

PRO-FORM®

Air Walker™

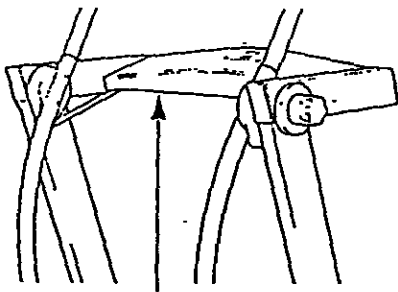
NO IMPACT TOTAL BODY WORKOUT

SEARS

Model No. 831.290800

Serial No. _____

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



Serial Number Decal (under console)

EXERCISE
EQUIPMENT

QUESTIONS

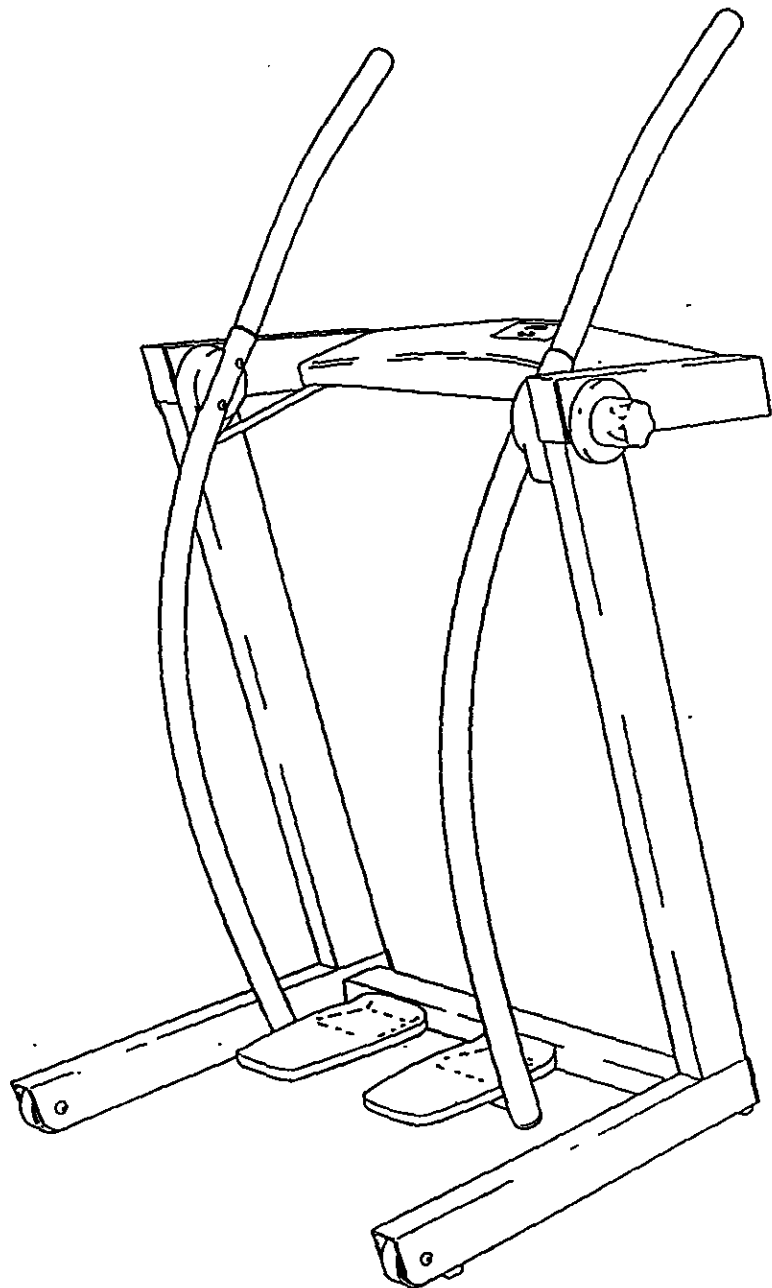
CALL OUR HELPLINE!

Patent Pending

CAUTION

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

USER'S MANUAL



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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
OPERATION AND MAINTENANCE	6
CONDITIONING GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
FULL 90 DAY WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the AIR WALKER are adequately informed of all precautions.
2. Read all instructions in this manual before using the AIR WALKER.
3. Use the AIR WALKER only on a level surface. Cover the floor beneath the AIR WALKER to protect the floor or carpet.
4. Be sure that there are no obstacles in front of or behind the AIR WALKER.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately. Replace the link arms at least annually (the link arms are shown in the drawing on page 3).
6. Keep hands and feet away from moving parts.
7. Keep small children and pets away from the AIR WALKER at all times.
8. Do not wear loose clothing that could become caught on the AIR WALKER. Always wear athletic shoes for foot protection when exercising.
9. When you are getting onto and off the AIR WALKER, always tighten the resistance knobs, hold the handles firmly, and be sure that your body weight is centered directly over the foot pedals.
10. Use the AIR WALKER only as described in this manual.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

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.

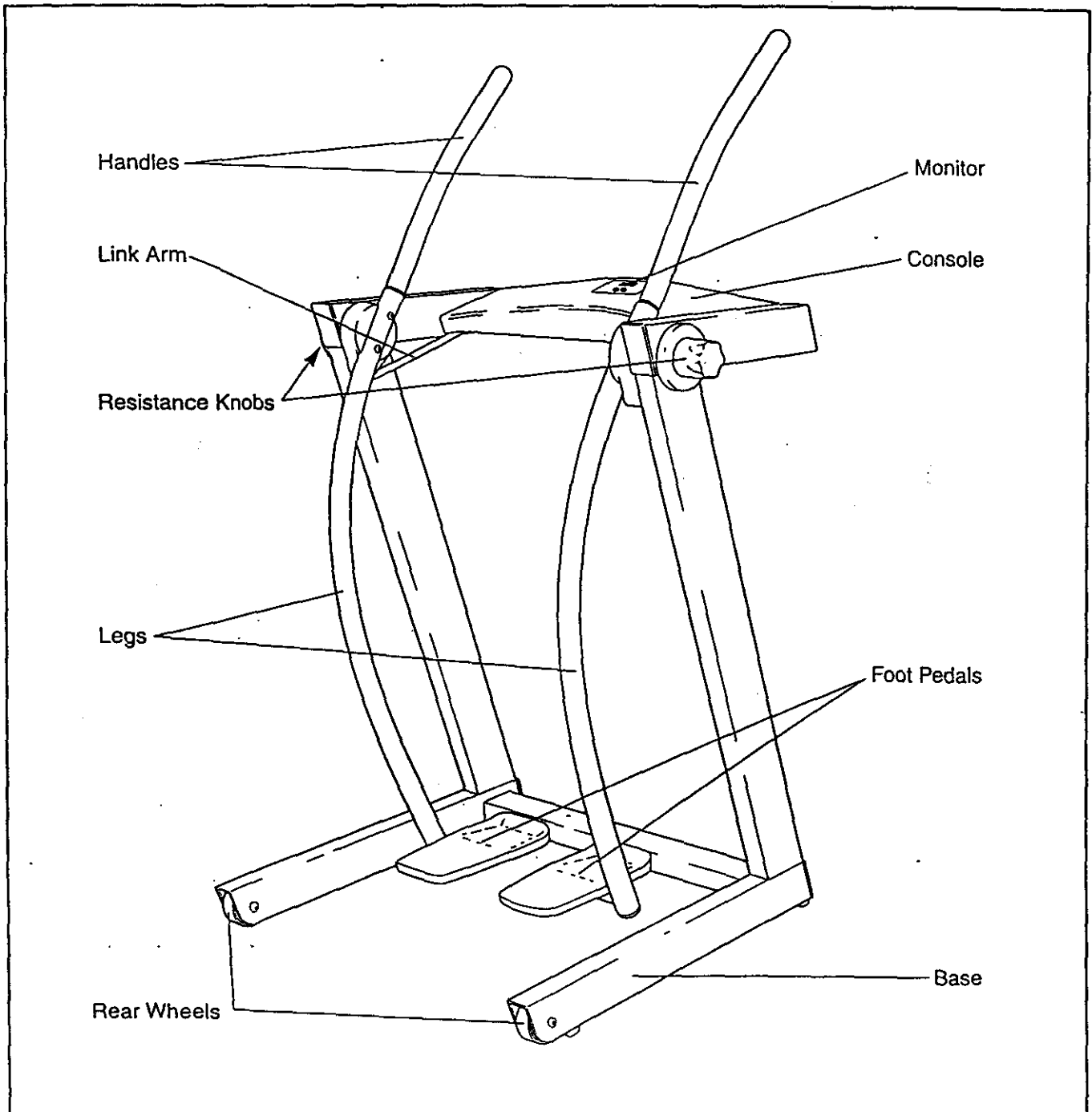
BEFORE YOU BEGIN

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 PROFORM® 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 831.290800. The serial number can be found on a decal attached to the PROFORM® 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



Before beginning assembly, carefully read the following information and instructions:

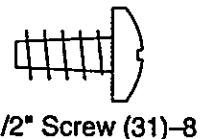
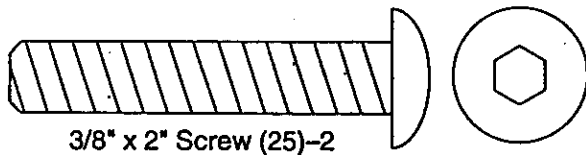
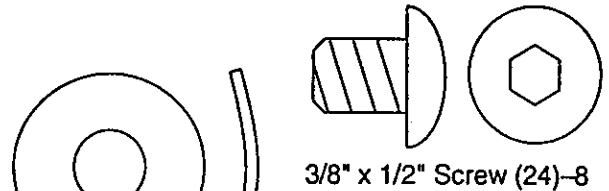
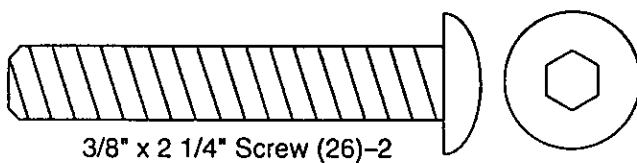
- Place all parts of the AIR WALKER in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Use the drawings in the box below to identify the small hardware used in assembly.

- Read each assembly step before you begin.

- Make sure that all parts are oriented as shown in the drawings. Tighten all parts as you assemble them, unless instructed to do otherwise.

The following tools are required for assembly:

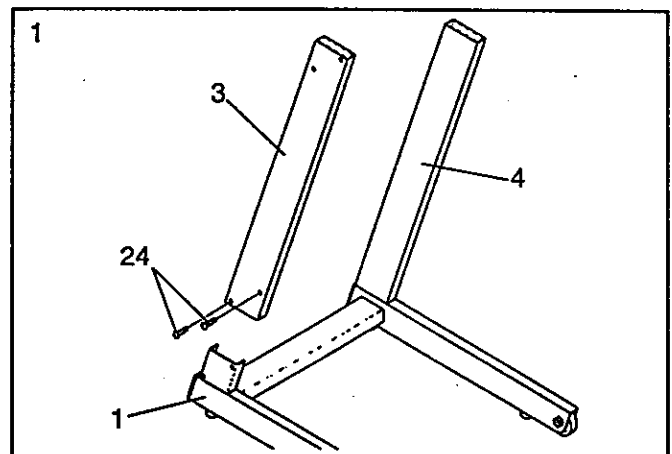
- The included 3/8" allen wrench 
- Your own phillips screwdriver 



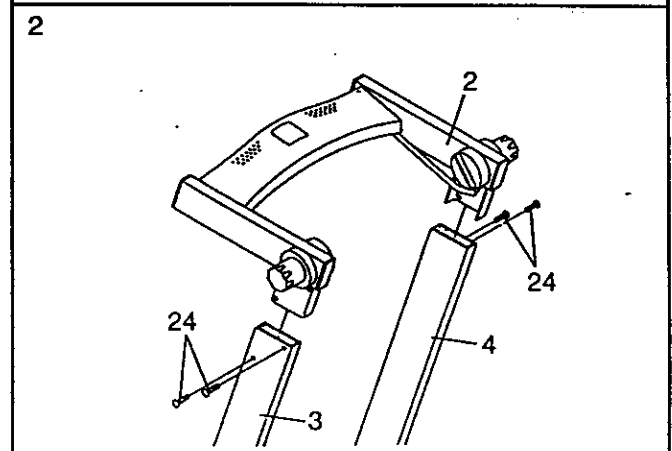
1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Attach the Left Upright (3) to the Base (1) with two 3/8" x 1/2" Screws (24). Note: The Left and Right Uprights are marked with "Left" and "Right" decals for identification.

Attach the Right Upright (4) to the Base (1) in the same manner.



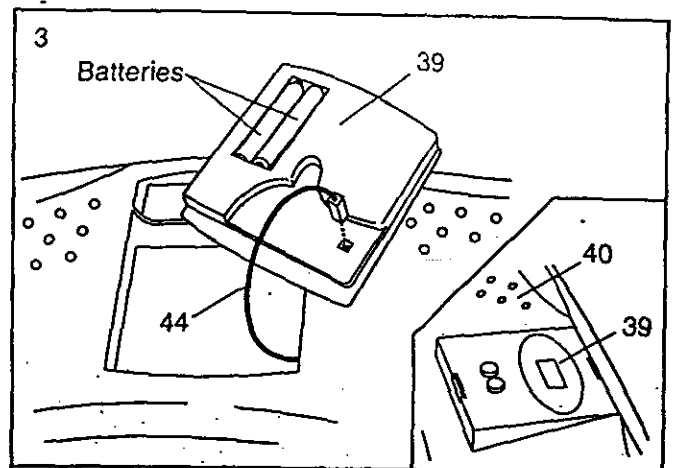
2. Attach the Top Frame (2) to the Left and Right Uprights (3, 4) with four 3/8" x 1/2" Screws (24).



3. Install two "AA" batteries (not included) in the Monitor (39). Alkaline batteries are recommended. Be sure that the negative (-) ends of the batteries are touching the springs.

Plug the Reed Switch Wire (44) into the Monitor (39).

See the inset drawing. Insert any excess wire into the Console (40). Snap the Monitor (39) into the Console. Be careful not to pinch the wire between the Monitor and the Console.

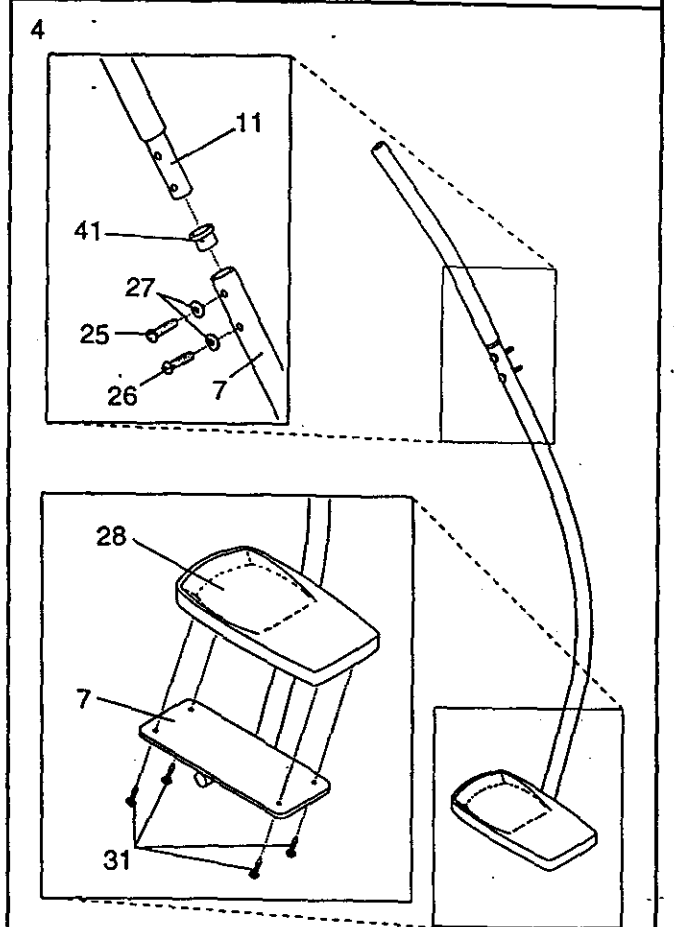


4. See the lower inset drawing. Attach a Pedal (28) to the Right Leg (7) with four #8 x 1/2" Screws (31).

See the upper inset drawing. Be sure that a Plastic Sleeve (41) is firmly inserted into the Right Leg (7). Insert the Right Handle (11) into the Right Leg. Note: The Right and Left Handles are marked with "Right" and "Left" decals for identification. Be sure that you have the Right Handle.

Slide a 3/8" Curved Washer (27) onto a 3/8" x 2" Screw (25). Insert the Screw into the upper hole in the Right Leg (7) and the Right Handle (11).

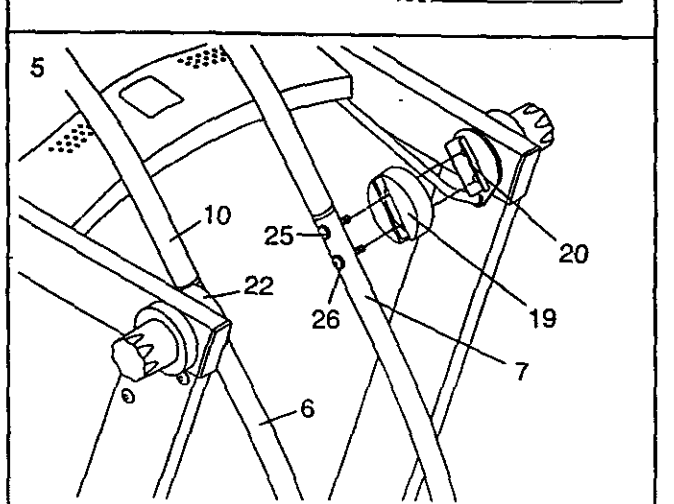
Slide a 3/8" Curved Washer (27) onto a 3/8" x 2 1/4" Screw (26). Insert the Screw into the lower hole in the Right Leg (7) and the Right Handle (11). Note: The Screws must be inserted from the side shown.



5. Hold the Right Hub Cover (19) and the Right Leg (7) against the Right Pivot Bracket (20). Tighten the indicated 3/8" x 2" Screw (25) and 3/8" x 2 1/4" Screw (26) into the Right Pivot Bracket.

Repeat step 4 to assemble the Left Leg (6) and the Left Handle (10).

Repeat step 5 to attach the Left Leg (6) and the Left Hub Cover (22).



OPERATION AND MAINTENANCE

CAUTION: When you are getting onto and off the AIR WALKER, always tighten the resistance knobs, hold the handles firmly, and be sure that your body weight is centered directly over the pedals.

EXERCISING ON THE AIR WALKER

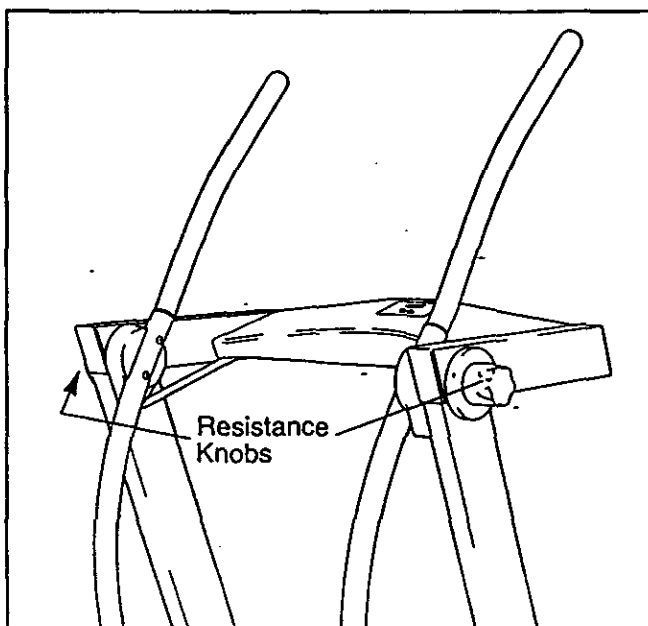
The proper form for exercising on the AIR WALKER is similar to walking—move one leg forward as you move the other leg back. Never attempt to move both legs in the same direction—you could be injured, or the AIR WALKER could be damaged.

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

For a lower body workout, rest your hands on the edge of the console for balance as you walk on the pedals. **Note:** Do not lean on the console. It is not designed to support your body weight.

RESISTANCE ADJUSTMENT

To vary the intensity of your workout, the resistance of the AIR WALKER can be changed. To increase the resistance, turn both resistance knobs clockwise. To decrease the resistance, turn the resistance knobs counterclockwise.



ELECTRONIC MONITOR MODES

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

Reps/min—Displays the number of repetitions you are performing per minute.

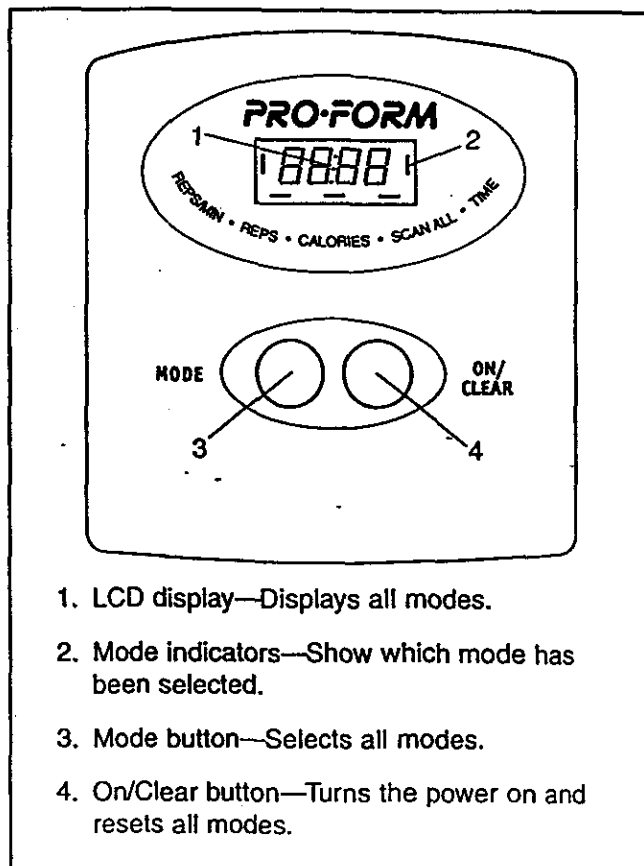
Reps—Displays the total number of repetitions you have completed, up to "999." The display will then reset to "0" and continue counting.

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 All—Displays the reps/min, reps, calories, and time modes, for approximately 5 seconds each, in a repeating cycle.

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.

DIAGRAM OF THE ELECTRONIC MONITOR



OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/clear 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 all mode—When the power is turned on, the scan all mode will be selected automatically. The scan all mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the scan all mode has been selected, and a second mode indicator will show which mode is currently displayed.

Reps/min, reps, calories, and time modes—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 all mode is not selected.) The modes will be selected in the following order: reps/min, reps, calories, scan all, time.

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 modes, press the on/clear button.

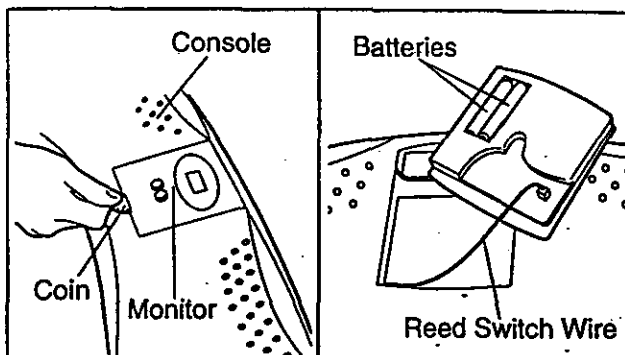
MAINTENANCE

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 LCD display may be damaged. Remove the batteries when storing the AIR WALKER.

Inspect and tighten all parts regularly. Replace any worn parts immediately. Replace the link arms at least annually (the link arms are shown in the drawing on page 3). To order replacement parts, see the back cover of this manual.

REPLACING THE BATTERIES

If the display of the electronic monitor becomes dim, the two "AA" batteries should be replaced. Alkaline batteries are recommended.



To remove the monitor from the console, gently pry up the monitor with a coin as shown above. Remove the two old batteries from the monitor, and insert two new batteries. Be sure that the negative (-) ends of the batteries are touching the springs.

Be sure that the reed switch wire is plugged into the monitor. Insert any excess wire into the console. Reinsert the monitor into the console. Be careful not to pinch the wire between the console and the monitor.

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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

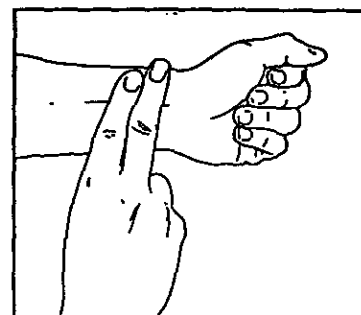
AGE	TRAINING ZONE (BEATS / MIN.)	
	UNCONDITIONED	CONDITIONED
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply

the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of

your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

A well-rounded workout includes the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. (See SUGGESTED STRETCHES on page 9.) This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular phase, including 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

To maintain or improve your condition, complete 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. Find the best time of day for your workouts, and then stick with it.

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

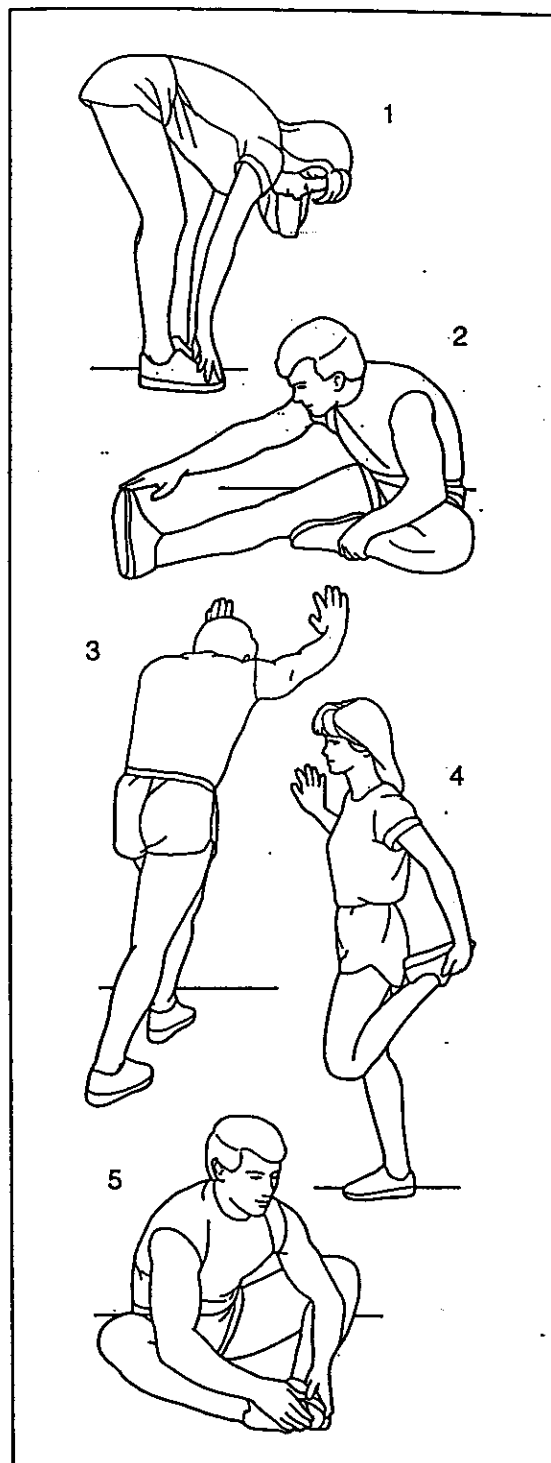
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

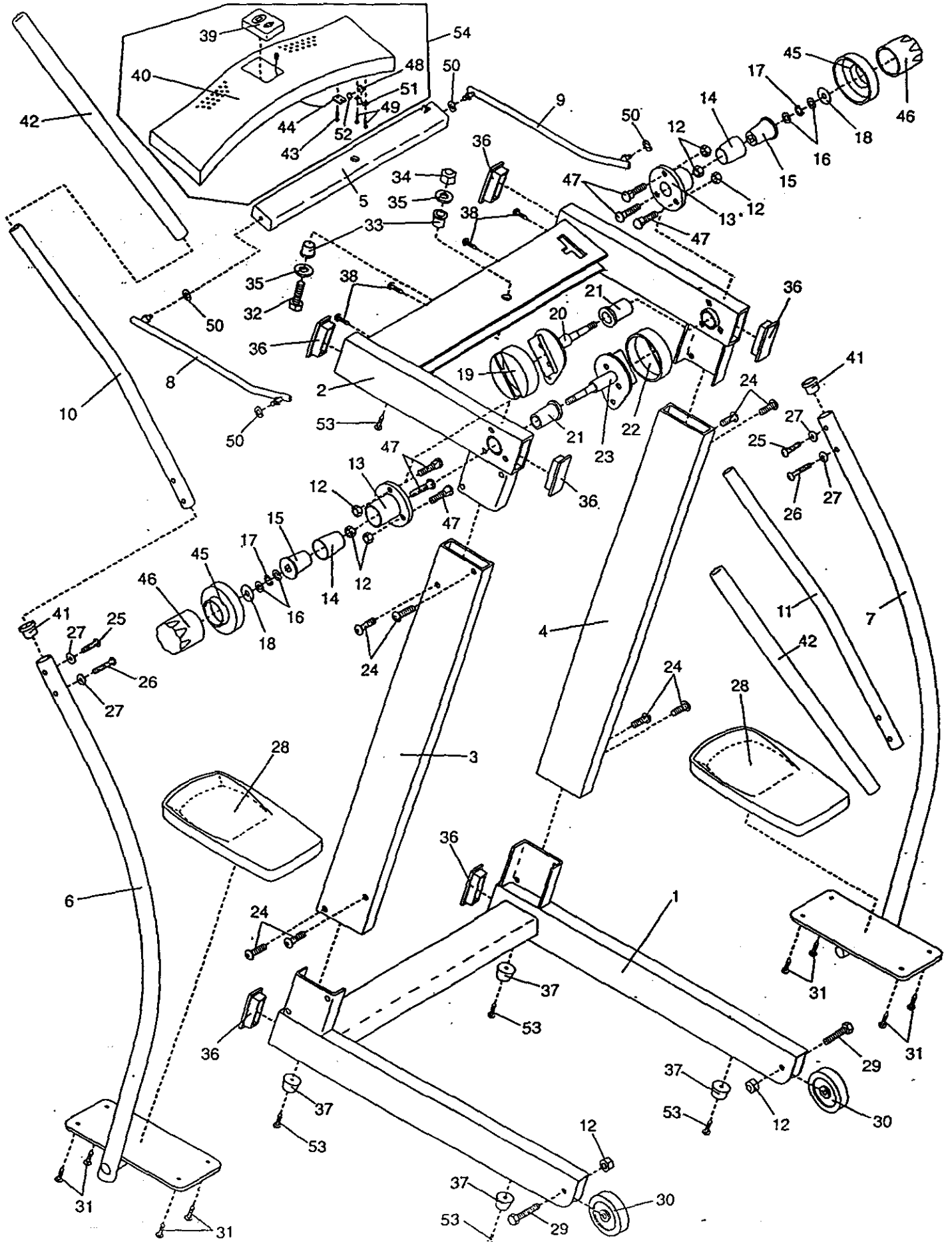
5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



EXPLODED DRAWING—Model No. 831.290800

R0296A



PART LIST—Model No. 831.290800

R0296A

Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	127518	Base	31	8	129475	#8 x 1/2" Screw
2	1	127528	Top Frame	32	1	127896	1/2" x 2" Bolt
3	1	127536	Left Upright	33	2	110576	Pivot Bushing
4	1	127784	Right Upright	34	1	012081	1/2" Nylon Jam Nut
5	1	127539	Rocker Arm	35	2	129110	1" Plastic Washer
6	1	127869	Left Leg	36	6	123116	1 1/2" x 3" Endcap
7	1	127864	Right Leg	37	4	126650	Rubber Foot
8	1	127873	Left Link Arm	38	4	013162	#8 x 1/2" Metal Screw
9	1	127872	Right Link Arm	39	1	127762	Monitor
10	1	127877	Left Handle	40	1	127761	Console
11	1	127874	Right Handle	41	2	127765	Plastic Sleeve
12	8	119425	3/8" Nylon Jam Nut	42	2	127945	Foam Grip
13	2	129140	Resistance Housing	43	1	110277	#8 x 3/8" Screw
14	2	126827	Resistance Sleeve	44	1	128775	Reed Switch Wire
15	2	129139	Friction Cone	45	2	129145	Resistance Cover
16	4	129144	1/2" Thrust Washer	46	2	129146	Resistance Knob
17	2	129143	1/2" Thrust Bearing	47	6	129187	3/8" x 2" Carriage Bolt
18	2	129106	17/32" Plastic Washer	48	1	100498	Magnet
19	1	128714	Right Hub Cover	49	2	129101	#3 x 1/4" Screw
20	1	127879	Right Pivot Bracket	50	4	110468	3/8" Lock Washer
21	2	127887	Pivot Sleeve	51	1	129064	Retainer
22	1	128713	Left Hub Cover	52	1	129065	Magnetic Concentrator
23	1	127884	Left Pivot Bracket	53	6	013300	#8 x 3/4" Metal Screw
24	8	122137	3/8" x 1/2" Screw	54*	1	129063	Console Assembly
25	2	013544	3/8" x 2" Screw	#	1	128811	User's Manual
26	2	124123	3/8" x 2 1/4" Screw	#	1	045017	3/8" Allen Wrench
27	4	127890	3/8" Curved Washer				
28	2	127759	Pedal				
29	2	013399	3/8" x 1 3/4" Bolt				
30	2	052014	Wheel				

* Includes all parts shown in the box

These parts are not illustrated

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT ASSEMBLY NOTICE

IMPORTANT: The model number of your AIR WALKER is 831.290801. Please disregard the model number printed in the User's Manual.

Please refer to assembly step 1 on page 4 of the User's Manual.

Do not fully tighten the four 3/8" x 1/2" Screws (24) until after you complete assembly step 2.

Refer to assembly step 5 on page 5 of the User's Manual. Please replace assembly step 5 with the step below. Note: The help of a second person is recommended for this step.

Refer to drawing A. Find one of the Leg Saddles (55). Place the Leg Saddle on a flat surface to identify the top and bottom ends (see the inset drawing).

Refer to drawing A. Find the Right Hub Cover (19). The Right-Hub Cover can be identified by the angle of the slot and the location of the cutout in the lower edge.

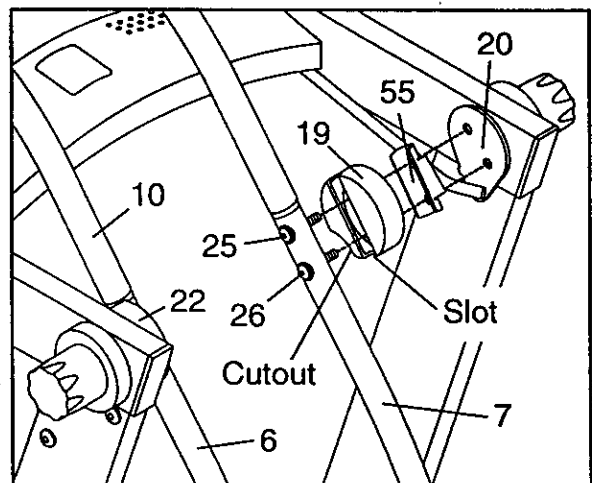
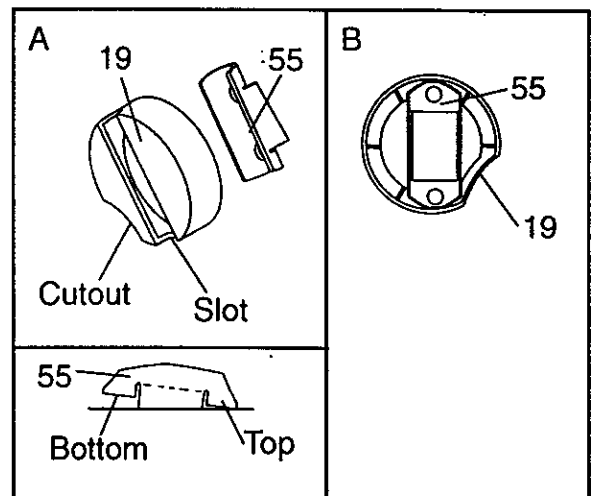
Refer to drawing B. Insert the Leg Saddle (55) into the Right Hub Cover (19) as shown.

Hold the Leg Saddle (55) and the Right Hub Cover (19) against the Right Pivot Bracket (20). Make sure that the holes in the Leg Saddle are aligned with the holes in the Right Pivot Bracket.

Hold the Right Leg (7) against the Right Hub Cover (19). Using the included 3/8" allen wrench, thread the 3/8" x 2" Screw (25) two full turns into the Right Pivot Bracket (20). Next, thread the 3/8" x 2 1/4" Screw (26) two full turns into the Right Pivot Bracket. Fully tighten both Screws.

Repeat assembly step 4 in the User's Manual to assemble the Left Leg (6) and the Left Handle (10).

Repeat the instructions above to attach the Left Leg (6) and the Left Hub Cover (22).



SEARS

Model No. 831.290800

QUESTIONS?

If you find that:

- you need help assembling or operating the 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 (831.290800)
- 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