

ASSAULT FITNESS

PUSH
YOUR
LIMITS
/
WHEREVER
YOU
ARE

2025 PRODUCT CATALOG



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**ASSAULT
FITNESS**

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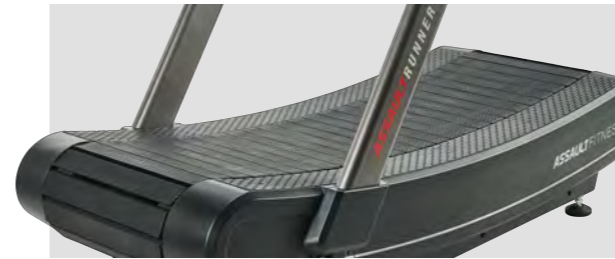
ASSAULTRUNNER ELITE

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
69.9 L X 31.7 W X 64.4 H	69.9	31.7	64.4	289.2

WARRANTY / 10-YEAR FRAME, 3-YEAR NON-WEAR PARTS, 1-YEAR LABOR

ASSAULTRUNNER ELITE

The AssaultRunner Elite is the definitive choice for anyone seeking a comfortable, high-quality running experience on a non-motorized treadmill. Built for both power and speed, the AssaultRunner Elite is 100% human-powered, making it the perfect training tool for athletes of all skill levels.



LOW-IMPACT MEETS HIGH INTENSITY

Designed to mimic the rush of road and trail running, the AssaultRunner Elite's contoured design naturally promotes proper form by requiring the user to maintain an upright position to sustain their pace. The shock-absorbent tread surface also provides a low impact workout that's easier on the joints and muscles than both road running and conventional, motorized treadmills.

BUILT FOR THE LONG RUN

Forged with solid steel and heavy-duty oval tubing, the frame of the AssaultRunner Elite ensures a supremely stable and smooth run with little to no maintenance required. It boasts a rust-resistant finish, grip-friendly TPU handlebars, and wider side landing platforms for easy foot placement.

NEW FEATURES

We reimagined our original tread design, introducing an ergonomic central cockpit complete with dual removable water bottle holders for hassle-free cleaning. The upgraded console features a UV-resistant LCD display, supports Bluetooth and ANT+ connectivity, and offers a variety of built-in training programs.



ASSAULTRUNNER PRO

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
69.9 L X 32.8 W X 64 H	69.9	32.8	64	280

WARRANTY / 5-YEAR FRAME, 3-YEAR MOVING PARTS

ASSAULTRUNNER PRO

The AssaultRunner Pro is a revolution in fitness that's both budget-friendly and brutally effective. While ordinary treadmills require little to no focus, the AssaultRunner Pro challenges you to stay present and dig deeper, leading to superior results. It is entirely human-powered, giving athletes of all levels full command of their experience.



LOW MAINTENANCE

The AssaultRunner Pro turns any space into a cardio zone. With two transport wheels, a built-in handle, dual-stabilizing feet, and no electricity required, it's easy to use, move, and store anywhere you train. Its compact and low-maintenance design makes it a prime choice for both home users and studio owners alike.

LOW IMPACT

With the AssaultRunner Pro, runners of all skill levels can expect to set personal records. Its contoured design promotes proper form while simulating the feeling of running on real terrain. The shock-absorbent surface provides a low-impact running experience to reduce the risk of joint strain and injury.

TRAIN LIKE A PRO

The AssaultRunner Pro is one of the only non-motorized treads equipped with built-in training programs and key performance tracking for distance, speed, calories, time, and watts. The easy-to-read LCD console supports Bluetooth and ANT+ for seamless connectivity to your favorite smart devices and the Assault Fitness app.



ASSAULTROWER ELITE

ASSAULTROWER ELITE

After finding that even the world's top-selling rowers suffer from durability issues under stress, our engineering team partnered with professional athletes and gym owners to design the AssaultRower Elite. With a solid steel frame, innovative features, and commercial-grade quality, it stands out as the most robust, best-in-class rower on the market.



AN ELITE WORKOUT

Perfect for HIIT, cardio, and endurance training, the AssaultRower Elite delivers the total-body workout you would expect from a world-class rower, along with an unmatched ability to withstand years of abuse from even the world's most powerful athletes. With a multi-grip handle system, sweat-proof seat, and adjustable footplates, this innovative rower promises effective, challenging sessions without compromising comfort.

MAXIMUM MOBILITY

Your workout equipment should move as freely as you do. That's why the AssaultRower Elite offers seamless mobility in open spaces. It doesn't rely on electrical outlets, and its transport wheels make it painless to maneuver around crowded floors. Because it runs entirely on human power, it carries virtually no carbon footprint. The 4-way leveling/stabilizer system keeps the rower grounded under the strain of daily, intensive workouts.

DESIGNED TO TAKE A BEATING

Engineered specifically for commercial gyms, each and every component of the AssaultRower Elite is built to last. Featuring a robust dual-stage chain and belt drive, a sturdy commercial seat, steel foot plates, and an aluminum beam, it offers unrivaled resilience for relentless training. When it comes to maximum durability and smooth, low maintenance rowing, this rower stands alone.

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
92.5 L X 20.1 W X 48.6 H	92.5	20.1	48.6	124.6

WARRANTY / 3-YEAR PARTS, 1-YEAR LABOR



ASSAULTROWER PRO

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
92 L X 22 W X 45 H	92	22	45	109

WARRANTY / 7-YEAR FRAME, 3-YEAR MOVING PARTS

ASSAULTROWER PRO

The AssaultRower Pro brings dynamic training to the forefront of your home gym, offering unmatched versatility and value. Ideal for both indoor and outdoor use, the folding console makes storage in compact spaces simple. With exceptional smoothness and durability, this rower is the complete package for those seeking performance and practicality.



SUPERIOR TRAINING SESSIONS

From heart-pumping intervals to nonstop marathon rows, the AssaultRower Pro promotes total-body effort from athletes of all skill levels. Adjustable footplates and a multi-grip handle system accommodate any user, while the padded, sweat-proof seat ensures more comfort during long training sessions.

TOUGH AS NAILS

The AssaultRower Pro blends commercial-grade quality with space-savvy design. The dual-stage chain and belt drive, durable seat, steel foot plates, and aluminum beam make every ride smooth, stable, and comfortable. Although it was created with a home gym in mind, it's also built to excel in a boutique studio or functional fitness environment.

POWERFUL & PERSONALIZED

The AssaultRower Pro's multi-grip handle and versatile seat locking pin allow any user to adjust their setup with ease, while the tri-blade fan delivers a smooth yet demanding rowing experience that's just right for quick sprints, long distances, and everything in between.



ASSAULTBIKE ELITE

Because the Assault Fitness team knows firsthand the incredible power of interval training, the AssaultBike Elite was designed to withstand extreme intensity. Tailor your training with isolated upper or lower body engagement, and change up your pedal direction for a workout that's as varied as it is vigorous.



ASSAULTBIKE ELITE



ELITE EXTRAS

The AssaultBike Elite is equipped with a spacious seat for unmatched comfort during longer rides. Its removable windscreen allows you to adjust the breeze as you pedal. The air bike's customizable handlebars accommodate riders of all sizes and provide the flexibility for unique workout variations.



COMMERCIAL DURABILITY

This beast of a bike brings the gym experience right to your home. With a massive steel frame, solid steel cranks, corrosion-resistant finish, and an aluminum seat post and slider, it's built to endure years of sweat-drenched sessions. Designed for relentless use, its strength and durability will fuel the burn — day in and day out.



PERFORMANCE TRACKING

The AssaultBike Elite takes your training even further with a Bluetooth and ANT+ compatible LCD display. Seamlessly track your heart rate and sync your mobile device for hassle-free data tracking. Beyond time, distance, and calorie goal programs, the console also offers exhilarating HIIT sessions.

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
54.7L X 22.2W X 66.7H	54.7	22.2	66.7	138.9

WARRANTY / 3-YEAR PARTS, 1-YEAR LABOR



ASSAULTBIKE PRO X

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
49.8 L X 24.1 W X 51.1 H	49.8	24.1	51.1	118.4

WARRANTY / 3 YEAR PARTS, NO LABOR

ASSAULTBIKE PRO X

Our newest addition to the AssaultBike family, Pro X merges the best of our Classic and Elite bikes into one powerhouse piece of equipment that's so smooth, you can literally hear the difference. Its 2-stage belt drive increases resistance with speed and supports proper form. Quiet, low-maintenance, and 100% athlete-powered, the Pro X is your daily partner for pushing the limits.



STAY CONNECTED

Equipped with an Elite-style console, the AssaultBike Pro X features a high-contrast LCD screen with Bluetooth and ANT+ connectivity for effortless tracking through the Assault Fitness app or any smart device. Elevate your training with seven dynamic programs or challenge yourself in competition mode.



SMOOTH & STABLE

Built to withstand the rigors of any training regimen, the AssaultBike Pro X features a heavy-duty steel frame that provides unmatched support and balance. Outfitted with reinforced steel pedals, sealed bearings at each pivot, hydraulically pressed ISIS-drive connections, plus a sealed bottom bracket for protection against sweat and grime, this bike is crafted for the smoothest ride possible.



RIDE IN COMFORT

The AssaultBike Pro X offers high-intensity, low-impact cardio training that's completely scalable to athletes of all skill levels. Its comfortable padded seat, conveniently placed foot pegs, and supportive handlebar grips make for the most user-friendly ride available on a fan bike today.



ASSAULTBIKE CLASSIC

ALL (IN)	L (IN)	W (IN)	H (IN)	W (LB)
50.9 L X 23.3 W X 50 H	50.9	23.3	50	95.64

WARRANTY / 5-YEAR FRAME, 2-YEAR NON-WEAR PARTS

ASSAULTBIKE CLASSIC

The original Devil's Tricycle™, AssaultBike Classic was designed by athletes for athletes. In 2012, we reinvented the outdated and underbuilt fan bike by bringing a new level of quality to the category, one that could endure the high-octane training methods of functional fitness. In the 12+ years since, it's been tested and trusted by millions of athletes around the world. This is the original bike you love to hate.



BUILT TO LAST

With a whopping twenty sealed cartridge bearings meticulously placed in every pivot and moving part, the AssaultBike offers next-level durability you can depend on. Its heavy-duty steel frame and industrial powder coating ensure a solid build that stands up to the most grueling workouts.

THIS CONSOLE DOES NO CONSOLING

We don't believe in a one-size-fits-all workout, which is why this powerful machine can be tailored to your specific goals. From endurance and stamina training to HIIT and Tabata, the AssaultBike provides a variety of calorie-torching workouts. Choose from any one of our seven training programs, or design your own workouts based on calories, distance, time, or heart rate.

TRAIN ON YOUR TERMS

Whether your training happens in the gym, garage, or living room, the AssaultBike's compact and convenient build makes it easy to use anywhere. Its transport wheels and four adjustable stabilizing feet make moving and storing the AssaultBike easy, while unique fan-based resistance means training sessions are entirely human-powered... no cords or outlets required.

ASSAULTFITNESS x **RPM**

SESSION4 SPEED ROPE

ACCESSORIES

RPM SESSION4-ASSAULT

When it comes to human-powered cardio, jump rope is about as classic as it gets. We partnered with RPM Training Co., makers of the iconic Session4 speed rope, to create an Assault Fitness Special Edition that's the perfect companion to any piece of equipment in our lineup.



EFFORTLESS POWER TRANSFER

Incredibly tight tolerances and dual-bearing anti-friction combine for the perfect balance between power transfer and free spin.



PATENTED ENGINEERING

Patented dual-axis rotation keeps the handles fixed on the ends of the cable while avoiding any torque build-up as you jump.



EASY ADJUSTABILITY

The Session4 speed rope is infinitely adjustable to any height, and cables, available in a variety of fun colors, are easy to replace as needed.