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# PRECAUTIONS

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**WARNING: To reduce the risk of serious injury, read the following important precautions before using the Air Walker.**

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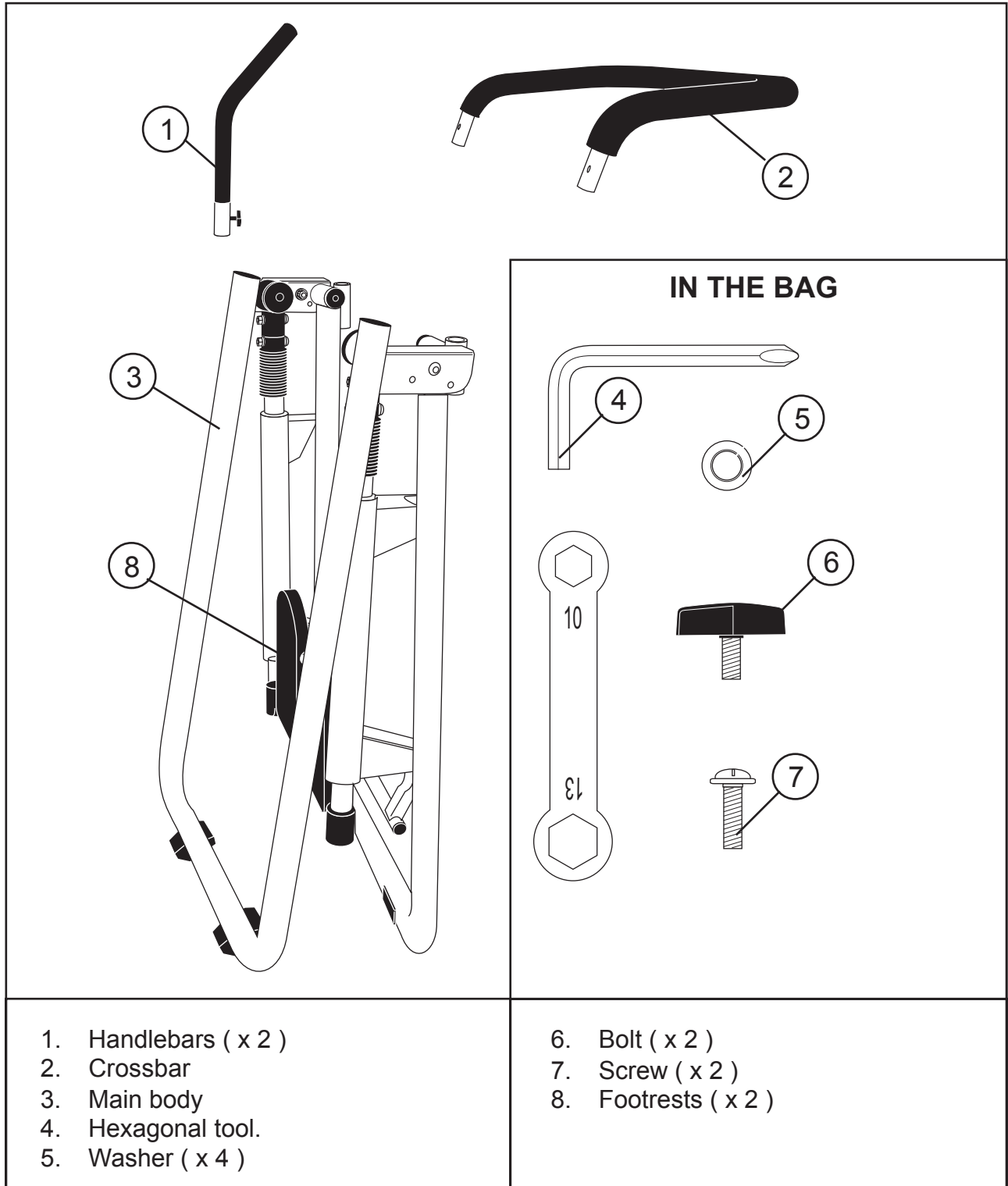
1. Read all instructions in this instruction book before using the Air Walker. Use the Air Walker only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the Air Walker indoors on a level surface.
4. The safety level of the Air Walker can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the Air Walker.
5. Keep children away from the Air Walker at all times.
6. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery when exercising.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. The Air Walker is intended for home use only.
9. The Air Walker is not intended for therapeutic purposes.
10. The Air Walker should not be used by persons weighing more than 120 kg



**WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using the Air Walker.**

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# PARTS LIST



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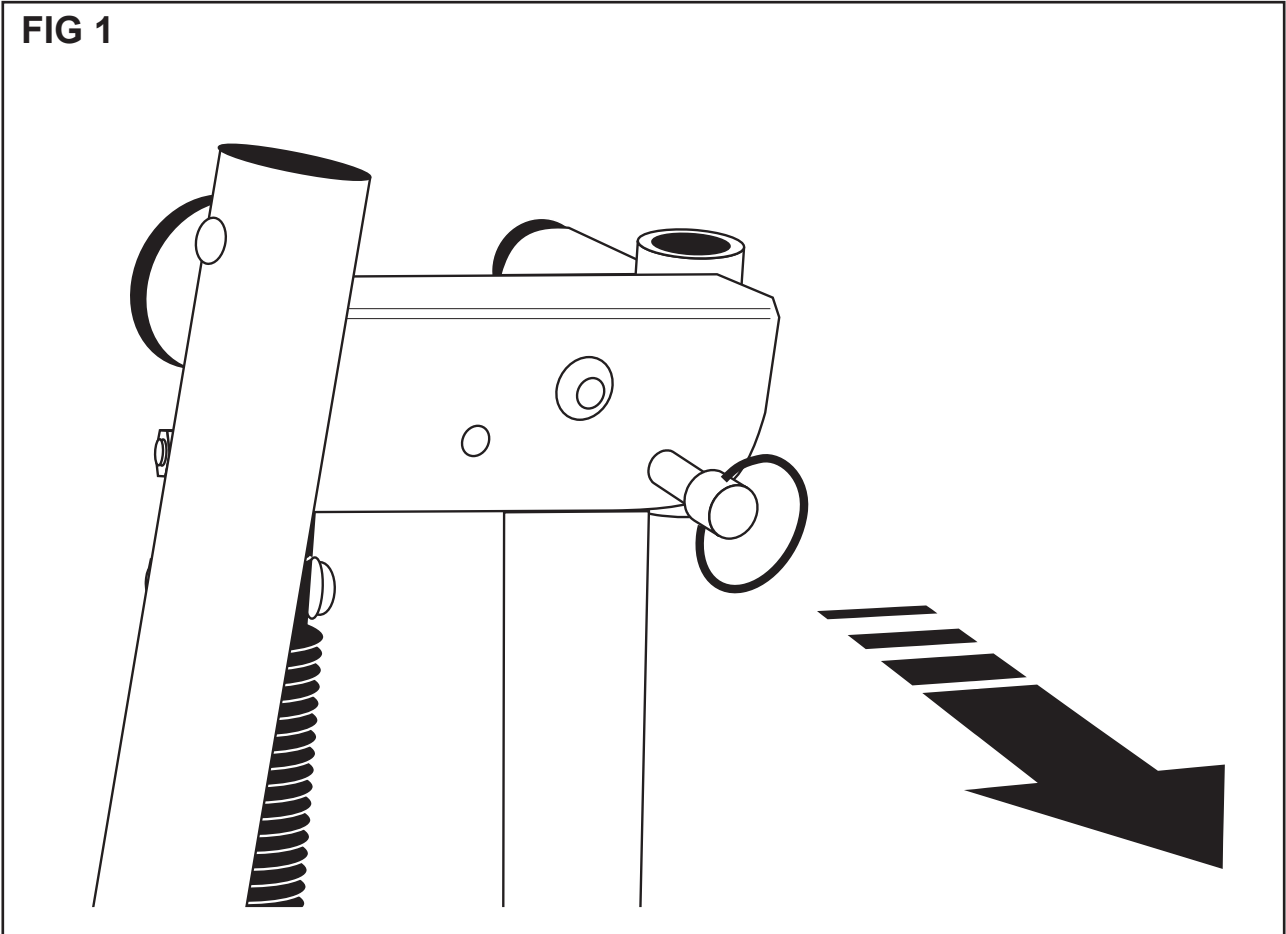
# ASSEMBLY

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STEP 1 OF 6

## REMOVING THE TRANSPORT PINS

FIG 1



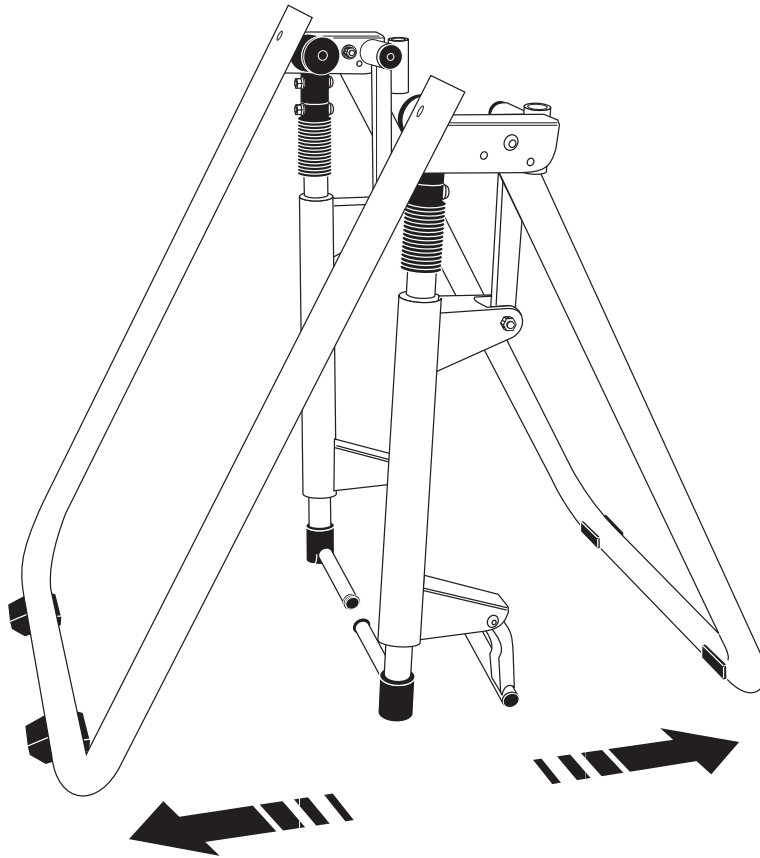
1. Remove the transport pins from the main body, there is one on each side of the Air Walker.

# ASSEMBLY

STEP 2 OF 6

## OPENING THE MAIN BODY

FIG 2



1. Open out the main body as shown (fig 2).

## PROGRESS

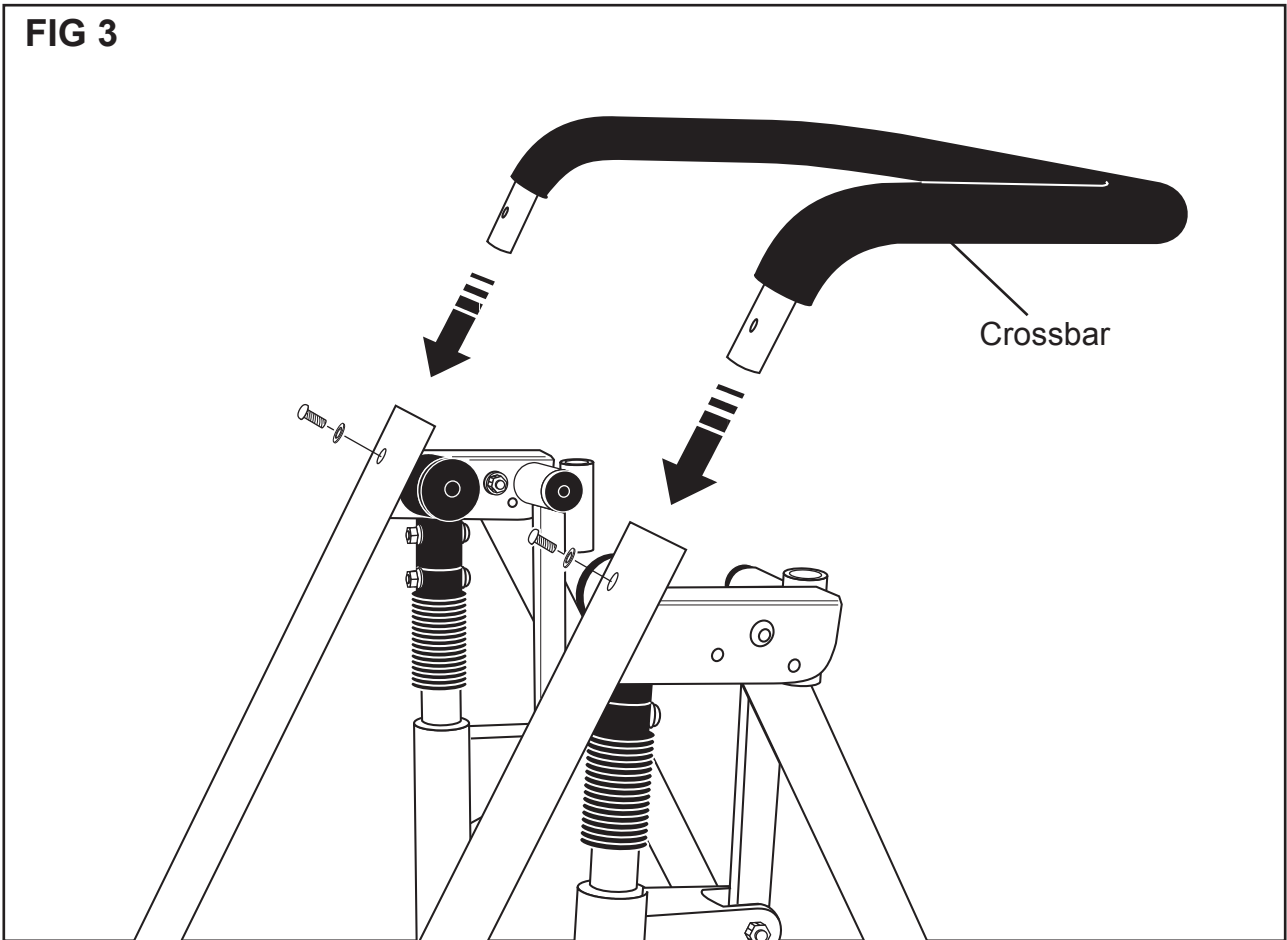


# ASSEMBLY

STEP 3 OF 6

## FITTING THE CROSSBAR

FIG 3



1. Slide the crossbar into position and secure into place using the screws and washers provided.

## PROGRESS

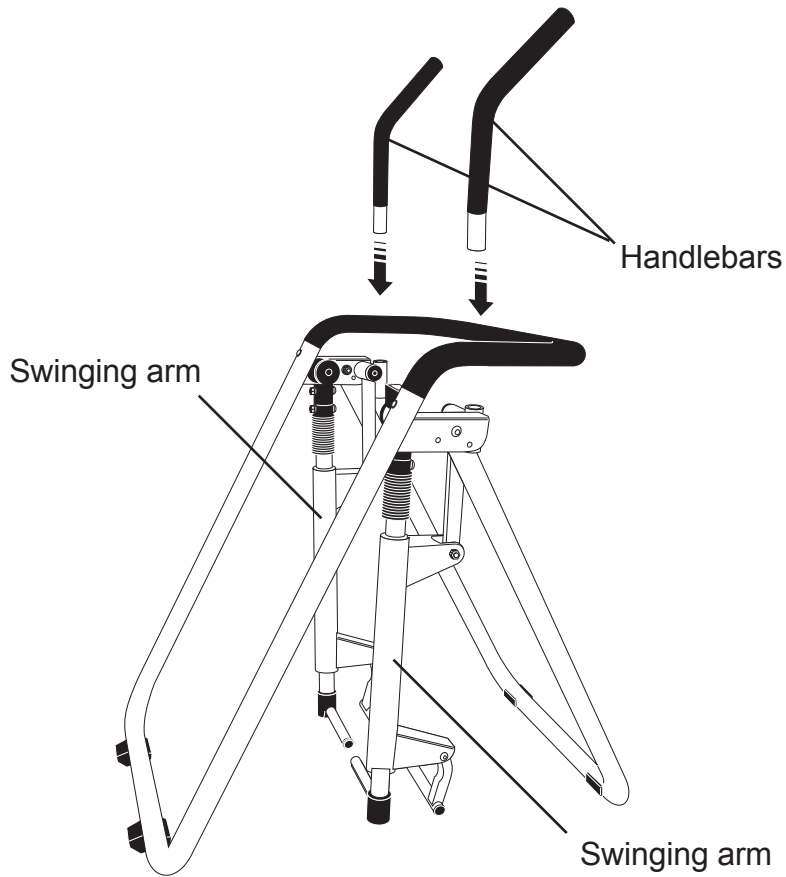


# ASSEMBLY

STEP 4 OF 6

## FITTING THE HANDLEBARS

FIG 4



1. Fit the handlebars into position and secure into place using the bolts and washers provided.

## PROGRESS



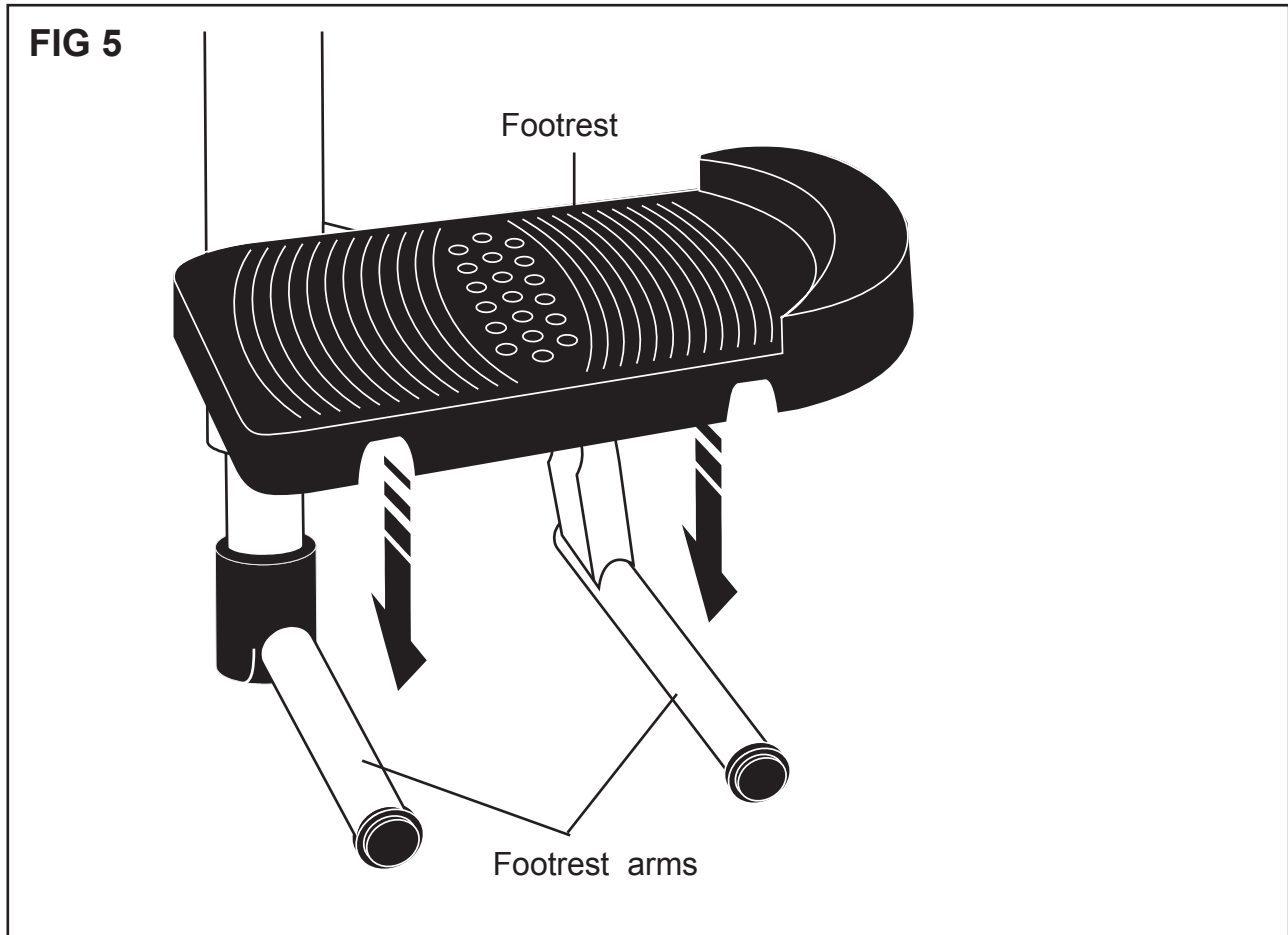
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# ASSEMBLY

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STEP 5 OF 6

## FITTING THE FOOTRESTS



1. Place the footrest onto the footrest arms and push firmly downwards until they click into place.



*Note: double check this point as using the Air Walker without the footrest being secure is dangerous and may cause injury.*

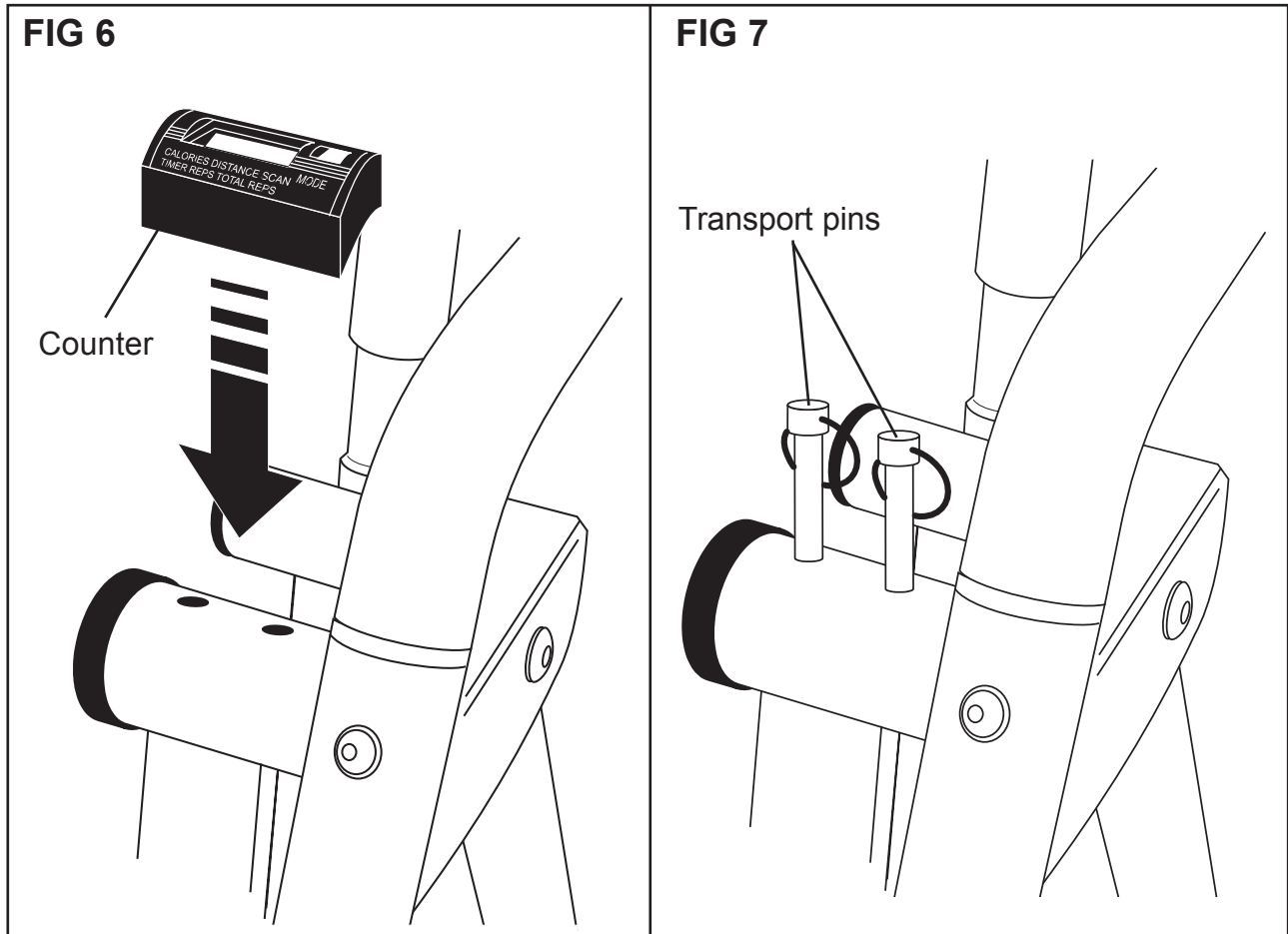
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## PROGRESS



# ASSEMBLY

STEP 6 OF 6



1. Place the counter onto the swinging arms as shown (fig 6) and push firmly into place.
2. The transport pins can be stored on the other swinging arm as shown (fig 7)

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# HOW TO USE THE AIR WALKER

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## Caution

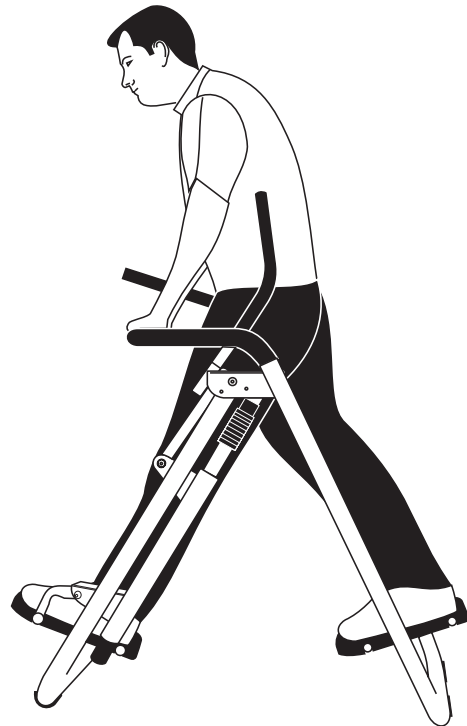


**Caution:** When you are getting on or off of the Air Walker, hold the crossbar and try to centre your weight over the footrests.

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## The Movement

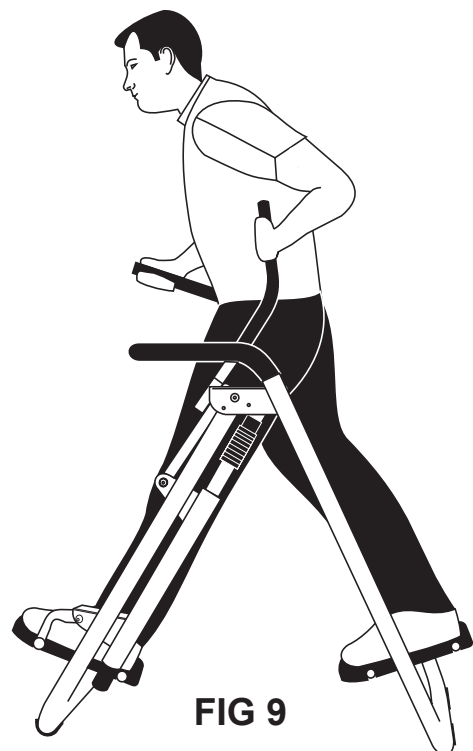
- Hold the crossbar and step onto the footrests. The motion used on the Air Walker is similar to walking, one leg forward as you move one leg backwards.



**FIG 8**

## Advanced

- For a complete upper body workout, hold onto the handlebars. Push and pull the handlebars as you exercise. If you want to, you can vary the exercises slightly by bending your knees.



**FIG 9**

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# MONITOR

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## INSERTING THE BATTERY

1. Lift off the upper case as shown (fig 10).
2. Slide the battery out of the battery holder on the PCB.
3. Dispose of the battery in a safe, environmentally friendly way.
4. Slide a new battery (type A76) into the battery holder and replace the upper case.

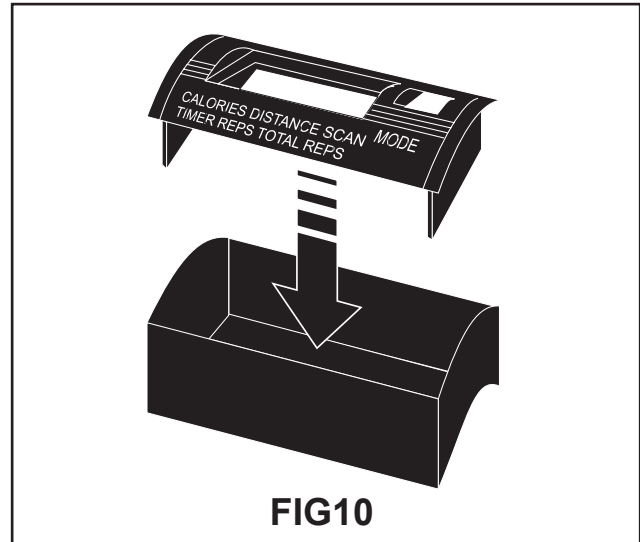


FIG10

## OPERATION

Pressing the Mode button until the desired mode is shown on the display.

MODE	Description
CAL	Calorie mode (0-99.9 calories)
MIL	Distance mode (0-99.99 miles)
S	Scan mode (3 seconds per mode)
TMR	Timer mode (0-59.59)
REPS	Number of reps this session (0-9999)
T REPS	Total number of reps (0-9999)
STOP	The unit has stopped

## RESET THE DISPLAYS

Press the and hold the Mode button for 5 seconds to reset the counter to zero.

The total reps will not be reset unless the monitor is in the total reps mode when you press and hold the Mode button.

## AUTO SHUT-OFF

If the Air Walker is not used for 4 minutes, the monitor will automatically switch off.



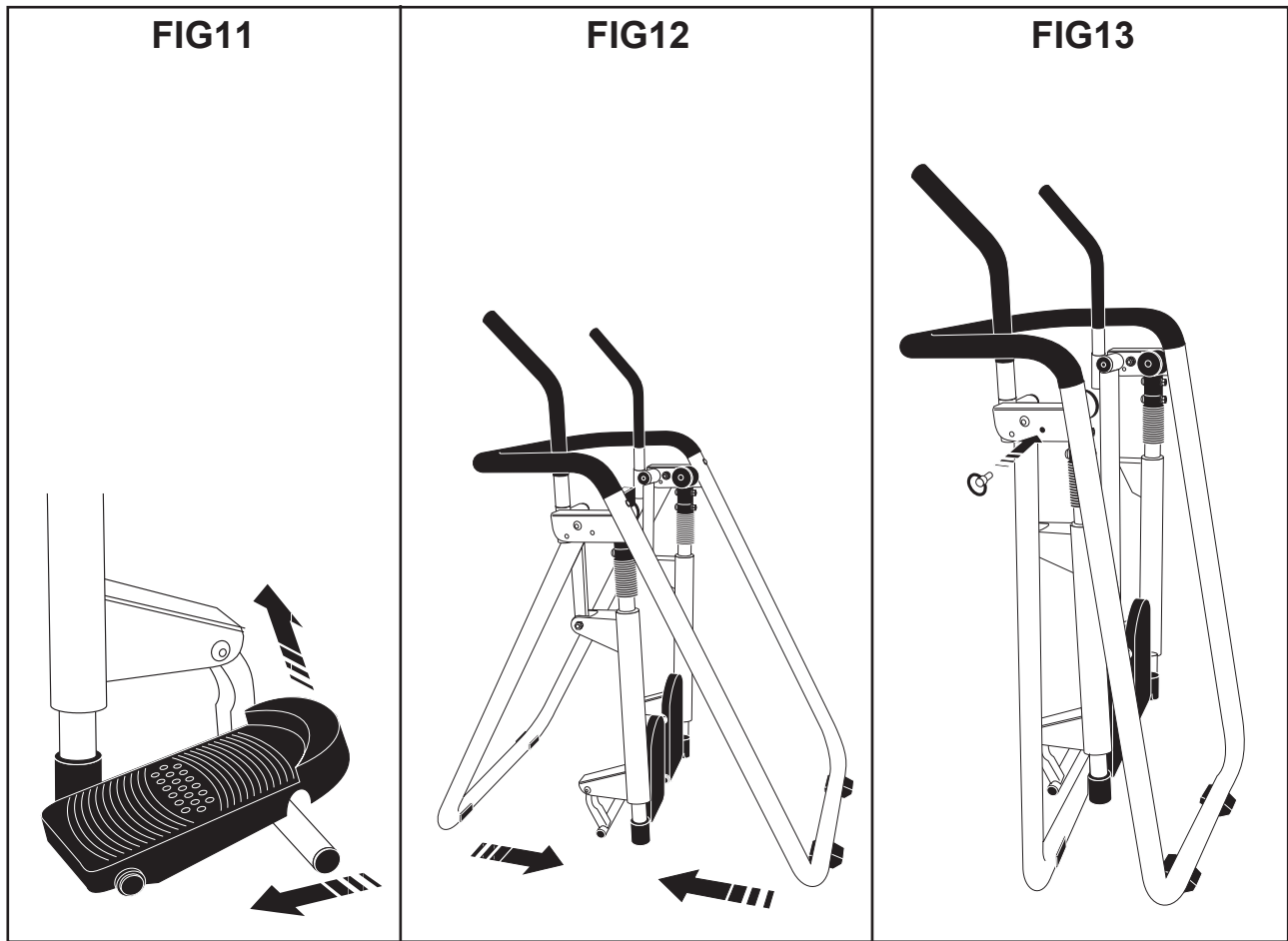
**Warning:** This monitor uses a small mercury switch in which the mercury is normally stored inside a glass tube. Mercury is highly toxic, and should not be handled should the glass tube break. Inhalation may lead to liver, kidney and CNS damage. There is also a danger of cumulative effects.

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# STORAGE

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1. Lift the front of the pedals to the upright position and squeeze the footrest arms together (fig 11).
2. Close the main body together and insert the transport pins into each side of the unit (fig 12 + 13).
3. Store in a safe position where the Air Walker is not likely to get knocked over.

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# CONDITIONING GUIDELINES

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The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



**WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.**

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## WHY EXERCISE?

Exercise has been proven essential for good health and general well-being. Regular exercise will :

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

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## TARGET HEART RATE

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	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 -167
25	132 -166
30	130 -164
35	129 -162
40	127 -161
45	125 -159
50	124 -156
55	122 -155
60	121 -153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

## HOW TO TAKE YOUR PULSE

The most common place to measure your pulse is the artery on the thumb-side of the wrist.

Touch this area lightly until you feel your pulse/heart beat. Count the number of heart beats for 10 seconds and multiply by 6



*Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the exercise equipment*

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# BEGINNERS GUIDE

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If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

## WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out.
- Exercise slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5-minute cool down then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.

### How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the next page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the exercise equipment.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

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# SPECIFICATIONS

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Dimensions (L x W x H)	1020mm x 700mm x 1290 mm
Net Weight	23 kg
Maximum User Weight	120 kg
Class Rating	HC

Please note that the specifications are subject to change without notice.

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# SUPPORT

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CUSTOMER SERVICE HELPLINE NUMBER	0870 873 0076
SPARE PARTS NUMBER	0870 873 0095

Opening hours	Mon-Thu 8 am - 6 pm
	Fri 8 am - 4 pm
	Sat-Sun Closed

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# GUARANTEE

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This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship the unit will be either replaced, a refund will be given, or the unit will be repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

- The guarantee is subject to the following provisions:-
- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purposes
- The guarantee does not cover accidental damage, misuse, cabinet parts, or knobs
- The guarantee will be rendered invalid if the product is resold or has been damaged by inexpert repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.