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› [TKO](#) /

› [TKO AirRaid Ski Exercise Machine User Manual](#)

TKO AirRaid

TKO AirRaid Ski Exercise Machine User Manual

Model: AirRaid | Brand: TKO

1. INTRODUCTION

Thank you for choosing the TKO AirRaid Ski Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. The AirRaid Ski Machine is designed to deliver a high-impact cardio workout, engaging a wide range of muscles including the upper body, lower body, and torso. Please read this manual thoroughly before assembly and operation, and retain it for future reference.



Figure 1: Full view of the TKO AirRaid Ski Exercise Machine, showcasing its vertical design and integrated floor stand.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the TKO AirRaid Ski Exercise Machine.

- Consult your physician before beginning any exercise program.

- Keep children and pets away from the equipment at all times.
- Place the machine on a level surface with at least 2 feet of clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Do not exceed the maximum user weight of 350 lbs (158 kg).
- Wear appropriate exercise clothing and athletic shoes.
- Do not attempt to service the machine beyond the instructions in this manual.
- Always hold the handles firmly during operation.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Floor Stand Base
- Handle Assemblies (2)
- Monitor Console
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual (this document)

4. ASSEMBLY AND SETUP

Assembly typically requires two people. Ensure you have adequate space and all parts before starting.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Attach Floor Stand Base:** Secure the main frame assembly to the floor stand base using the provided bolts and washers. Ensure all connections are tight.



Figure 2: Detail of the sturdy wooden base and metal support bars, indicating attachment points for the main frame.

3. **Install Handles:** Attach the handle assemblies to the designated points on the main frame. Make sure they are securely fastened and can move freely.
4. **Mount Monitor Console:** Connect the monitor console to the main frame. Ensure all cables are properly connected to the console and the machine's internal wiring.



Figure 3: The monitor console, showing its display screen and control buttons, ready for connection.

5. **Positioning:** Once assembled, use the transport wheels located at the base for easy mobility to your desired exercise location.



Figure 4: Detail of the integrated transport wheels at the rear of the base, facilitating easy movement of the machine.

5. OPERATING INSTRUCTIONS

5.1 Powering On and Monitor Functions

The TKO AirRaid Ski Machine features an easy-to-read LED monitor. The monitor is powered by a corded electric source.



Figure 5: The LED monitor displaying various metrics such as time, stroke rate, distance, calories, and watts.

- **Display:** Shows Time, Stroke Rate, Distance, Calories, Watts, and Programs.
- **Heart Rate:** Can track heart rate when connected to a compatible heart rate monitor (sold separately).
- **Buttons:** Use the "BACK", "SELECT", "UP/DOWN", and "ENTER/STOP" buttons to navigate menus and select programs.

5.2 Adjusting Wind Resistance

The AirRaid Ski Machine offers 10 levels of wind resistance, allowing you to customize the intensity of your workout.



Figure 6: The resistance dial, clearly marked with numbers 1 through 10, located on the flywheel housing.

- Locate the resistance dial on the side of the flywheel housing.
- Turn the dial to select your desired resistance level, from 1 (lowest) to 10 (highest).
- Higher numbers indicate greater resistance, providing a more challenging workout.

5.3 Performing a Ski Workout

1. **Stance:** Stand facing the machine with your feet shoulder-width apart on the floor stand.
2. **Grip:** Grasp the handles firmly with an overhand grip.
3. **Movement:** Initiate the movement by pulling the handles down and back, engaging your core, arms, and legs in a fluid motion, mimicking cross-country skiing. You can alternate arms or use a double-pull technique.
4. **Monitor Feedback:** Observe the monitor for real-time feedback on your performance metrics.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your TKO AirRaid Ski Exercise Machine.

- Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- Inspection:** Periodically check all bolts and connections to ensure they are tight. Tighten if necessary.
- Storage:** Store the machine in a dry, cool environment away from direct sunlight and extreme temperatures.
- Cable Check:** Inspect the cables and ropes for any signs of fraying or wear. Replace if damaged.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor not displaying	Power cable disconnected; power outlet issue	Ensure power cable is securely plugged in. Test the outlet with another device.
Resistance feels inconsistent	Resistance dial not set correctly; debris in flywheel	Check the resistance dial setting. Inspect the flywheel for any obstructions and clean if necessary.
Unusual noises during operation	Loose bolts; worn parts	Inspect all assembly points and tighten any loose bolts. If noise persists, contact customer support.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	AirRaid
Brand	TKO
Dimensions (LxWxH)	50" x 23" x 86"
Item Weight	114 lbs
Max User Weight	350 lbs
Resistance Type	Wind Resistance
Resistance Levels	10
Display Type	LED

Feature	Detail
Power Source	Corded Electric
UPC	708650811136
ASIN	B0BWSB261L

9. WARRANTY AND SUPPORT

TKO stands behind the quality of its products.

- **Frame Warranty:** 5 years
- **Parts Warranty:** 2 years

For warranty claims, technical support, or to order replacement parts, please contact TKO customer service. Refer to your purchase documentation for specific contact details or visit the official TKO website.

Manufacturer: TKO

Website: [Visit the TKO Store on Amazon](#) (for general product information)

Related Documents - AirRaid

	<p>TKO AirRaid Runner 8CTM User Manual and Assembly Guide 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>
 Hack Squat Model 714HS	<p>TKO 714HS Hack Squat Owner's Manual and Assembly Guide Comprehensive owner's manual for the TKO 714HS Hack Squat machine, including safety instructions, assembly steps, parts list, and maintenance schedule.</p>
 Functional Trainer Model 9050	<p>TKO Functional Trainer Model 9050 Owner's Manual and Assembly Guide 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>DECLINE OLYMPIC BENCH Model 982DB-B</p> <p>+ Owner's Manual v 1.1 - 01.2023 www.tkostrength.com</p>	<p>TKO Decline Olympic Bench 982DB-B Owner's Manual</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>Row Model 706SR</p> <p>+ Owner's Manual v 1.0 - 01.2023 www.tkostrength.com</p>	<p>TKO Model 706SR Seated Row Owner's Manual and Assembly Guide</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>Leg Extension Model 719LE</p> <p>+ Owner's Manual v 1.0 - 01.2023 www.tkostrength.com</p>	<p>TKO Leg Extension Model 719LE Owner's Manual</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>