

# ASSAULT FITNESS

Assault Fitness takes HIIT cardio to the next level, with products that provide your exercisers with a challenging workout experience, deliver operational efficiency with a rugged, yet streamlined design, and bring renewal and freshness to your group training offerings.



**ASSAULT  
FITNESS**

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AIRRUNNER

# DESIGNED WITH HIIT IN MIND

## AirRunner

The Assault AirRunner is an elite fitness running machine that packs an intense workout into a small package. As an exerciser-powered treadmill with no max speed, exercisers can push themselves to their limit and change speeds at their own rate. A built-in handle and transport wheels make it easy to quickly reconfigure your workout space and keep your training offerings adaptable.

## AirBike Elite & AirBike Classic

The exerciser's entire body will be engaged as they push, pedal, and pull against the unlimited fan resistance of the Assault AirBike Elite and AirBike Classic, resulting in a truly dynamic and adaptable workout experience. Individualized and infinite adjustments allow exercisers to keep it mellow and level to target a heart rate, or jump to high intensity interval training for a serious workout.

## AirRower Elite

With fan-based resistance and a dual stage drive, the AirRower Elite takes rowing to the next level. It provides a complete upper body, lower body, and core workout that is great for High Intensity Interval Training, cardio, and endurance training.

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### AirRunner

- LxWxH: 69.9 x 32.8 x 64 in (177.5 x 83.3 x 162.6 cm)
- Weight: 280 lb (127 kg)
- 8 pre-programmed workouts
- Bluetooth® connectivity\*



### AirBike Classic

- LxWxH: 50.9 x 23.3 x 48.4 in (129.4 x 59.3 x 123 cm)
- Weight: 98.1 (44.5 kg)
- 8 pre-programmed workouts



### AirBike Elite

- LxWxH: 55.1 x 26.1 x 58.6 in (140 x 66.3 x 148.8 cm)
- Weight: 125 lb (56.7 kg)
- 8 pre-programmed workouts



### AirRower Elite

- LxWxH: 92.5 x 20 x 48.5 in (235 x 51 x 123 cm)
- Weight: 125 lb / 56.7 kg
- 8 pre-programmed workouts
- Bluetooth® connectivity\*

\* With compatible heart rate transmission strap; chest strap not included.