

® **PRO-FORM**



AIR

WALKER™
LOW IMPACT EXERCISER

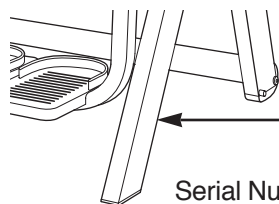
Patent Pending

SEARS

Model No. 831.290840

Serial No. _____

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



Serial Number Decal

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

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



USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS2
BEFORE YOU BEGIN3
ASSEMBLY4
HOW TO USE THE AIR WALKER6
STORAGE AND TROUBLE-SHOOTING8
CONDITIONING GUIDELINES9
PART LIST10
EXPLODED DRAWING11
ORDERING REPLACEMENT PARTSBack Cover
FULL 90 DAY WARRANTYBack Cover

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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

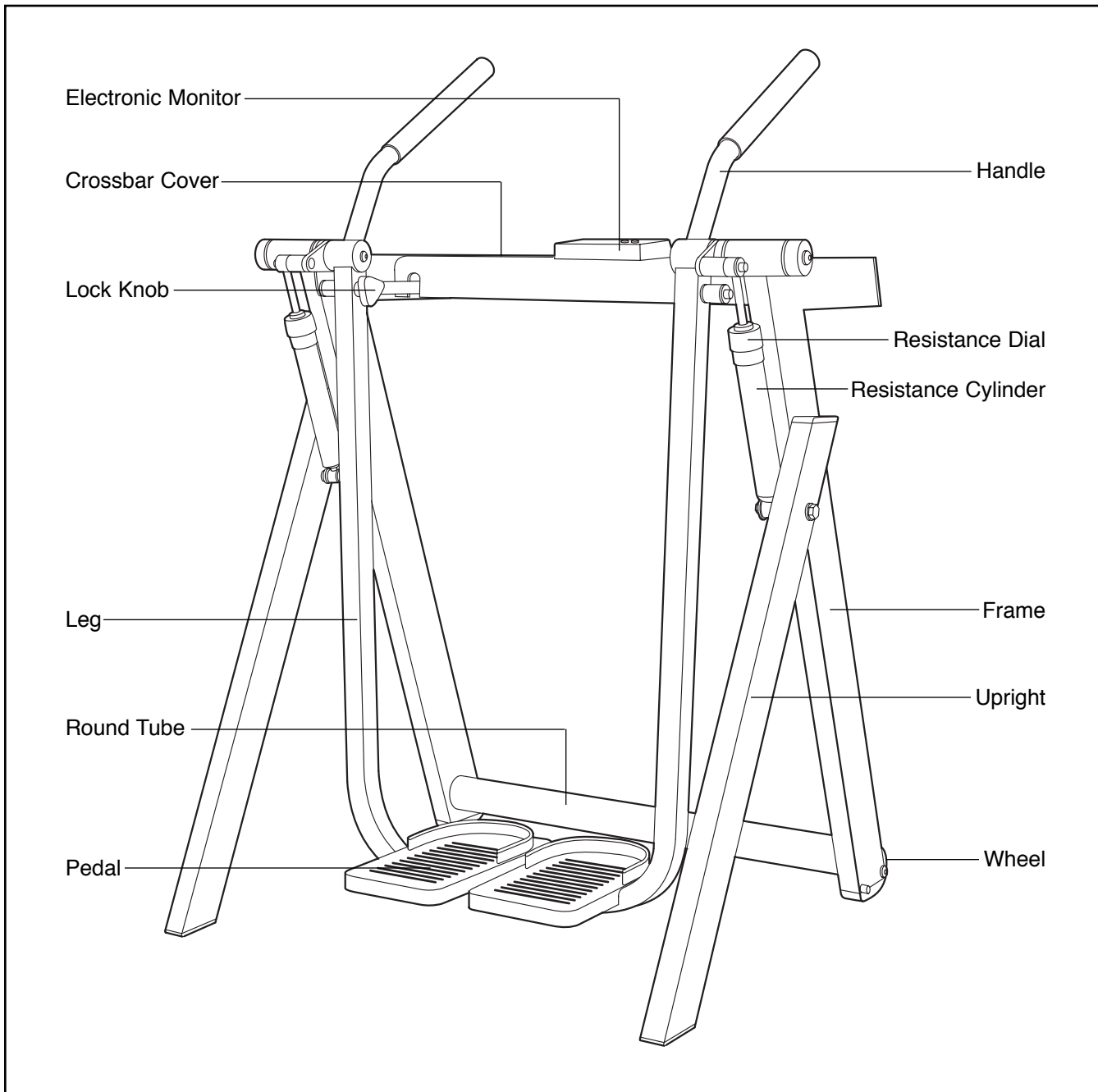
BEFORE YOU BEGIN

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 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 831.290840. 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.

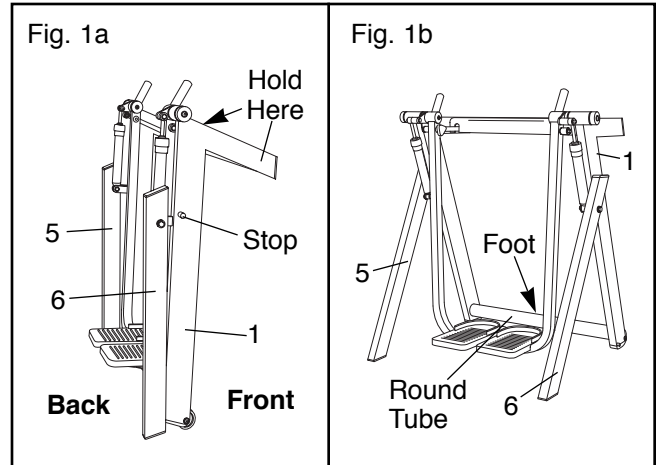


ASSEMBLY

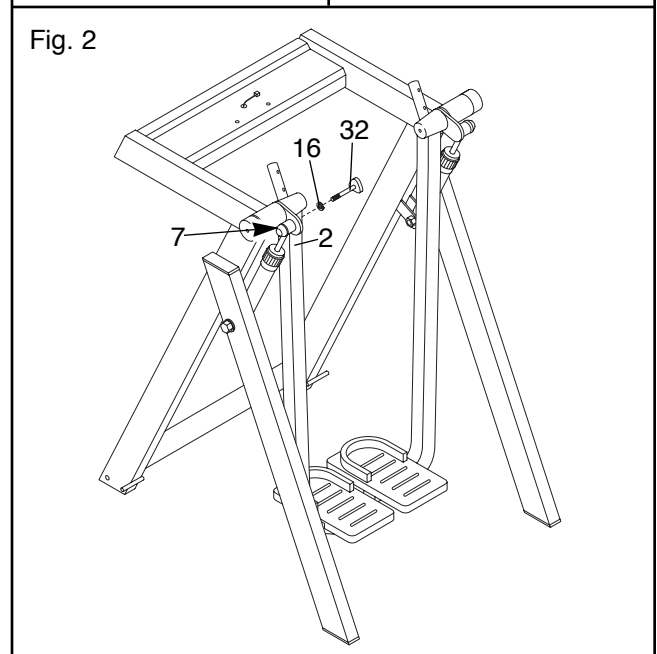
Place all parts of the AIR WALKER in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.** Read through all assembly steps before you begin.

Assembly requires the included allen wrench  and your own phillips screwdriver  and adjustable wrench .

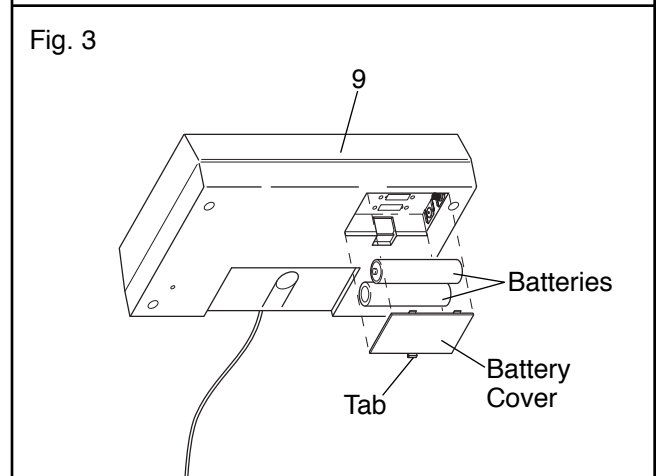
1. Refer to figure 1a. Stand at the front of the AIR WALKER, hold the Frame (1) in the indicated locations, and raise the AIR WALKER to the position shown. Refer to figure 1b. Put your foot on the round tube. Using your foot, pull the round tube toward yourself until the Uprights (5, 6) are fully extended. **Before you proceed with assembly, make sure that the Uprights are fully extended and are resting against the stops (see figure 1a).**



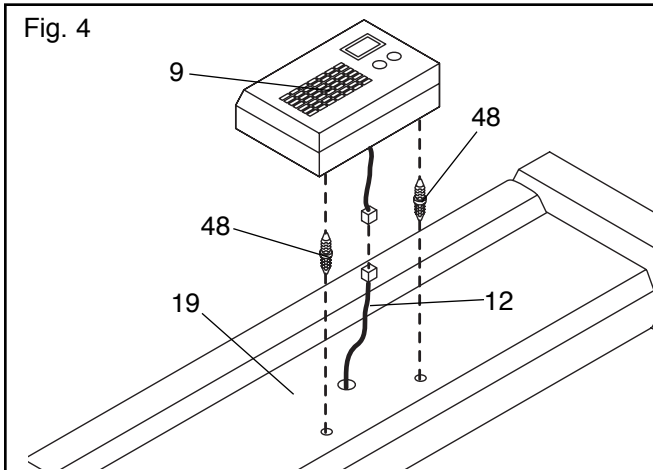
2. Slide a Lock Washer (16) onto the Lock Knob (32). Insert the Lock Knob into the hole near the top of the Left Leg (2). Tighten the Lock Knob into the Link Plate (7).



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 Console.** Close the battery cover.

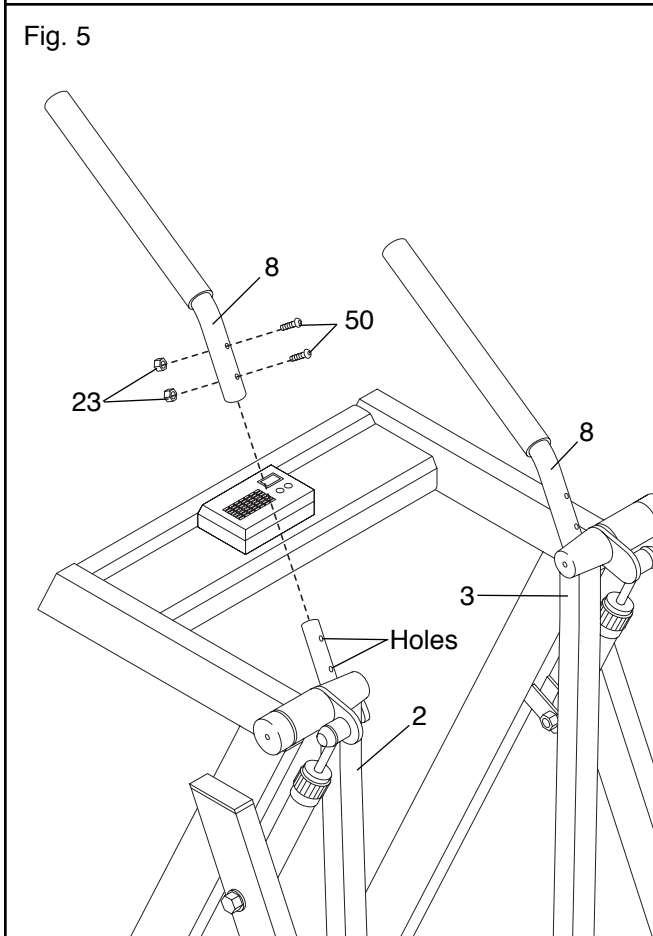


4. Connect the Reed Switch Wire (12) to the wire on the Electronic Monitor (9). Feed any excess wire into the Crossbar Cover (19). Press the Monitor onto the Crossbar Cover so the Fasteners (48) on the Monitor snap into the holes in the Crossbar Cover.

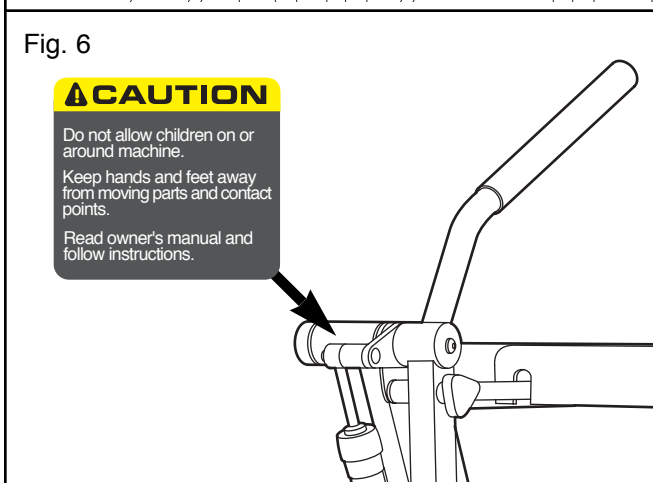


5. Slide one of the Handles (8) onto the Left Leg (2). Attach the Handle with two Button Head Screws (50) and two 1/4" Locknuts (23). **Tighten the Locknuts until the Handle cannot move. The Handle will be deformed slightly when the Locknuts are properly tightened.**

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



6. 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.

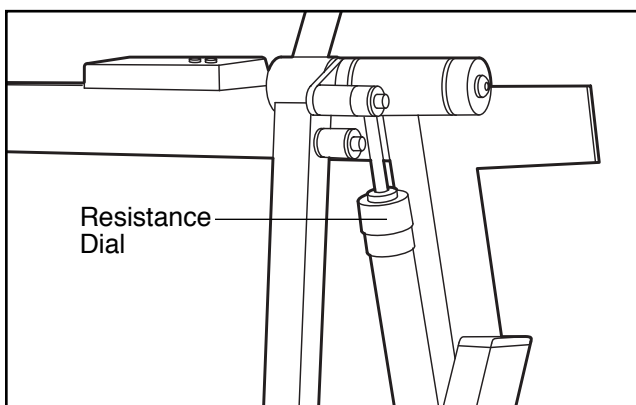
For a full body workout, hold the handles as you walk and move your arms and legs in motion with the handles and pedals. To vary the effect of the exercise on your muscles, bend your legs slightly instead of keeping them straight.

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.

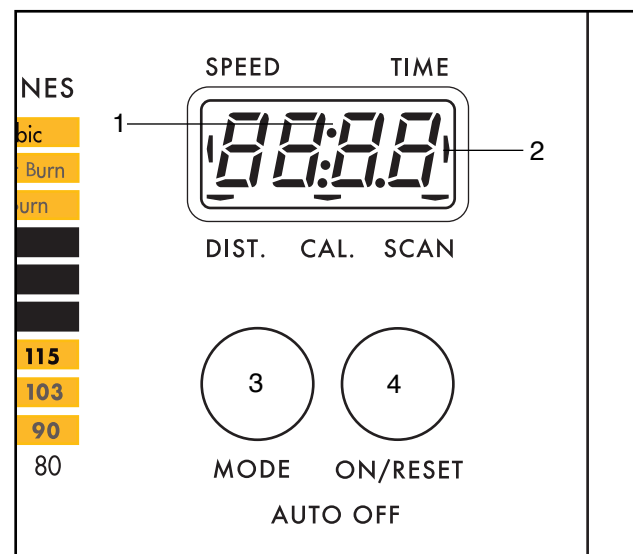
Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

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.

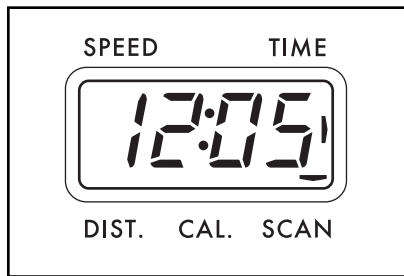
BATTERY INSTALLATION

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

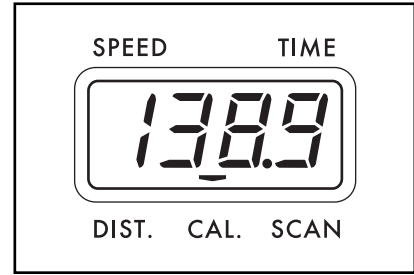
1. To turn on the power, press the on/reset button or simply begin exercising on the AIR WALKER. The entire display will appear for two seconds. The electronic monitor will then be ready for operation.
2. Select one of the five modes:

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.

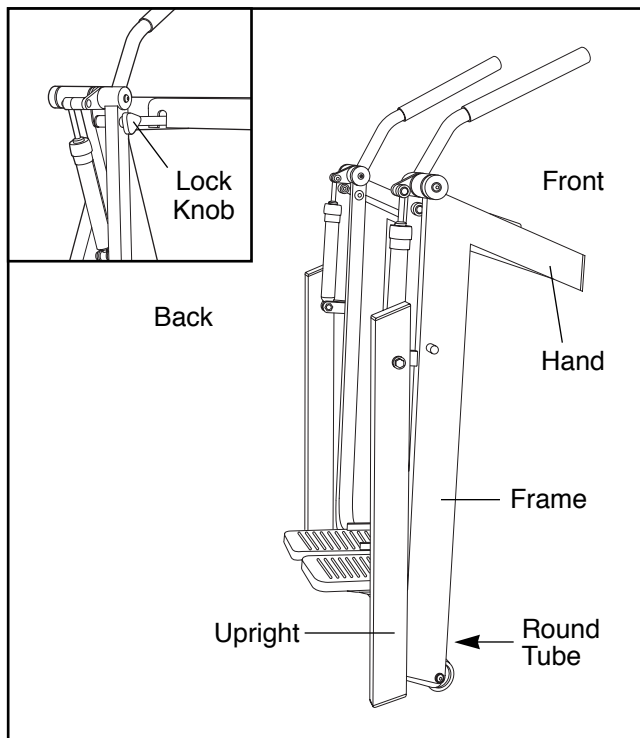
The AIR WALKER can be cleaned with a soft, damp cloth. Keep liquids away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the AIR WALKER.

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

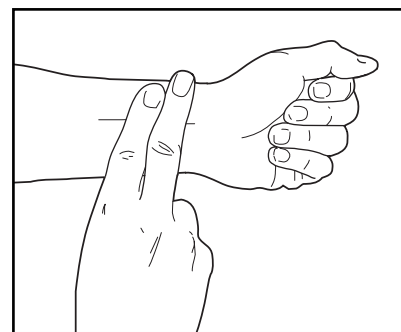
To strengthen and tone your muscles, you must exercise your muscles at a moderate to high percentage of their capacity. Set the dials on the resistance cylinders at level 9, 10, 11, or 12.

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. 831.290840

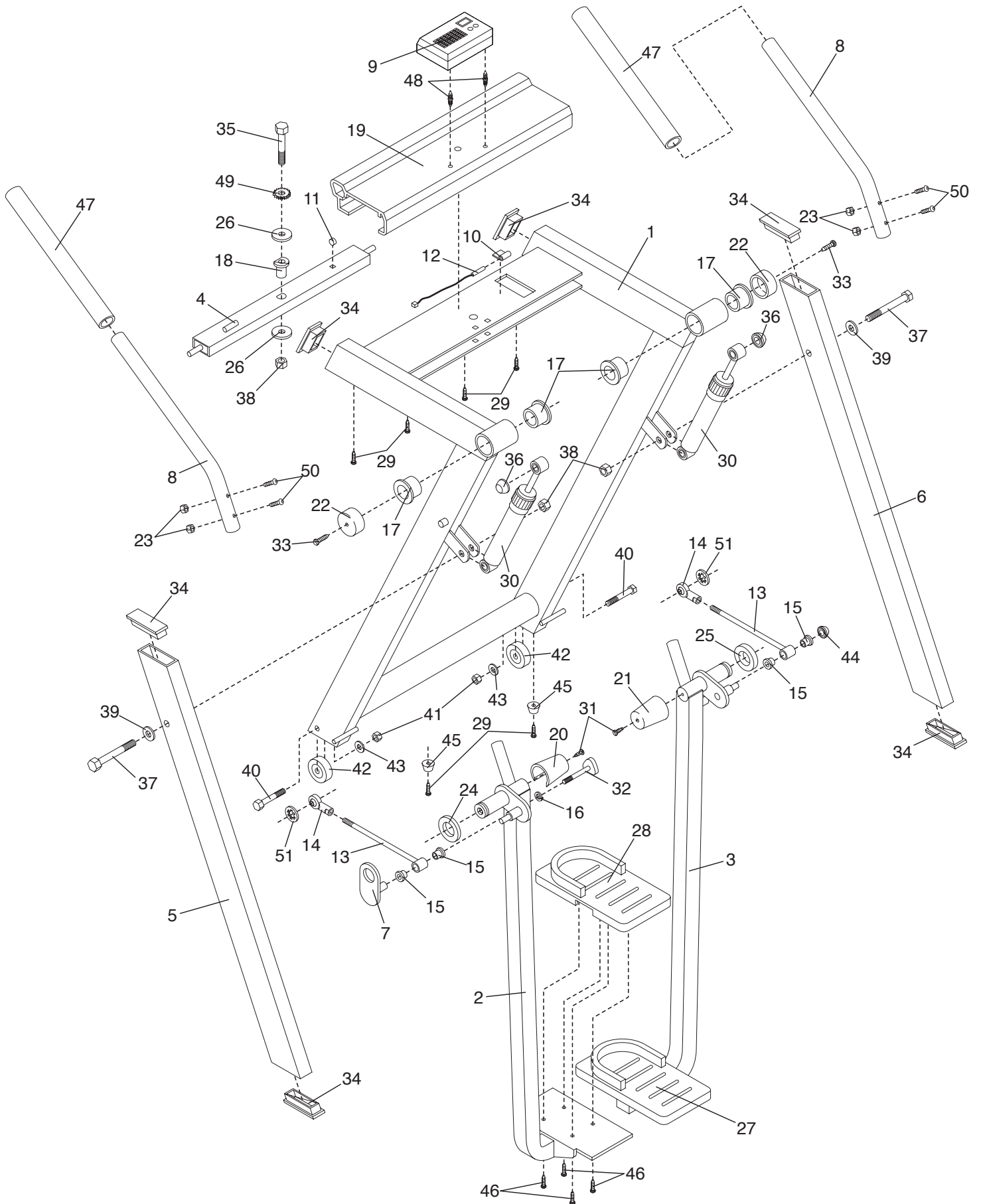
R0397B

Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	NSP	Frame	27	1	136612	Right Pedal Cover
2	1	136816	Left Leg	28	1	136600	Left Pedal Cover
3	1	136818	Right Leg	29	6	013300	#8 x 3/4" Screw
4	1	137686	Rocker Arm	30	2	130953	Resistance Cylinder
5	1	137827	Left Upright	31	2	133072	Tree Fastener
6	1	136822	Right Upright	32	1	136861	Lock Knob
7	1	136829	Link Plate	33	2	119994	Button Head Screw
8	2	136830	Handle	34	6	123116	Frame Endcap
9	1	130165	Electronic Monitor	35	1	127896	Rocker Arm Bolt
10	1	016028	Adhesive Tool Clip	36	2	103903	Small Axle Cap
11	1	107094	Magnet	37	2	013359	Hex Head Screw
12	1	131101	Reed Switch Wire	38	3	100553	1/2" Nylon Locknut
13	2	137683	Link Arm	39	2	014080	1/2" Flat Washer
14	2	137685	Link Arm Joint	40	2	013601	Wheel Screw
15	4	136597	Small Bronze Bushing	41	2	012149	3/8" Nylon Locknut
16	1	110468	Lock Washer	42	2	052014	Wheel
17	4	136598	Large Bronze Bushing	43	2	014132	3/8" Flat Washer
18	1	131833	"D" Bushing	44	1	100151	Large Axle Cap
19	1	136599	Crossbar Cover	45	2	126650	Rubber Foot
20	1	136601	Left Leg Cover	46	8	013162	#8 x 1/2" Screw
21	1	136602	Right Leg Cover	47	2	136837	Handle Grip
22	2	136603	Axle Cover	48	2	127597	Double Tree Fastener
23	4	012139	1/4" Locknut	49	1	136967	Star Washer
24	1	136605	Left Axle Spacer	50	4	122794	Button Head Screw
25	1	136606	Right Axle Spacer	51	2	105496	3/8" Push Nut
26	2	129110	Rocker Arm Spacer	#	1	137741	User's Manual

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. 831.290840

R0397B





Model No. 831.290840

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 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)
- The MODEL NUMBER OF THE PRODUCT (831.290840)
- 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