



AIR WALKER TRAINER

USER MANUAL

A90-137

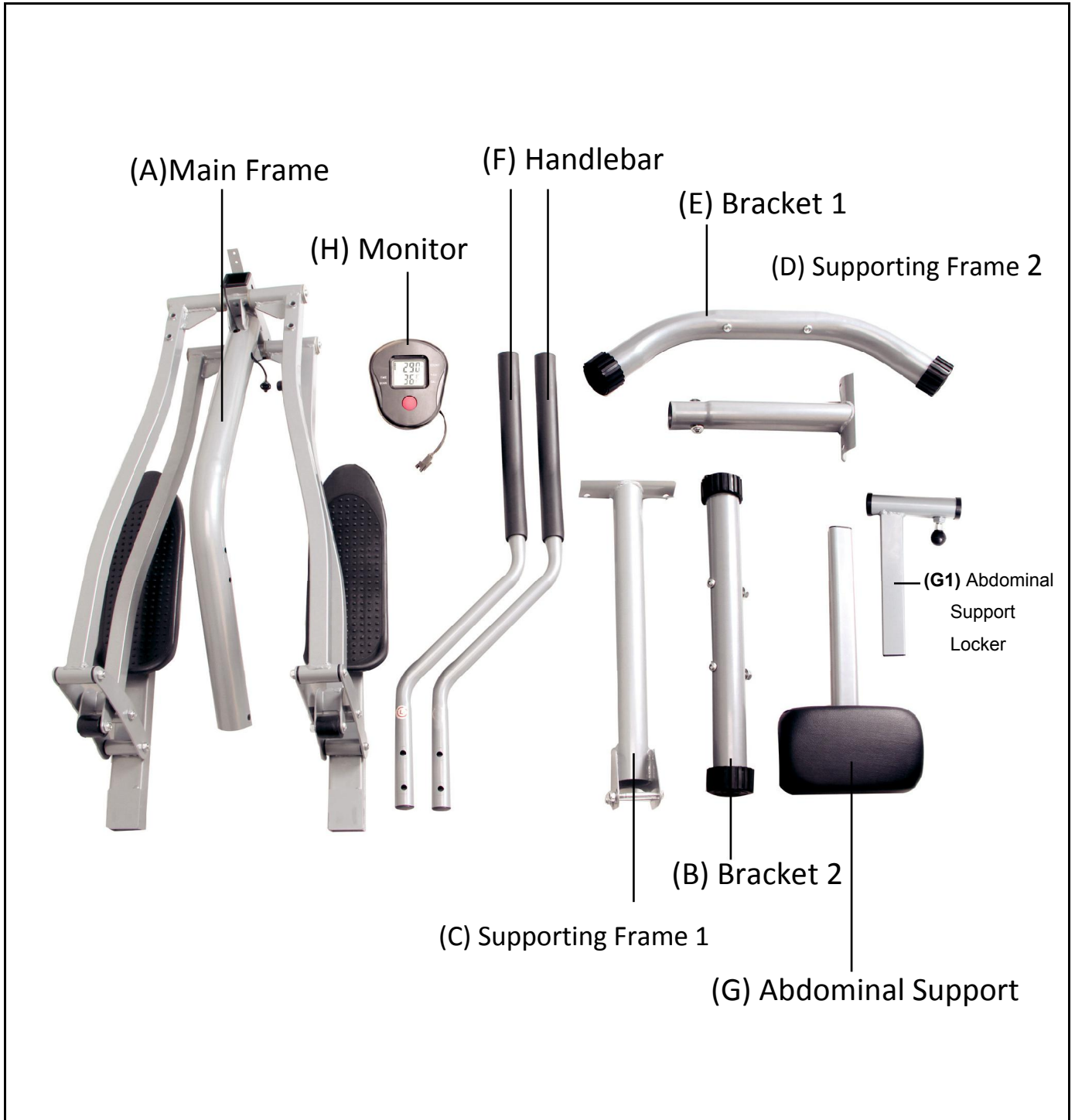


IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. For optimal safety and efficiency, the equipment must be assembled, maintained and used properly. It is your responsibility to ensure that all of the users of this equipment are informed of all of the following warnings and precautions:

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light headedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure optimal safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all of the nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all of the moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises while using the equipment, stop using the equipment immediately and don't use the equipment until the problem has been resolved.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. The equipment is not suitable for therapeutic use.
12. Always use proper lifting techniques and seek assistance if necessary when lifting or moving the equipment to avoid injury.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

PART LIST



ASSEMBLY INSTRUCTIONS

1) Unfolding the Air Walker Trainer

Attach the (C) Supporting Frame 1, (D) Supporting Frame 2, (B) Bracket 1, (E) Bracket 2 to the (A) Main Frame as shown below.

Step 1



Step 2



Step 3



Step 4



2.)Attaching the Handlebars and Abdominal Support

Make sure the square holes on each handlebar are facing outward as shown below. (F) Handlebar , making sure the square part of the bolts lock into the square holes. Insert the (G1)Abdominal Support locker and (G)Abdominal Support into the slot located at the top of the (A)Main Frame



3) Attaching the Monitor

Join the cable as shown below, Slide the (H) Monitor onto the bar located behind the (A) Main Frame.



4) Assembly is complete.



USING THE AIR WALKER TRAINER

Placing your feet on the Air Walk Trainer

Stand behind the Air Walk Trainer with each hand holding one of the handlebars. Make sure to push and pull each handlebar prior to placing your feet on the foot pedals, in order to feel the tension and motion of the machine. Steadily hold the right handlebar as you place your right foot on the right pedal. Continue to steadily hold each of the handlebars as you balance on your right foot to lift your left foot and place your left foot on the left pedal.

Using the Air Walker Trainer

For optimal movement you will need to have a steady push and pull motion. As you push one arm, you will need to pull the other arm, in tandem, to create a steady walking motion on the machine. Make sure you are balanced and using smooth, controlled movements.

MONITOR FUNCTIONS

- **FUNCTION BUTTON:** Press the large red button (mode) on the monitor to select a function: time, count, total count, calories. If you hold the red button for 4 seconds the monitor will completely reset (except for the Total Count).
- **SCAN:** Press the “mode” button to select “scan.” This function will automatically scan through all of the functions displayed on the bottom line of the monitor.
- **TIME:** Automatically keeps track of your time for each session.
- **COUNT:** Automatically keeps track of your counts for each session.
- **TOTAL COUNT:** Automatically keeps track of your accumulated counts for all of your sessions. The Total Count will be reset once you replace the battery.
- **CALORIES:** Keeps track of your calories burned for each session.



*NOTE:

1. If there is an inaccurate display on the monitor, replace the AAA battery (1.5V).
2. Monitor will automatically turn on once you begin exercising on the machine or if you push the red “mode” button and it will automatically shut-off after 4 minutes inactivity.
3. The monitor will automatically start calculating when you begin exercising on the machine and will automatically stop calculating after 4 seconds of inactivity. After 4 seconds of inactivity, all of the functions will automatically stop calculating and a “stop” sign will appear on the upper-left corner of the monitor.