



AIR WALKER



OWNER'S MANUAL with Assembly Instructions

Read and understand this entire manual before using!

*Please keep this manual for future reference as it contains important information.

IMPORTANT SAFETY KEY

Read this manual thoroughly before assembling or exercising:

- Make sure the air walker is on a flat and level floor.
- Make sure all parts of the air walker are properly fixed and the nuts and bolts are tightened.
- Wear appropriate exercising outfits (most preferable cottons) and rubber soled shoes like sneakers. **NEVER** walk on your air walker without shoes.
- Always warm up before your workout.
- Always cool-down at the end of your exercises.
- Store your air walker in dry, cool area and keep it away from children and pets.

Keep in mind:

- When feeling dizzy, fatigue or pain, **STOP** exercising.
- Always consult your physician before undertaking any kind of physical fitness program.
- If you are pregnant or thinking you are pregnant, consult your physician before you do any workout on your air walker or any other exercises.

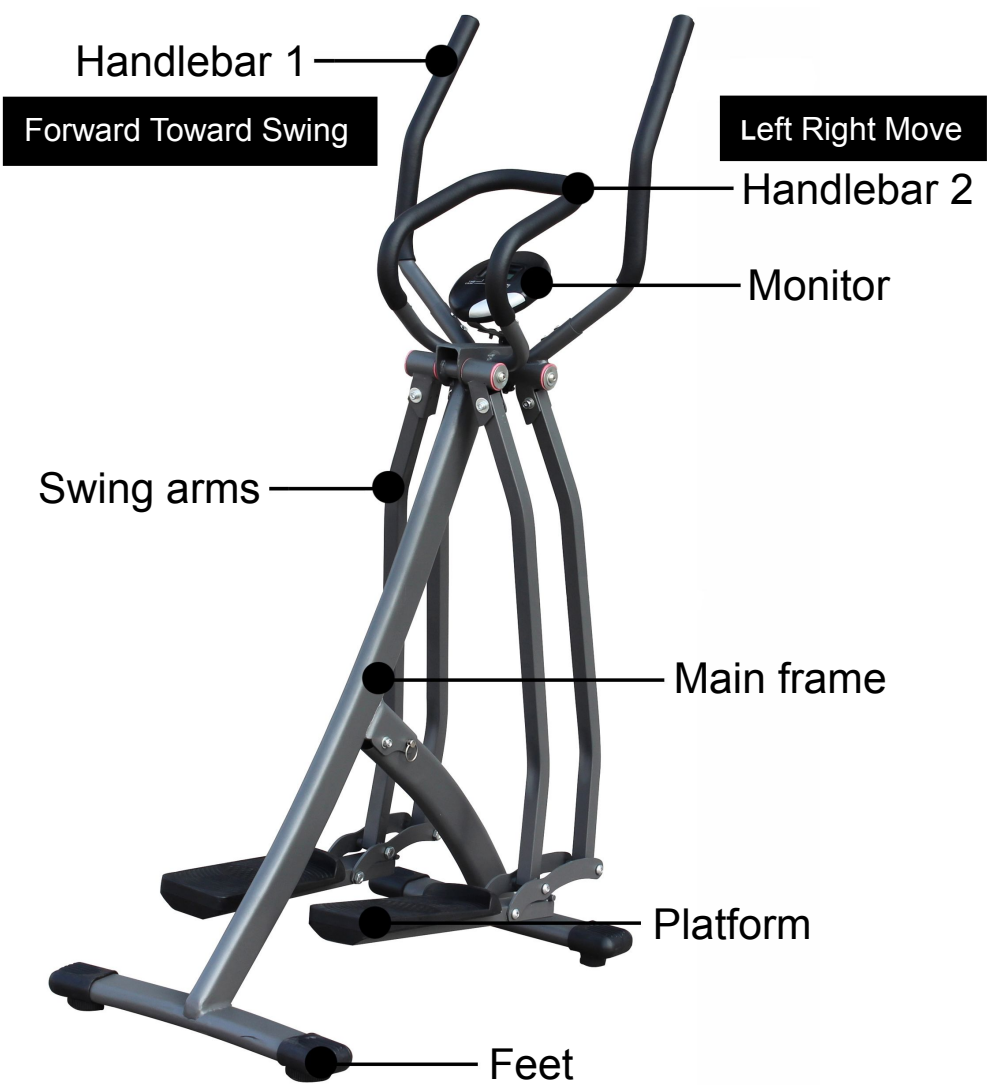
Air Walker is not a toy for children:

1) Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.

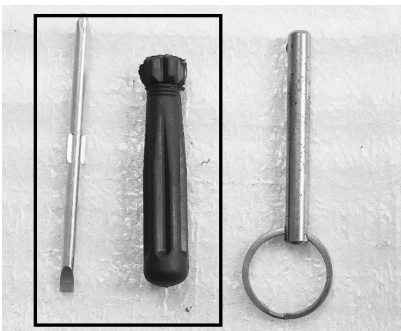
2) If you are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances as a children's toy.

FIGURE

Component Parts



Parts List



Parts No.:	PART NAME		Q'TY
1	Main frame		1
2	Handle bar	handle bar 1	2
		handle bar 2	1
3	Monitor		1
4	Toolkit	screw driver	1
5		stay rod	1

ASSEMBLY INSTRUCTION

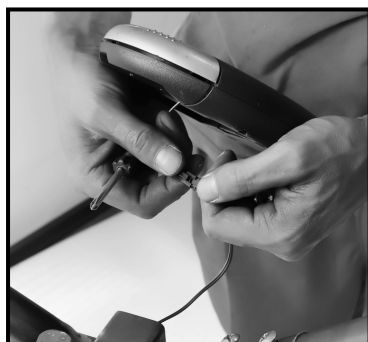
1. Take out the folded frame from carton and open it. Put the frame on the floor, and fix it with the stay rod.



2. Insert handlebars into swing arms. Use screws to fix handlebars and swing arms together.



3. Connect the wires of the monitor and air walker and fix it. Then we finish the assembly work.



HOW TO USE YOUR AIR WALKER

Prior to exercising, position the unit properly on the flat floor and please place the unit in an area that will allow plenty of space to perform exercises and getting on and off is safe and convenient.

Getting On

1. Hold on the bar grip.
2. Step on the right platform carefully. Then place your left foot fully on the left platform.
3. Hold on the bar grip until you stand on the Air Walker steadily.

Learning to Exercise

1. Stand on the unit with holding onto the bar grip.
2. Start exercising at a slow tempo with smooth easy steps so that you can become familiar with the unit.
3. You can do faster as you can gain experience with the air walker. Note, be careful to keep the balance.

Getting Off

1. Stop the exercise slowly.
2. Be sure your feet stand on the platforms with balance.
3. Put your feet down the platforms slowly.

TROUBLE SHOOTING AND SOLUTION

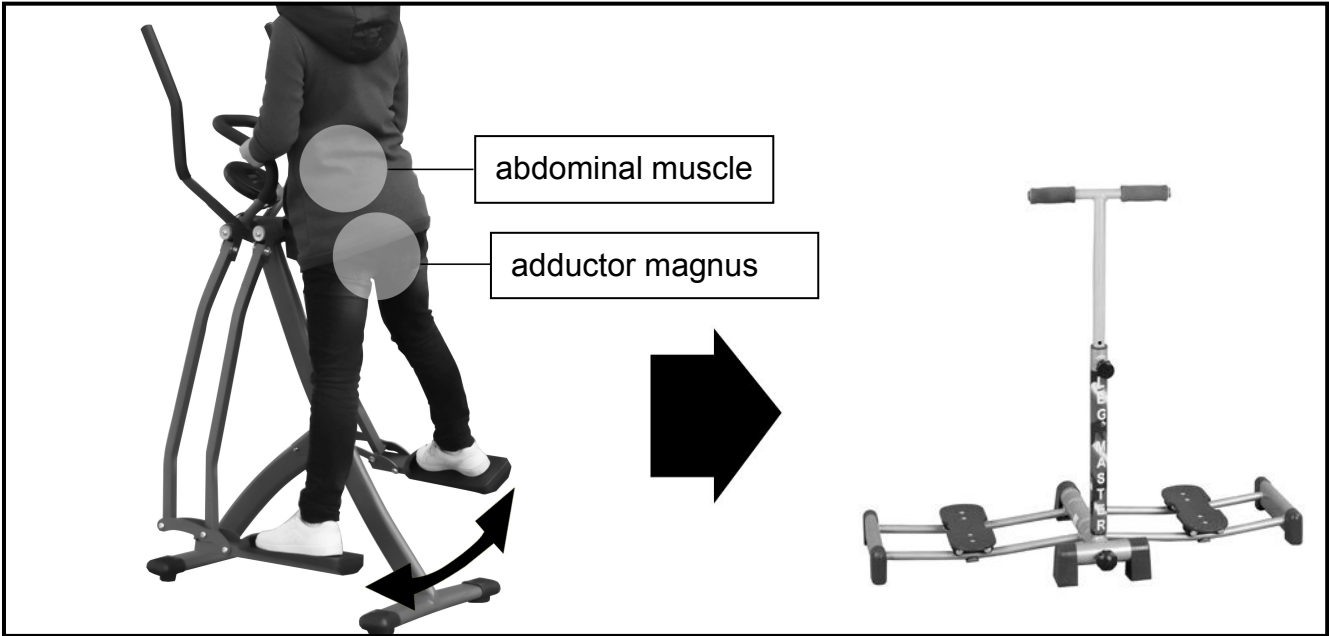
The Air Walker probably makes noise

1. Make sure of all screws and bolts are securely fastened.
2. A small of lubricant such as WD-40 can be added to reduce friction and noise. Areas to lubricate are the joins.

EXERCISE TYPES

Left right move + Forward toward swing, can train different muscle.

- Left Right Move



- Forward Toward Swing

