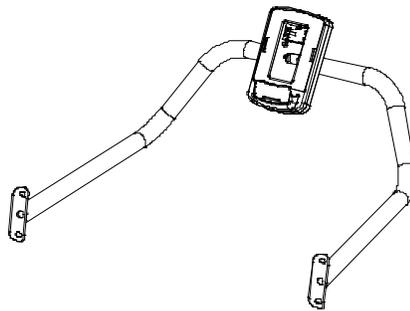
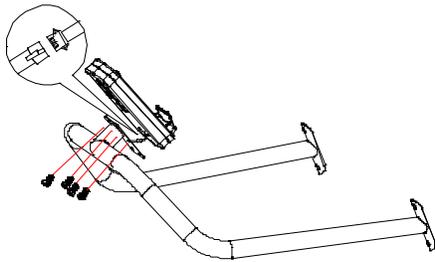
Cross open wrench  
14\*17\*75



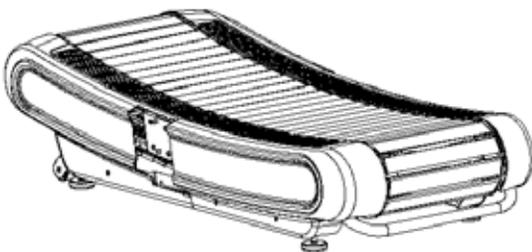
L shape wrench 6\*35\*80

## Assembling step

1. Take out the console frame and console from the carton, connect the connect cable, then fix them with 4 pcs of M5X10 screws.



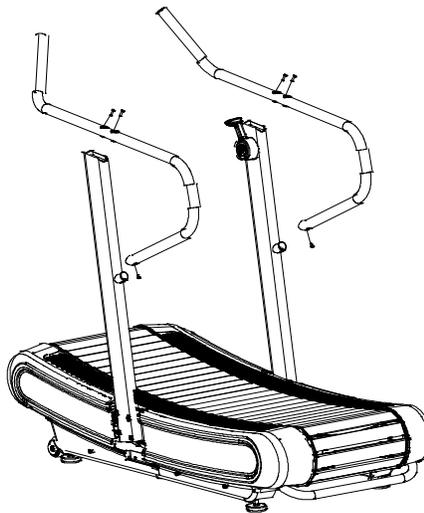
2. Take out the main body from the carton.



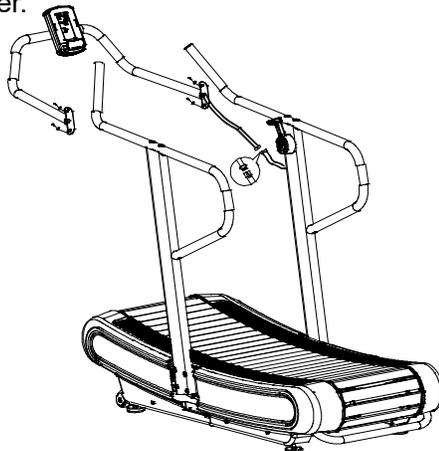
3. Connect the right side upright post connecting wires, insert the redundant wire into the upright post, put the right side upright post on the bracket, then fix it with 4 pcs M8×55×20 screws. Same assembly step on the left side upright post. (No need to connect wires)



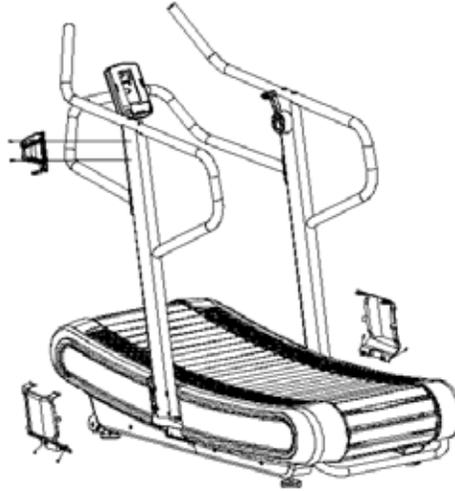
4. Attached the right hand rail to the right upright post, then fix the upper holes with 2 pcs M8\*45 screws, then fix the bottom hole with 1 pcs M8\*15 screw, then fasten all the screws. Same assembling step on the left side.



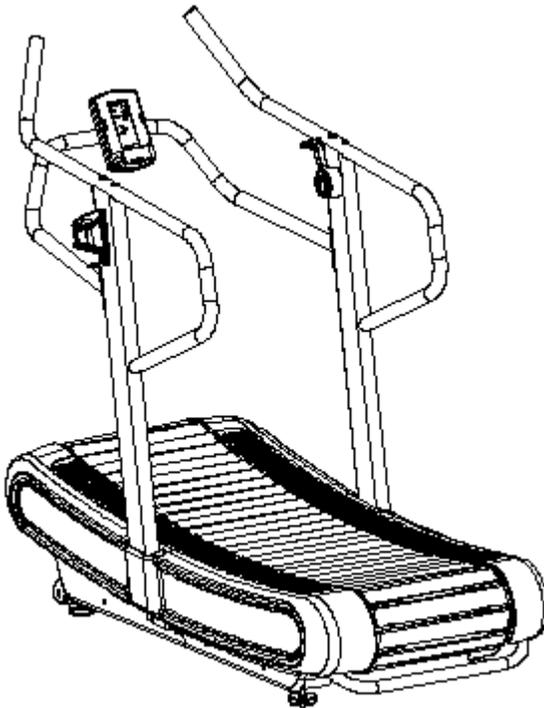
5. Connect the wires from right side upright post and console frame, then fix them with 4 pcs M8\*25 screws through 4pcs of washer.



6. As shown in the figure, first connect the left and right riser cover with the main frame cover, and then fix the left and right riser cover with 4 ST4\*15 screws. Fix the bottle holder to the left riser with 2 cross grooved flat head tapered full tooth bolts M4\*16.



7. Assembling finished



## **Display function:**

Item	Description
TIME	.Display user workout time. .Display range 0:00~1:59:00
DISTANCE	.Display user workout distance. .Display range 0.5~100
CALORIES	.Display calories consumption during workout . .Display range 0 ~ 2000
WATT	.Display the power consumption during training
SPEED	.Display current training speed
PACE	.Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

## **Button function:**

Item	Description
Up ▲	· Adjust function value up.
Down ▼	· Adjust function value down.
Enter	· Confirm setting or selection.
Start	· Start workout quickly or resume workout in Stop mode.
Stop	· To stop/pause workout. · Hold on this key for 2 seconds to reboot the console.
Interval	· here are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval .
Target Distance	· Fast access to Target Distance training mode.
Target Calories	· Fast access to Target Calories training mode.
Target Time	· Fast access to Target Time training mode.

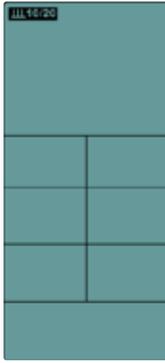
## **Operation procedure:**

### **Power on--**

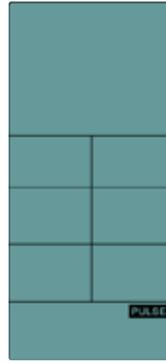
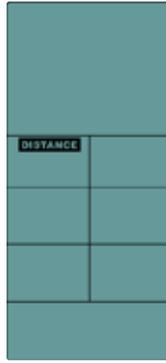
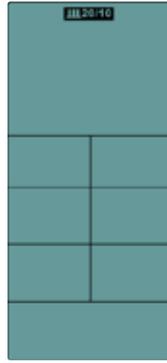
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode( FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into standby mode.



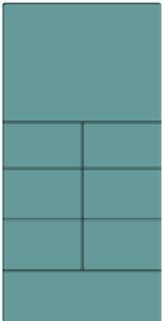
(FIG 1)



(FIG 2)



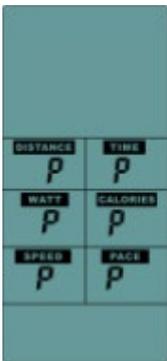
2.If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode(FIG 3).



(FIG 3)

### 3.Break mode:

When START, press “START” button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display”P” .Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press ” START “to continue. (FIG 4)



(FIG 4)

### 4.Stop mode:

Press “STOP” button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display ,but after 0.5s LCD will display TIME, DIST, CAL( display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE, also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode.(FIG 5)



(FIG 5)

### 5.Quick start :

A. In stand by mode , with single RPM>20 input, quick press “START”,buzzer sound 0.5s, then TIME 、 CALORIES 、 DISTANCE 、 WATTS 、 SPEED 、 & PACE shining in in sequence , the value will count up according to the operation.



(FIG 6)

- B. "PULSE" ICON is lighten, if any heart single input the "PULSE" ICON is flashing with current value, if no heart single input LCD display "P".
- C. If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode .
- D. If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
- E. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- F. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- G. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
- H. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

### 6.INTERVAL10/20:

- A. Press" INTERVAL10/20" button ,enter to this mode , LCD display **11110/20** ICON , with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds( shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、

CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 8)



(FIG 7)



(FIG 8)

- D. After Work 10s, LCD window display "01/08"("01" is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
- F. when the last REST is reached ,this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- H. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

**7.INTERVAL 20/10:**

- A. Press" INTERVAL20/10" button ,enter to this mode , LCD display **II20/10** ICON(FIG 10) , with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds ( shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 10).



(FIG 10)

- D. After Work 10s, LCD window display "01/08"("01" is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
- F. when the last REST is reached ,this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

- H. Press the “START” button once, enter into the break mode, and press “START” to continue running.
- I. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.
- J. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

## 8.INTERVAL CUSTOM:

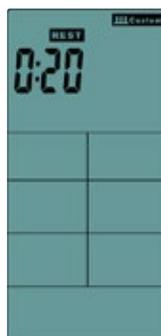
- A. Press” INTERVAL CUSTOM” button ,enter to this mode , LCD display  ICON(FIG 13) , with buzzer beeps 0.5s.
- B. LCD display the presetting value 01, press “UP、 DOWN” button to setting (setting range 01~20), it is non-recyclable ( FIG 14).
- C. Press “ENTER” confirmed, “WORK” ICON is flashing, LCD window “TOTAL TIME “ display the presetting value 0:30. Press ”UP、 DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable ( FIG 15).
- D. Press “ENTER” confirmed, “REST” ICON is flashing, LCD window “TOTAL TIME “ display the presetting value 0:20. Press ”UP、 DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable ( FIG 16).
- E. Press “ENTER” confirmed, meanwhile with a short buzzer rings 0.5s , LCD display ”01/XX”(“01”is flashing) . The “WORK” ICON is flashing one time every 1s with buzzer sounds( shining 0.75s/ put out 0.25s) ,”TIME”ICON counts down from the setting value, DISTANCE、 CALORIES、 WATTS、 SPEED、 PACE count up according the operation.
- F. There is set RSET time, matrix displays 01/XX(part 01 is flashing), “REST” ICON keep flashing, The buzzer rings for 0.25s every second.
- G. “Work” & “REST” display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
- H. when the last REST is reached ,this mode is stop directly.
- I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- J. Press the “START” button once, enter into the break mode, and press “START” to continue running.
- K. Press the “STOP” button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- L. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



(FIG 14)



(FIG 15)



(FIG 16)

## 9.TARGET TIME:

- A. Press” TARGET TIME” button ,enter to this mode , LCD flashing display TARGET& TIME .
- B. LCD “TIME” window display the presetting value1:00 or the last setting value.press “UP、 DOWN” button to setting (setting range 1:00~1:59:00), it is non-recyclable .
- C. After setting, press” ENTER” confirmed , TARGET &TIME ICON continue to flashing ,meanwhile start to count down form setting value.

- D. Press the “START” button once, enter into the break mode, and press “START” to continue running.
- E. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



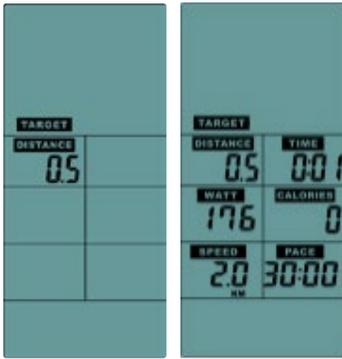
### 10.TARGET CALORIES:

- A. Press” TARGETCALORIE” button ,enter to this mode , LCD flashing display TARGET& CALORIE.
- B. LCD “CALORIE” window display the presetting value 2:00 or the last setting value.press “UP、DOWN” button to setting (setting range1~2000), it is non-recyclable.
- C. After setting, press” ENTER” confirmed , TARGET & CALORIE ICON continue to flashing ,meanwhile start to count down form the setting value.
- D. Press the “START” button once, enter into the break mode, and press “START” to continue running.
- E. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



### 11.TARGET DISTANCE:

- A. Press” TARGETDISTANCE” button ,enter to this mode , LCD flashing display TARGET& DISTANCE.
- B. LCD “DISTANCE” window display the presetting value 0.5KM/0.5Miles or the last setting value. press “UP、DOWN” button to setting (setting range0.5~100), it is non-recyclable.
- C. After setting, press” ENTER” confirmed , TARGET&DISTANNCE continue to flashing ,meanwhile start to count down form the setting value.
- D. Press the “START” button once, enter into the break mode, and press “START” to continue running.
- E. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



## Using instruction:

### Treadmill moving:

When moving the machine, make sure that:

Grab the rear mobility arm with both hands. Lift the machine up from the end, stand up straight, The machine can be moved slowly forward or backward.

Lightly lower the machine in proper place.

