

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

HD Air Bike
Assembly Instructions

PT-AB



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*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפוא רש בקבל לבאיטניאט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety


Safety Instructions









 Read all instructions before use.

-  **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
-  **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
-  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
-  **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **WARNING:** Do not use for stretching and do not attach straps or other devices.
-  **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
-  **WARNING:** Keep batteries out of reach of children.
Some chest straps may contain a removable battery.
 - Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
 - If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
 - Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
 - Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
 - Tell others about the risk associated with button batteries and how to keep their children safe.
-  **WARNING:** Batteries may not be exploited to fire or get into contact with other metal objects. If you don't use the equipment for a longer period of time, remove batteries to avoid any damage by leaking or corroding batteries. If battery is depleted, insert new batteries into the equipment. If battery has leaked, remove all residue immediately. Avoid contact with eyes and if you come in contact with residue, wash thoroughly.
-  **WARNING:** If rechargeable batteries are in use, they must be removed from the equipment for recharging. The charged battery must deliver 1.5 V output.
-  **WARNING:** Never use batteries other than D-Cell (LR-20) batteries. Do not use different battery types or depleted and new batteries together.
-  **WARNING:** Always insert batteries with correct polarity.
-  **WARNING:** Do not attempt to recharge non rechargeable batteries.
-  **WARNING:** Never short circuit battery connection terminals.
-  **WARNING:** Children shall not play with the training equipment.
-  **WARNING:** Cleaning and user maintenance shall not be made by children without supervision.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

Consignes de Sécurité

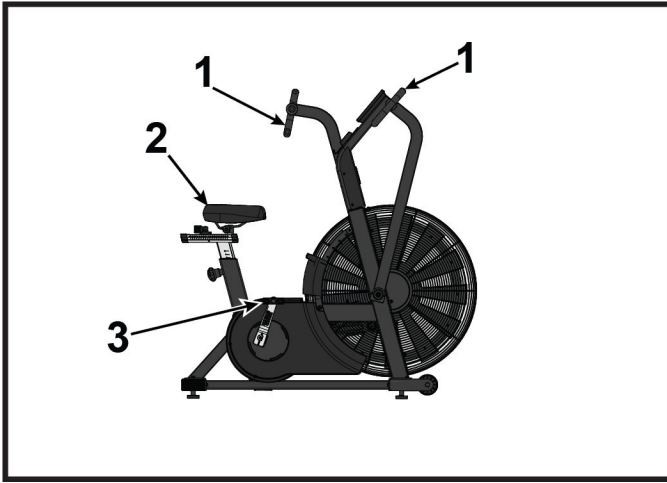
 Veuillez lire toutes les instructions avant usage.

-  **ATTENTION :** Toute modification apportée à cet équipement pourrait en annuler la garantie.
-  **AVERTISSEMENT :** Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Family of Brands Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.
-  **AVERTISSEMENT :** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.
-  **AVERTISSEMENT :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement l'exercice.
-  **AVERTISSEMENT :** Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.
-  **AVERTISSEMENT :** Tenir les piles hors de portée des enfants.
Certaines sangles de poitrine peuvent contenir une pile jetable.
 - L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
 - Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
 - Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
 - Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
 - Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.
-  **AVERTISSEMENT :** Laissez une distance de 41 cm entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 90 cm entre l'avant ou l'arrière du vélo et les objets alentour, et d'au moins 60 cm dans la direction qui permet d'accéder à l'appareil.
-  **DANGER :** Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.
 - Pour un fonctionnement correct, suivez toujours les instructions de la console.
 - Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
 - N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
 - N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
 - Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.
 - N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
 - Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
 - Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
 - Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
 - Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
 - Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.

- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Ne vous mettez pas debout ni assis sur les caches en plastique.
- Montez et descendez avec précaution du vélo. Utilisez le guidon fixe lorsque vous avez besoin de renforcer votre équilibre.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n'est pas responsable des étiquettes manquantes ou endommagées.

Biomechanical Positioning

The user shall be positioned by grasping grips of moving arms, feet on pedals, and sitting on seat.



Item	Description	Qty
1	Moving arm grips	2
2	Seat	1
3	Pedal	2

This product is designed to exercise the major muscle groups in the upper and lower body.



WARNING: Injuries to health may result from incorrect or excessive training.

Disposing of Batteries

Batteries may not:

- Come into contact with fire.
- Come into contact with coins or other metallic objects.

Products or batteries labeled with this symbol may not be disposed of along with normal household refuse. For proper disposal, please find out about the applicable laws or guidelines on disposing of electrical devices and batteries in your local area and adhere to them.

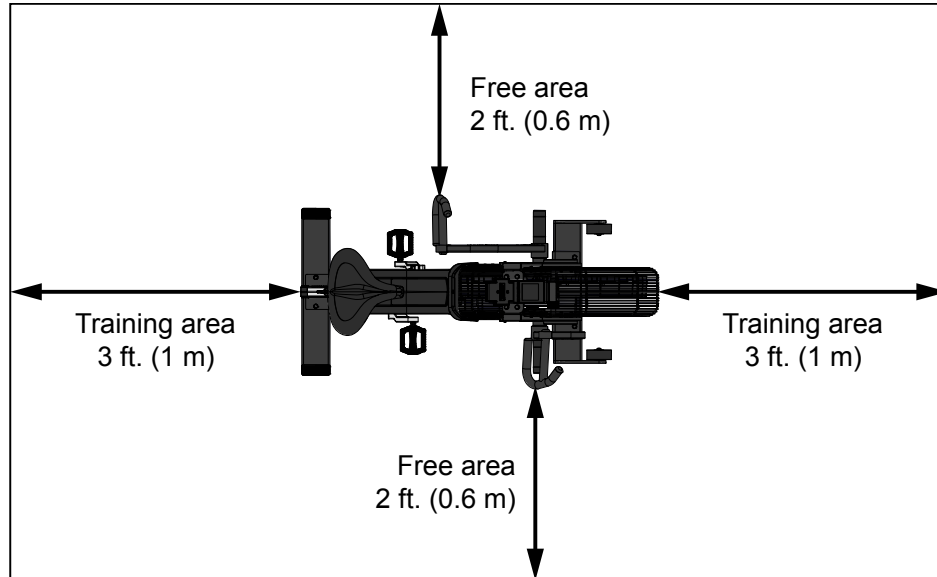


2. Getting Started

Free Area and Training Area

1. Read the entire manual before setting up the bike.
2. After following all Safety Instructions, move the bike to the location where it will be used.
3. Allow a Free Area clearance of 2 ft. (0.6 m) in the directions the bike is accessed from and a Training Area of 3 ft. (1 m) between the front or rear of the bike or any other objects.

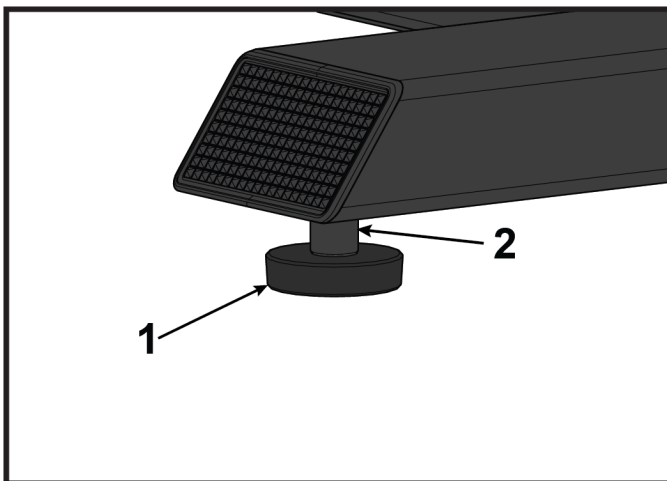
Free Area and Training Area



How to Stabilize Bike

After placing the unit in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled.

1. Determine which foot is not resting completely on the floor.
2. Rotate the stabilizing foot in the threaded stud to lower it.

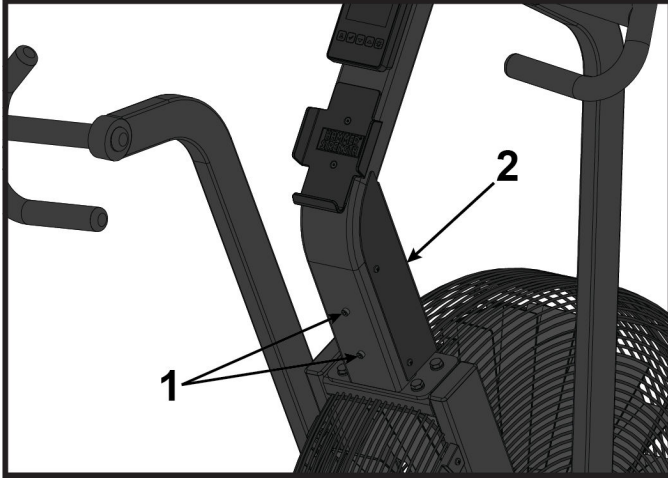


Item	Description
1	Stabilizing leg
2	Threaded stud

3. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks.

Water Bottle Holder (optional)

A standard bicycle water bottle holder can be installed on the mounting bolts on console upright. Water bottle holders are not available through Hammer Strength.

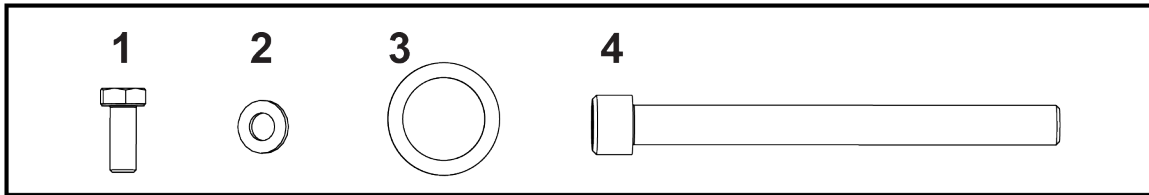


Item	Description	Qty
1	Mounting bolt	2
2	Console upright	1

3. Assembly

Hardware and Tools Required

Hardware:



Item	Description	Qty.
1	Bolt, M8 x 20 mm hex head	12
2	Washer, M8 x 19 mm	12
3	Washer, moving arm	2
4	Bolt, M12 x 130 mm socket head	2

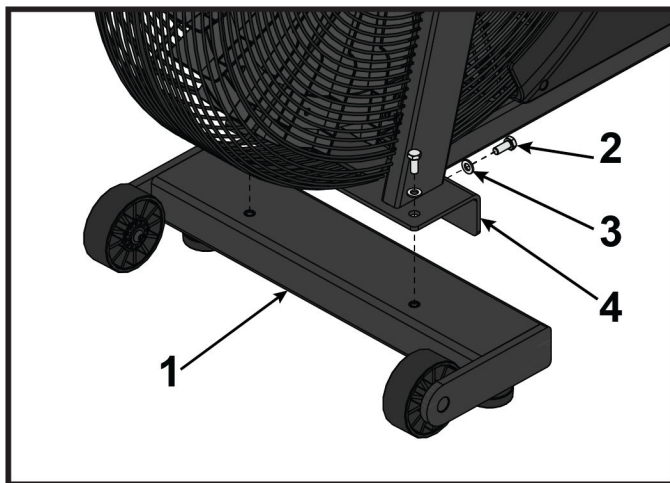
Tools Required:

- Phillips screwdriver
- 6 mm Allen wrench
- 10 mm Allen wrench
- 13 mm Socket wrench
- 15 mm Pedal wrench
- Torque wrench

Install Front Stabilizer

Install bolts and washers securing front stabilizer to base assembly using a 13 mm socket wrench. Torque to 15 ft-lbs.

NOTE: Two bolts and washers on top of front stabilizer and two on side.

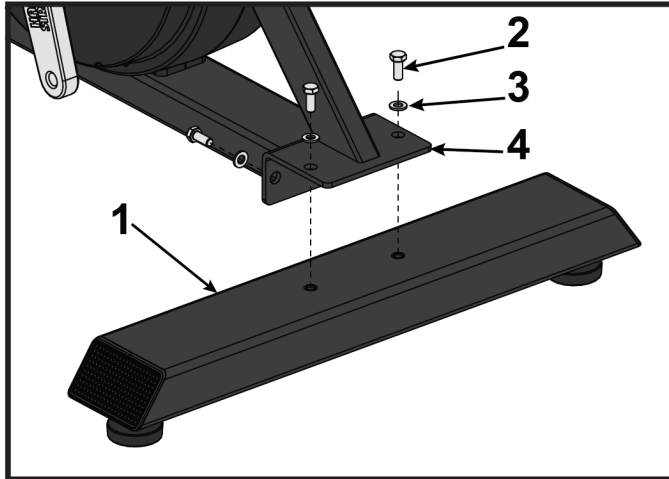


Item	Description	Qty
1	Front stabilizer	1
2	Bolt, M8 x 20 mm hex head	4
3	Washer, M8 x 19 mm	4
4	Base Assembly	1

Install Rear Stabilizer

Install bolts and washers securing rear stabilizer to base assembly using a 13 mm socket wrench. Torque to 15 ft-lbs.

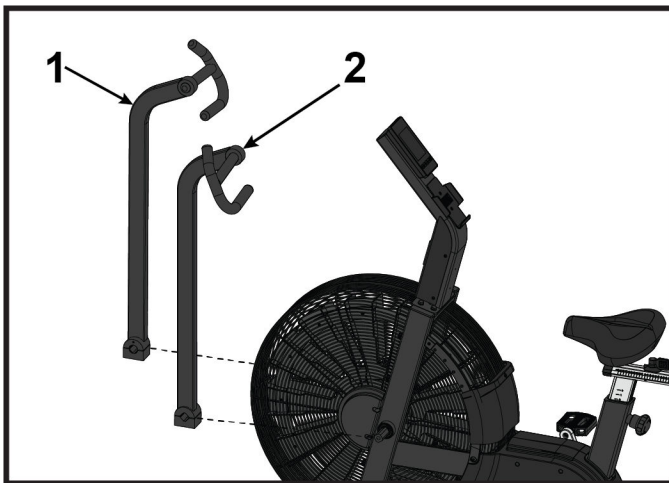
NOTE: Two bolts and washers on top of rear stabilizer and two on side.



Item	Description	Qty
1	Rear stabilizer	1
2	Bolt, M8 x 20 mm hex head	4
3	Washer, M8 x 19 mm	4
4	Base Assembly	1

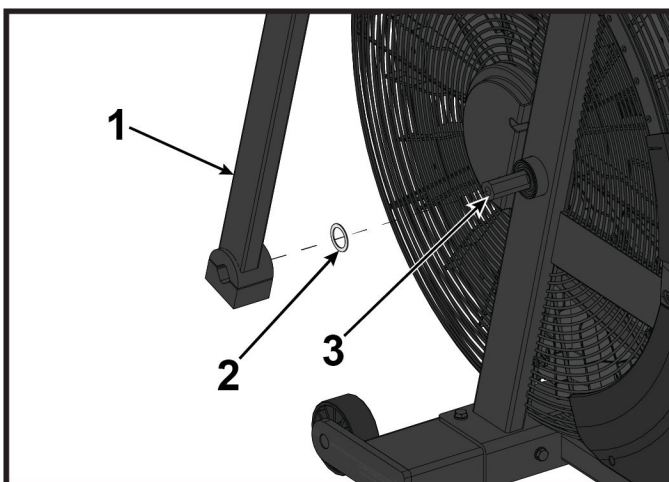
Install Moving Arms

1. Make note of correct direction of left and right moving arms.



Item	Description	Qty
1	Right moving arm	1
2	Left moving arm	1

2. Install washer on left moving arm shaft.

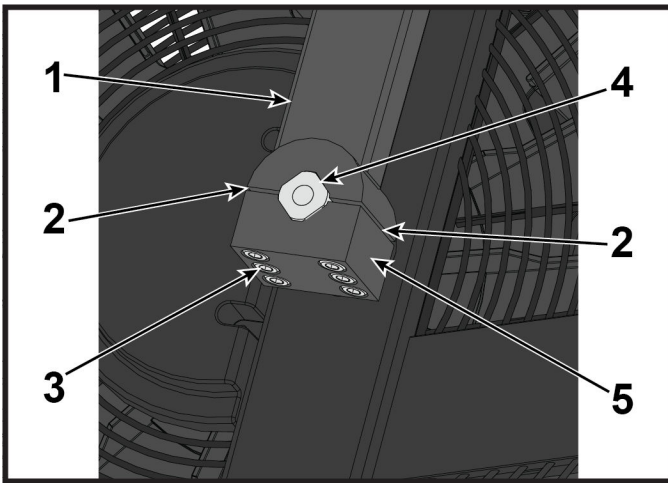


Item	Description	Qty
1	Left moving arm assembly	1
2	Washer	1
3	Moving arm shaft	1

3. Slide left moving arm assembly fully onto moving arm shaft.

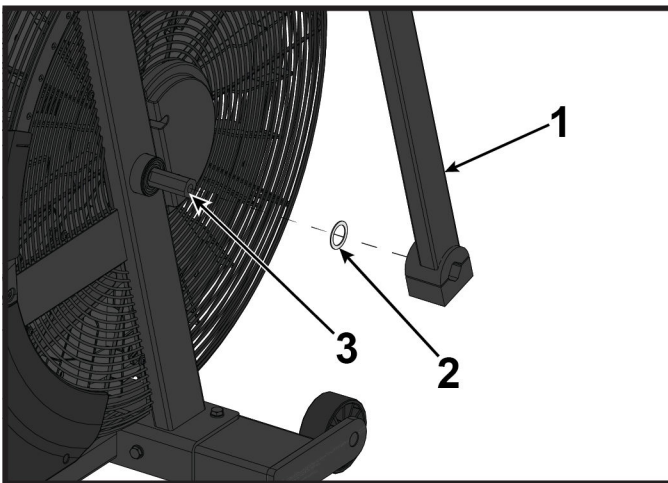
NOTE: Moving arm assembly includes lower clamp and six bolts partially threaded into moving arm.

- Tighten all six bolts evenly, while keeping spacing even between moving arm and lower clamp, using a 6 mm Allen wrench. Torque to 25 ft-lbs.



Item	Description	Qty
1	Moving arm	1
2	Spacing between moving arm and lower clamp	2
3	Bolt	6
4	Moving arm shaft	1
5	Lower clamp	1

- Install washer on right moving arm shaft.



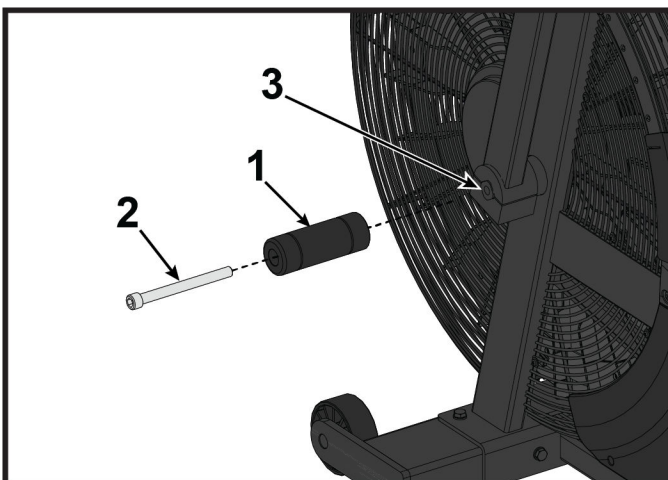
Item	Description	Qty
1	Right moving arm assembly	1
2	Washer	1
3	Moving arm shaft	1

- Slide right moving arm assembly fully onto moving arm shaft.
- Tighten all six bolts evenly, while keeping spacing even between moving arm and lower clamp, using a 6 mm Allen wrench. Torque to 25 ft-lbs.

Install Foot Pegs

- Install bolt securing left foot peg to moving arm shaft using a 10 mm Allen wrench. Torque to 55 ft-lbs.

NOTE: Left and right foot pegs are the same.



Item	Description	Qty
1	Foot peg	2
2	Bolt, M12 x 130 mm socket head	2
3	Moving arm shaft	2

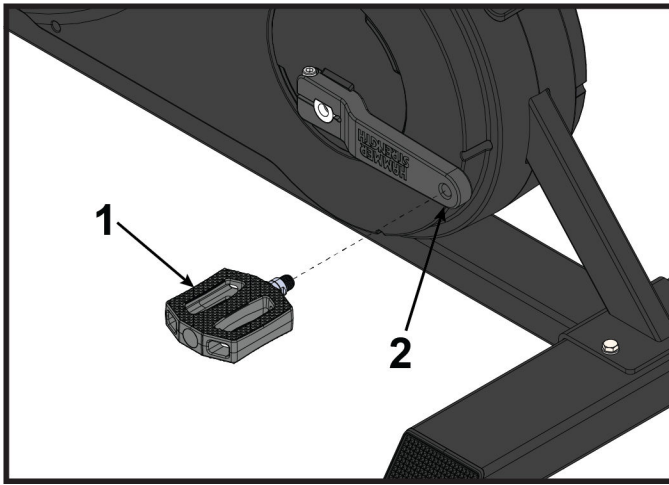
2. Install bolt securing right foot peg to moving arm shaft using a 10 mm Allen wrench. Torque to 55 ft-lbs.

Install Pedals

1. Install left pedal to crank arm using a 15 mm pedal wrench. Torque to 55 NM.

NOTE: The left and right pedals are threaded differently. The left pedal is a left hand thread. The right pedal is a right hand thread.

Left pedal shown

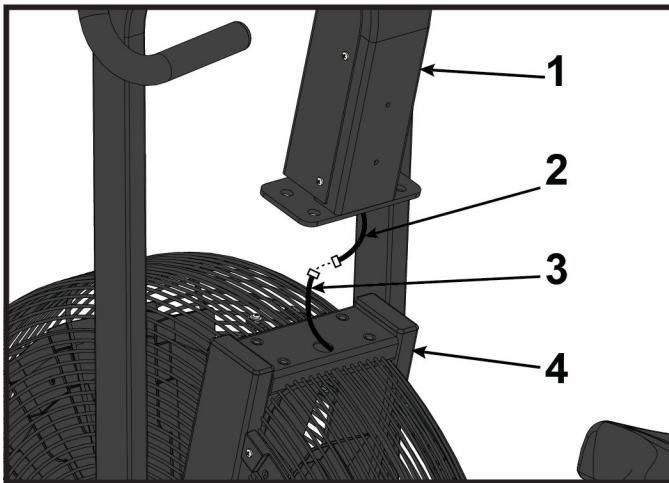


Item	Description	Qty
1	Left pedal	1
2	Crank arm	1

2. Install right pedal to crank arm using a 15 mm pedal wrench. Torque to 55 NM.

Install Console Upright

1. Place console upright in position and plug upper console cable into lower console cable.

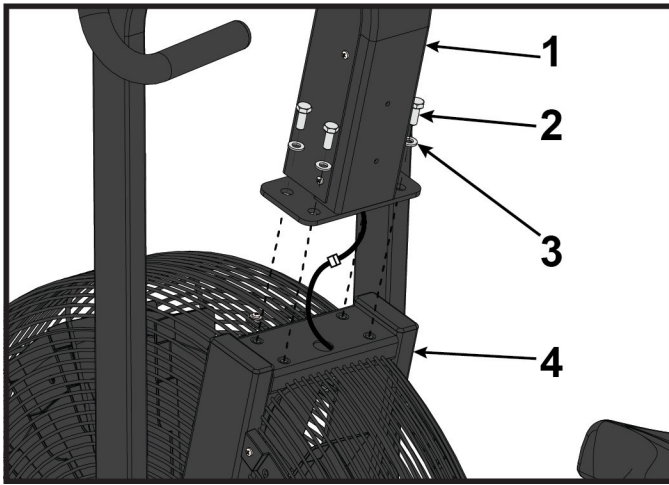


Item	Description	Qty
1	Console upright	1
2	Upper console cable	1
3	Lower console cable	1
4	Base assembly	1

- Lower console upright onto base assembly.



CAUTION: Do not pinch console cable.

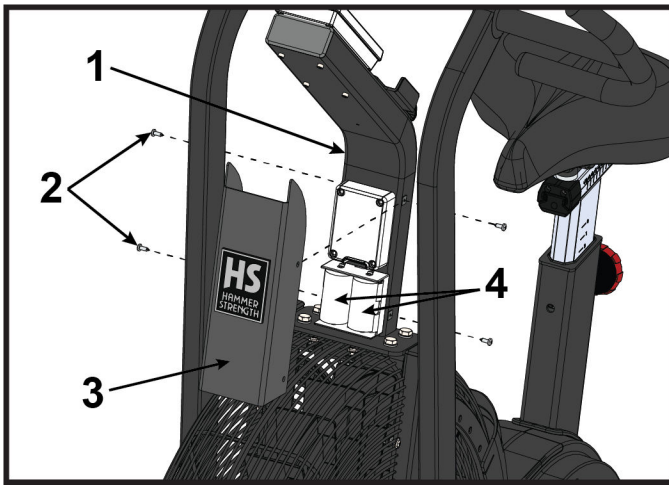


Item	Description	Qty
1	Console upright	1
2	Bolt, M8 x 20 mm hex head	4
3	Washer, M8 x 19 mm	4
4	Base assembly	1

- Install four bolts and four washers securing console upright to base assembly using a 13 mm socket wrench. Torque to 15 ft-lbs (20 Nm).

Install Batteries

- Remove four screws securing battery cover to console upright using a Phillips screwdriver.



Item	Description	Qty
1	Console upright	1
2	Screw	4
3	Battery cover	1
4	Battery, D cell	2

- Install two D cell batteries into battery holder in console upright.

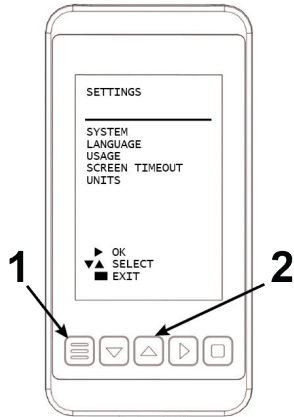
NOTE: Make sure batteries are installed in the correct direction.

- Install four screws securing battery cover to console upright using a Phillips screwdriver.

Set Elevation for Products Location

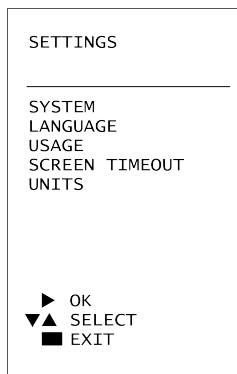
Perform this procedure to display the correct resistance levels. The resistance is based on air densities at different elevations. This is required when installing the unit, replacing the console, or if the unit has been moved to a different elevation.

1. Turn the console on by pedaling or moving the handles.
2. Press the **MENU** button on the console to access the **PROGRAMS** screen.
3. Press the **MENU** button and the **UP ARROW** button simultaneously for 3 seconds to enter the **SETTINGS** menu.

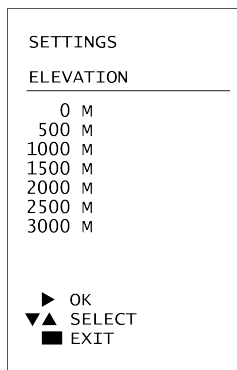


Item	Description	Qty
1	MENU	1
2	UP ARROW	1

4. Press the **DOWN ARROW** button to navigate to **SYSTEM** menu.



5. Press the **OK ARROW** to select.
6. Press the **DOWN ARROW** button to navigate to **ELEVATION** menu.



7. Select elevation value closest to current location of the bike.
8. Press the **OK ARROW** to select.
9. Press **EXIT** to exit settings.

Complete Installation

1. Place bike in location where it will be used. See [Free Area and Training Area](#).
2. Stabilize bike to prevent rocking. See [How to Stabilize Bike](#).

4. Specifications

Specifications

Designed Use	EN ISO 20957-1, EN ISO 20957-5, Product Class S A, (0 - 80 RPM / 40 - 350 Watt)
Maximum User Weight	350 lbs. / 159 kg
Drive Type	Belt
Power Requirements	Battery power console. Two D cell batteries.
Heart Rate	Wireless heart rate using an Analog signal.

	Physical Dimensions	Shipped Dimensions
Length	55 in. / 140 cm (with seat at highest and farthest back position)	53.1 in. / 135 cm
Width	28.5 in. / 72.5 cm	14.7 in. / 37.5cm
Height	54.5 in. / 138.4 cm	34.6 in. / 88 cm
Weight	166 lbs. / 75.5 kg	184.7 lbs. / 83.8 kg

