**Specifications:**

Unfolded Unit:	1110x740x1365mm
Folded Unit:	1400x740x135mm
Net Weight/Gross Weight:	16kg/18.50kg
Maximum User Weight:	120kg

Assembly Instructions:

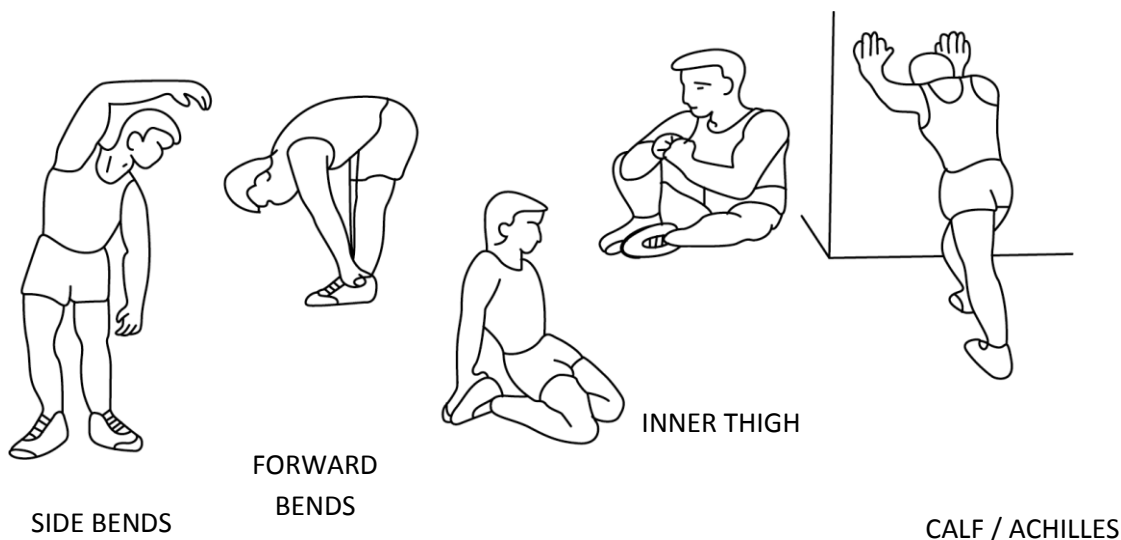
1. The Air Walker is fully assembled.
2. Take out the folded frame from box and unfold it. Put the frame on the floor.

USER INSTRUCTIONS:

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

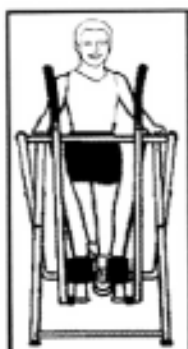
The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



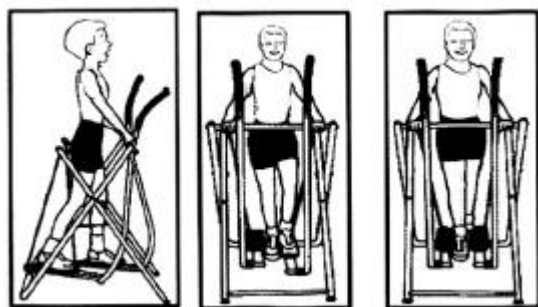
Getting on

1. Step towards the air walker as near as possible.
2. Hold on the front bar grip with both hands.
3. Place your right foot on the right platform carefully, then place your left foot fully on the left platform.
4. Hold on the bar grip until you can stand on the Air Walker steadily. Keep your head up, looking forward with your shoulders pulled back. Do not arch or hunch your back during exercise.
5. Now, you can start exercising.



Learning to Glide

1. Stand on the unit holding onto the front bar grip with both hands.
2. Start exercising at a slow tempo with smooth easy steps, by moving your right foot and left foot alternatively forward and backwards, so that you can become familiar with the unit.
3. You can step faster as you gain experience with the air walker.
Note, be careful to keep your balance.



Getting off

1. Stop the exercise slowly.
2. Be sure your feet are balanced on the platform.
3. Hold onto the front handle bar grip with both hands.
4. Slowly step off the platforms one foot at a time.
5. Once you are standing steadily then release hands from the front bar grip.

Hand Positions

In order to position yourself properly, the majority of your weight should be concentrated in your lower body. Test this by using the pedals at a moderate pace and momentarily taking the hands away. If you can do this without problems, you are likely to be correctly balanced.



Front Bar Grip

- Hold on the inside of bar grip for balance and for lower body workout, and until you are comfortable to hold onto the pulse grips. .



Neutral Grip

- Hold on to the left and right pulse bar grips with both hands as shown, helps to find the correct balance when increasing walking pace for full body workout. Standing on tip toe and/or bending your knees when walking to vary the effect on your muscles.



Low Grip

- Hold on to the bottom of the pulse grips as shown. This position will exercise your lower body more than your upper body.



Hands Free

- Once you have mastered balancing on the air walker machine, you can swing your arms freely to increase your exercise level.
- Only do this once you have gained experience in using this air walker. We recommend removing one hand at a time until you gain stability and confidence.

Freestyle



Basic Style



Control your step speed with your arms and legs



Adjust your posture gradually as you increase walking pace.



Adjust your step by standing on tip-toe from time to time.



Progress step extension by pushing your body backwards and re-balancing your weight.



Progress step to highest level using your arms and legs.



Swing your arms freely as if you were walking normally.

Foot Positioning and Motion

The correct feet placement on the Air Walker is one with which you can comfortably perform the exercise.

Do not lift your feet off the Air Walker with each pedalling motion but perform a rolling motion that starts at the balls of your feet and ends at your heels as you pedal.

The Cool Down Phase, after exercising

Once you have finished using the air walker, Stretch your calf muscles, arms and legs for 10-15 seconds at a time then relax. Repeat for up to 5 minutes to ensure muscle relaxing.

Exercise Monitor

COUNT	0-9999
TIME	00:00-99:59min
CALORIE	0-9999kcal
STRIDES/MINUTE	40-220bpm



Key function:

SCAN/MODE: this key lets you to select and set a particular function. The monitor will be reset by changing battery or pressing the SCAN key for 3-4 seconds.

When starting the monitor, the arrow will flicker among the four settings COUNT- TIME-CAL- STRIDES/MIN. When clicking the white button, the arrow will stop at the setting you choose. (COUNT, TIME, CAL or STRIDES/MIN).

Functions:

1. TIME (TM): press the SCAN key until pointer is set to TM. The total working time will be shown when starting to exercise.
2. COUNT (CNT): press the SCAN key until pointer is set to CNT. This automatically accumulates workout results when starting to exercise.

3. CALORIE (CAL): press the SCAN key until pointer is set to CAL. The calories burned will be displayed when starting to exercise.
4. STRIDES/MINUTE (STR/MIN): press the SCAN key until the pointer is set to STR/MIN. The average stride per minute will be displayed when starting to exercise.

Functions are displayed automatically every 4 seconds in the following order

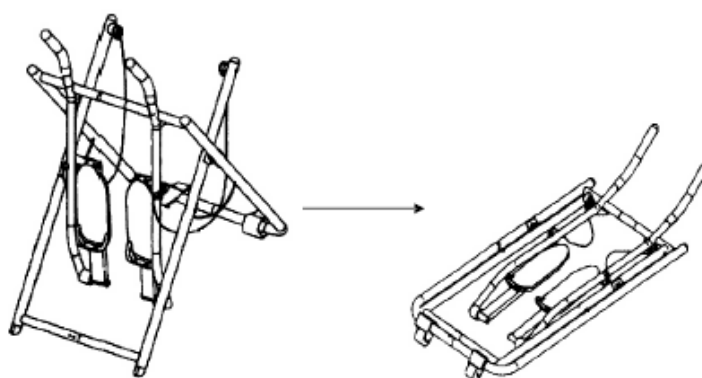
TIME/STR/MIN - COUNT/STR/MIN - CAL/STRIDES/MIN - CNT/STR/MIN

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If the monitor displays incorrect readings the batteries need to be replaced. The monitor uses AG10 battery (included).

Storage

Your unit conveniently folds down for easy storage. To fold your unit as Figure below shows.



Trouble Shooting and Solution:

If the Air Walker makes creaking noises.

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

WARNINGS / CAUTIONS:

1. BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, **CONSULT YOUR GP.**
2. INSPECT THE EQUIPMENT. BEFORE EACH USE, VISUALLY INSPECT THE UNIT. **DO NOT USE UNIT IF YOU DETECT ANY LOOSE HARDWARE.**
3. CHECK THAT ALL SCREWS AND BOLTS ARE SECURELY FASTENED BEFORE EACH USE.
3. **START OUT SLOWLY AND PROGRESS SENSIBLY.** PROGRESS AT A PACE THAT IS COMFORTABLE FOR YOU.
4. **DO NOT OVER EXERT YOURSELF WITH THIS OR ANY OTHER EXERCISE PROGRAM.** LISTEN TO YOUR BODY AND RESPOND TO ANY REACTIONS YOU MAY BE HAVING.
5. **USE THIS UNIT ONLY FOR ITS INTENDED USE AS DESCRIBED IN THIS MANUAL.**
6. **USE CARE WHEN GETTING ON AND OFF EQUIPMENT.** SET UP AND USE YOUR UNIT ON A SOLID, LEVEL SURFACE.
7. **KEEP FINGERS, LOOSE CLOTHING AND HAIR AWAY FROM MOVING PARTS.**

8. **THIS UNIT IS NOT INTENDED FOR USE BY CHILDREN.** KEEP THIS AND ALL FITNESS EQUIPMENT OUT OF THE REACH OF CHILDREN.

CLEANING INSTRUCTIONS:

- Wipe with damp cloth.

BATTERIES:

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL:

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.