



HIT FITNESS

Air Runner



www.hitfitness.com

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.

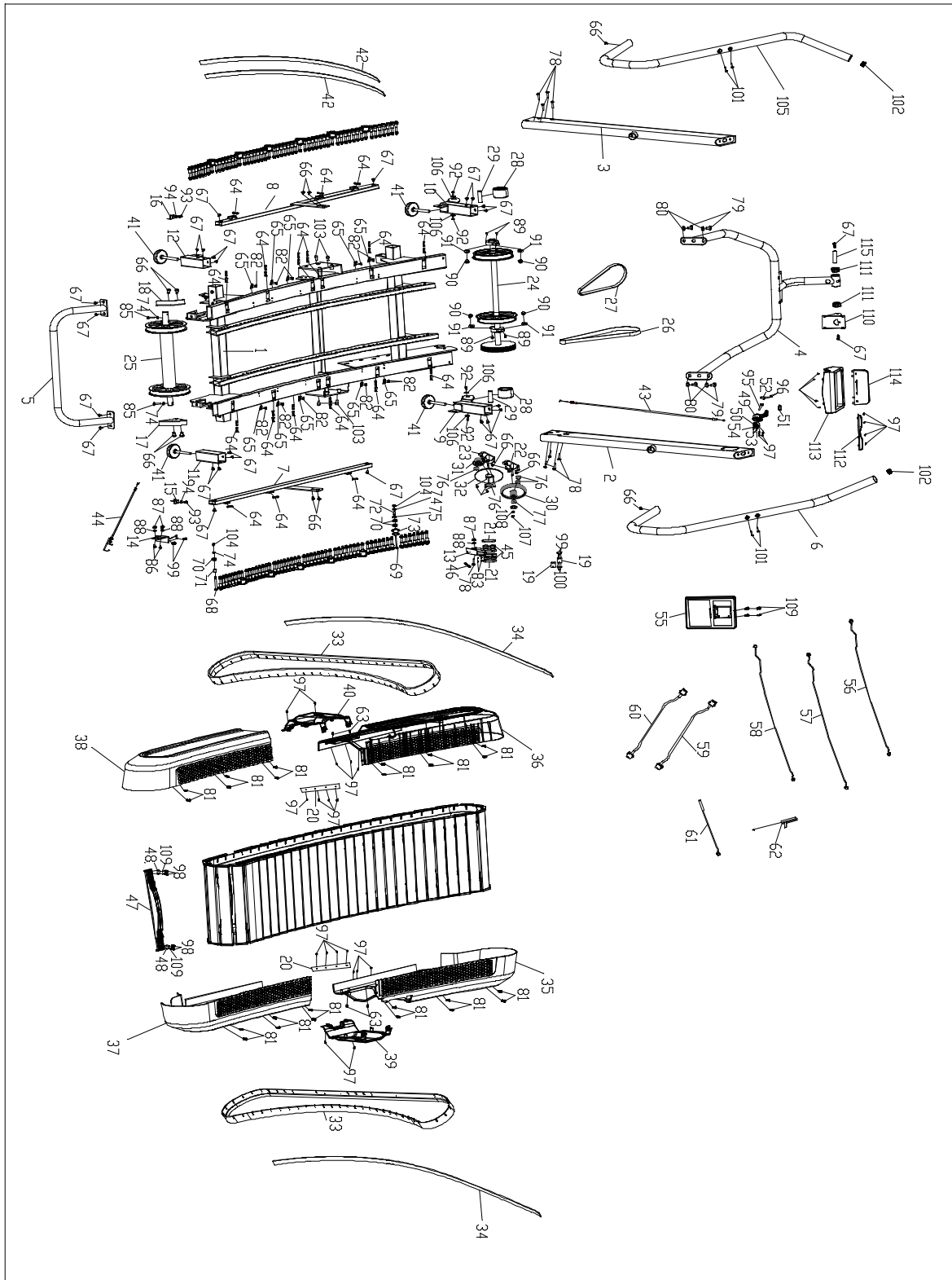
- Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- We recommend that handicapped people should only use the device when a qualified care is present.
- 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.
- 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.
- 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.
- Ensure that only one person at a time uses the fitness device.
- 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.
- Do not use a device that is damaged or unserviceable.
- 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.
- Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.

PART LIST

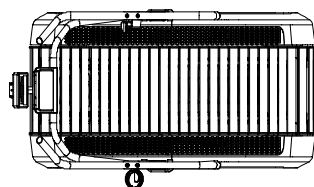
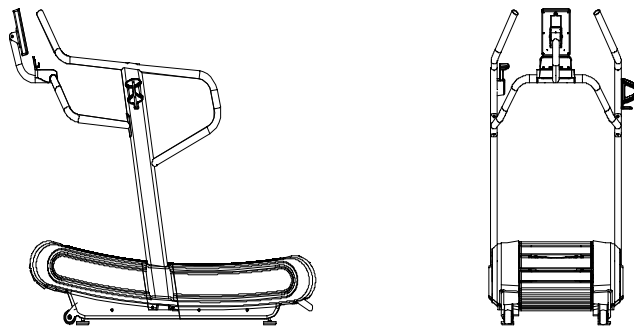
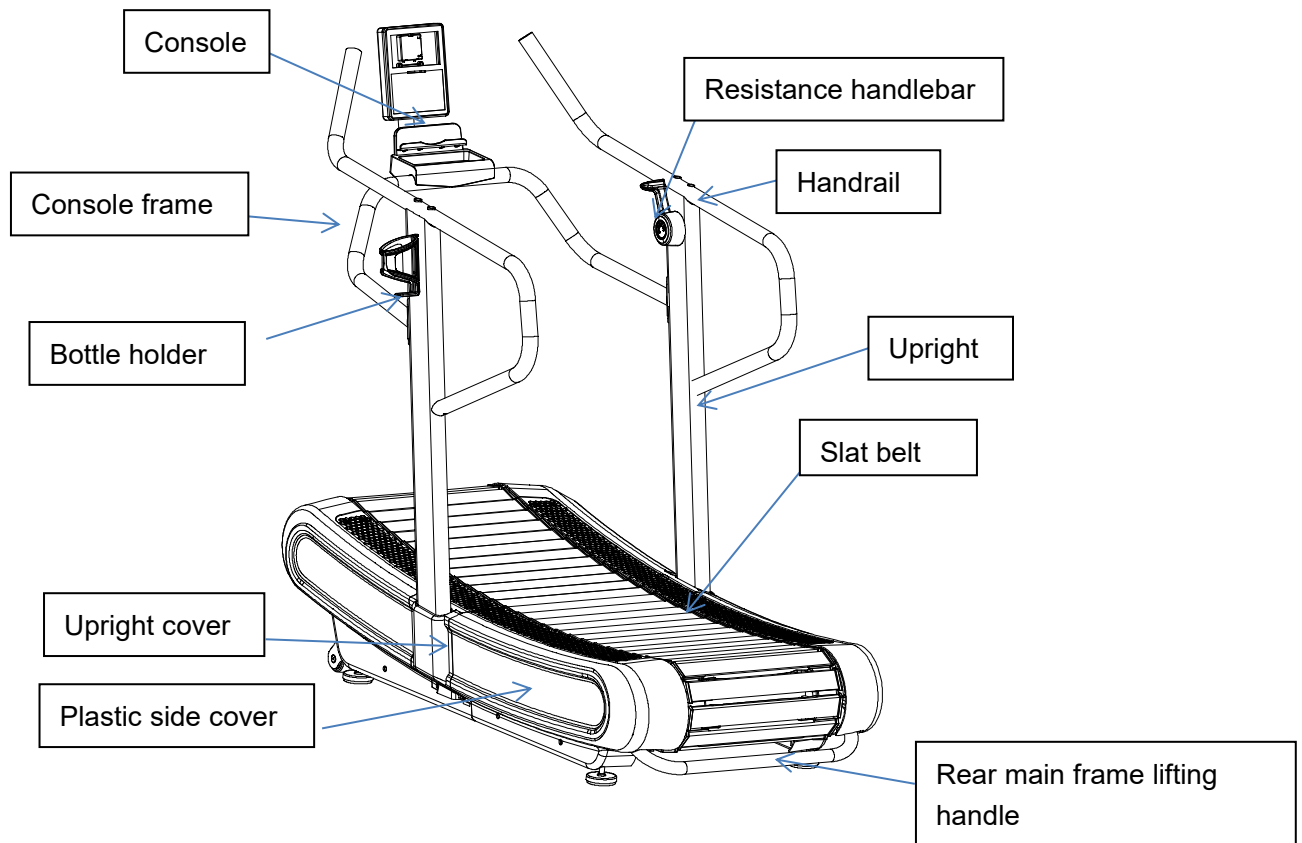
No.	Description	Q'ty	No.	Description	Q'ty
1	Main frame	1	58	Communication wire 2P L-950mm	1
2	Upright - right side	1	59	VR communication wire 3P L-950mm	1
3	Upright - left side	1	60	Communication wire 3P L-200mm	1
4	Console frame	1	61	Magnet sensor 2P L-900mm	1
5	Rear main frame lifting handle	1	62	Resistor VR	1
6	Handrail - right side	1	63	Screw fixing buckle	4
7	Curve cover fixing support - right side	1	64	Screw fixing plate	10
8	Curve cover fixing support - left side	1	65	T shape siderail guider	6
9	Front foot- right side	1	66	Allen head C.K.S full thread bolt - M8x15	12
10	Front foot- left side	1	67	Allen head C.K.S full thread bolt - M8x20	26
11	Rear foot- right side	1	68	Hexagon head half thread bolt - M8x65x20	98
12	Rear foot- left side	1	69	Hexagon socket head full thread bolt - M8x65	12
13	Magnet bracket	1	70	Bearing 608ZZ	124
14	Adjustable resistor fixing bracket	1	71	Sleeve $\Phi 12 \times \Phi 8.1 \times 18.4$	98
15	Rear roller adjustable bracket	2	72	Sleeve $\Phi 12 \times \Phi 8.1 \times 14$	12
17	Curve cover reinforcement plate - right side	1	73	Guiding pulley wheel	12
18	Curve cover reinforcement plate - left side	1	74	Flat washer $\Phi 8$	110
19	Adjustable resistor fixing plate	2	75	Internal Circlip $\Phi 23$	12
20	Curve cover fixing bracket	2	76	Deep groove ball bearing 6201ZZ	4
21	Magnet covered plate	2	77	One way bearing CSK12P	1
22	Pulley wheel axle weldment	1	78	Allen head C.K.S half thread bolt M8x55x20	9
23	Driving wheel axle weldment	1	79	Allen head C.K.S full thread bolt M8x25	4
24	Front roller	1	80	Curve washer $\Phi 8.5 \times R25 \times t2.0$	4
25	Rear roller	1	81	Phillip countersunk head self-tapping screw ST4x35	24
26	Motor belt - 380PJ6	1	82	Phillip countersunk head self-tapping screw ST4x15	20
27	Motor belt - 250PJ6	1	83	Phillip head C.K.S full thread screw M5x10	4
28	Moving wheels	2	85	Hexagon socket head full thread bolt M8x75	2
29	Wheel and axle	2	86	Allen head C.K.S half thread bolt M8x30x20	2
30	Driving pulley wheel -front	1	87	Hex head locknut M8	3
31	Driving wheel axle	1	88	Flat washer $\Phi 8$	3
32	Driving wheel plate	1	89	Allen head C.K.S half thread bolt M10x25x15	4
33	Lateral belt	2	90	Hex head locknut M10	4
34	EVA mat - t2.0x50x3600	2	91	Flat washer $\Phi 10$	4
35	Front plastic side cover - right side	1	92	Allen countersunk head full thread screw M6x15	4
36	Front plastic side cover - left side	1	93	Hexagon head full thread bolt M8x30	2
37	Rear plastic side cover - right side	1	94	Hexagon nut M8	2
38	Rear plastic side cover - left side	1	95	Allen head C.K.S step bolt M6x50x36	1
39	Upright side cover - right side	1	96	Phillip pan head self-tapping screw ST3x10	2
40	Upright side cover - left side	1	97	Phillip head C.K.S self-tapping screw ST4x16	30
41	Foot pad	4	98	Phillip pan head full thread bolt M5x15	240
42	EVA mat - t5.0x70x3000	1	99	Phillip head C.K.S full thread screw M4x10	3
43	Top section resistance cable L - 1150mm	1	100	Hex head locknut M4	3
44	Top section resistance cable L - 450	1	101	Hexagon socket head full thread bolt M8x45	4
45	Round magnet	4	102	Flat plug $\Phi 38 \times t1.5$	2
46	Brake tension spring	1	103	Hexagon socket head full thread bolt M8x15	4
47	Slat	60	104	Hex head locknut M8	110
48	Double hole Washer - t1.5x20x10	120	105	Handrail - left side	1
49	Resistance handlebar	1	106	End cover t1.2x $\Phi 31$	4
50	Resistance adjustment assembly	1	107	Hexagon lock nylon nut M6	1

51	Resistance handlebar cover	1	108	Flat washer $\Phi 6$	1
52	Resistance handlebar side cover	1	109	Spring washer $\Phi 6$	240
53	Resistance bushing	2	110	Console fixing plate	1
54	Ordinary cylindrical spring	1	111	Bushing	2
55	Console	1	112	Phone holder	1
56	communication wire	1	113	Tray holder	1
57	VR communication wire	1	114	Phone holder fixed plate	1
			115	Console rotation axis	1

Exploded Drawing



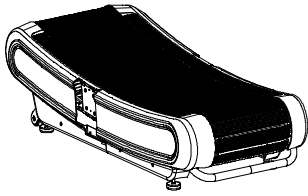
Product profile



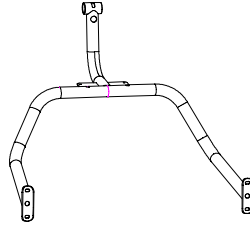
Dimension (Unfold)	1845*810*1575
Running surface	1600*440mm

Remark: We reserve the right to amend the product without prior notice.

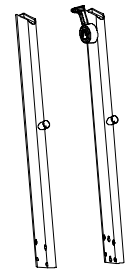
Packing list



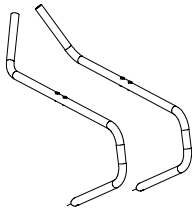
Base



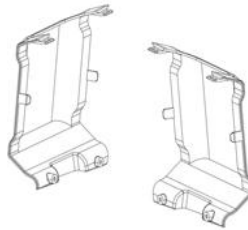
Console frame



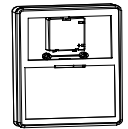
Upright



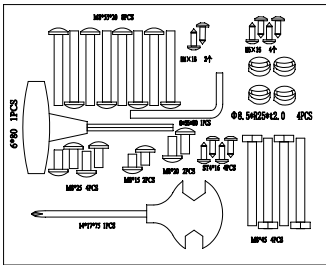
Handrail



Upright cover



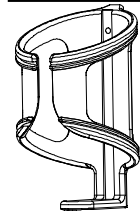
Console



Hardware kit

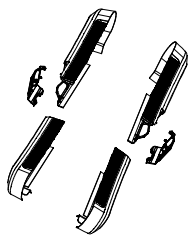


User manual

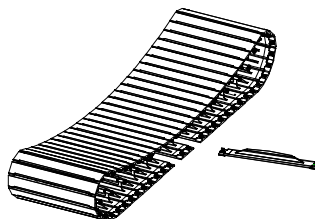


Water bottle

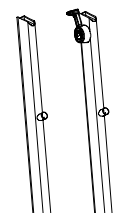
Main part



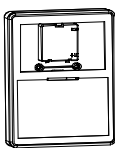
Plastic cover



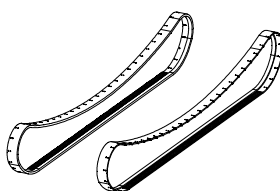
Slat belt



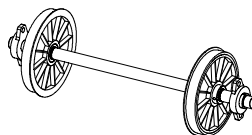
Upright



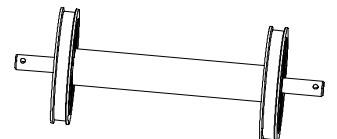
Console



Lateral belt

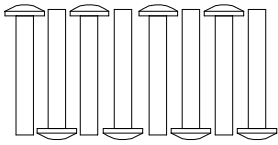


Front roller

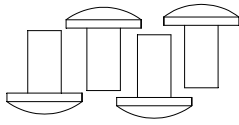


Rear roller

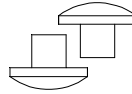
Hardware kit list



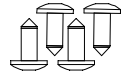
Allen head C.K.S half
thread bolt M8×55×20.
8pcs



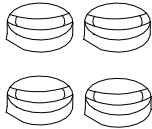
Allen head C.K.S full
thread bolt M8x25
4pcs



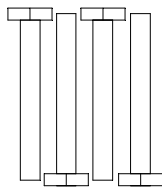
Allen head C.K.S full
thread bolt M8x15
2pcs



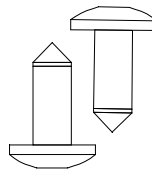
Phillip head C.K.S
self-tapping screw ST4×16
4pcs



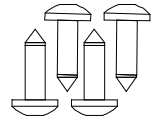
Curve washer
Φ8.5×R25×t2.0
4pcs



Hexagon socket head
full thread bolt M8x45
4pcs



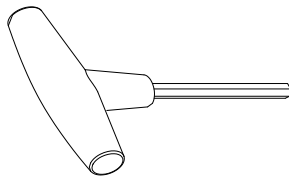
Phillip large flat head
pointed screw M4x16
2pcs



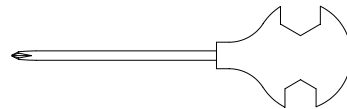
Phillip large flat head
full thread bolt M5x15
4pcs



Allen head C.K.S full
thread bolt M8x20
2pcs



T shape wrench
6x80 1pcs



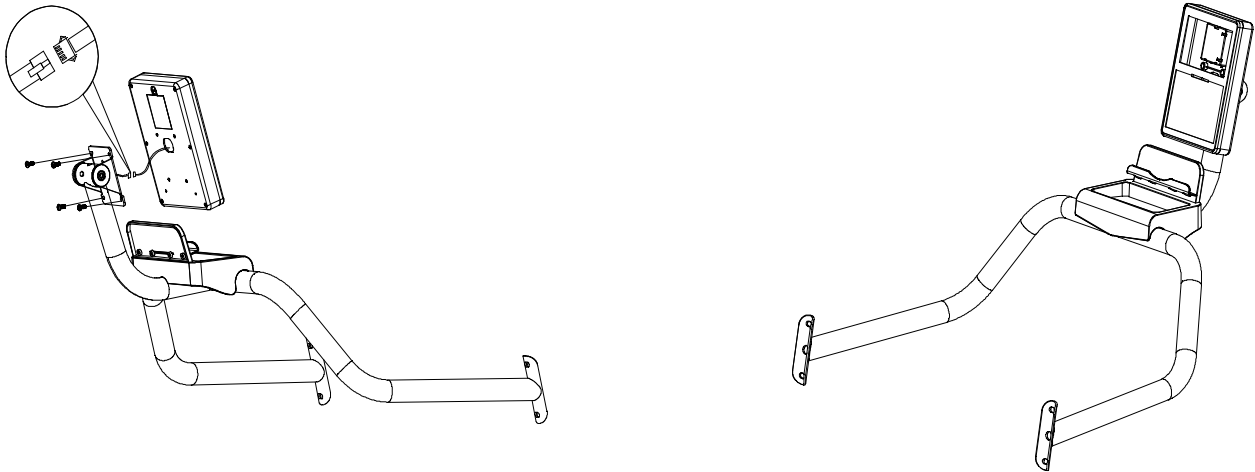
Cross open wrench
14x17x75 1pcs



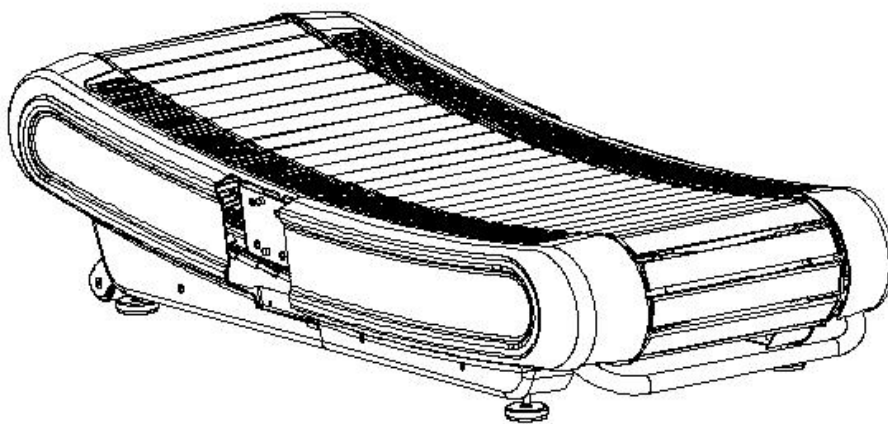
L shape wrench
6x35x80 1pcs

Assembling step

1. Take out the console frame and console from the carton, firstly attach the console and console fixing plate by four M5X15 screws, then connect the communication cable, and tuck the excess wire back into the console frame. Refer to below pictures on the Assembly.



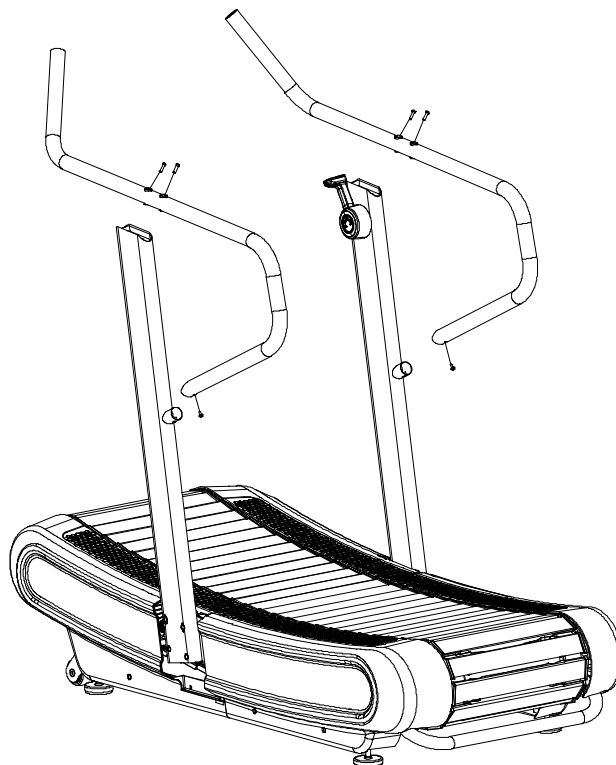
2. Take out the base from the carton and put it on flat ground.



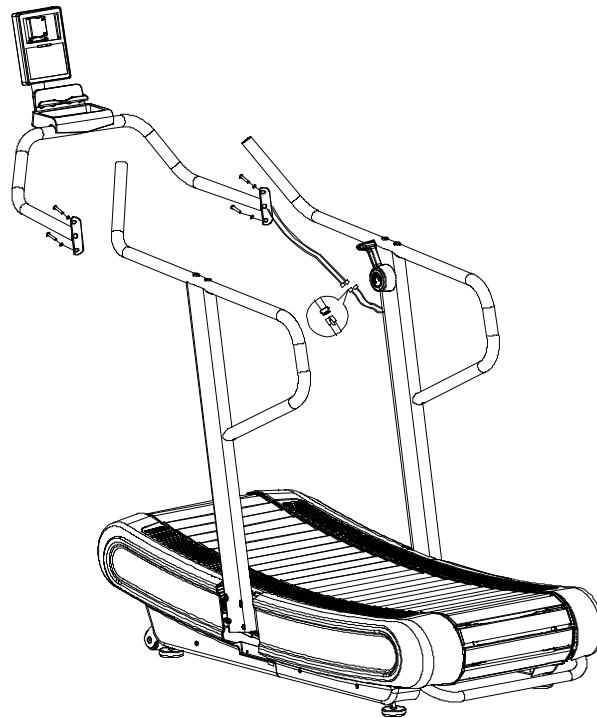
3. Connect the communication wire and brake cable from the right upright, tuck the excess wire into the upright, attach the right upright on the clamping bracket from base by aligning the screw hole with 4 pcs M8×55×20 screws by turning 2-3 turns, but don't tighten it. Same assembly step on the left upright. (but without connecting wires)



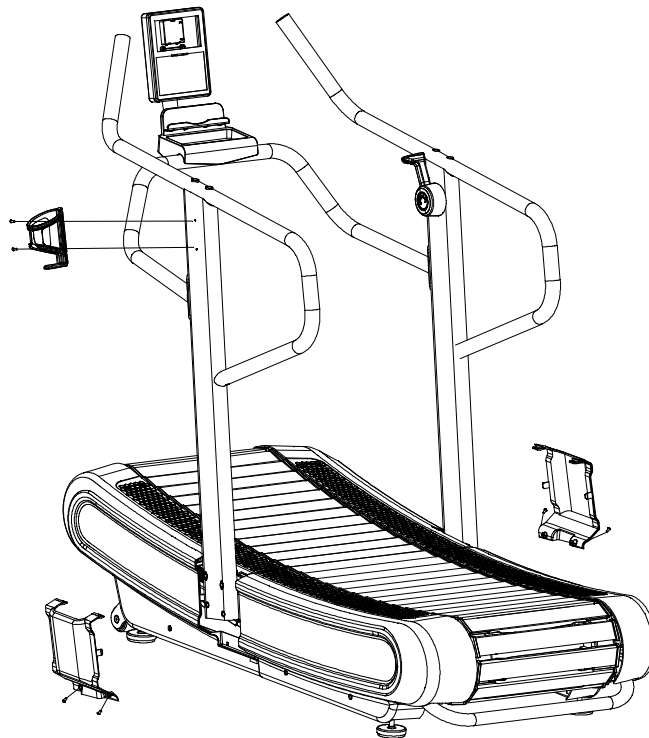
4. Attach the right handrail to the right upright by aligning the holes, then fix the upper holes by 2 pcs M8x45 screws, and the bottom hole by 1 pcs M8x15 screw. Same assembling step on the left upright. Tighten all upright bolts.



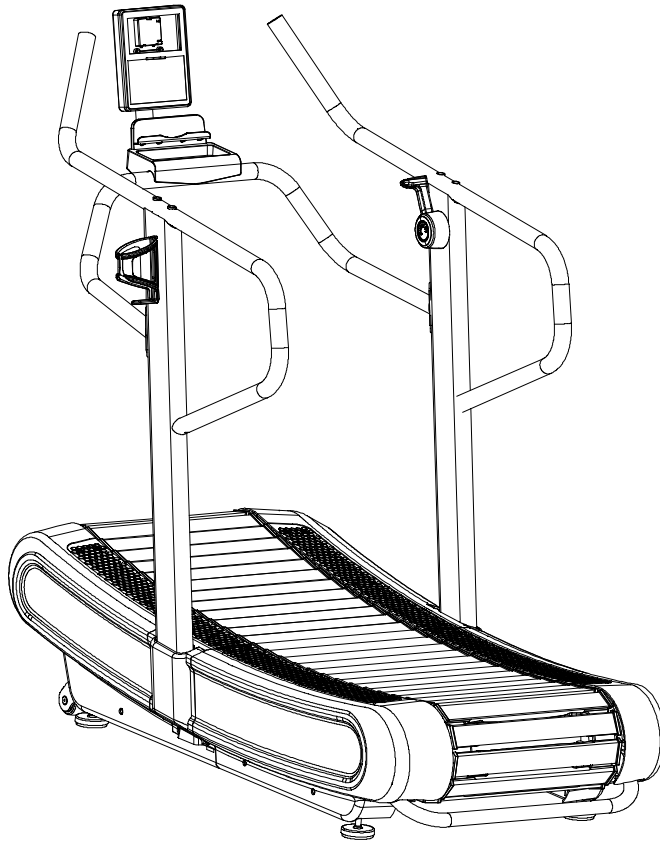
5. Connect the wires between right upright and console frame, then fix them by 4 pcs M8x25 screws through 4pcs curve washer. Tighten the screws.



6. As shown in the figure, firstly fix middle cover to both sides of the base by 4pcs ST4x16 screws. Fix the bottle holder to the left upright by 2 pcs M4x16 bolts.

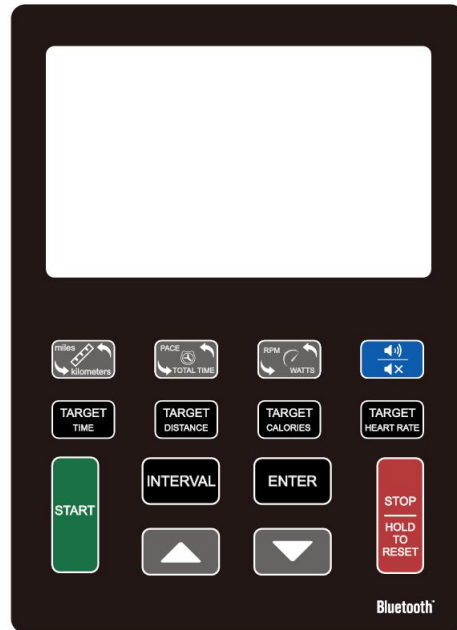


7. Assembling completes



CONSOLE INSTRUCTION MANUAL

Display :



Window Display:

Item	Description
TOTAL TIME	Display user total workout time. Display range 00:00~99:59
TIME	Display interval time on a single exercise or rest time Display range 00:00~9:59
DISTANCE	Display user workout distance. Display range 0.0~99.9
CALORIES	Display calories consumption during workout. Display range 0 ~ 999
HEART RATE	Display heart rate during workout. Display range 0 ~ 220
WATT RPM	Display the power consumption during workout Display rotate speed during workout
SPEED	Display current workout speed
PACE	Set the time to reach the target distance
RESISTANCE	When adjusting the resistance, the LOAD resistance value for each segment is displayed in the WATT window Display range 1 ~ 4
MET	Metabolic equivalent value. Display range 1.0 ~ 10

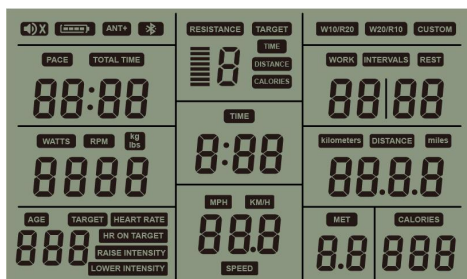
Button function:

Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start workout quickly.
Stop HOLD TO RESET	Press to stop workout. Press and hold to clear workout data and return to the standby mode.
Interval	There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.
Target Distance	Fast access to Target Distance mode.
Target Calories	Fast access to Target Calories mode.
Target Heart Rate	Fast access to Target Heart Rate mode.
Target Time	Fast access to Target Time mode.
MILE/KILOMETERS	Metric and imperial unit switch key
PACE/TOTAL TIME	Switch key between Time and PACE window, default 3 seconds for auto switch
RPM/WATT	Switch key between RPM and WATT window, default 3 seconds for auto switch
Sound on/off	It's used to mute the beeping sound, click to mute the beeping; click again to turn on the beeping.

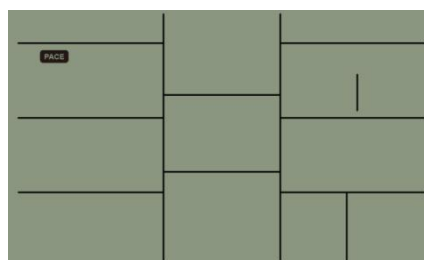
Operation procedure:

Power on--

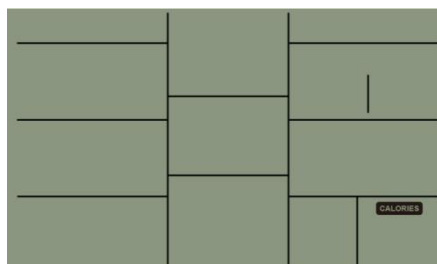
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode (FIG 2), the pictures will be cycling displayed from top to bottom in sequence. Press STOP button, then enter into standby mode.



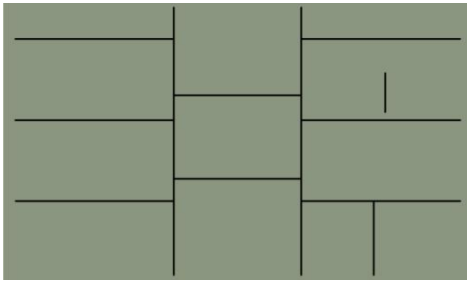
(FIG 1)



(FIG 2)



2.If no key signal or RPM signal input for more than 4min 30s, LCD will go to Sleeping mode (FIG 3).



(FIG 3)

3.Stop mode:

After the START key is quickly started, press the STOP key to stop the workout but keep the workout data. If no signal input for 4min30s, it will go to ERP sleeping mode; when wake up, all data is cleared. Press and hold the STOP key to end current workout mode and clear all data, and return to standby mode.


4.INTERVAL 10/20:

- A. Press INTERVAL button, select "INTERVAL10/20" mode, LCD display W10/R20 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 10s, it switches to "REST" icon, and beeps every 1s, TIME start to count down from 20s to 0s.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

5.INTERVAL 20/10:

- A. Press INTERVAL button, select "INTERVAL20/10" mode, LCD displays W20/R10 icon.
- B. Press ENTER or START to start. The LCD displays 01/08 and the WORK icon is on, and show workout time.
- C. After work 20s, it switches to "REST" icon, the beeping rings every 1s, TIME start to count down from 10s to 0.
- D. Work & REST display in cycle, each cycle increases 1 till reach to 08/08(total cycle counts 8 times). The beeping rings and stops workout. The current data is displayed. Hold and press the stop key to clear data.
- E. If no signal input in 5 min, the console beep 0.5s and will enter the standby mode.
- F. Hold and press the STOP key. the console beep 0.5s and end the workout.

6. INTERVAL CUSTOM:

- A. Press INTERVAL button, select "INTERVAL CUSTOM" mode, LCD displays  icon
- B. LCD displays the preset value 05, press "UP/ DOWN" button for setting (setting range 05~99), it cannot cycle.
- C. Press "ENTER" to confirm, "WORK" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- D. Press "ENTER" to confirm, "REST" icon is flashing, LCD "TIME" window displays the current value 0:05. Press "UP/DOWN" button for setting (setting range: 0:05~9:59).
- E. Press "ENTER" to confirm, a short beeping rings 0.5s, LCD displays "01/XX" and display "WORK"
- F. For REST time, it displays 01/XX, "REST" icon shows, the beeping rings every 1s.
- G. "Work" & "REST" display in cycle, each cycle increases 1 till reach to 08/08 (total cycle counts 8 times). Then enter to Stop mode.
- H. If no signal input in 4min 30s, enter into sleeping mode.
- I. Hold and press the "STOP" button, stop the current workout mode and return to standby screen.

7. TARGET TIME:

- A. Press "TARGET TIME" button, enter to this mode, LCD flashes and display TARGET TIME.
- B. LCD "TOTAL TIME" window displays the preset value 1:00. Press "UP/DOWN" button for setting (setting range 1:00~99:00).
- C. After setting, press "ENTER" or "START" to start, TARGET & TIME icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, and stop the current workout mode, and return to standby mode.
- E. If no signal input in 30s, the console beeps once and return to standby mode.

8. TARGET DISTANCE:

- A. Press "TARGET DISTANCE" button, enter to this mode, LCD displays TARGET DISTANCE.
- B. LCD "DISTANCE" window displays the preset value 1. Press "UP/DOWN" button for setting (setting range 1.0~99).
- C. After setting, press "ENTER" or "START" to start, TARGET DISTANCE icon is on, and start to count down from the set value.
- D. Hold and press the "STOP" button, stop current workout mode, and return to the standby mode.
- E. If no signal input in 30s, the console beeps once and returns to standby mode.

9. TARGET CALORIES:

- A. Press "TARGET CALORIE" button, enter to this mode, LCD displays TARGET CALORIE.
- B. LCD "CALORIE" window displays the preset value 10. Press "UP/DOWN" button for setting (setting range 10~990).
- C. After setting, press "ENTER" or "START" to start, TARGET CALORIE icon is on, and start

to count down from the set value.

D. Hold and press the “STOP” button, stop current workout mode, and return to the standby mode.

E. If no signal input in 30s, the console beeps once and return to standby mode.

10.TARGET HEART RATE:

A. Press” TARGET HEART RATE” button, enter to this mode, LCD flashes and displays preset value 80. Press “UP/DOWN” button for setting (setting range80~180).

B. When the heartbeat value is below the set value (-10%), the heart rate window flashes to display RAISE INTENSITY, reminding the user to increase the training intensity.

C. When the heartbeat value is beyond the set value (+10%), the heart rate window flashes to display LOWER INTENSITY, reminding the user to decrease the training intensity.

D. When the heartbeat value is close to the set value (>10%), the heart rate window flashes to display HR ON TARGET, reminding the user to maintain the current exercise intensity.

E. If no heartbeat input in 30s, the console beeps once and return to standby mode.

F. Hold and press the “STOP” button, and enter into the standby mode.

11. Resistance level calibration

Under standby status, press and hold “▼ + ▲ +STOP” three key for 6 seconds to enter engineering page , the resistance level window come out, other windows won't show.

Press up and down key to select resistance level 1/2/3/4, and press ENTER key to confirm each level, press stop to exit calibration page.

12. Bluetooth APPs

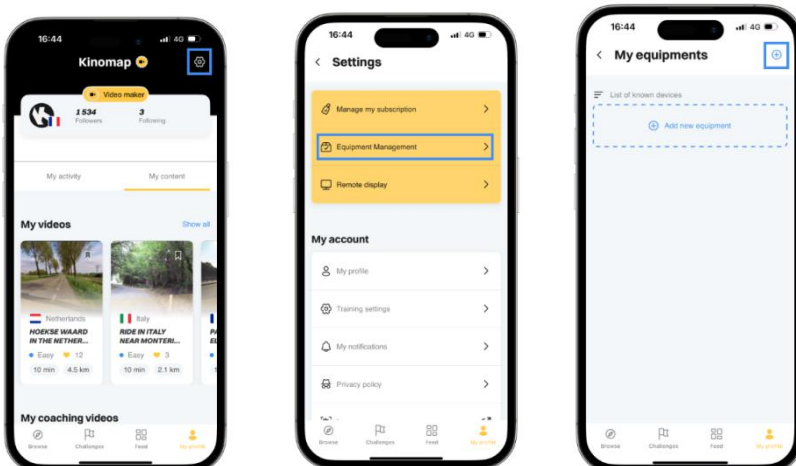
The curve slat treadmill supports Kinomap & Zwift via Bluetooth:

Move the running belt to light up the LCD console to trigger Bluetooth signal; follow the Bluetooth ID on the console to make connection.

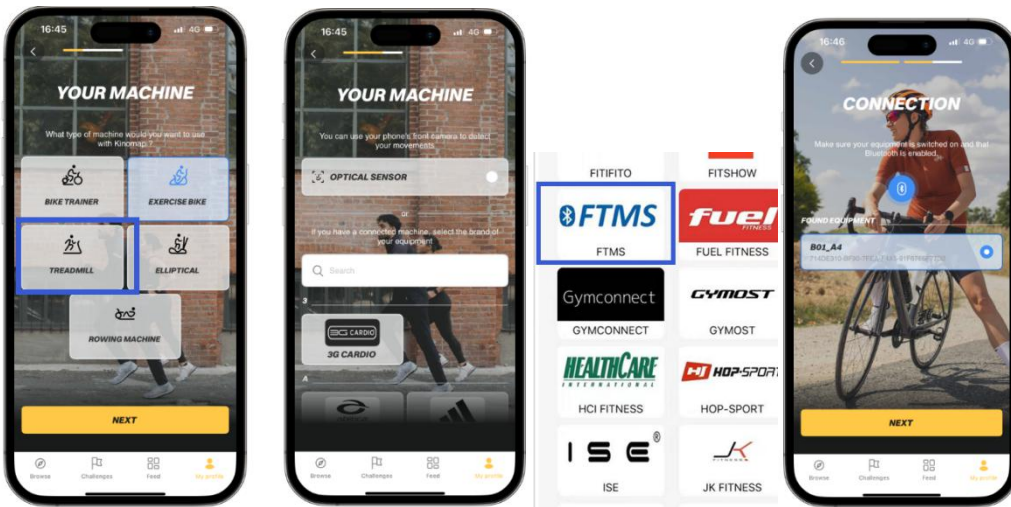
If the running belt stops moving, the LCD console is off, and Bluetooth signal shut off.

12.1 How to connect Kinomap

Register and login Kinomap, firstly go to the “Profile menu”, then press the “Settings” button in the top right-hand corner; then select “Equipment Management”. Then press "Add new equipment" or the "+" button in the top right-hand corner:

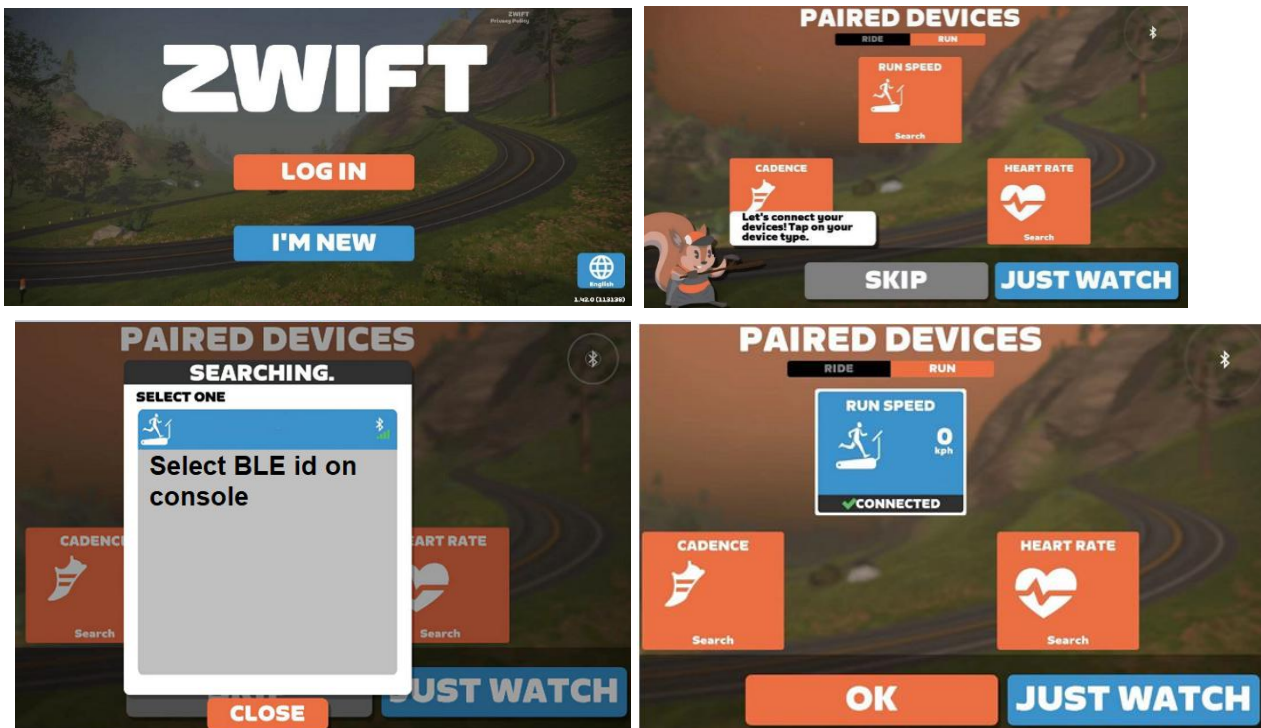


Select your equipment type **TREADMILL**, click "Next" at the bottom of the screen, scroll down to select **FTMS**; Choose the detected equipment, which has same Bluetooth ID as tag on LCD console, press "Next"; A connection test will start to check if Kinomap receiving data from your equipment. Once the connection has been confirmed, simply press "Next" one last time, and your equipment is connected.



12.2 How to connect Zwift

Register and login Zwift, enter PAIRED DEVICES page, click RUN SPEED icon, select the detected equipment, which has same Bluetooth ID as tag on LCD console, it will show connected



General fitness tips

1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load

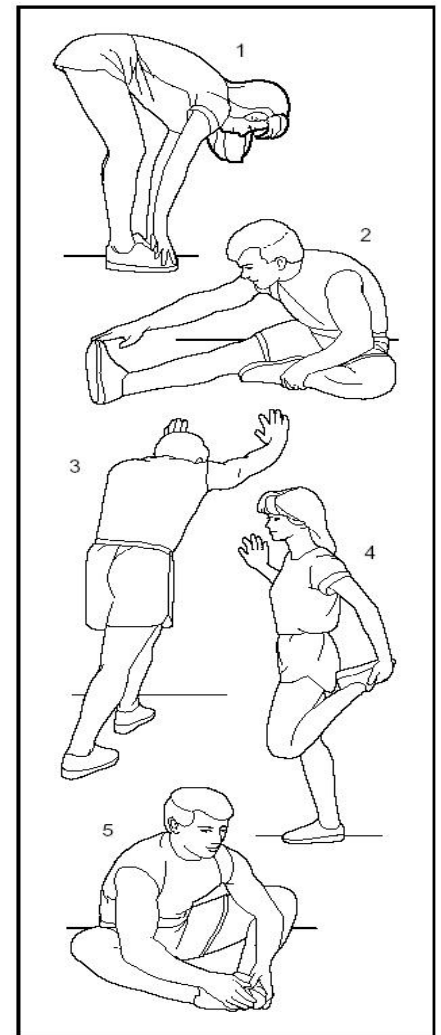
According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden



Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop

and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times

for each leg (As picture 3 shown).

4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite, and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

Using instruction:

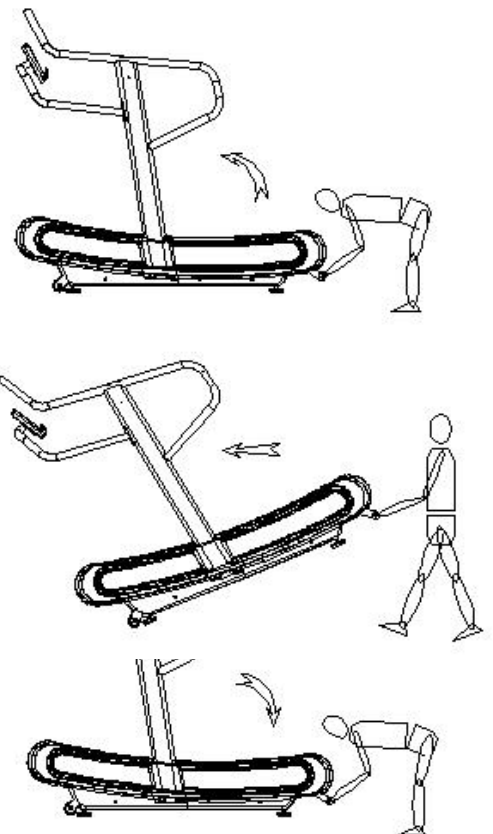
Treadmill moving:

When moving the machine, make sure that:

1. The main frame has dropped to the lowest point
2. The switch has been turned off
3. The power plug has been removed from the power socket

After the above points are clear, grab the running table with both hands. Lift the machine up from the end, stand up straight, The machine can be moved slowly forward or backward.

Lightly flat the machine in proper place





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