

 **CENTR**

HYROX
WORLD SERIES OF FITNESS RACING



SKU: AAE.2

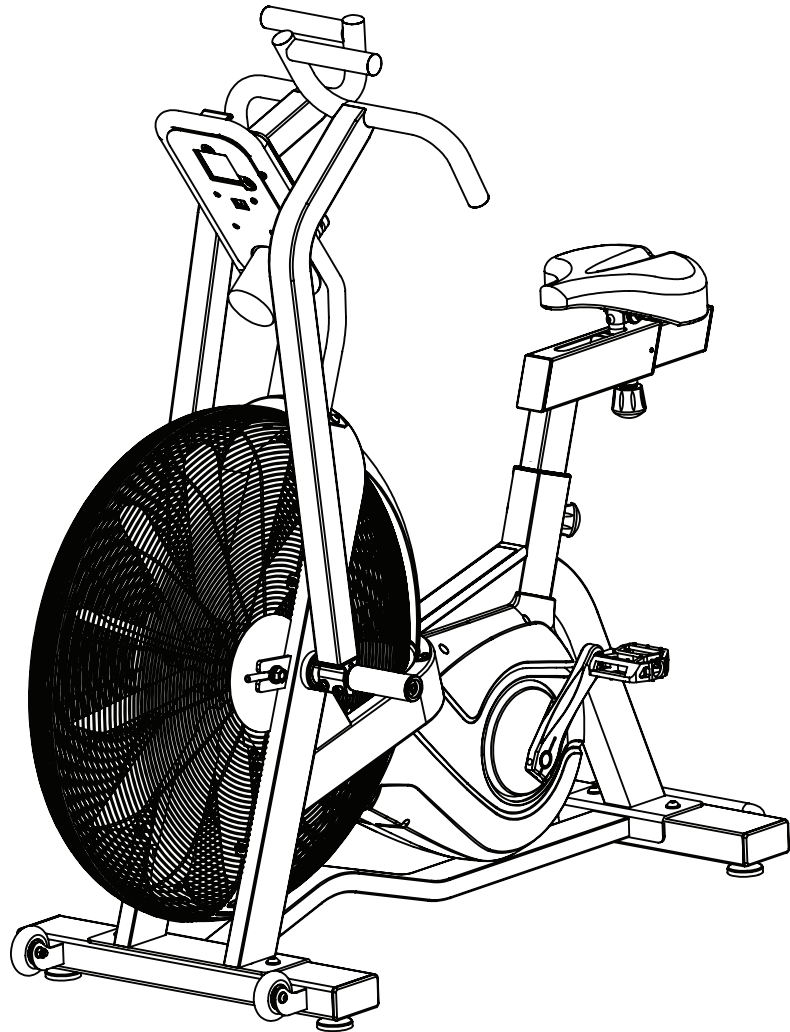
USER MANUAL

PERFORM SERIES AIR BIKE

IMPORTANT, RETAIN FOR FUTURE REFERENCE:
READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT



Record Serial Number Here

MADE IN CHINA
80770-EN-V2026-04-20

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

support@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8



GLOBAL CUSTOMERS

(OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.



VISIT OUR WEBSITE FOR HELP

help.centr.com

Support is provided in English and Spanish

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY INSTRUCTIONS

 This icon is to alert of a potential hazard. Obey all safety messages that follow this icon to avoid possible harm.

SAVE THESE INSTRUCTIONS

This airbike is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

WARNING

Before using this airbike, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the airbike and in this User Manual.

WARNING

To reduce the risk of burns, fire, or injury to persons:

1. Consult your physician before beginning any exercise program.
2. DO NOT operate the airbike while being covered with a blanket, plastic or anything that insulates or stops airflow. Excessive heating can occur and cause fire, or injury to persons.
3. Always keep children under the age of 14 and pets away from the airbike. DO NOT leave children unattended in the same room with the airbike. Children should be supervised to ensure that they do not play with the appliance.
4. This airbike is for consumer use only.
5. Only one person at a time should use the airbike.
6. Use the airbike only for its intended use as described in this manual. DO NOT use attachments not recommended by Centr.
7. Place the appliance on a solid level surface with a protective mat. DO NOT block any openings or vents in the floor. Prolonged contact with hardwood, vinyl, tile, or carpet may result in surface damage.
8. Do not use this airbike outdoors, near water, heat source, while wet, or in areas of high humidity. Do not use this airbike in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
9. Never operate the airbike with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
10. Never insert objects into any openings in this airbike. If an object should drop inside, stop it and carefully retrieve it. If the item cannot be reached, contact Centr customer service.
11. This airbike is intended for consumer home use only. No commercial use.
12. Do not exceed **maximum user weight of 350 lbs (160 kg)**.
13. Before using the machine to exercise, always do stretching exercises to properly warm up.
14. Adjust the Stand Feet on the rear stabilizer to keep the airbike sitting stably.
15. Inspect the airbike for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
16. Adjust the seat per instructions on page before using the machine. DO NOT adjust the seat when a person is on the bike.
17. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught by the pedals and the handle bars. DO NOT do exercises with bare feet or socks only. Running or training shoes are also required when using the airbike.

IMPORTANT SAFETY INSTRUCTIONS

18. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
19. Disabled persons should not use the machine without a qualified person or physician in attendance.
20. Care should be used when mounting or dismounting the airbike.
21. Keep hands away from all moving parts.
22. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
23. DO NOT place any sharp objects around the machine.

WARNING

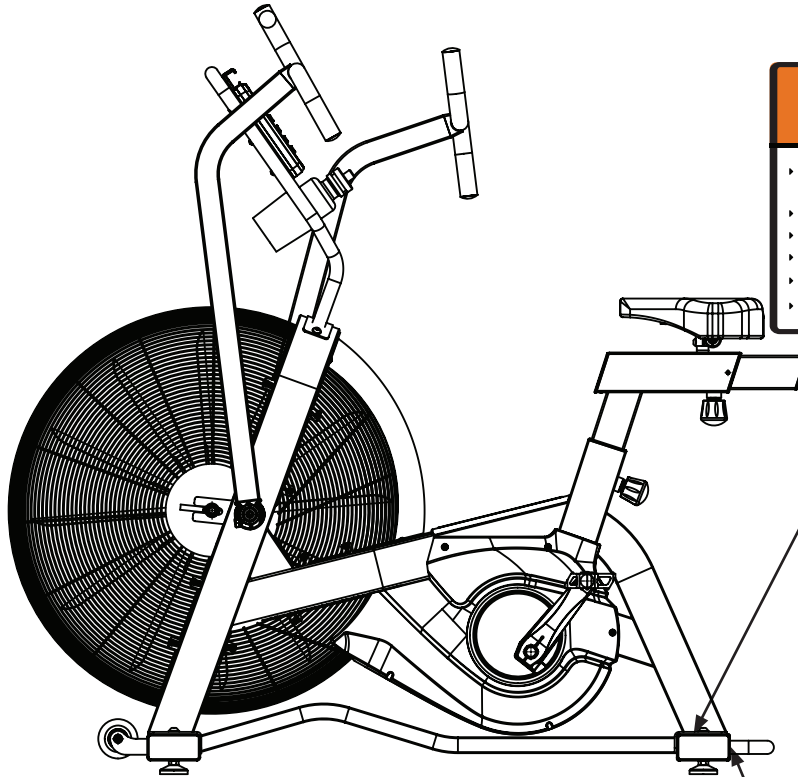
BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Centr, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

FLOOR PROTECTION NOTICE:

To help prevent damage to your flooring, it is strongly recommended to place the airbike on a non-slip, protective floor mat. Prolonged contact between the treadmill base and certain floor types (e.g., hardwood, vinyl, tile, or carpet) may result in scuffs, pressure marks, or surface wear, especially during transport or use.

A floor mat can also help reduce noise, vibration, and movement during workouts.

WARNING AND SERIAL NUMBER LABELS



⚠ WARNING ⚠

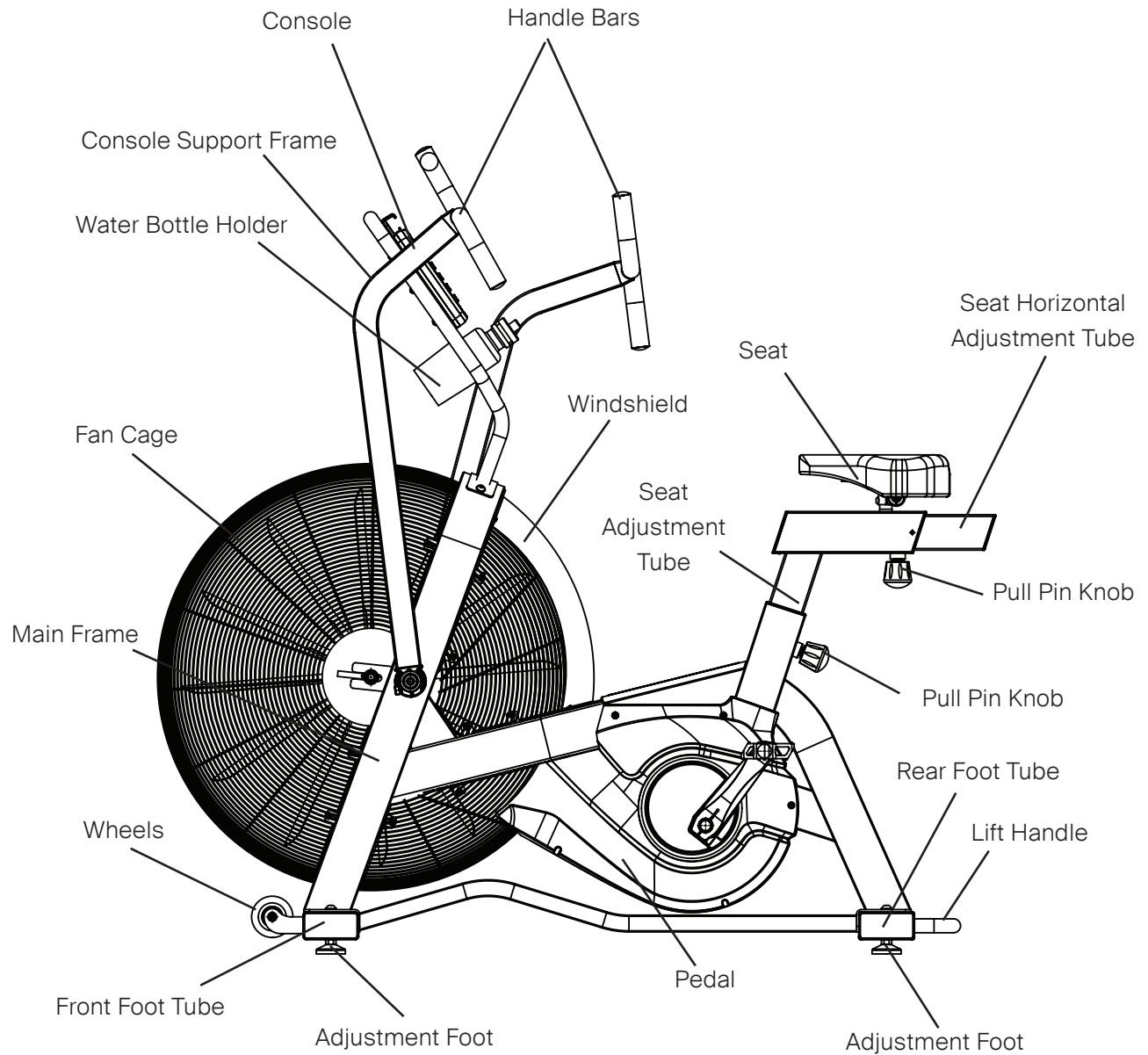
- ▶ READ AND FOLLOW THE USER MANUAL AND FOLLOW ALL WARNINGS BEFORE THE ASSEMBLY. FAILURE TO FOLLOW ALL WARNINGS AND INSTRUCTIONS COULD RESULT IN INJURY OR DAMAGE.
- ▶ **KEEP CHILDREN UNDER 14-YEAR-OLD AND PETS AWAY FROM EQUIPMENT.**
- ▶ FOR CONSUMER USE ONLY.
- ▶ REPLACE THIS CAUTION LABEL IF DAMAGED, ILLEGIBLE, OR REMOVED.
- ▶ **MAXIMUM USER WEIGHT IS 350 LBS (160 KG)**
- ▶ CONSULT A PHYSICIAN BEFORE STARTING EXERCISE.

80730-EN-V2026-02-25

For Consumer Use Only. Pour usage grand public uniquement. Solo para uso del consumidor.				HEALTH IN MOTION LLC 3300 Horseless Carriage Drive, Norco, CA 92860 +1 714-738-1729	
NO MEDICAL TREATMENT PURPOSE! Made in China. AUCUN BUT DE TRAITEMENT MÉDICAL ! Fabriqué en Chine. ¡SIN PROPOSITO DE TRATAMIENTO MEDICO! Hecho en China.		SKU / UGS	AAE.2	Load / Charger / Carga	160KG
Class / Classe / Clase		HB			
SERIAL NO. NO DE SERIE N° DE SERIE		XXXX.X-XXX-X-XX-XXXXXX 			

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PRODUCT FEATUERS

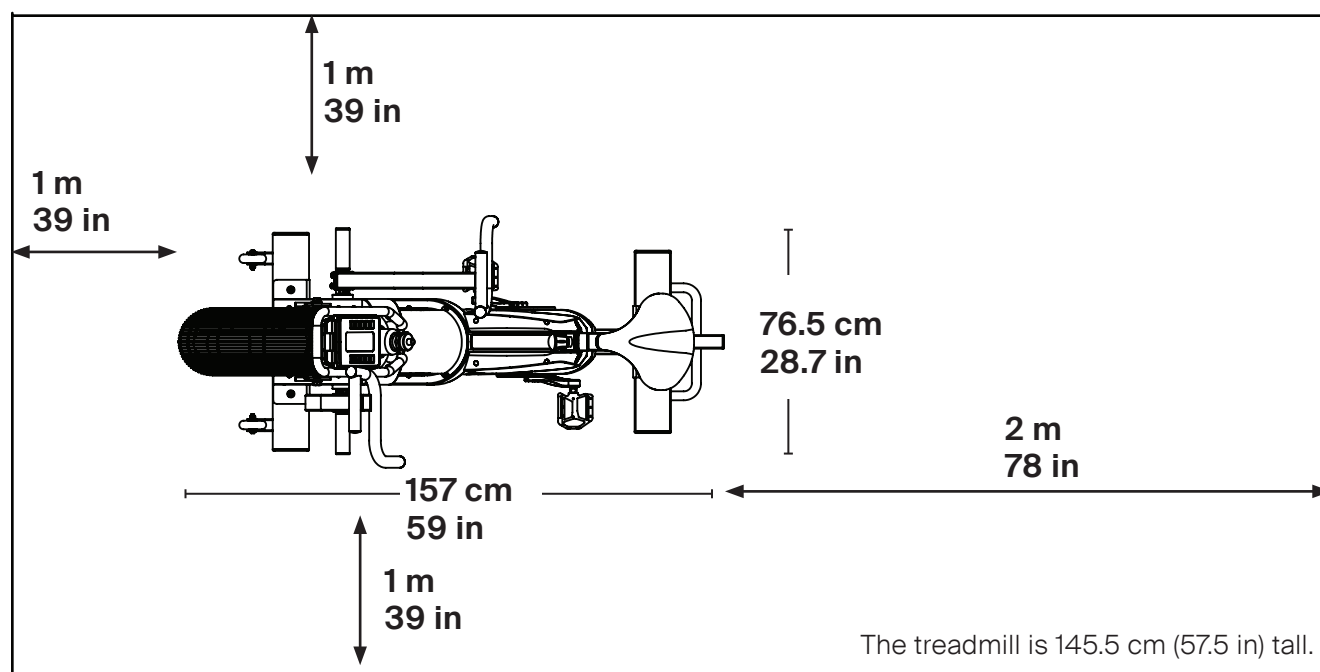


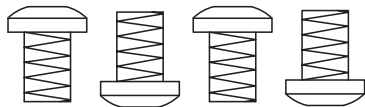
SPACE REQUIREMENTS

This airbike requires a minimum amount of floor space to safely operate. Keep a minimum open area of 2 m (78 in) behind the treadmill, and 0.6 m (24 in) on both sides. A space of 0.3 m (12 in) in the front is recommended for access to the power cord and switch.

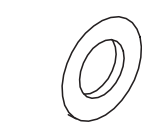
The dimensions of machine: 157 cm (59.0 in) L x 76.5 cm (28.7 in) W x 145.5 cm (57.5 in) H

Weight of machine: 72 kg (158.7 lbs)

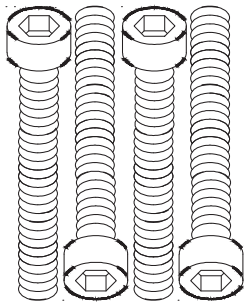


HARDWARE PACK (NOT TO SCALE)**STEP 1**

Bolt M10*1.5*15mm
4PCS



Flat Washer M10
4PCS

STEP 4

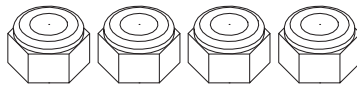
Bolt M8*50mm
4PCS



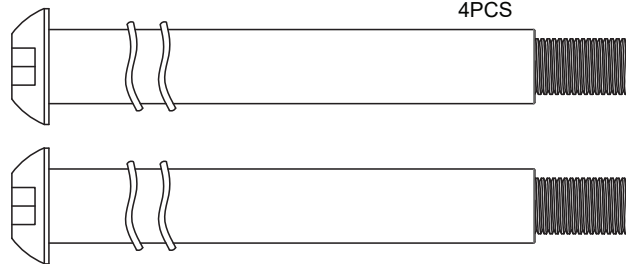
Spring Washer M8 4PCS



Flat Washer M8
4PCS

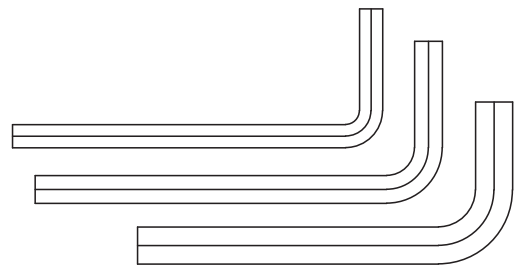
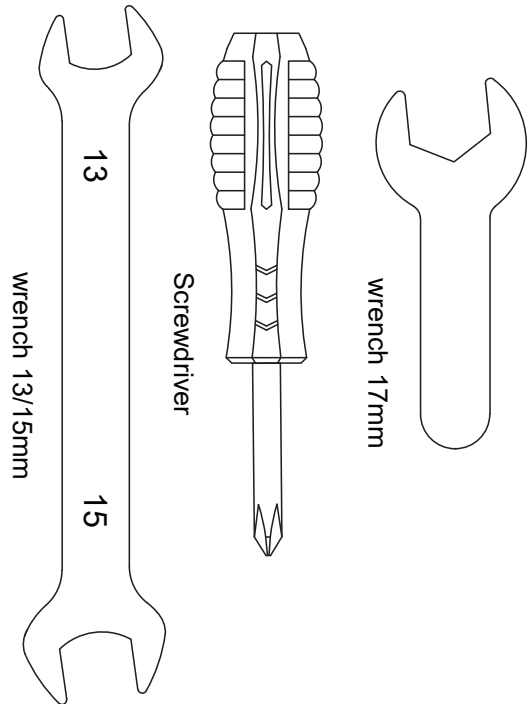


Hex Nut M8*1.25mm
4PCS



Step Bolt 1/2*133mm 2PCS

Wave Washer ID17.5*OD23*0.3T 4PCS



Allen key 5mm Allen key 6mm Allen key 8mm

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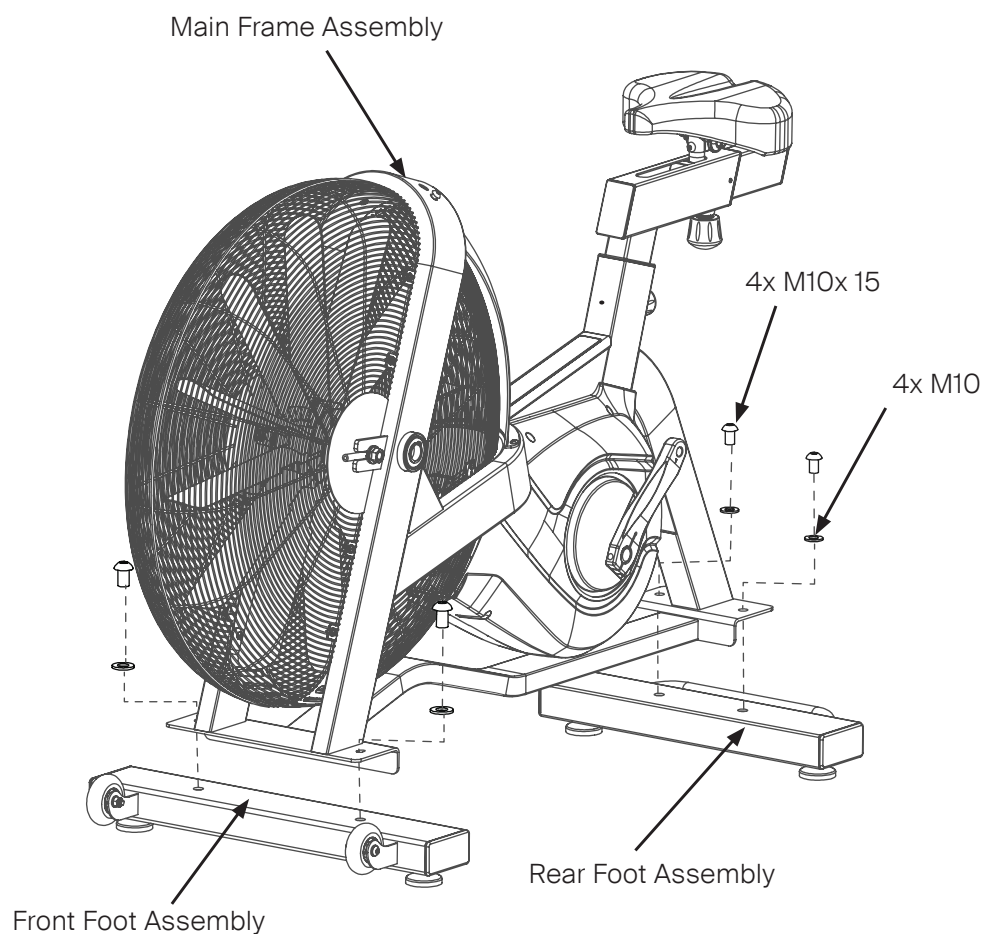
ASSEMBLY

WARNING : Place all parts on a non-slip, protective floor mat. Failure to do so may result in injury or damage to property.

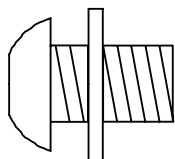
NOTE: It is recommended to have at least 2 people for unboxing and assembling the airbike. Don't dispose of the packing materials until assembly is completed.

STEP 1

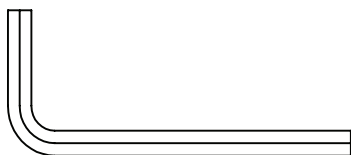
Attach the **Main Frame** to the **Front Foot Frame** and the **Rear Foot Frame** with **Bolts M10x15** and **Flat Washer M10**.



HARDWARE REQUIRED: (NOT TO SCALE)



4x Bolt, M10x15
4x Flat Washer, M10



Allen Key 6mm

STEP 2

NOTE: TIGHTEN SECURELY THE PADELS IN THIS STEP.

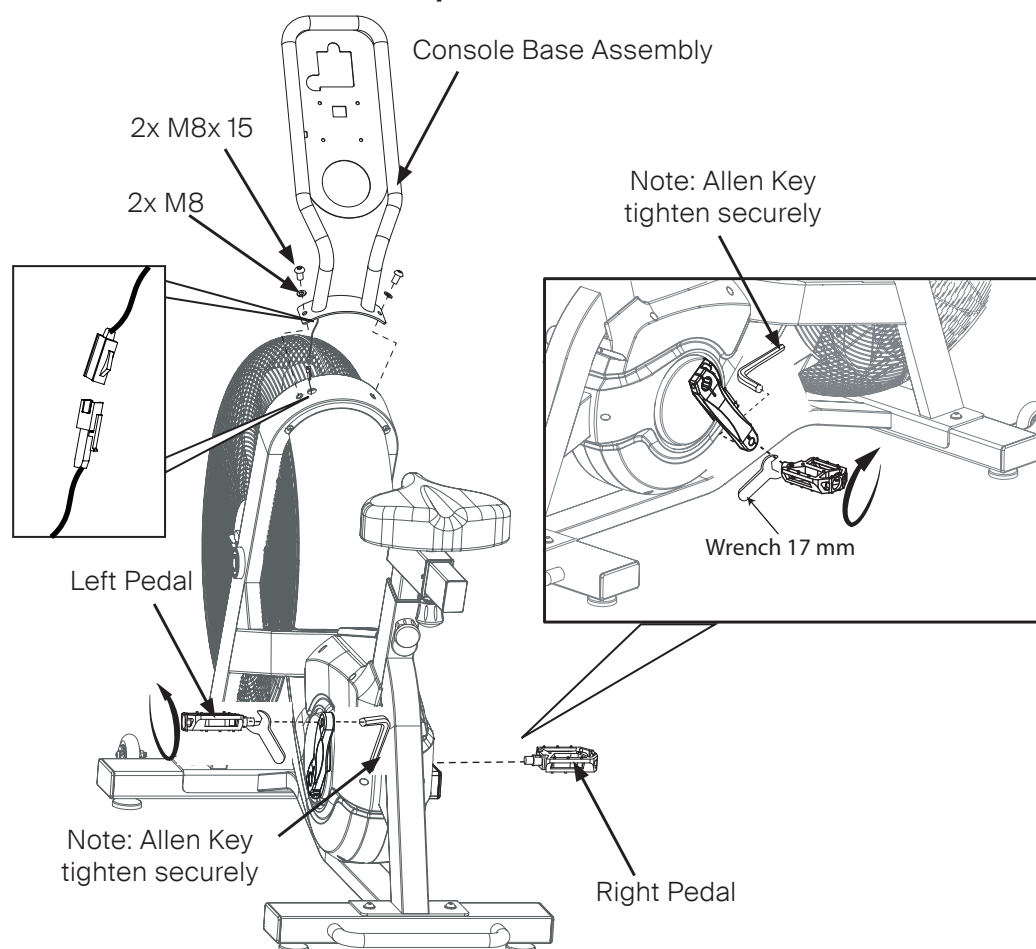
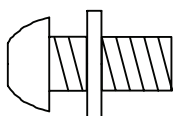
Thread the **Left Pedal Counterclockwise** into the **Left Crank Arm** and tighten securely with the **Wrench 17mm. Use Allen Key to tighten the padels.**

Thread the **Right Pedal Clockwise** into the **Right Crank arm** and tighten securely with the **Wrench 17mm. Use Allen Key to tighten the padels.**

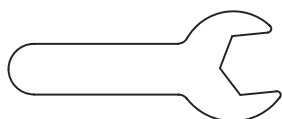
Attach the **Console Base** to the **Main Frame** with **two Bolts M8X15 and two Flat Washers M8.**

Connet the cable from main assembly and the console base cable.

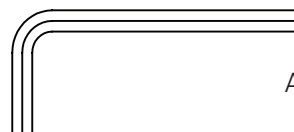
WARNING : After connecting the console cables, make sure to place the cables into the console base tube. Ensure that the cables are not pinched or crushed.

**HARDWARE REQUIRED: (NOT TO SCALE)**

2x Bolt, M8x15
2x Flat Washer, M8



Wrench 17mm



Allen Key 5mm

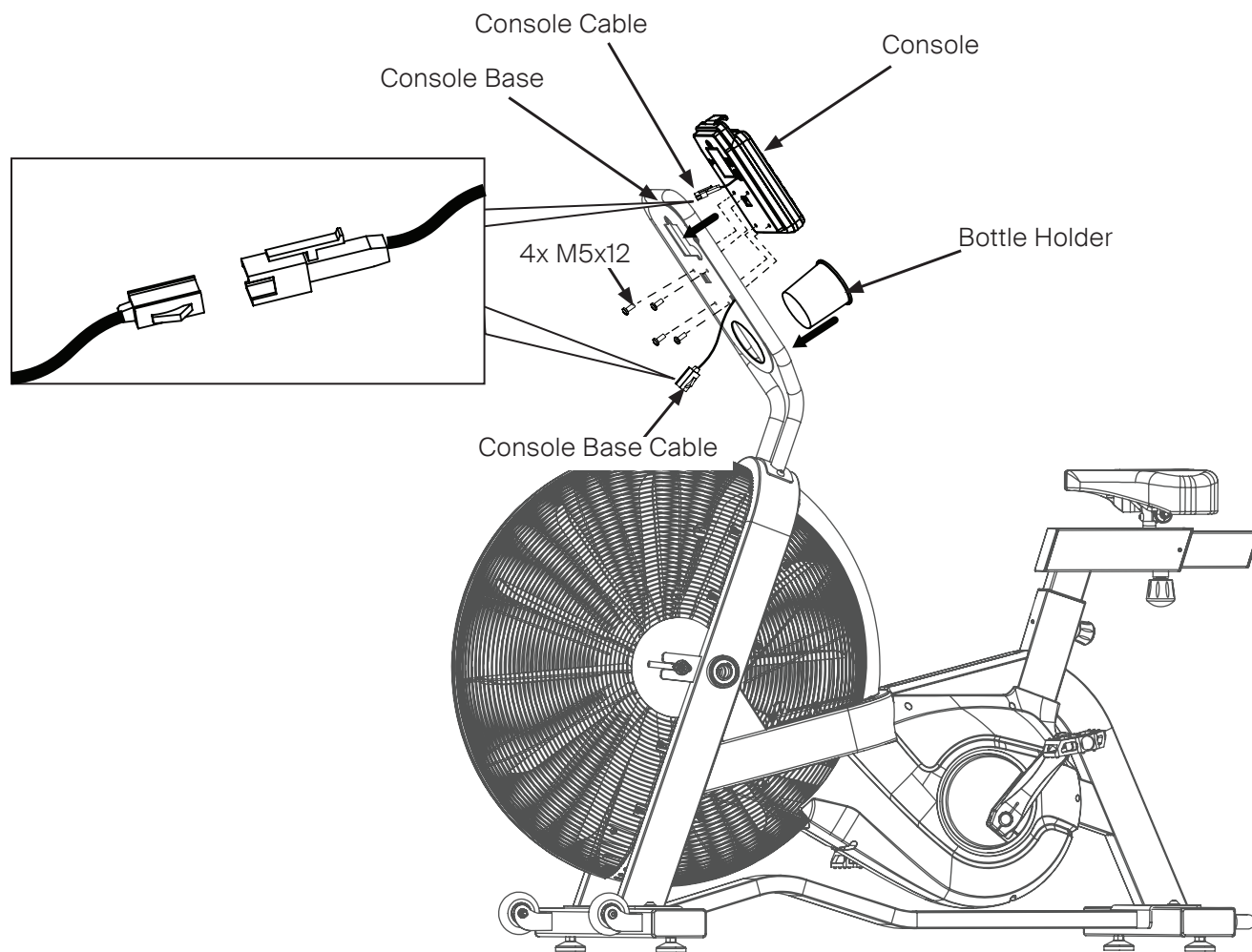
STEP 3

Attach the **Console** to the **Console Base** with the **Bolts M5X12**. Connect the cables .

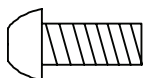
Insert the **Bottle Holder** into the **Console Base**.

Connet the console cable and the console base cable.

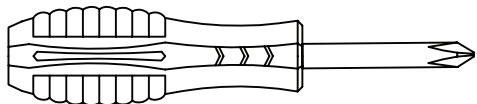
NOTE: Refer to Console Operation to learn more about the console instruction.



HARDWARE REQUIRED: (NOT TO SCALE)



4x Screw, M5x12



Screwdriver

STEP 4

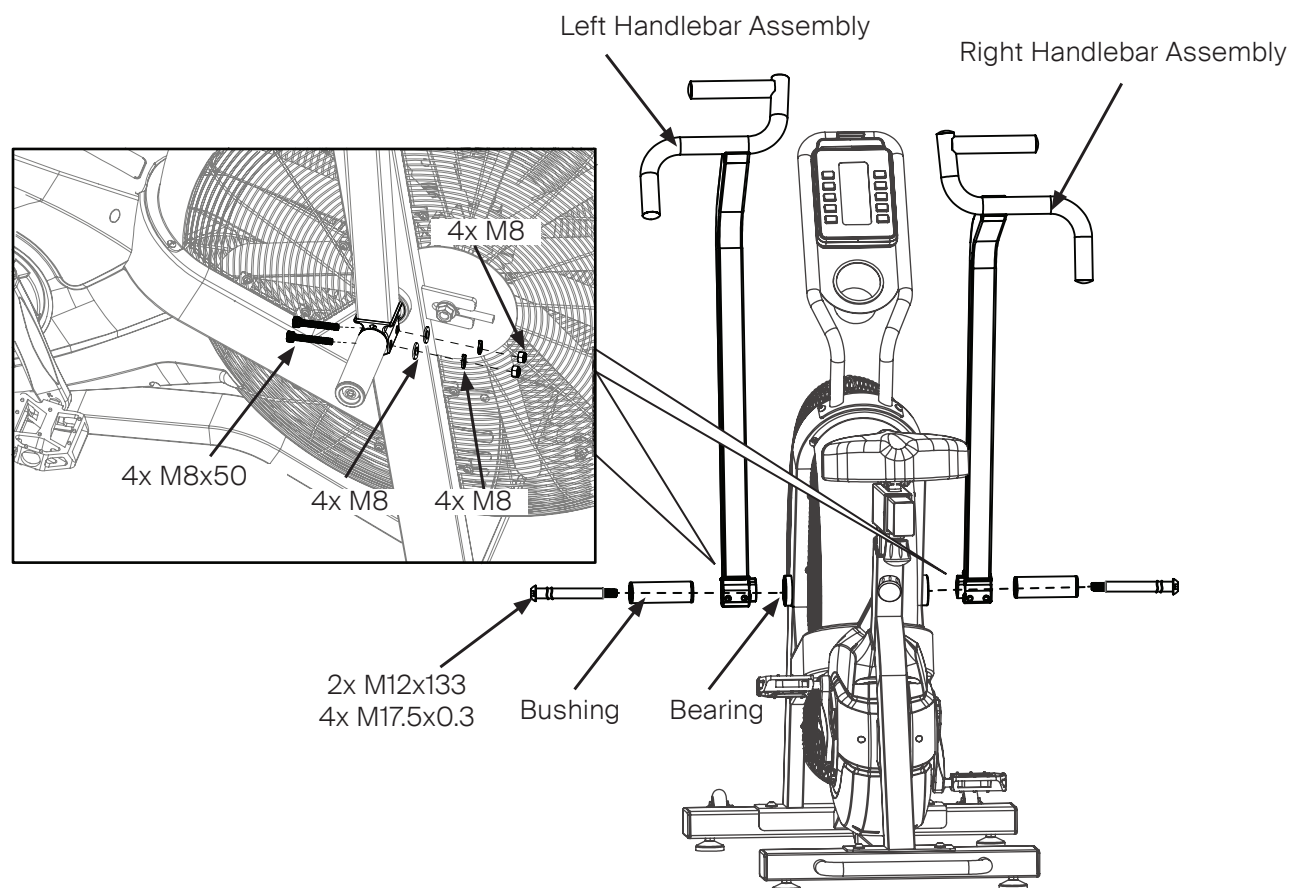
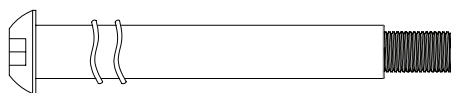
Note : Do not fully tighten hardware until the installation is complete.

Install the **Bushing** and the **Left Handlebar Assembly** onto the **Left Bearing** using one **Bolt M12X133** and two **Wave Washers M17.5x0.3**.

Install the **Bushing** and the **Right Handlebar Assembly** onto the **Right Bearing** using one **Bolt M12X133** and two **Wave Washers M17.5X0.3**.

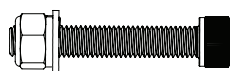
Secure the left and right **Handlebar Assemblies** using the **Bolts M8x50**, the **Flat Washers M8**, the **Spring Washers M8** and the **Nuts M8**.

After all components are installed, fully tighten all hardware.

**HARDWARE REQUIRED: (NOT TO SCALE)**

2x Bolt, M12X133

4x Wave Washer, M17.5X0.3.



4x Bolt, M8X50

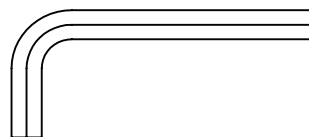
4x Spring Washer, M8

4x Flat Washer, M8

4x Nut, M8



Wrench 13mm

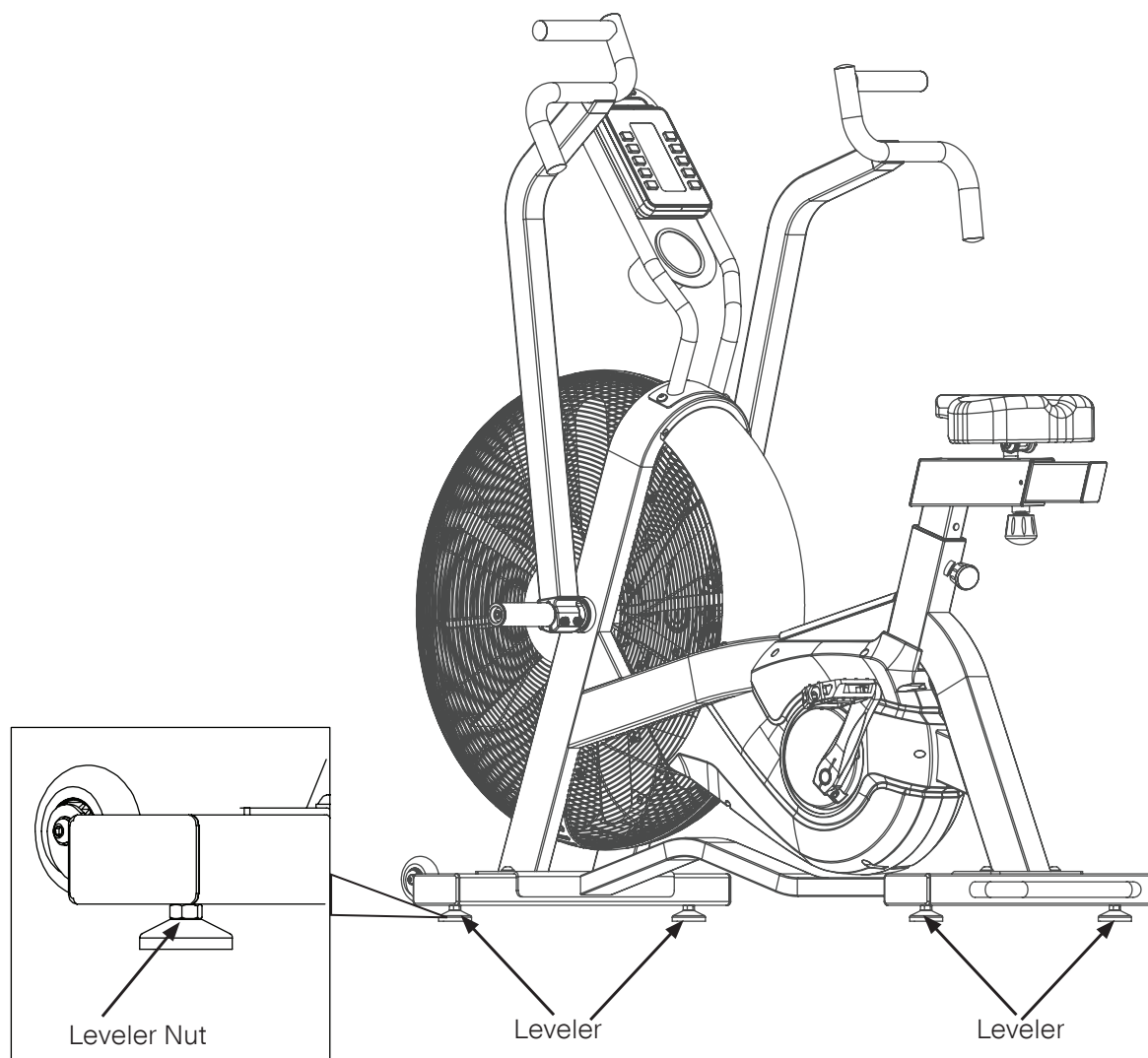


Allen Key 8mm

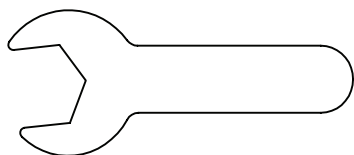
STEP 5

Place the Airbike on an equipment mat. Using Wrench 17mm, Adjust four leveler nuts on the Front and Rear Foot Assemblies until the air bike is stable and level on the floor.

NOTE : SECURE THE NUTS TIGHTEN FULLY



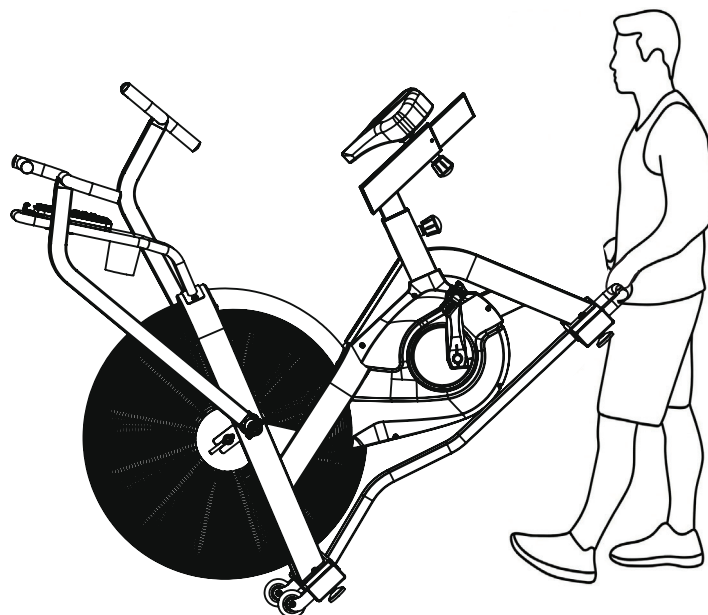
HARDWARE REQUIRED: (NOT TO SCALE)



Wrench 17mm

MOVING INSTRUCTIONS

This airbike is designed to transport easily. Before moving the airbike, ensure that the floor space under the airbike is free of any objects. Lift up from the handle at the rear foot assembly to move forward.



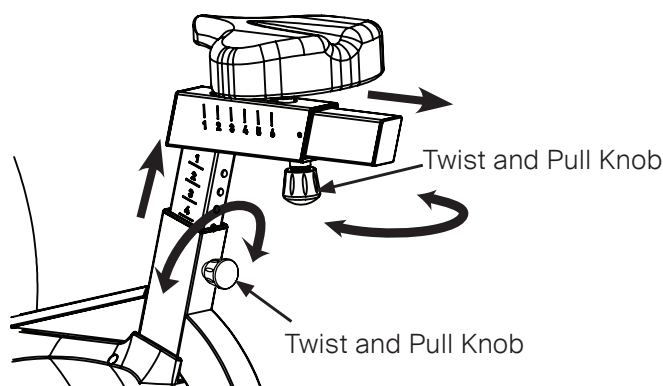
SEAT ADJUSTMENT INSTRUCTIONS

SEAT HEIGHT ADJUSTMENT:

The air bike is equipped with vertical and horizontal seat adjustment to accommodate users of different heights and riding preferences.

- To adjust seat height, loosen the seat adjustment knob by turning it counterclockwise. Slide the seat post up or down to the desired height. Align the adjustment hole with the frame opening. Reinsert and fully tighten the adjustment knob by turning it clockwise.
- To adjust the fore-aft position, loosen the seat slider knob beneath the saddle. Slide the seat forward or backward to the desired position., Tighten the adjustment knob securely.

WARNING: Always verify that all adjustment mechanisms are fully tightened before operation. The maximum horizontal hole is 6. The maximum height hole is 10.



BEFORE YOU BEGIN

This airbike is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

WARNING

Before using this airbike, all users must read, understand, and carefully follow all warnings, instructions, and procedures in this User Manual. Inspect all hardware and securing devices to be sure that they are fully tightened, and tighten as necessary.

CONSOLE OPERATION

CONSOLE OVERVIEW

NOTE: THE AIRBIKE UTILIZES AN AIR FAN SYSTEM TO CREATE RESISTANCE FOR YOUR WORKOUT. THE CONSOLE HELPS RECORD YOUR WORKOUT PROCESS. THE USER ARE ABLE TO CUSTOMIZE THEIR WORKOUT MODELS. **PLEASE READ THE INSTRUCTION BEFORE YOU USE THE MACHINE.**

NOTE: DURING THE WORKOUT, ONLY “START/PAUSE” AND “STOP” ARE AVAILABLE. ALL THE SETTING BUTTONS ARE INVALID.



TARGET TIME: Press the **TARGET TIME** button to select the program. Press **ENTER**, then adjust the target time using up and down arrows. Press **START** to begin the workout. The time range is from 1 minutes to 99 minutes.

TARGET DISTANCE: Press the **TARGET DISTANCE** button to select the program. Press **ENTER**, then adjust the target distance using up and down arrows. Press **START** to begin the workout. The distance range is from 0.5km to 99.00km.

TARGET CALORIES: Press the **TARGET CALORIES** button to select the program. Press **ENTER**, then adjust the target calories using up and down arrows. Press **START** to begin the workout. The available range is 1~9999KJ.

TARGET HEART RATE 80%:

1. Press the **TARGET HEART RATE** button to select the program. Press **ENTER** to enter the setting model.
2. Press the **UP and Down** arrow buttons to set up the **AGE**. The available range is 10-120 years. The target heart rate (80% of maximum heart rate) will be calculated automatically based on the selected age. Press **START** to begin the workout.
3. During the workout, the **“SPEED UP”** indicator will flash if the current heart rate is below 80% of the target heart rate.
4. During the workout, the **“SPEED DOWN”** indicator will flash if the current heart rate is above 80% of the target heart rate.

TARGET HEART RATE 65%:

1. Press the **TARGET HEART RATE** button to select the program. Press **ENTER** to enter the setting model.
2. Press the **UP and Down** arrow buttons to set up the **AGE**. The available range is 10-120 years. The target heart rate (65% of maximum heart rate) will be calculated automatically based on the selected age. Press **START** to begin the workout.
3. During the workout, the **“SPEED UP”** indicator will flash if the current heart rate is below 65% of the target heart rate.
4. During the workout, the **“SPEED DOWN”** indicator will flash if the current heart rate is above 65% of the target heart rate.

UNIT SETTING: In **IDEL** mode, press and hold the **UP and Down** arrows simultaneously for 3 seconds entering unit setting. Two unit options are available. **DISTANCE: KM / MI. SPEED: KMPH / MPH.**
The default setting is KM for distance and KMPH for speed.

BLUETOOTH:

- **HEART RATE MONITOR:** Put on the heart rate monitor, it will connect to the console automatically.
- **BLUETOOTH ON / OFF:** In **IDLE**, **Pause**, or **Workout** mode, press and hold the **“ENTER”** button for 3 seconds to turn **Bluetooth** function on or off. When Bluetooth is ON, the console can connect to a third-party app through the FTMS protocol. **Bluetooth** allows the console to connect to a third-party app and the heart rate chest strap simultaneously.

CONSOLE IDEL MODEL : After install 4 double A battery, the console will show IDEL state (Figure 1).



FIGURE 1

START / PAUSE: Quick start: Press the “START/PAUSE” button or begin pedaling at a speed higher than 15 RPM. The console will active and display the workout data.

Pause: During the workout, press the “START/PAUSE” button to pause the exercise and stop recording data. Press the “START/PAUSE” button again to resume the workout and continue recording

STOP: Press “STOP” button, or if the pedaling speed drop below 15 RPM, the workout session will end. The console will then display the workout summary. The workout summary state will be displayed for 5 minutes, after which the console will enter the sleep mode.

INTERVAL 20-10: Press the “INTERVAL” button to select the program, then press “Enter” or “START/PAUSE” to confirm. The total workout duration is 4 minutes, divided into 8 loops. Each loop consists of 20 seconds of work followed by 10 seconds rest.

INTERVAL 10-20: Press the **INTERVAL** button to select the program, then press **Enter** or **START/PAUSE** to confirm. The total workout duration is 4 minutes, divided into 8 loops. Each loop consists of 10 seconds of work followed by 20 seconds rest.

INTERVAL CUSTOM:

1. **CUSTOM:** Press the **INTERVAL** button to select the **Custom Program**, then press **Enter** to customize the program. Press **START/PAUSE** to start the workout using the last customized settings.
2. **LOOPS (0/8):** Press the up and down arrows button to set the number of loops. The available range is 1~99 loops. Press **ENTER** to confirm.
3. **WORK:** Press the up and down arrows button to set the work time, which ranges from 1 second to 9 minutes 59 seconds. Press **ENTER** to confirm.
4. **REST:** Press the up and down arrows button to set the rest time, 1 second to 9 minutes 59 seconds. Press **ENTER** to confirm.
5. Press the **STOP** button to skip the setting and return to IDEL mode.

MAINTENANCE AND CARE

WARNING

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of the airbike.

- Keep the airbike clean and maintained by dusting the components on a regular basis.
- Cleaning and maintenance of the airbike should not be done by anyone under 14 years of age. Keep children under the age of 14 away from this machine.
- Regularly inspect the product for loose hardware.
- The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment.
- To prolong the treadmill life, it is suggested that the product be powered off for at least 10 minutes for every 2 hours of use.
- It is recommended to place the treadmill on a qualified airbike mat that is slightly larger than the airbike base. This will help protect your product from accumulating dust, debris and carpet fibers which can affect the performance and longevity.

CENTR