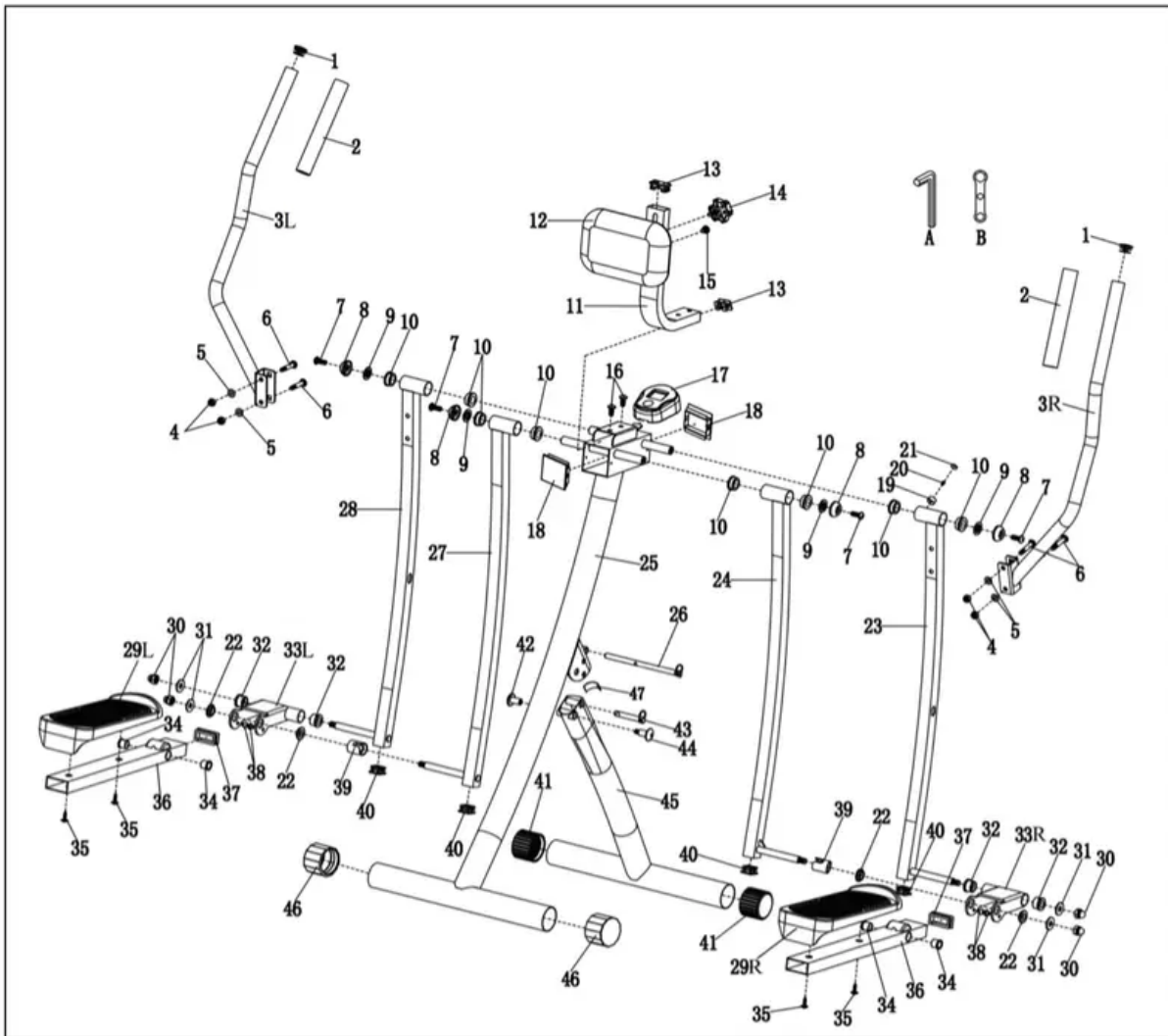


# USER MANUAL for Air Walk Trainer



# EXPLODED DIAGRAM



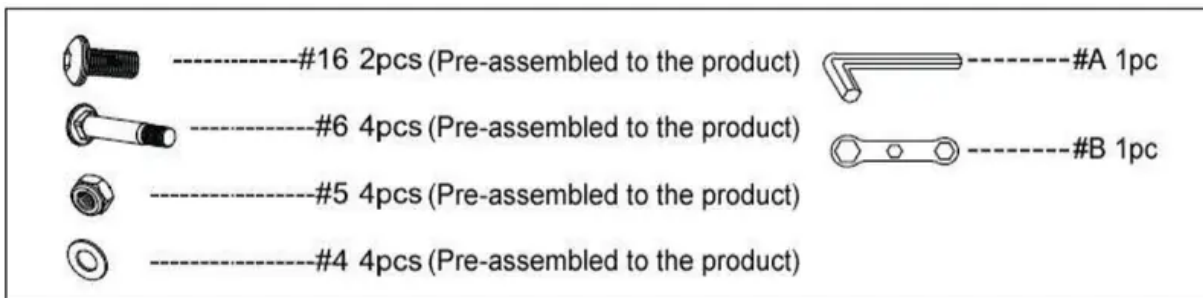
## PARTS LIST



No.	Description	Spec.	Qty.
1	Plug		2
2	Sponge		2
3L/R	Handlebar (L&R )		2
4	Nut	M8	4
5	Washer		4
6	Bolt	M8	4
7	Screw	M8	4
8	Bolt Cap		4
9	Washer		4
10	Bearing Sleeve		8
11	Support Tube		1
12	Chest Pad		1
13	Plug		2
14	Knob	M8	1
15	Screw	M8	1
16	Allen Screw	M8	2
17	Monitor		1
18	Plug		2
19	Magnet Bracket		1
20	Screw	M3.4	1
21	Magnet		1
22	Cap		4
23	Right Front Tube		1
24	Right Rear Tube		1
25	Main Frame		1

No.	Description	Spec.	Qty.
26	Ball Pin		1
27	Left Rear Tube		1
28	Left Front Tube		1
29L/R	Pedal (L&R)		2
30	Nut	M10	4
31	Washer		4
32	Bearing Sleeve		4
33L/R	Pedal Connector (L&R)		2
34	Bearing Sleeve		4
35	Screw	M5	4
36	Pedal Tube		2
37	Plug		2
38	Stopper		4
39	Connecting Sleeve		2
40	Plug		4
41	Front Cap		2
42	Bolt	M8	1
43	Ball Pin		1
44	Bolt	M8	1
45	Connecting Tube		1
46	Adjustable Cap		2
47	EVA Pad		1
A	Allen Key		1
B	Wrench		1

## HARDWARE PACKAGE



Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

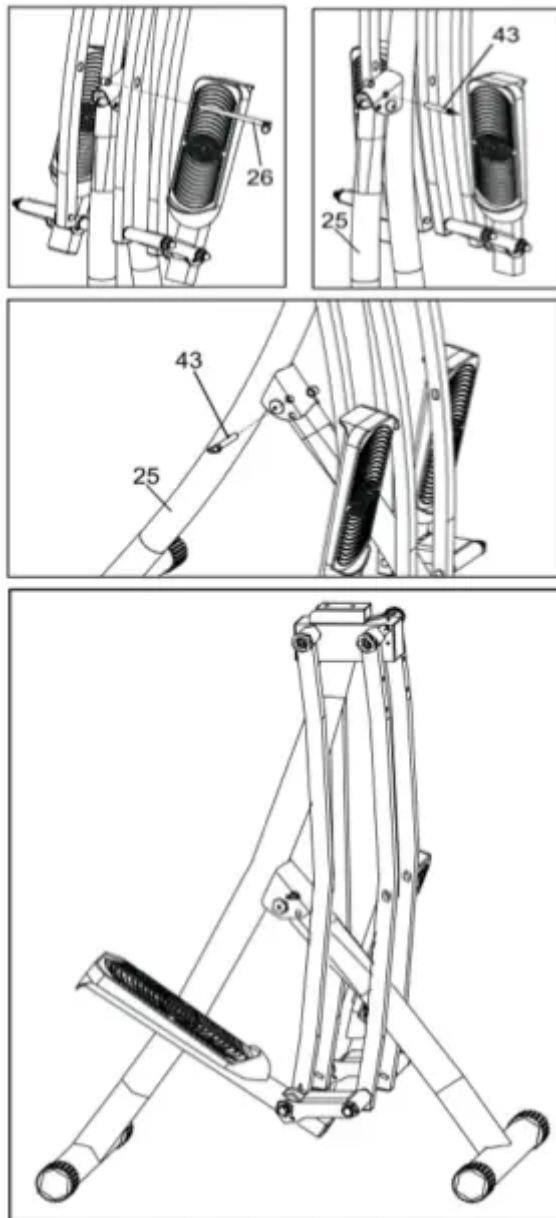
Please contact us at [supportsunnyhealthfitness](mailto:supportsunnyhealthfitness) or 1- 877 - 90SUNNY (877-907-8669).

## ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [supportsunnyhealthfitness](mailto:supportsunnyhealthfitness) or 1-877-90SUNNY (877-907-8669).

### STEP 1:

#### Unfolding the Air Walker Trainer

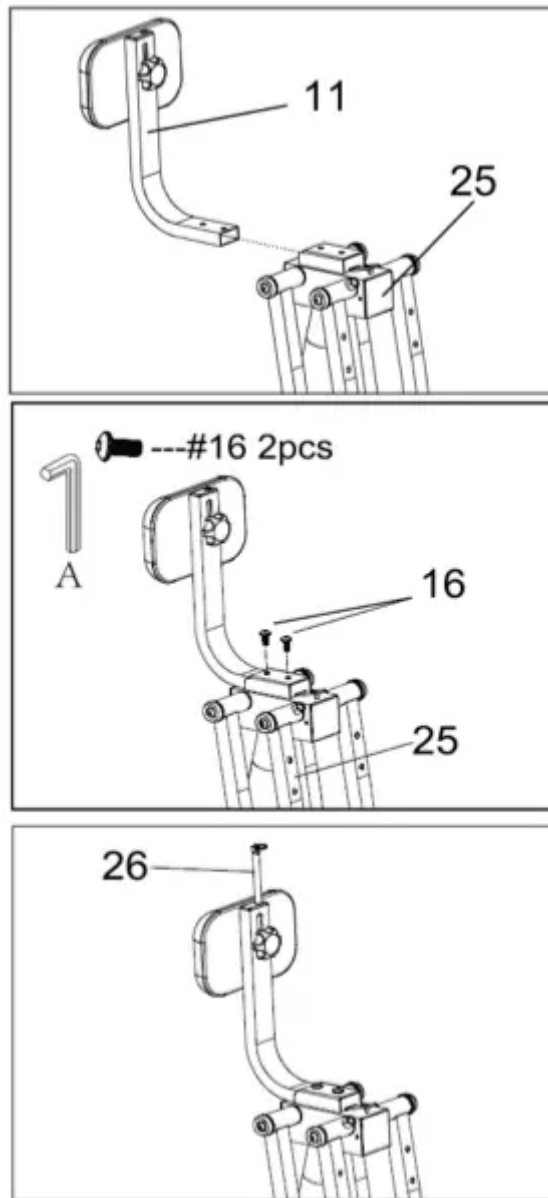


Pull out the large Ball Pin (No. 26), located half-way through the swing bars, to unlock the swing bars. Pull out the Ball Pin (No. 43) located in the hinge where the two support tubes meet. This will unlock the Main Frame (No. 25). Unfold the Main Frame (No. 25) by pulling apart the support tubes. Reinsert the Ball Pin (No. 43) into the aligned holes on the hinge to secure the Main Frame (No. 25). Unfold both pedals to have the machine fully unfolded.

**STEP 2:**

**Attaching the Support Tube**



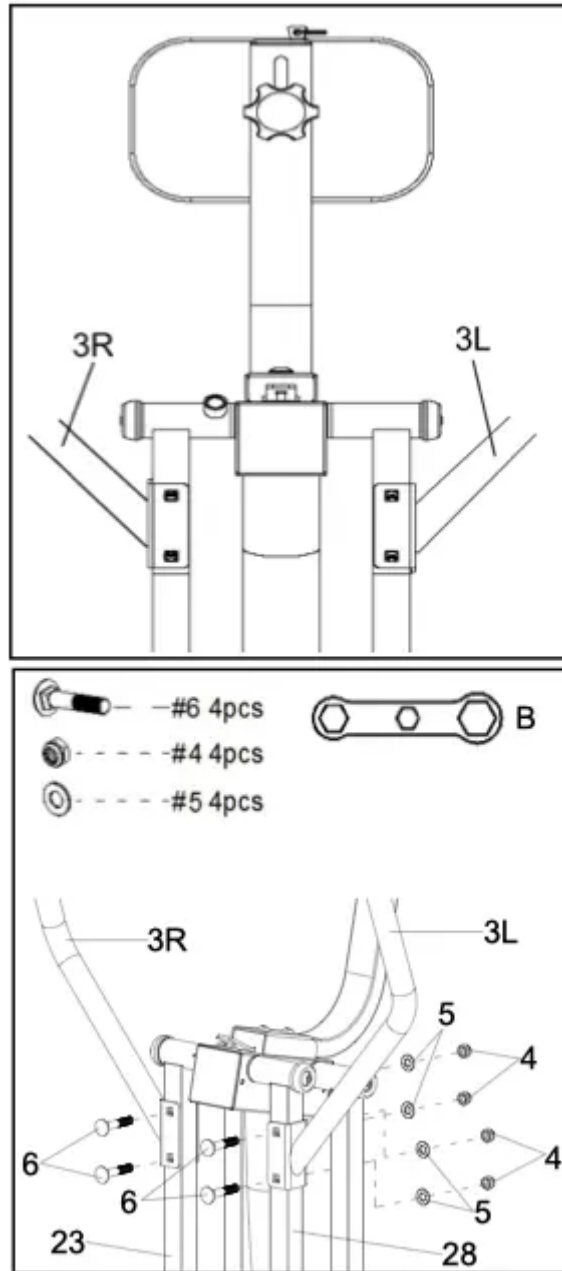


Insert the Support Tube (No. 11) into the slot located at the top of the Main Frame (No. 25). Align the holes on the Support Tube (No. 11) with the holes on the slot. Insert two Allen Screws (No. 16) into each hole and use the Allen Key (No. A) to secure them. Insert the large Ball Pin (No. 26) into the top hole of the Support Tube (No. 11) for safe keeping.

**STEP 3:**

**Attaching the Handlebars**



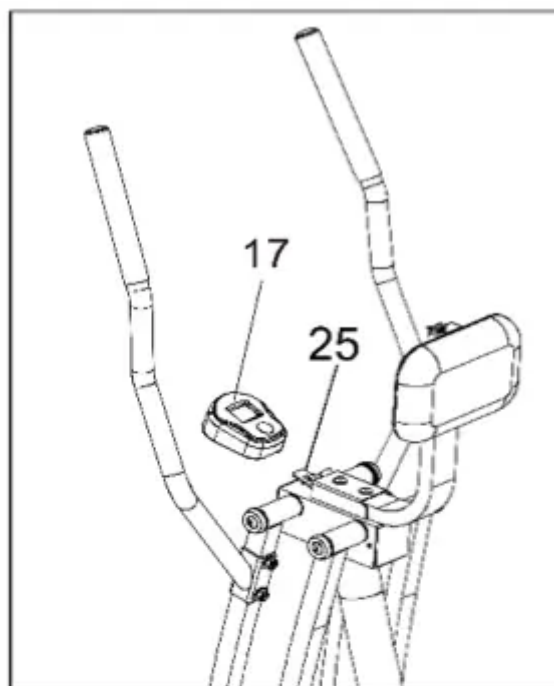


Make sure the square holes on each handlebar are facing outward, as shown on the left. Insert two Bolts (No. 6) making sure the square part of the bolts lock into the square holes on the Left Handlebar (No. 3L). Place a Washer (No. 5) and a Nut (No. 4) on each Bolt (No. 6) and use Wrench (No. B) to secure the Left Handlebar (No. 3L) onto the Left Front Tube (No. 28). Use the same steps to secure the Right Handlebar (No. 3R) onto the Right Front Tube (No. 23).

**STEP 4:**

**Attaching the Monitor**





Slide the Monitor (No. 17) onto the bracket located on the Main Frame (No. 25).

The assembly is complete!

## **USING THE AIR WALKER TRAINER**

### **PLACING YOUR FEET ON THE AIR WALKER TRAINER**

Stand behind the Air Walker Trainer with each hand holding one of the handlebars. Make sure to push and pull each handlebar prior to placing your feet on the foot pedals, to feel the tension and motion of the machine. Steadily hold the right handlebar as you place your right foot on the right

pedal. Continue to steadily hold each of the handlebars as you balance on your right foot to lift your left foot and place it on the left pedal.

## **USING THE AIR WALKER TRAINER**

For optimal movement you will need to have a steady push and pull motion. As you push one arm, you will need to pull the other arm, in tandem, to create a steady walking motion on the machine. Make sure you are balanced and using smooth, controlled movements.

## **ADJUSTING THE BALANCE**

To achieve a smooth and comfortable ride, you must ensure that the stability of the Air Walker Trainer is secured. If you notice that the Air Walker Trainer is unbalanced during use, simply rotate the Adjustable Caps (No. 46) located on the rear stabilizer of Main Frame (No. 25) until the Air Walker Trainer becomes level with the floor surface.

## **EXERCISE COMPUTER**

### **FUNCTION BUTTON:**

Press the large red button (mode) on the monitor to select a function: time, count, total count, and calories. If you hold the red button for 4 seconds, the monitor will completely reset (except for the Total Count).

### **SCAN:**

Press the red "mode" button to select "scan". This function will automatically scan through TIME, CALORIES and TOTAL COUNT displayed on the bottom of the monitor.

### **TIME:**

Automatically keeps track of your time for each session.

### **COUNT:**

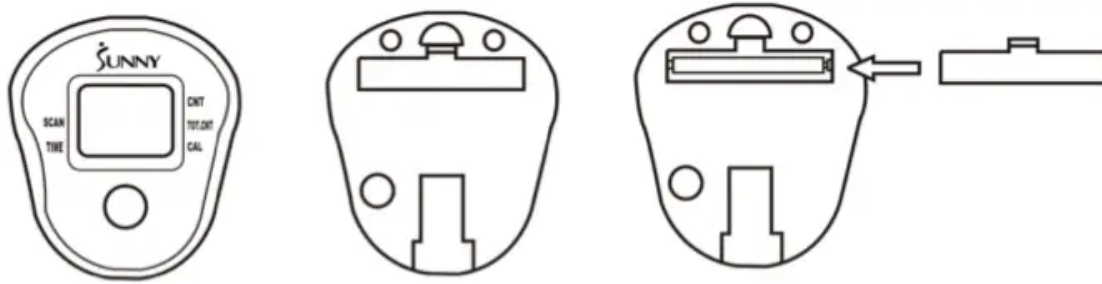
Automatically keeps track of your counts for each session.

### **TOTAL COUNT:**

Automatically keeps track of your accumulated counts for all your sessions. The Total Count will be reset once you replace the battery.

### **CALORIES:**

Keeps track of your calories burned for each session.



## NOTE

1. If there is an inaccurate display on the monitor, replace the AAA battery (1.5V).
2. The monitor will automatically turn on once you begin exercising on the machine or if you push the red "mode" button. The machine will automatically shut-off after 4 minutes of inactivity.
3. The monitor will automatically start calculating when you begin exercising and will automatically stop calculating after 4 seconds of inactivity. After 4 seconds of inactivity, all the functions will automatically stop calculating and a "stop" sign will appear on the upperleft corner of the monitor.

## IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 pounds (100 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use.

### **Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.