

ASSAULT AIR RUNNER

KEEPS INTERVAL TRAINING FRESH

The Air Runner was designed with HIIT in mind. With no maximum speed, exercisers can push their workout as hard as they want and change speeds at will. With the small footprint of the Air Runner, running that would otherwise take place outside or in a different area of the facility can now take place in the same area that small group training occurs, increasing exerciser engagement with trainers.



NON-MOTORISED AND EASY TO MOVE

The Assault Air Runner runs on the exerciser's energy, with no electrical consumption and a low carbon footprint. Your exercisers will be amazed at what a hardcore workout can come from the power of their own two feet. The Air Runner is one of the lightest treadmills of its kind, weighing in at only 280 lb / 127 kg. Its light weight combined with a built-in handle and integrated transport wheels make it easy to quickly reconfigure your workout space.



STURDY AND DURABLE

Built with a steel frame and handrails, corrosion resistant hardware, and a slatted running surface for superb strength and durability, the Assault Air Runner is built to last. Plus, with no drive motor and no lift motor, the Air Runner requires very little maintenance.

USER GUIDE

- Remember The Assault Air Runner is self generated so will not start until you start walking.
- Simply hold onto the bars
- step onto the side of the machine (which do not move)
- Then step onto the belt and start walking.
- You control the pace of the machine so if you feel its 'running away' from you, simply slow down.
- The bars are there if you lose balance or need help to slow down.

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

PRECOR