

® **PRO-FORM**

AIR WALKER XT

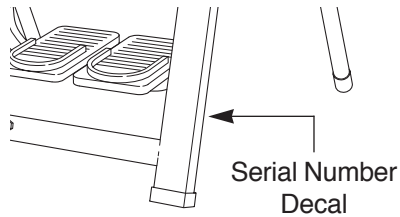
PRECISION RESISTANCE EXERCISER

Patent Pending

Model No. PFAW76070

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

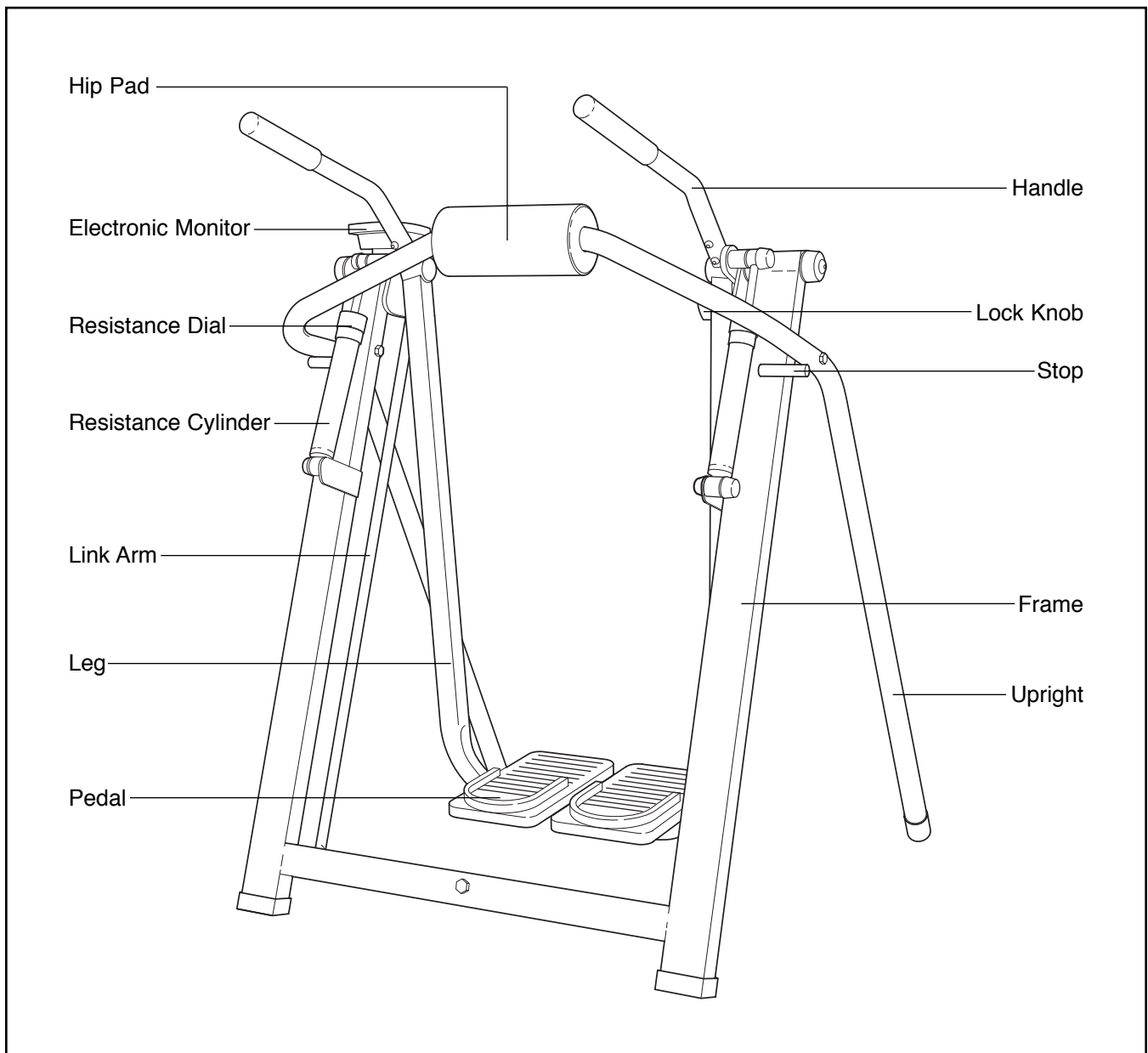
BEFORE YOU BEGIN

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 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 PFAW76070. 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).

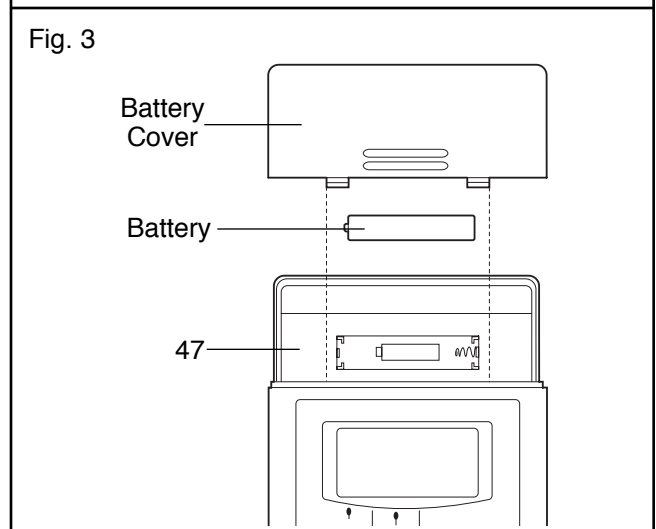
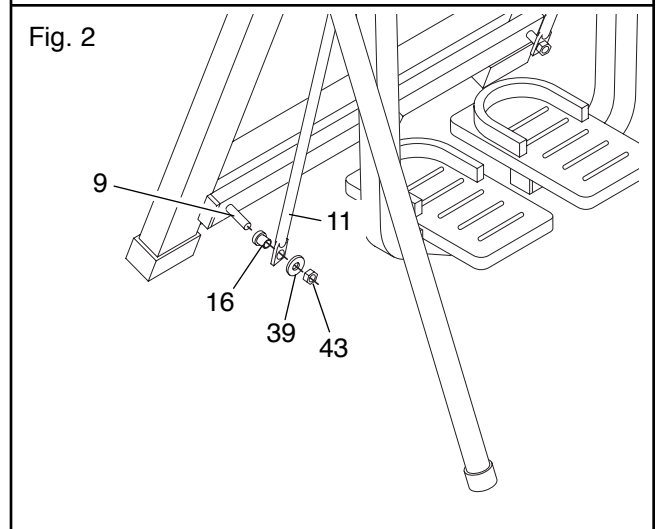
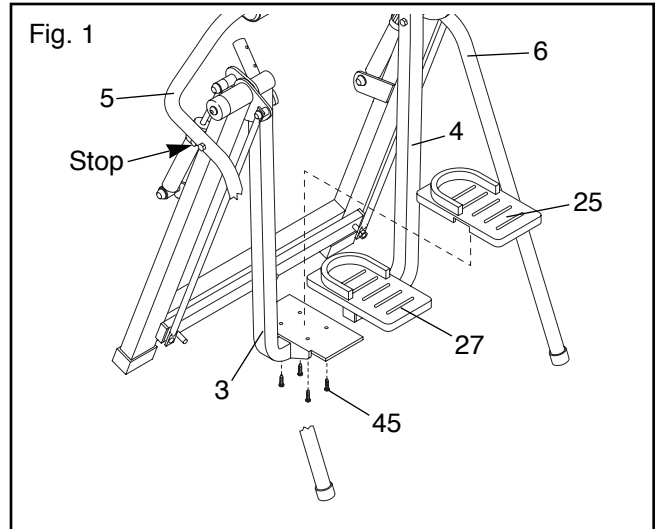
1. Raise the AIR WALKER XT and unfold it to the position shown at the right. **Make sure that the Uprights (5, 6) are fully extended and are resting against the stops.**

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.

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.

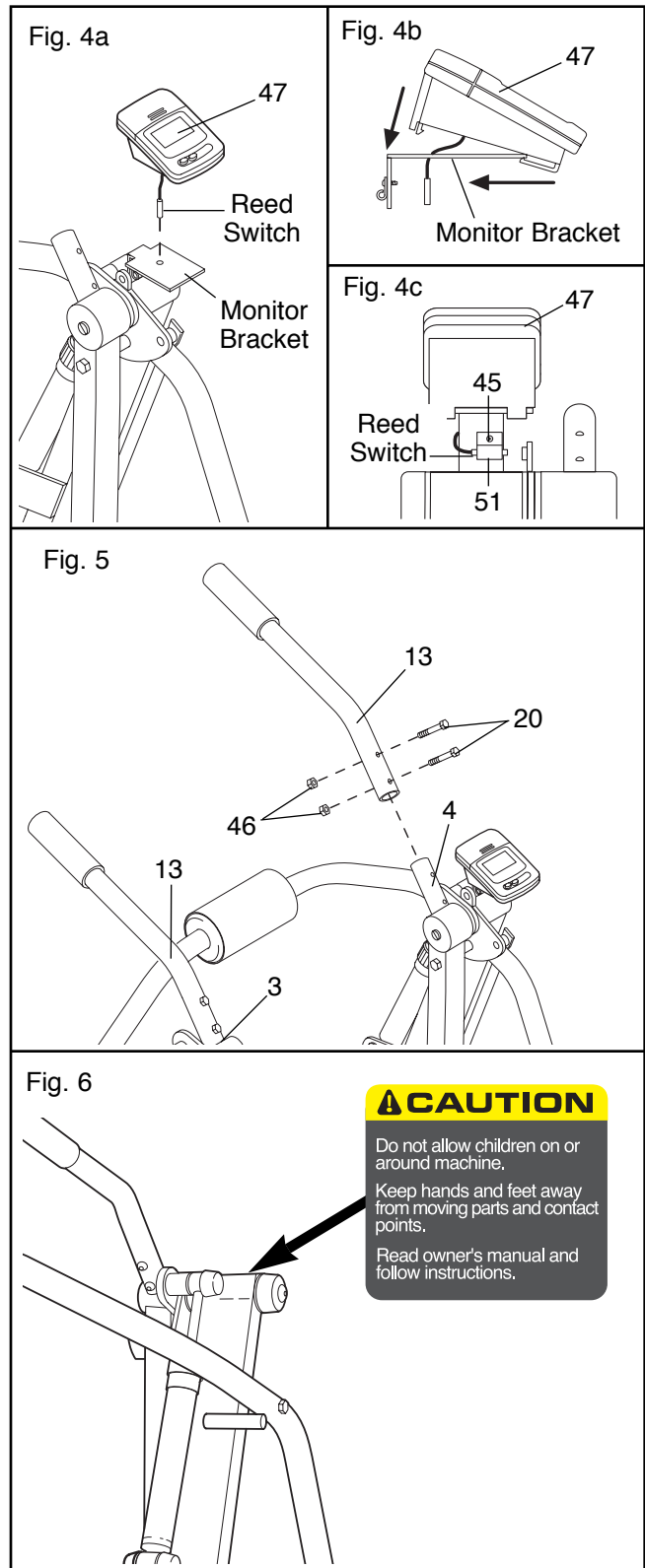
Refer to figure 4b. Slide the Electronic Monitor (47) onto the monitor bracket as shown. Press down on the Monitor until it snaps onto the monitor bracket. **Make sure that the reed switch wire is not pinched between the Monitor and the monitor bracket.**

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.

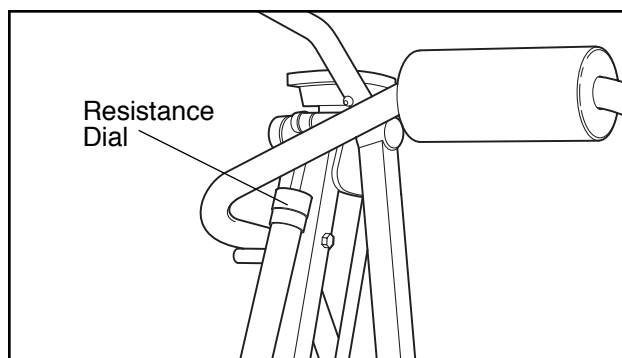
HOW TO USE THE INDEPENDENT MODE

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.

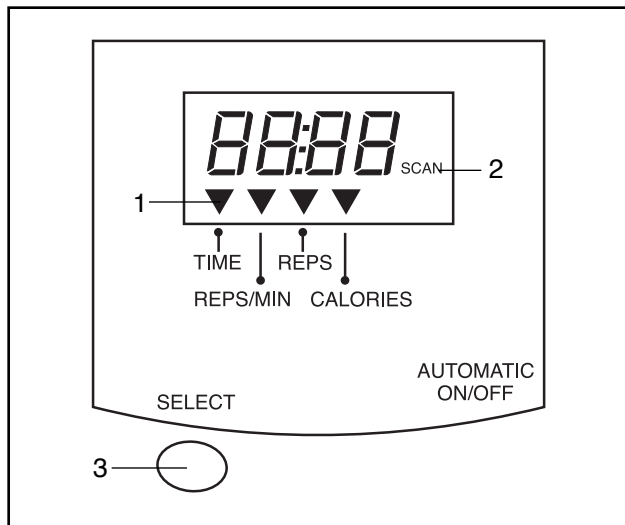
Reps/Min—Displays the number of repetitions you are completing per minute.

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.

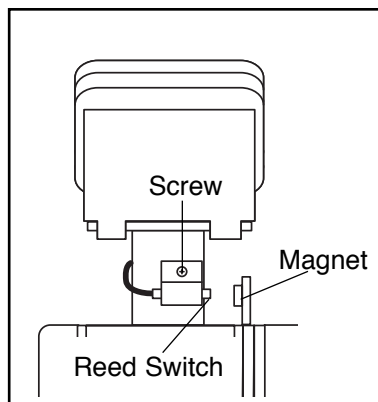
The AIR WALKER XT can be cleaned with a soft, damp cloth. Keep liquids away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the battery when storing the AIR WALKER XT.

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.

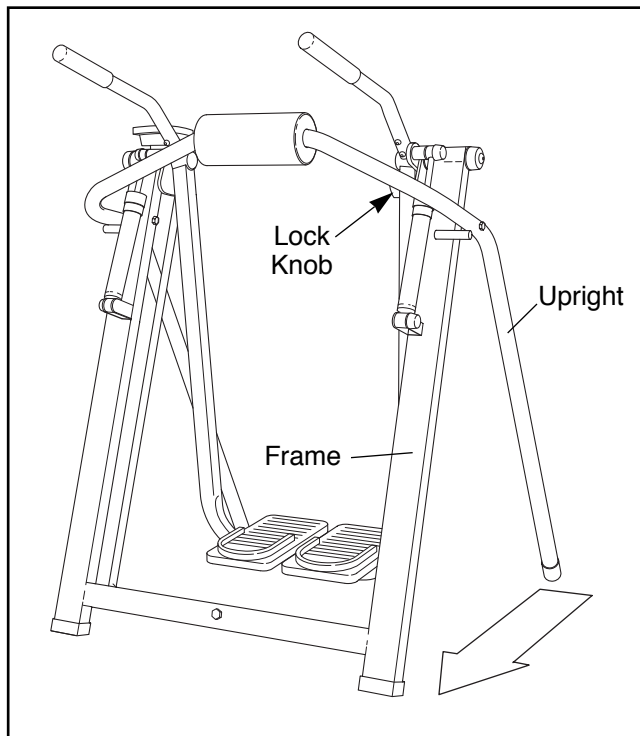
HOW TO ADJUST THE REED SWITCH

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

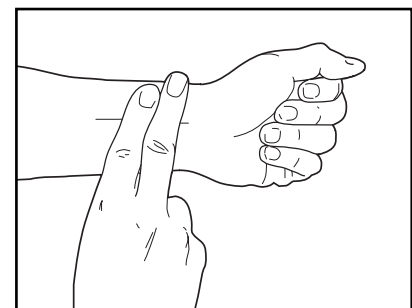
If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For 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. PFAW76070

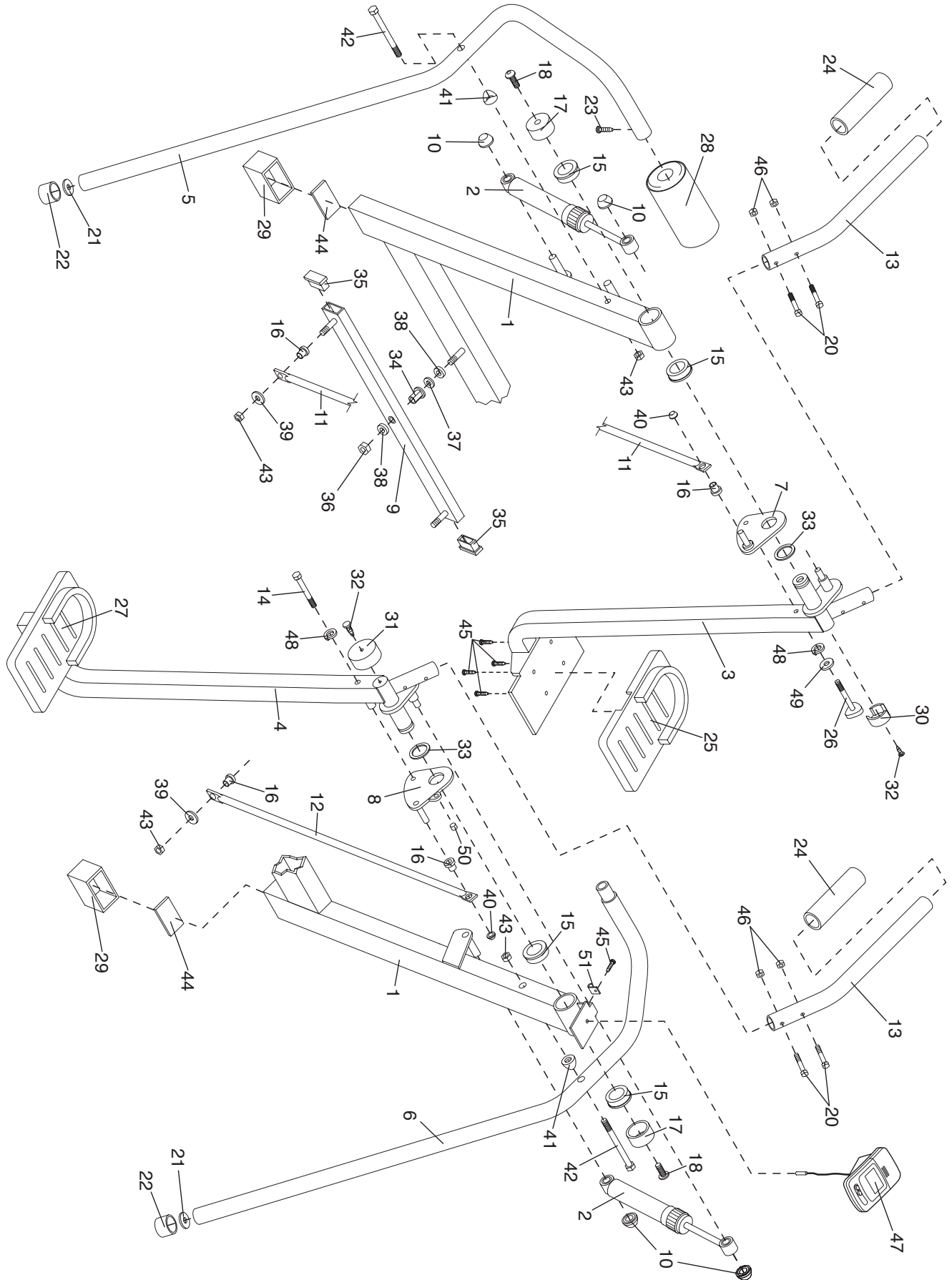
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	27	1	Right Pedal Cover
2	2	Resistance Cylinder	28	1	Hip Pad
3	1	Left Leg	29	2	Frame Endcap
4	1	Right Leg	30	1	Left Leg Cover
5	1	Left Upright	31	1	Right Leg Cover
6	1	Right Upright	32	2	Tree Fastener
7	1	Left Link Plate	33	2	2" Axle Spacer
8	1	Right Link Plate	34	1	"D" Bushing
9	1	Rocker Arm	35	2	Rocker Arm Endcap
10	4	1/2" Axle Cap	36	1	1/2" Nylon Locknut
11	1	Left Link Arm	37	1	1/2" Flat Washer
12	1	Right Link Arm	38	2	Weld Spacer
13	2	Handlebar	39	2	3/8" Flat Washer
14	1	5/16" x 2 1/2" Bolt	40	2	3/8" Axle Cap
15	4	Bronze Axle Bushing	41	2	Upright Spacer
16	4	Bronze Bushing	42	2	3/8" x 5 1/2" Bolt
17	2	Axle Endcap	43	4	3/8" Nylon Locknut
18	2	3/8" x 1 1/4" Button Head Screw	44	2	Upright End Plate
19	0	Cylinder Mount Rod (Not Used)	45	9	#8 x 1/2" Screw
20	4	1/4" x 1 1/2" Bolt	46	4	1/4" Nylon Locknut
21	2	Upright Washer	47	1	Electronic Monitor
22	2	Upright Endcap	48	2	5/16" Lock Washer
23	1	#8 x 3/4" Screw	49	1	5/16" Flat Washer
24	2	Handgrip	50	1	Magnet
25	1	Left Pedal Cover	51	1	Plastic Clip
26	1	Lock Knob	#	1	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. PFAW76070

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ORDERING 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 (PFAW76070).
- The NAME of the product (PROFORM® AIR WALKER XT).
- 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