

## TKO AirRaid Runner

# TKO AirRaid Runner User Manual

Model: AirRaid Runner

## 1. INTRODUCTION

The TKO AirRaid Runner is a self-powered curved treadmill designed for a variety of fitness activities, including high-intensity running, casual walking, and intense push sled simulations. Its unique curved design and self-powered mechanism provide an effective and engaging workout experience without the need for external power.

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your TKO AirRaid Runner.

## 2. SAFETY INFORMATION

Read all instructions before using this equipment. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Ensure the treadmill is placed on a stable, level surface with adequate clearance around it (at least 2 feet on all sides).
- Keep children and pets away from the equipment during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- Use the handrails for balance, especially when starting or stopping.
- The maximum user weight for this unit is 350 lbs. Do not exceed this limit.

## 3. SETUP

### 3.1 Unpacking and Placement

Carefully remove all components from the packaging. It is recommended to have at least two people for assembly due to the weight and size of the unit. Place the treadmill on a flat, stable surface. Ensure there is sufficient space around the unit for safe operation and maintenance.



Image: The TKO AirRaid Runner treadmill, showcasing its curved deck and sturdy frame. This image provides an overview of the assembled unit.

### **3.2 Assembly (if required)**

The TKO AirRaid Runner is designed for minimal assembly. Typically, this involves attaching the console and handrails to the main frame. Refer to the included assembly diagram for detailed steps. Ensure all bolts and fasteners are securely tightened before use.

### **3.3 Transporting the Unit**

The treadmill is equipped with wheels at the front and a bar at the back for easy mobility. To move the unit, lift the rear bar and tilt the treadmill onto its front wheels, then carefully roll it to the desired location. Always ensure the path is clear and stable when moving the unit.

## **4. OPERATING INSTRUCTIONS**

### **4.1 Getting Started**

The AirRaid Runner is self-powered. The belt moves as you walk or run on it. Step onto the curved deck, holding the handrails for support. Begin walking slowly to initiate belt movement. Increase your pace to increase the belt speed.



Image: Side view of the TKO AirRaid Runner, highlighting the ergonomic curved deck design that allows for natural movement and self-propulsion.

## 4.2 Console Functions

The console provides real-time feedback on your workout. It is equipped with an LCD display and control buttons.



Image: Close-up of the TKO AirRaid Runner's LCD console display, showing various metrics and program selection buttons.

#### Display Readouts:

- **Time:** Duration of your workout.
- **Speed:** Current speed in KM/H.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Watt:** Power output.
- **RPM:** Revolutions per minute of the belt.

#### Control Buttons:

- **START/PAUSE:** Begins or pauses the workout.
- **ENTER:** Confirms selections or enters program settings.
- **STOP:** Ends the current workout.

- **TARGET TIME:** Set a target workout duration.
- **TARGET DISTANCE:** Set a target distance to cover.
- **TARGET CALORIES:** Set a target for calories to burn.
- **10-20 INTERVAL:** Selects a pre-programmed interval workout (10 seconds work, 20 seconds rest).
- **20-10 INTERVAL:** Selects a pre-programmed interval workout (20 seconds work, 10 seconds rest).
- **CUSTOM INTERVAL:** Allows for creation of personalized interval programs.

## 4.3 Resistance Levels

The AirRaid Runner features four levels of magnetic resistance. These levels can be adjusted to increase the intensity of your workout, simulating uphill running or a push sled exercise. Consult the console for specific resistance adjustment controls.

## 4.4 Workout Modes

- **Casual Walking:** Maintain a comfortable pace.
- **High-Intensity Running:** Increase speed and utilize the curved deck for a natural running stride.
- **Intense Push Sled Simulation:** Position yourself with hands on the front handrails and push against the belt, engaging the resistance for a full-body workout.
- **HIIT & CrossFit Training:** Utilize the interval programs (10/20, 20/10, Custom) for structured high-intensity workouts.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your TKO AirRaid Runner.

- **Cleaning:** Wipe down the treadmill frame and console with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Inspection:** Periodically inspect the molded slats and sealed bearings for any signs of wear or damage. The belt system is designed for smooth and quiet movement.
- **Fastener Check:** Annually check all bolts and fasteners to ensure they are tight. Re-tighten if necessary.
- **Storage:** Store the treadmill in a dry, temperate environment away from direct sunlight and extreme temperatures.



Image: A detailed view of the TKO AirRaid Runner's impact-reducing molded slats on the curved belt, designed for smooth and quiet operation.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Belt not moving smoothly	Debris under belt; loose components; worn bearings.	Inspect and clean under the belt. Check all fasteners for tightness. If bearings are worn, contact customer support.
Console display not working	Low battery in console; loose cable connection.	Check and replace console batteries. Ensure all console cables are securely connected.
Unusual noises during operation	Loose components; foreign object; worn parts.	Stop use immediately. Inspect the unit for loose parts or foreign objects. If noise persists, contact customer support.

## 7. SPECIFICATIONS

**Brand:** TKO

**Model Name:** AirRaid Runner

**Color:** Black

**Product Dimensions:** 68" L x 32" W x 67" H

**Running Surface:** 63" x 17.3"

**Product Weight:** 297 lbs

**Maximum User Weight:** 350 lbs

<b>Material:</b>	Metal
<b>Power Source:</b>	Manual (Self-Powered)
<b>Display Type:</b>	LCD
<b>Number of Programs:</b>	5 (HRC, THR, interval 10/20, 20/10, custom)
<b>Resistance Levels:</b>	4 (Magnetic)
<b>Metrics Measured:</b>	Distance, Time, Speed, Calories, Watt, RPM
<b>Assembly Required:</b>	No (Minimal assembly for console/handrails)

## 8. WARRANTY AND SUPPORT

The TKO AirRaid Runner comes with a **1-year warranty** covering manufacturing defects. For warranty claims, technical support, or replacement parts, please contact TKO customer service.

For further assistance, please visit the official TKO website or contact their support team directly. Keep your purchase receipt as proof of purchase for warranty purposes.

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### Related Documents - AirRaid Runner

 <p><b>TKO AirRaid Runner 8CTM</b></p>	<p><a href="#"><u>TKO AirRaid Runner 8CTM User Manual and Assembly Guide</u></a></p> <p>Comprehensive user manual for the TKO AirRaid Runner 8CTM curved treadmill, covering safety instructions, parts list, assembly steps, display functions, button functions, and operation procedures.</p>
 <p><b>TKO 714HS Hack Squat</b> Model 714HS</p> <p><a href="#"><u>Owner's Manual</u></a> V. 1.0 - 06.2023 www.thekotrade.com</p>	<p><a href="#"><u>TKO 714HS Hack Squat Owner's Manual and Assembly Guide</u></a></p> <p>Comprehensive owner's manual for the TKO 714HS Hack Squat machine, including safety instructions, assembly steps, parts list, and maintenance schedule.</p>
 <p><b>TKO Functional Trainer</b> Model 9050</p> <p><a href="#"><u>Owner's Manual</u></a> www.thko.com</p>	<p><a href="#"><u>TKO Functional Trainer Model 9050 Owner's Manual and Assembly Guide</u></a></p> <p>Comprehensive owner's manual and assembly guide for the TKO Strength Functional Trainer Model 9050. Includes detailed parts lists, product diagrams, and step-by-step assembly instructions for setting up this strength training equipment.</p>

 <p><b>DECLINE OLYMPIC BENCH</b> Model 982DB-B</p> <p><b>+ Owner's Manual</b> V 1.1 - 01.2023</p> <p>www.tkostrength.com</p>	<p><a href="#"><b>TKO Decline Olympic Bench 982DB-B Owner's Manual</b></a></p> <p>Owner's manual for the TKO Decline Olympic Bench, Model 982DB-B, including safety precautions, product diagram, tools required, parts list, assembly instructions, and maintenance schedule.</p>
 <p><b>Row</b> Model 706SR</p> <p><b>+ Owner's Manual</b> V 1.0 - 01.2023</p> <p>www.tkostrength.com</p>	<p><a href="#"><b>TKO Model 706SR Seated Row Owner's Manual and Assembly Guide</b></a></p> <p>This document provides comprehensive instructions for the TKO Model 706SR Seated Row fitness equipment, including safety guidelines, assembly steps, a detailed parts list, and a maintenance schedule.</p>
 <p><b>Leg Extension</b> Model 719LE</p> <p><b>+ Owner's Manual</b> V 1.0 - 01.2023</p> <p>www.tkostrength.com</p>	<p><a href="#"><b>TKO Leg Extension Model 719LE Owner's Manual</b></a></p> <p>This owner's manual provides instructions for the assembly, use, and maintenance of the TKO Leg Extension Model 719LE. It includes safety precautions, a parts list, assembly steps, and a maintenance schedule.</p>