

PRO-FORM

AIR WALKER™

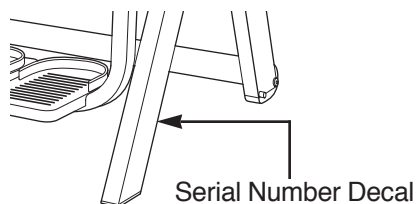
LOW IMPACT EXERCISER

Patent Pending

Model No. PFAW75070

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



USER'S MANUAL

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the AIR WALKER.

1. Read all instructions in this manual before using the AIR WALKER.
2. It is the responsibility of the owner to ensure that all users of the AIR WALKER are adequately informed of all warnings and precautions.
3. Use the AIR WALKER only as described in this manual.
4. Place the AIR WALKER on a level surface. Cover the floor beneath the AIR WALKER to protect the floor or carpet.
5. Be sure that there are no persons or obstacles in front of or behind the AIR WALKER.
6. Inspect and tighten all parts regularly. Replace any worn parts immediately.
7. Keep children and pets away from the AIR WALKER at all times.
8. The AIR WALKER should not be used by persons weighing more than 250 pounds.
9. Keep hands and feet away from moving parts.
10. Do not wear loose clothing that could become caught on the AIR WALKER.
11. Always wear athletic shoes for foot protection when exercising on the AIR WALKER.
12. When mounting and dismounting the AIR WALKER, adjust the resistance to a high setting, hold the handles firmly, and be sure that your body weight is centered directly over the pedals.
13. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. When adjusting the resistance, touch only the resistance dials.
14. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
15. The AIR WALKER is intended for home use only. Do not use the AIR WALKER in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

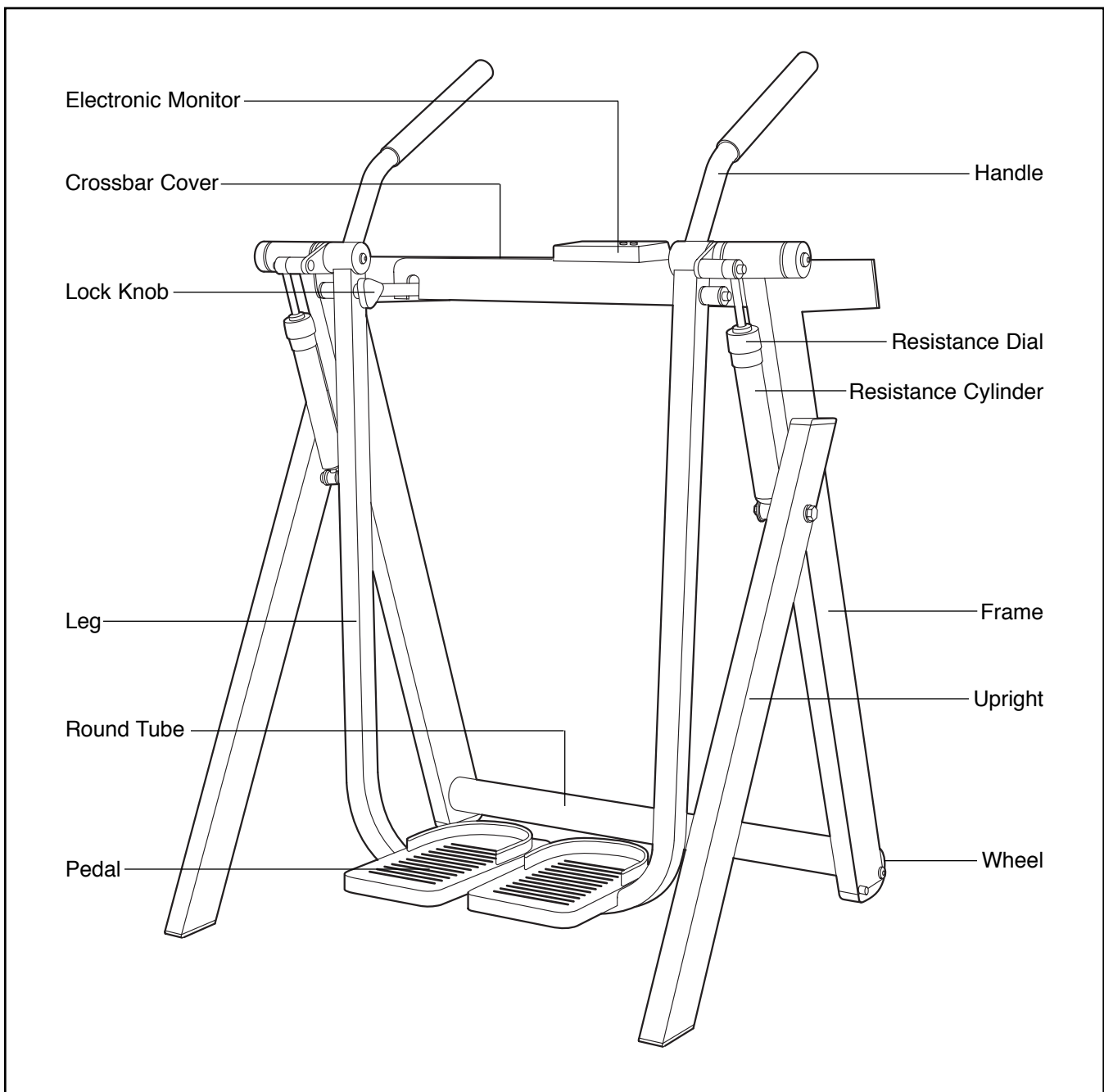
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® AIR WALKER. The AIR WALKER blends advanced engineering with contemporary styling to provide you with a no-impact, total body workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the AIR WALKER. If you have questions after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time

(excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFAW75070. The serial number can be found on a decal attached to the AIR WALKER (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

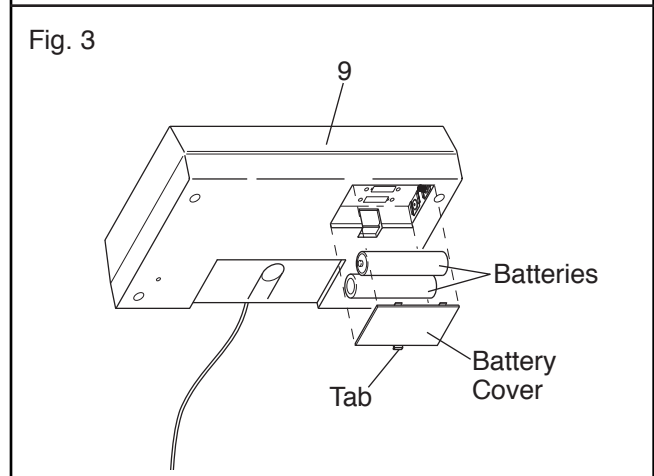
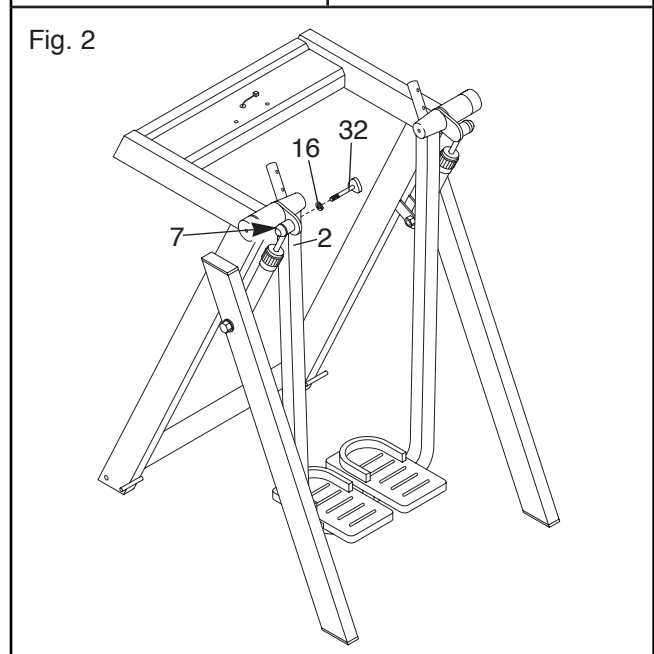
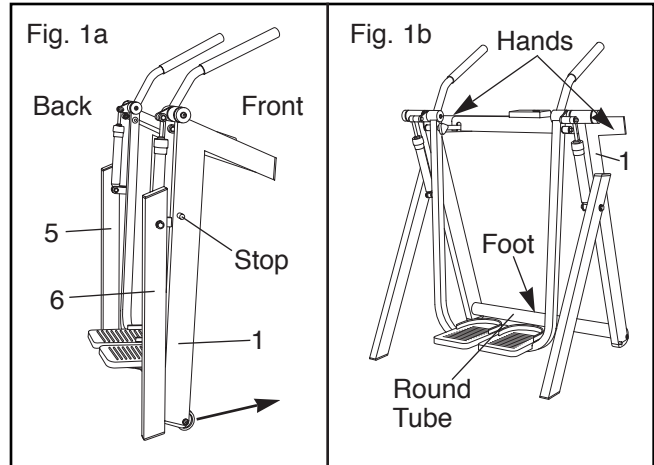
Place all parts of the AIR WALKER in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.** Read through all assembly steps before you begin.

Assembly requires a phillips screwdriver  (not included).

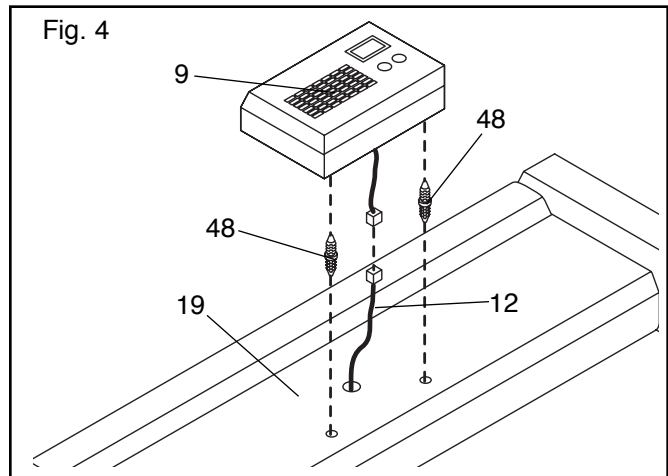
1. Refer to figure 1b. Move to the front of the AIR WALKER and place your hands on the Frame (1) in the indicated locations. Hold the AIR WALKER in the position shown in figure 1a. Put your foot on the round tube. Using your foot, pull the round tube toward you until the Uprights (5, 6) come to rest against the stops. Make sure that the Uprights are completely extended and are resting against the stops before you proceed with assembly.

2. Slide a Lock Washer (16) onto the Lock Knob (32). Insert the Lock Knob (32) into the hole near the top of the Left Leg (2). Tighten the Lock Knob into the Link Plate (7).

3. The Electronic Monitor (9) requires two "AA" batteries (not included). Alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover from the Monitor. Insert two batteries into the Monitor. **Make sure that the negative (-) ends of the batteries are touching the springs in the Monitor.** Close the battery cover.

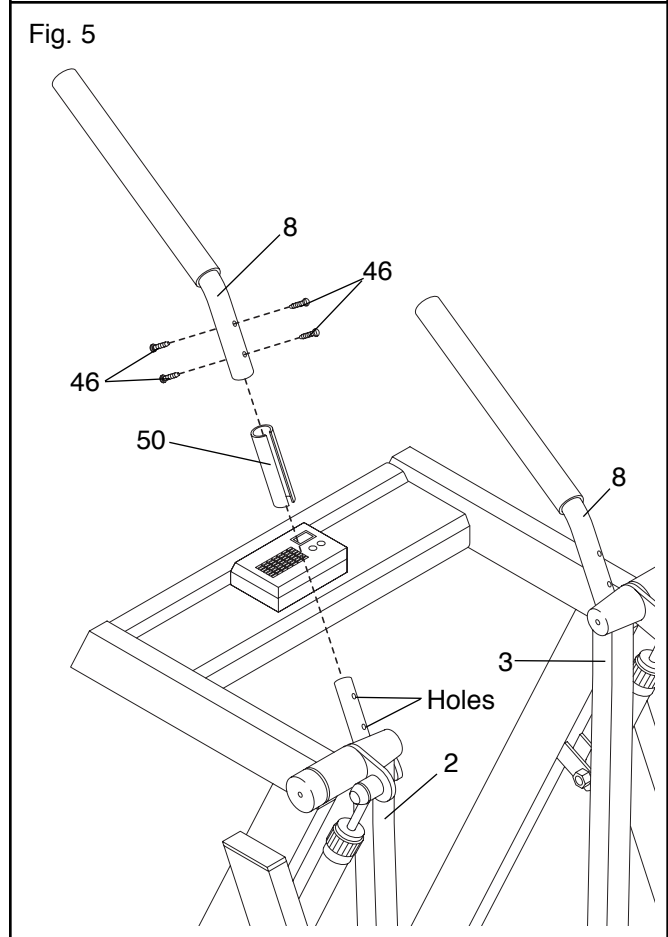


- Connect the Reed Switch Wire (12) to the wire on the Electronic Monitor (9). Feed any excess wire into the Crossbar Cover (19). Press the Monitor onto the Crossbar so the Fasteners (48) on the Monitor snap into the holes in the Crossbar.

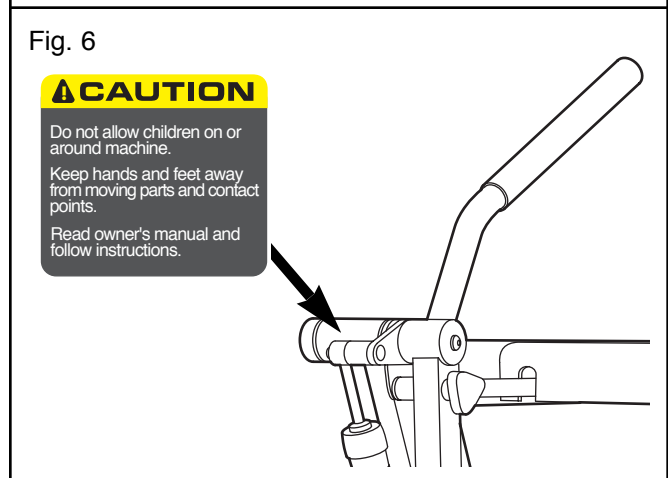


- Slide one of the Handle Sleeves (50) onto the Left Leg (2). Position the Handle Sleeve slot so that one set of holes in the Left Leg is visible. Slide one of the Handles (8) over the Handle Sleeve and onto the Left Leg. Attach the Handle with four #8 x 1/2" Screws (46).

Attach the other Handle (8) and Handle Sleeve (50) to the Right Leg (3) in the same manner.



- The decal shown at the right is found in the indicated location on the AIR WALKER. **If the decal is missing, or if it is not legible, call our Customer Service Department, toll-free, to order a free replacement decal** (see ORDERING REPLACEMENT PARTS on the back of this manual). Apply the decal in the location shown.



Make sure that all parts are properly tightened before you use the AIR WALKER.

HOW TO USE THE AIR WALKER

CAUTION: When mounting and dismounting the AIR WALKER, adjust the resistance to a high setting, hold the handles firmly, and be sure that your body weight is centered directly over the pedals.

EXERCISING ON THE AIR WALKER

Make sure that the lock knob is tightened into the left leg and link plate (see assembly step 2 on page 4). Adjust the resistance to a high setting, hold the handles, and step onto the pedals. The proper form for exercising on the AIR WALKER is similar to the motion of walking—move one leg forward as you move the other leg back.

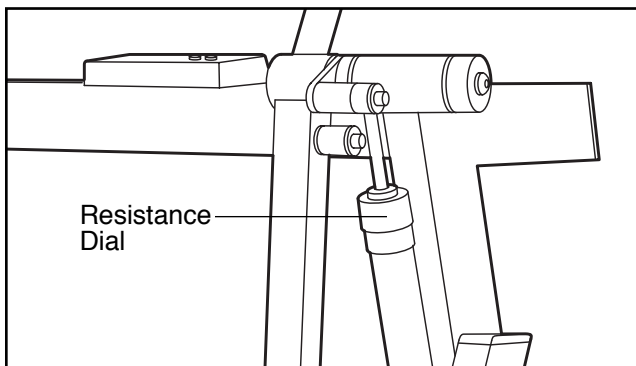
For a full body workout, hold the handles as you walk and move your arms and legs in motion with the handles and pedals. To vary the effect of the exercise on your muscles, change your stance on the AIR WALKER. For example, change the position of your hands on the handles, or bend your legs slightly instead of keeping them straight.

For a lower body workout, rest your hands on the crossbar cover for balance as you move the pedals.

RESISTANCE ADJUSTMENT

To vary the intensity of your workout, the resistance of the AIR WALKER can be adjusted. To change the resistance, turn the resistance dials on the resistance cylinders. There are twelve different resistance levels. Arrows on the resistance cylinders will show which resistance level is selected. Select the same resistance level on both cylinders.

CAUTION: The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. When adjusting the resistance, touch only the resistance dials.



ELECTRONIC MONITOR MODES

The simple-to-operate electronic monitor offers five different modes to provide instant exercise feedback. The five modes are described below:

Speed—Displays the number of repetitions you are performing per minute.

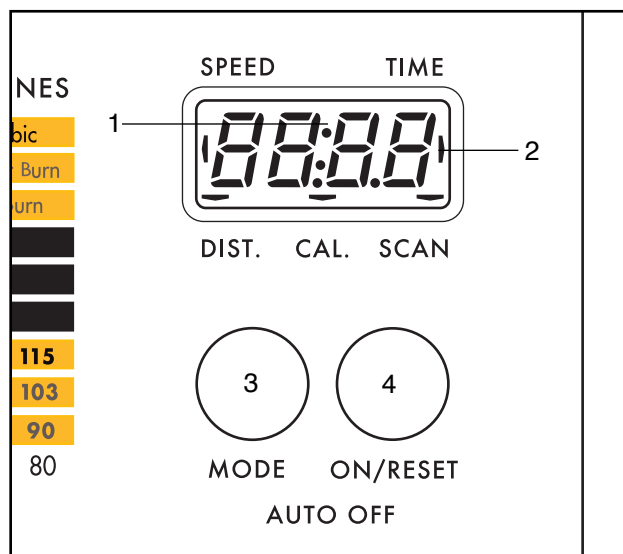
Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to “999.” The display will then reset to “0” and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance, and calories modes, for approximately 5 seconds each, in a repeating cycle.

DIAGRAM OF THE ELECTRONIC MONITOR



1. LCD display—Displays all modes.
2. Mode indicators—Show which mode is selected.
3. Mode button—Selects all modes.
4. On/Reset button—Turns the power on and resets all modes.

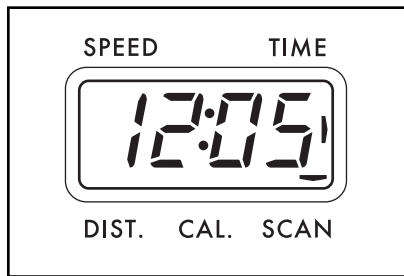
BATTERY INSTALLATION

Before the electronic monitor can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 3 on page 4.

OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the AIR WALKER. The entire display will appear for two seconds. The electronic monitor will then be ready for operation.
2. Select one of the five modes:

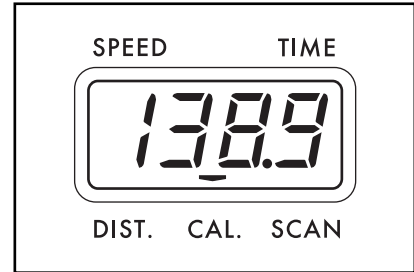
Scan mode—When the power is turned on, the scan mode will be selected automatically. The scan mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the scan



mode has been selected, and a second mode indicator will show which mode is currently displayed.

Speed, time, distance, or calories mode—

These modes can be individually selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected.



(Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories, scan.

3. **The monitor has an auto-off feature to turn off the power.** If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

To reset the LCD display, press the on/reset button.

STORAGE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AIR WALKER regularly. Replace any worn parts immediately.

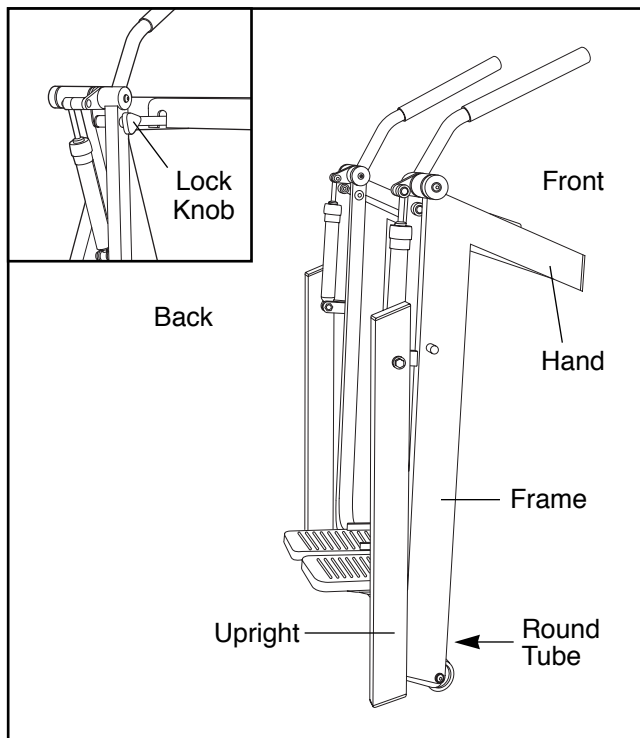
The AIR WALKER can be cleaned with a soft, damp cloth. Keep liquids away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the AIR WALKER.

REPLACING THE BATTERIES

If the display of the electronic monitor becomes dim, or if the monitor does not function properly, the batteries should be replaced. To replace the batteries, first lift the monitor from the crossbar cover (see assembly step 4 on page 5). Make sure that the reed switch wire is fully connected to the wire on the monitor. To replace the batteries, refer to assembly step 3 on page 4.

HOW TO FOLD THE AIR WALKER FOR STORAGE

When the AIR WALKER is not in use, it can be folded for storage. To fold the AIR WALKER, first remove the lock knob from the left leg. Next, move to the front of the AIR WALKER and place one foot on the round tube. Firmly grasp the frame with your hands in the locations indicated below. While holding the round tube stationary with your foot, pull the top of the AIR WALKER toward you until the uprights fold against the frame. **Place the AIR WALKER in a location where it cannot fall.**



CONDITIONING GUIDELINES

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 physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

BPM		HEART RATE TRAINING ZONES					
♥	165						Aerobic
	145	155					Max Fat Burn
	125	138	145				Fat Burn
		120	130	140			
			115	125	130		
				110	118	125	
					105	110	115
						95	103
♥							90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does

your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust your pace until your heart rate is near the lowest number in your training zone as you exercise. It may also be helpful to set the dials on the resistance cylinders at level 1, 2, 3, or 4.

For maximum fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace until your heart rate is near the highest number in your training zone. It may also be helpful to set the dials on the resistance cylinders at level 5, 6, 7, or 8.

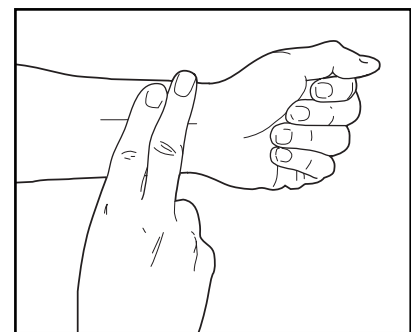
Strength Training

To strengthen and tone your muscles, you must exercise your muscles at a moderate to high percentage of their capacity. Set the dials on the resistance cylinders at level 9, 10, 11, or 12.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes.

Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by adjusting the resistance or by changing your pace.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused

when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFAW75070

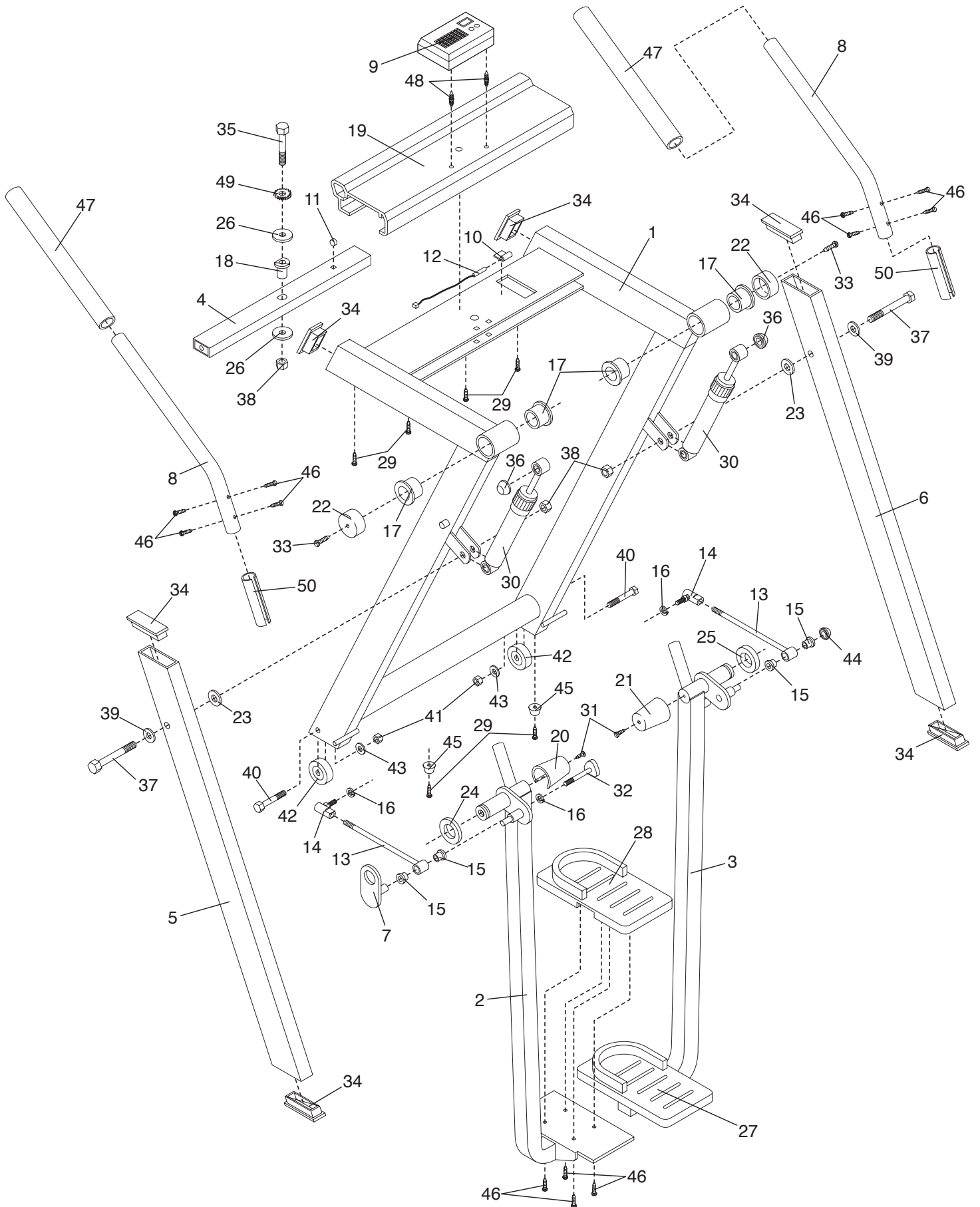
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	27	1	Right Pedal Cover
2	1	Left Leg	28	1	Left Pedal Cover
3	1	Right Leg	29	6	#8 x 3/4" Screw
4	1	Rocker Arm	30	2	Resistance Cylinder
5	1	Left Upright	31	2	Tree Fastener
6	1	Right Upright	32	1	Lock Knob
7	1	Link Plate	33	2	Button Head Screw
8	2	Handle	34	6	Frame Endcap
9	1	Electronic Monitor	35	1	Rocker Arm Bolt
10	1	Adhesive Tool Clip	36	2	Small Axle Cap
11	1	Magnet	37	2	Hex Head Screw
12	1	Reed Switch Wire	38	3	1/2" Nylon Locknut
13	2	Link Arm	39	2	1/2" Flat Washer
14	2	Ball Joint	40	2	Wheel Screw
15	4	Small Bronze Bushing	41	2	3/8" Nylon Locknut
16	3	Lock Washer	42	2	Wheel
17	4	Large Bronze Bushing	43	2	3/8" Flat Washer
18	1	"D" Bushing	44	1	Large Axle Cap
19	1	Crossbar Cover	45	2	Rubber Foot
20	1	Left Leg Cover	46	16	#8 x 1/2" Screw
21	1	Right Leg Cover	47	2	Handle Grip
22	2	Axle Cover	48	2	Double Tree Fastener
23	2	Frame Spacer	49	1	Star Washer
24	1	Left Axle Spacer	50	2	Handle Sleeve
25	1	Right Axle Spacer	#	1	User's Manual
26	2	Rocker Arm Spacer			

Note: "#" refers to a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFAW75070

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFAW75070).
- The NAME of the product (PROFORM® AIR WALKER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.

PROFORM is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store displays. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813