

PRO-FORM **AIR WALKER XT**™
PRECISION RESISTANCE EXERCISER

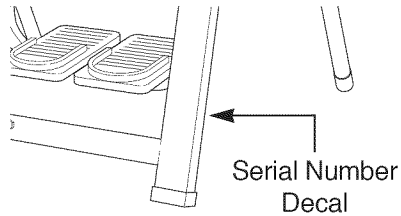
Patent Pending

SEARS

Model No. 831.290880

Serial No. _____

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



Serial Number Decal (under console)

**EXERCISE
EQUIPMENT**

QUESTIONS

HELPLINE!

1-800-736-6879

Patent Pending

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep 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 XT.

1. Read all instructions in this manual before using the AIR WALKER XT. Use the AIR WALKER XT only as described.
2. It is the responsibility of the owner to ensure that all users of the AIR WALKER XT are informed of all warnings and precautions.
3. Place the AIR WALKER XT on a level surface. Cover the floor beneath the AIR WALKER XT to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Be sure that there are no persons or obstacles in front of or behind the AIR WALKER XT.
6. Keep children under 12 and pets away from the AIR WALKER XT at all times.
7. The AIR WALKER XT should not be used by persons weighing more than 250 pounds.
8. Do not wear loose clothing that could become caught on the AIR WALKER XT.
9. Always wear athletic shoes for foot protection when using the AIR WALKER XT.
10. Keep hands and feet away from moving parts.
11. When mounting or dismounting the AIR WALKER XT, hold the frame beside the hip pad and center your weight over the pedals.
12. When using the AIR WALKER XT, always hold the handles or place your hands on the frame beside the hip pad.
13. When using the independent mode, hold the frame beside the hip pad and be careful to control your movement and maintain your balance at all times.
14. Do not adjust the resistance while you are standing on the AIR WALKER XT. Always dismount the AIR WALKER XT before adjusting the resistance.
15. 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.
16. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
17. The AIR WALKER XT is intended for home use only. Do not use the AIR WALKER XT in a 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

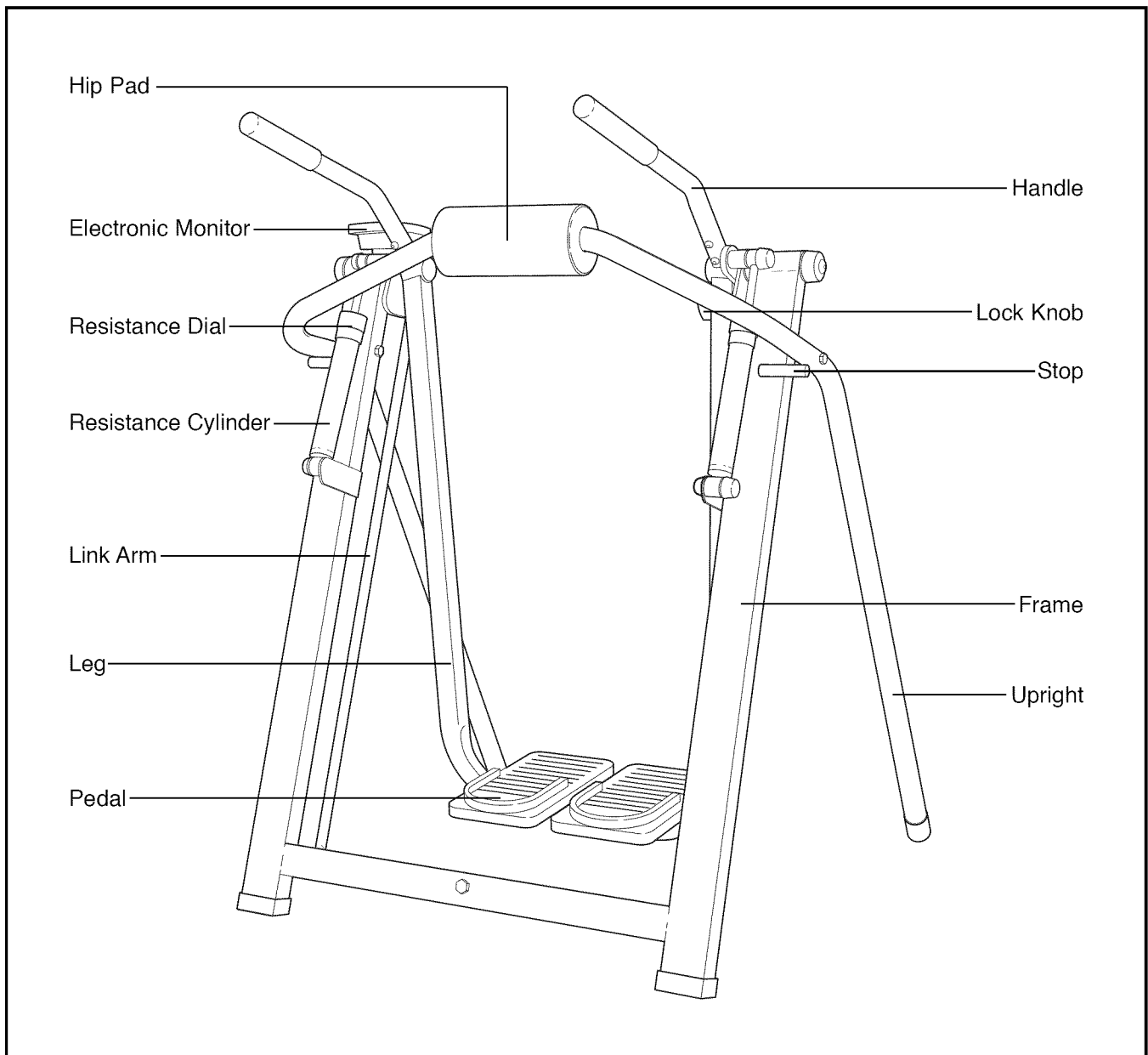
BEFORE YOU BEGIN

Congratulations for purchasing the new PROFORM® AIR WALKER XT. The AIR WALKER XT combines advanced engineering with innovative styling to let you enjoy effective, no-impact, total body workouts in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the AIR WALKER XT. If you have additional questions, please call our toll-free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us

assist you, please note the product model number and serial number before calling. The model number is 831.290880. The serial number can be found on a decal attached to the AIR WALKER XT (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 XT 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  and two adjustable wrenches  (not included).

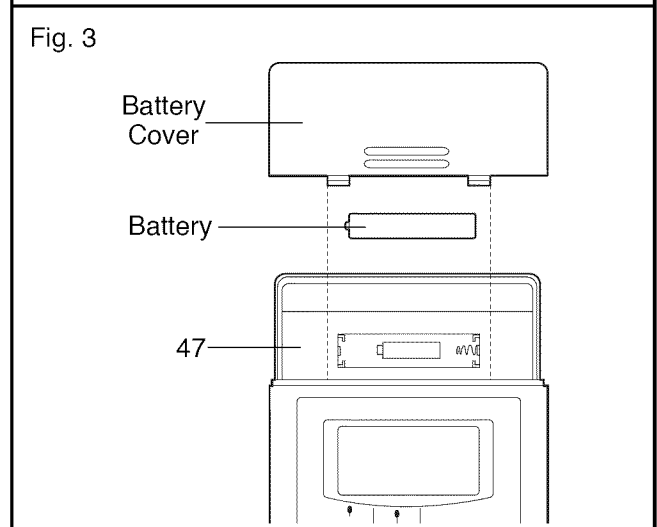
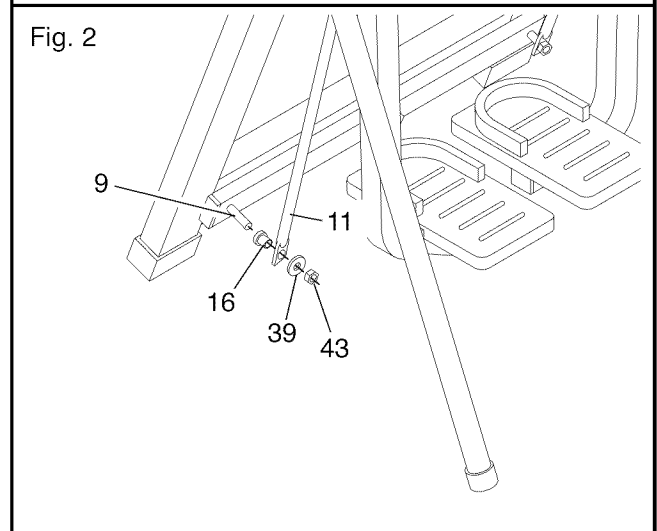
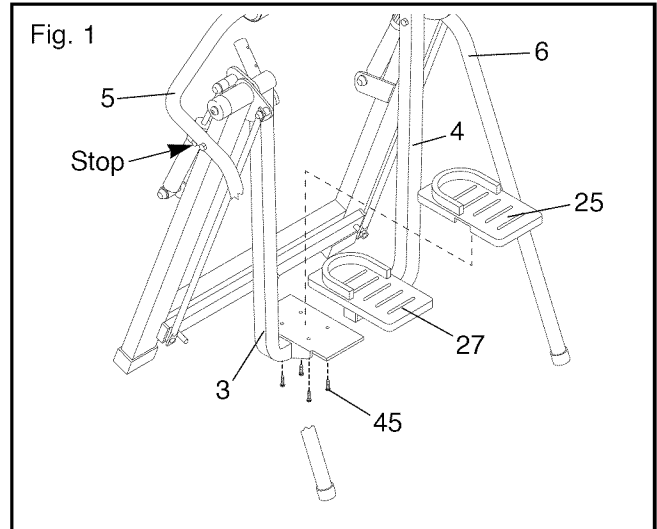
1. Lay the AIR WALKER XT on the floor. Attach the Left Pedal Cover (25) to the Left Leg (3) with four #8 x 1/2" Screws (45).

Attach the Right Pedal Cover (27) to the Right Leg (4) in the same manner.

Raise the AIR WALKER XT and unfold it to the position shown at the right. **Make sure that the Uprights (5, 6) are fully extended and are resting against the stops.**

2. Make sure that there is a Bronze Bushing (16) in the lower end of the Left Link Arm (11). Slide the Left Link Arm onto the indicated pin on the Rocker Arm (9). If necessary, pivot the Rocker Arm slightly. Next, slide the 3/8" Flat Washer (39) onto the pin and tighten the 3/8" Nylon Locknut (43) onto the pin.

3. The Electronic Monitor (47) requires one "AAA" battery (included). Firmly press on the battery cover and slide it upward to remove it from the Monitor. Insert the battery into the Monitor. **Make sure that the battery is turned so the negative end (marked "-") is touching the spring.** Reattach the battery cover.



4. Refer to figure 4a. Insert the reed switch down through the hole in the monitor bracket.

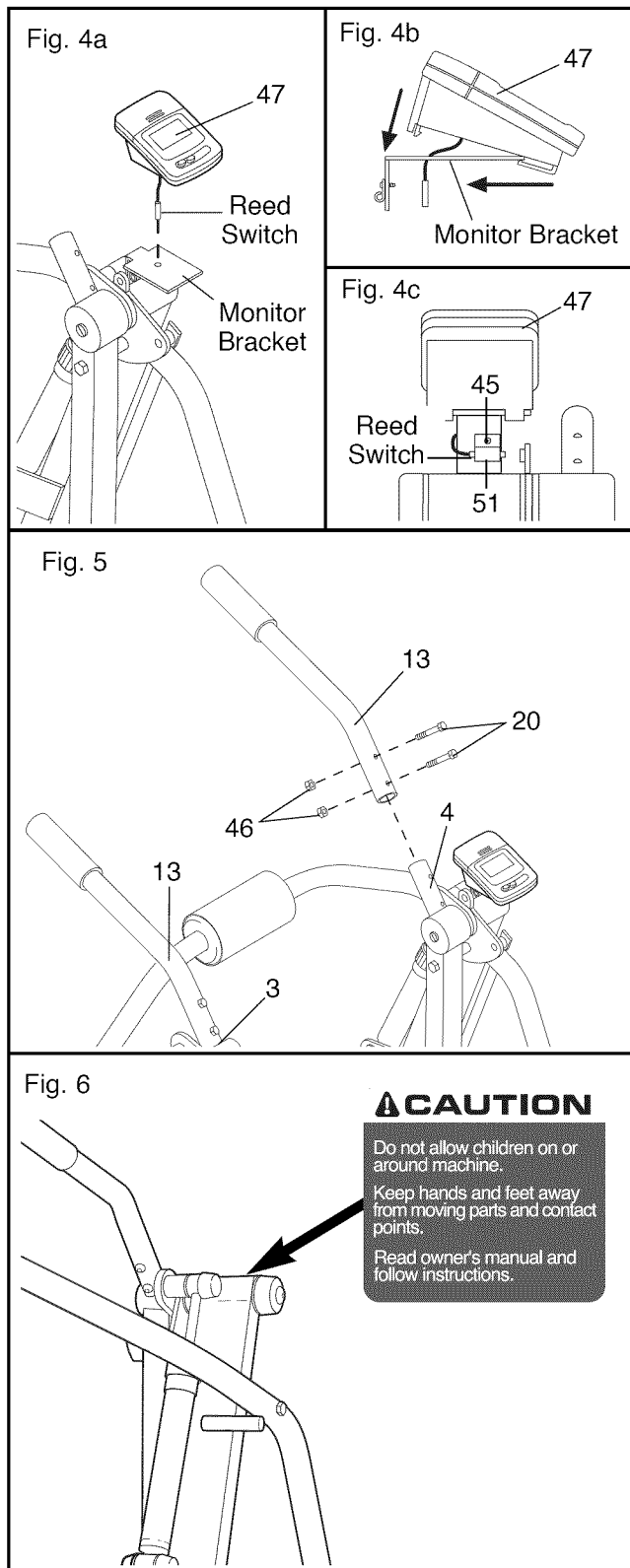
Refer to figure 4b. Slide the Electronic Monitor (47) onto the monitor bracket as shown. Press down on the Monitor until it snaps onto the monitor bracket. **Make sure that the reed switch wire is not pinched between the Monitor and the monitor bracket.**

Refer to figure 4c. Insert the reed switch into the Plastic Clip (51) as shown. Tighten the #8 X 1/2" Screw (45). Note: If the Electronic Monitor (47) does not function properly, refer to HOW TO ADJUST THE REED SWITCH on page 8.

5. Slide one of the Handles (13) onto the Right Leg (4). Attach the Handle with two 1/4" x 1 1/2" Bolts (20) and two 1/4" Nylon Locknuts (46).

Attach the other Handle (13) to the Left Leg (3) in the same manner.

6. The decal shown at the right should be found in the indicated location on the AIR WALKER XT. **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.



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

HOW TO USE THE AIR WALKER XT

CAUTION: When mounting or dismounting the AIR WALKER XT, hold the frame beside the hip pad and center your weight over the pedals.

CAUTION: When using the AIR WALKER XT, always hold the handles or place your hands on the frame beside the hip pad.

CAUTION: When using the independent mode, hold the frame beside the hip pad and be careful to control your movement and maintain your balance at all times.

The unique AIR WALKER XT can be used in either the **dependent mode** or the **independent mode**. In the dependent mode, as one pedal moves forward, the other pedal moves backward an equal distance. In the independent mode, the pedals move independently of each other, allowing for a freer movement.

HOW TO USE THE DEPENDENT MODE

Make sure that the lock knob is tightened into the left leg and link plate. Adjust the resistance to a high setting (see RESISTANCE ADJUSTMENT at the right). Hold the handles and step onto the pedals. The proper form for exercising on the AIR WALKER XT 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, change your stance on the AIR WALKER XT by bending your legs slightly instead of keeping them straight.

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

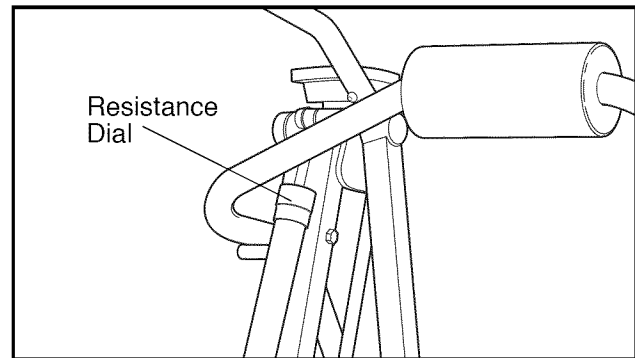
HOW TO USE THE INDEPENDENT MODE

Remove the lock knob and washers from the left leg. Keep the lock knob and washers in a secure place.

Adjust the resistance to a high setting, hold the frame, and step onto the pedals. Exercise as described above. **CAUTION:** When using the independent mode, hold the frame beside the hip pad and be careful to control your movement and maintain your balance at all times.

RESISTANCE ADJUSTMENT

To vary the intensity of your workout, the resistance of the AIR WALKER XT can be adjusted. **CAUTION: Do not adjust the resistance while you are standing on the AIR WALKER XT. Always dismount the AIR WALKER XT before adjusting the resistance.** To adjust 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 electronic monitor offers five modes to provide instant exercise feedback:

Time—Displays the length of time you have exercised. Note: If the display reaches 99 minutes and 59 seconds, it will reset to zero and continue counting.

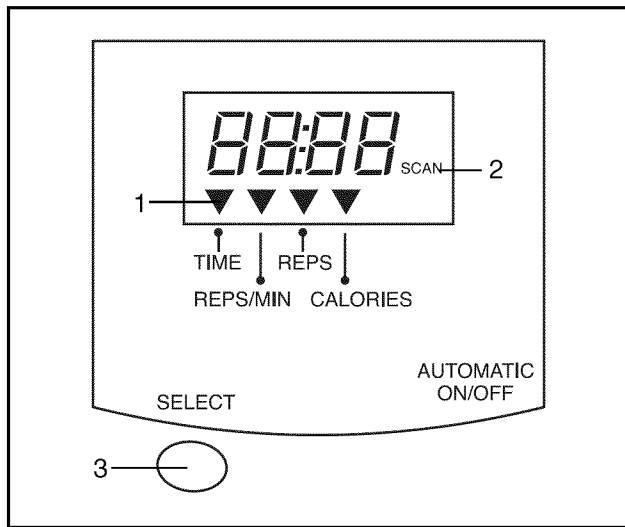
Reps/Min—Displays the number of repetitions you are completing per minute.

Reps—Displays the total number of repetitions you have completed. Note: If the display reaches 8,190, it will reset to zero 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 other four modes, for five seconds each, in a repeating cycle.

DIAGRAM OF THE ELECTRONIC MONITOR



1. Mode arrows—Show which mode is selected.
2. Scan mode indicator—Appears when the scan mode is selected.
3. Select button—Turns the power on and selects all modes.

BATTERY INSTALLATION

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

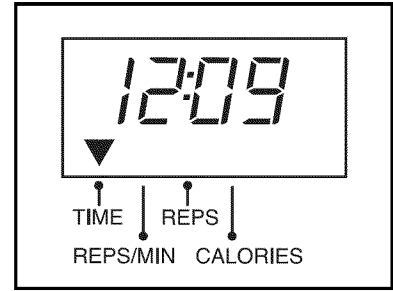
OPERATING THE ELECTRONIC MONITOR

If there is a thin piece of plastic film on the display of the monitor, remove it. Follow the steps below to operate the monitor.

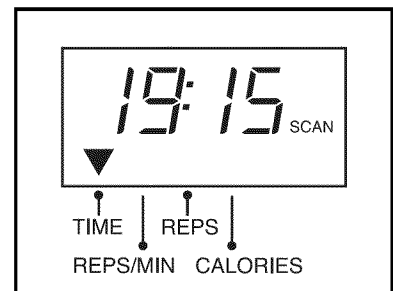
1. To turn on the power, press the select button or simply begin exercising on the AIR WALKER XT.

2. Select one of the five modes:

Time, reps/min, reps, or calories mode—When the power is turned on, the time mode will automatically be selected, as shown by the time mode arrow (see the drawing at the right). To select the reps/min, reps, total reps, or calories mode, press the select button repeatedly until the desired mode arrow appears. (Make sure that the scan mode indicator does not appear.)



Scan mode—To select the scan mode, press the select button repeatedly until the scan mode indicator appears. The console will display the time, reps/min, reps, and calories modes in a repeating cycle. The mode arrows will show which mode is currently displayed.



3. To turn off the power, simply wait for four minutes. **If the pedals are not moved and the monitor button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

STORAGE AND TROUBLE-SHOOTING

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

The AIR WALKER XT 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 battery when storing the AIR WALKER XT.

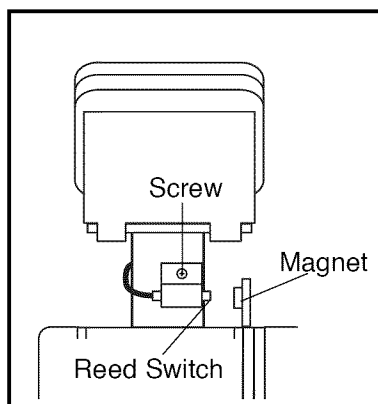
REPLACING THE BATTERY

If the display of the electronic monitor becomes dim, or if the monitor does not function properly, the battery should be replaced. To replace the battery, refer to assembly step 3 on page 4.

HOW TO ADJUST THE REED SWITCH

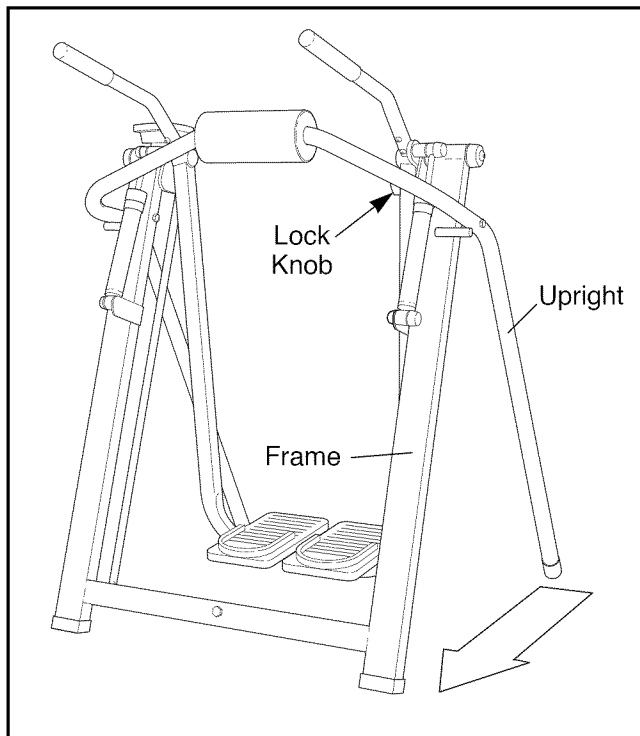
If the electronic monitor does not display correct information, the reed switch should be adjusted. The reed switch is located below the electronic monitor (see the drawing at the right).

Loosen the indicated screw, slide the reed switch to the side slightly, and retighten the screw. **Make sure that the reed switch does not hit the indicated magnet when the AIR WALKER XT is in use.** Repeat until the modes display correct information.



HOW TO FOLD THE AIR WALKER XT FOR STORAGE

When the AIR WALKER XT is not in use, it can be folded to the storage position. To fold the AIR WALKER XT, first remove the lock knob and washers from the left leg. Keep the lock knob and washers in a secure place. Next, fold the uprights against the frame. **Place the AIR WALKER XT 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

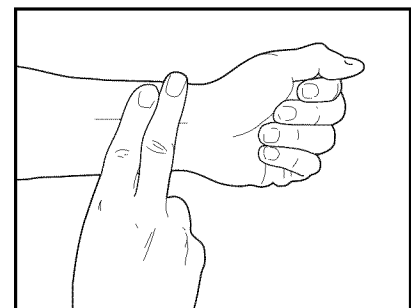
If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For 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, 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. 831.290880

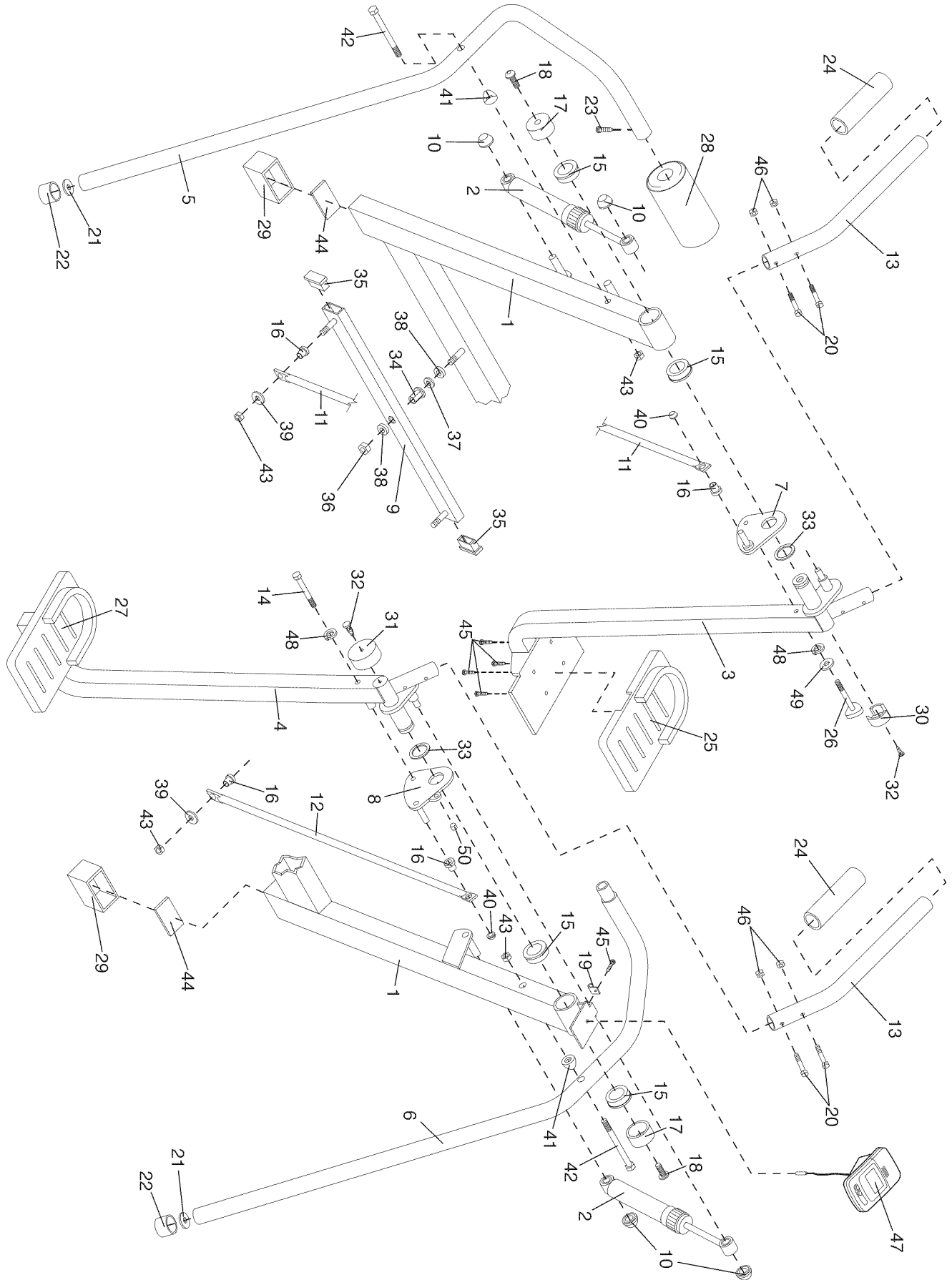
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Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	NSP	Frame	27	1	136612	Right Pedal Cover
2	2	138400	Resistance Cylinder w/Axle Cap	28	1	136459	Hip Pad
3	1	138897	Left Leg	29	2	136488	Frame Endcap
4	1	139391	Right Leg	30	1	137143	Left Leg Cover
5	1	139392	Left Upright	31	1	137144	Right Leg Cover
6	1	139393	Right Upright	32	2	133072	Tree Fastener
7	1	139394	Left Link Plate	33	2	136605	2" Axle Spacer
8	1	139395	Right Link Plate	34	1	131833	"D" Bushing
9	1	139396	Rocker Arm	35	2	104794	Rocker Arm Endcap
10	4	103903	1/2" Axle Cap	36	1	012037	1/2" Nylon Locknut
11	1	139402	Left Link Arm w/Hardware	37	1	014050	1/2" Flat Washer
12	1	139403	Right Link Arm w/Hardware	38	2	113494	Weld Spacer
13	2	139399	Handlebar	39	2	105495	3/8" Flat Washer
14	1	127948	5/16" x 2 1/2" Bolt	40	2	101768	3/8" Axle Cap
15	4	138573	Bronze Axle Bushing	41	2	139401	Upright Spacer
16	4	137565	Bronze Bushing	42	2	107013	3/8" x 5 1/2" Bolt
17	2	136603	Axle Endcap	43	4	012108	3/8" Nylon Locknut
18	2	119994	3/8" x 1 1/4" Button Head Screw	44	2	136487	Upright End Plate
19	1	016028	Plastic Clip	45	9	013162	#8 x 1/2" Screw
20	4	137159	1/4" x 1 1/2" Bolt	46	4	012090	1/4" Nylon Locknut
21	2	014156	Upright Washer	47	1	138948	Electronic Monitor
22	2	137155	Upright Endcap	48	2	014067	5/16" Lock Washer
23	1	104621	#8 x 3/4" Screw	49	1	014073	5/16" Flat Washer
24	2	136837	Handgrip	50	1	133703	Magnet
25	1	136600	Left Pedal Cover	#	1	138947	User's Manual
26	1	136326	Lock Knob				

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. 831.290880

R0597A





Model No. 831.290880

QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® AIR WALKER
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your PROFORM® AIR WALKER XT are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® AIR WALKER XT)
- The MODEL NUMBER OF THE PRODUCT (831.290880)
- The PART NUMBER OF THE PART (see page 10 of this manual)
- The DESCRIPTION OF THE PART (see page 10 of this manual)

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this AIR WALKER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the AIR WALKER EXERCISER, free of charge.

This warranty does not apply when the AIR WALKER EXERCISER is used commercially or for rental purposes.

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

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179