

Lifestyler

AIR WALKER

Assembly

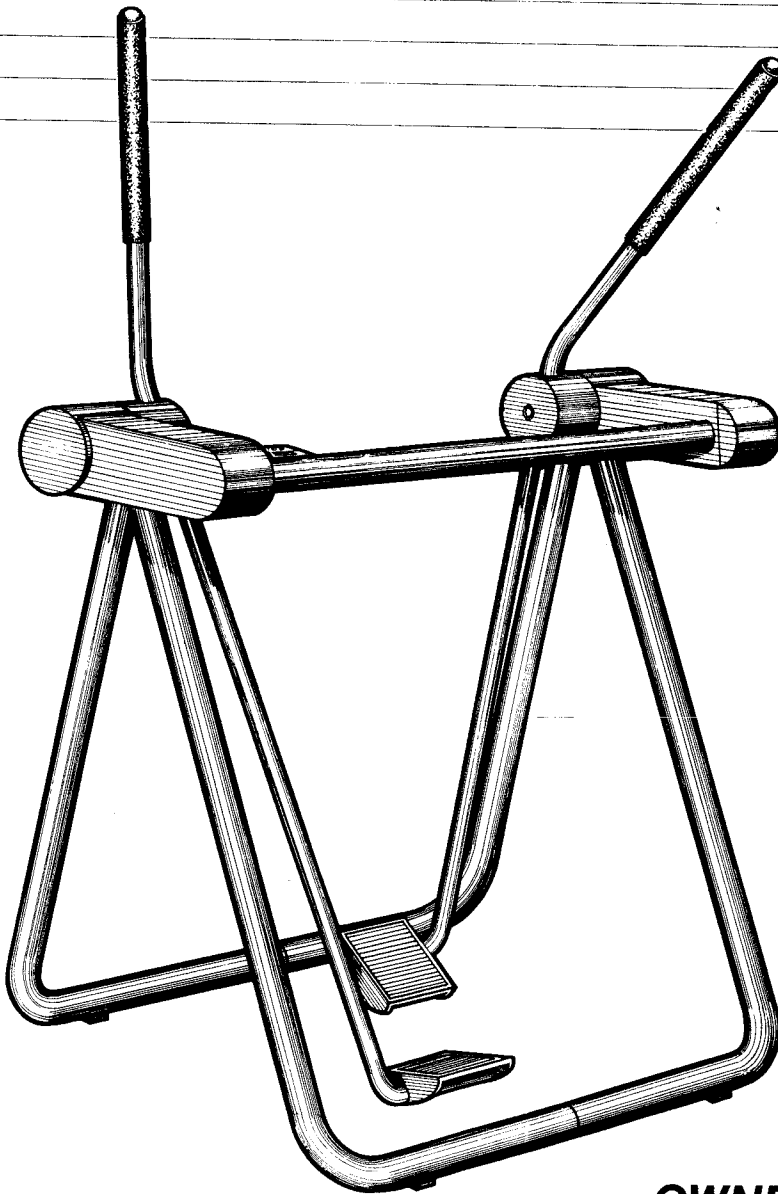
Reordering Information

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OWNER'S MANUAL

Model No. 831.288401

SEARS

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

SEARS, ROEBUCK AND CO., DEPT. 698/731A SEARS TOWER, CHICAGO, IL 60684

Lifestyler

AIR WALKER

BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler AIR WALKER. The AIR WALKER is unlike any other fitness product available, combining innovative design with advanced technology to create a unique form of impact-free cardiovascular exercise.

For your benefit and safety, please read this manual carefully before initial use of the AIR WALKER. If you have additional questions regarding assembly, parts, operation or the 90-day warranty, please call our Customer Service department toll-free at **1-800-999-3756**, (in Canada **1-800-824-8949**), during regular business hours: Mon. through Fri., 8 a.m. until 5 p.m. Mountain Standard Time.

In all communications regarding this product, please refer to the model number, found in the box below, and the serial number, found on the AIR WALKER frame. Write the serial number in the box below for easy reference.

Model No. 831.288401 Serial No.
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WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions carefully before using. **Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the Sears AIR WALKER.**

ELECTRONIC CONSOLE OPERATION GUIDE

Your electronic console computes and displays five separate functions to help you monitor your performance and progress. Before using the console we recommend that you read these instructions carefully. Please save this guide for future reference.

CONSOLE FUNCTIONS

SPEED - Measures your speed in miles per hour.

TIME - Measures the elapsed time of your workout.

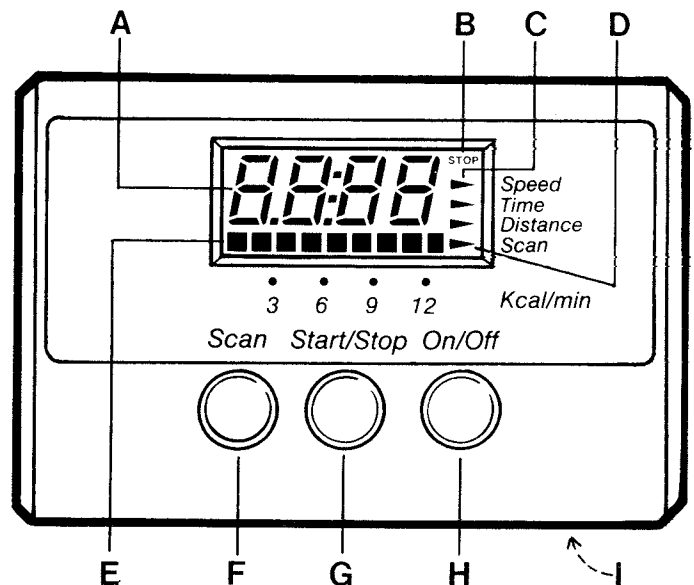
DISTANCE - Measures the approximate distance you travel in miles.

CALORIES - Measures the approximate nutritional calories (kilocalories) expended per minute.

SCAN - Consecutively displays the SPEED, TIME and DISTANCE functions in a repeating cycle.

CONSOLE DIAGRAM

- A. LCD display
- B. Indicator that functions are stopped
- C. SPEED, TIME and DISTANCE function indicators
- D. SCAN function indicator
- E. CALORIE function bar graph
- F. "Scan" key
- G. "Start/Stop" key
- H. "On/Off" key
- I. Battery Cover



CONSOLE OPERATION

1. Press the "On/Off" key to turn the console on.
2. Select the desired function:
 - A. **SCAN:** Press the "Scan" key. The Scan indicator will appear. Next press the "Start/Stop" key to start the function.

B. SPEED, TIME or DISTANCE: First select and start the SCAN function. The SPEED, TIME and DISTANCE functions will be consecutively displayed in a repeating cycle. When the function you desire is displayed, press the "Scan" key again. The SCAN indicator will disappear and the selected function will be displayed continuously.

C. CALORIES: The CALORIE bar graph is activated simply by exercising. The numbers on the bar represent nutritional calories (kilocalories) expended per minute. The numbers are calculated based on a medium treadmill incline. If you set the incline higher or lower, the actual calories expended will be higher or lower than the number shown.

3. If you need to interrupt your workout, simply press the "Start/Stop" key to stop the functions. Press the key again to restart the functions.
4. When you are finished exercising press the "On/Off" key to turn the console off. Always turn the console off when not in use to conserve the batteries.

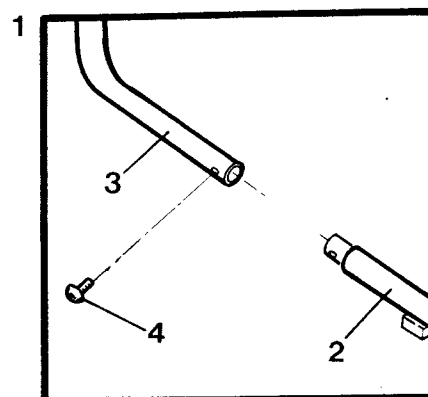
If the display becomes faint the batteries should be replaced. Unscrew the battery cover and insert two new 1.5 volt watch batteries so that the writing is up on the left battery and down on the right battery. Replace and tighten the battery cover.

Do not expose the electronic console to direct sunlight for extended periods of time or the LCD window will be damaged. Do not allow moisture to penetrate the console.

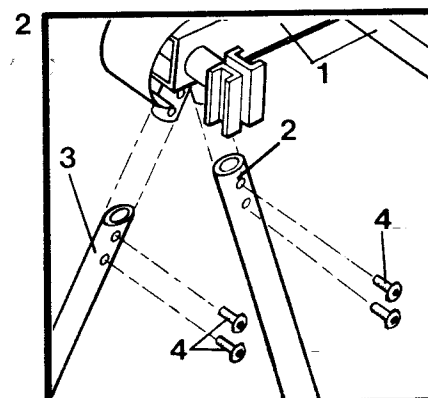
ASSEMBLY

Please read all instructions carefully before beginning assembly. Numbers in parentheses refer to the key numbers on the Exploded Drawing and the Part List. Assembly can be completed using the tools provided. Make sure that all parts are included before disposing of the packing materials.

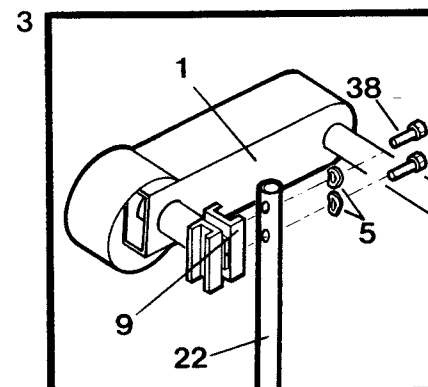
1. Join each of the two Male Leg Sections (2) to a Female leg Section (3) with an Allen Bolt (4) as shown.



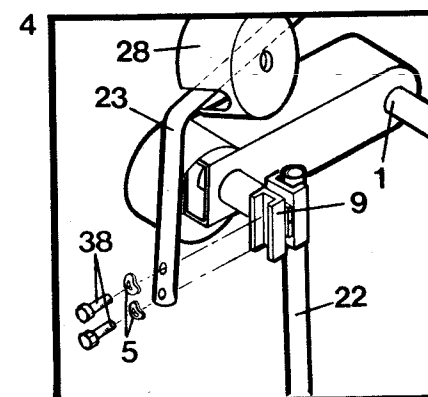
2. Slide the assembled Leg Sections (2 & 3) onto the mounts on each side of the Frame (1). Attach each Leg Section with two Allen Bolts (4).



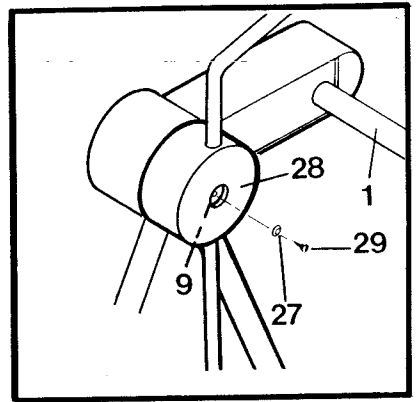
3. Attach one of the Walking Legs (22) to the wide bracket on the Axle (9) with two Mounting Washers (5) and Bolts (38) as shown. (The foot pedestal on the Walking Leg should be toward the inside of the WALKER.) Attach the other Walking Leg in the same manner.



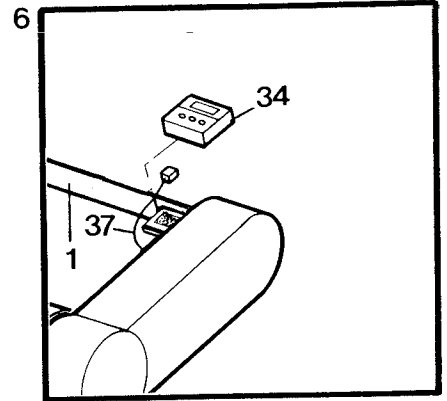
4. Slide a Hub Cover (28) onto one of the Walking Arms (23). Attach the Walking Arm to the narrow bracket on the Axle (9) with two Mounting Washers (5) and Bolts (38) as shown. (The Walking Arm should bend toward the handlebar of the Frame [1].) Attach the other Walking Arm in the same manner.



5. Slide the Hub Covers (28) over the Axles (9) as shown, and attach them with the Hub Cover Washers (27) and Screws (29).

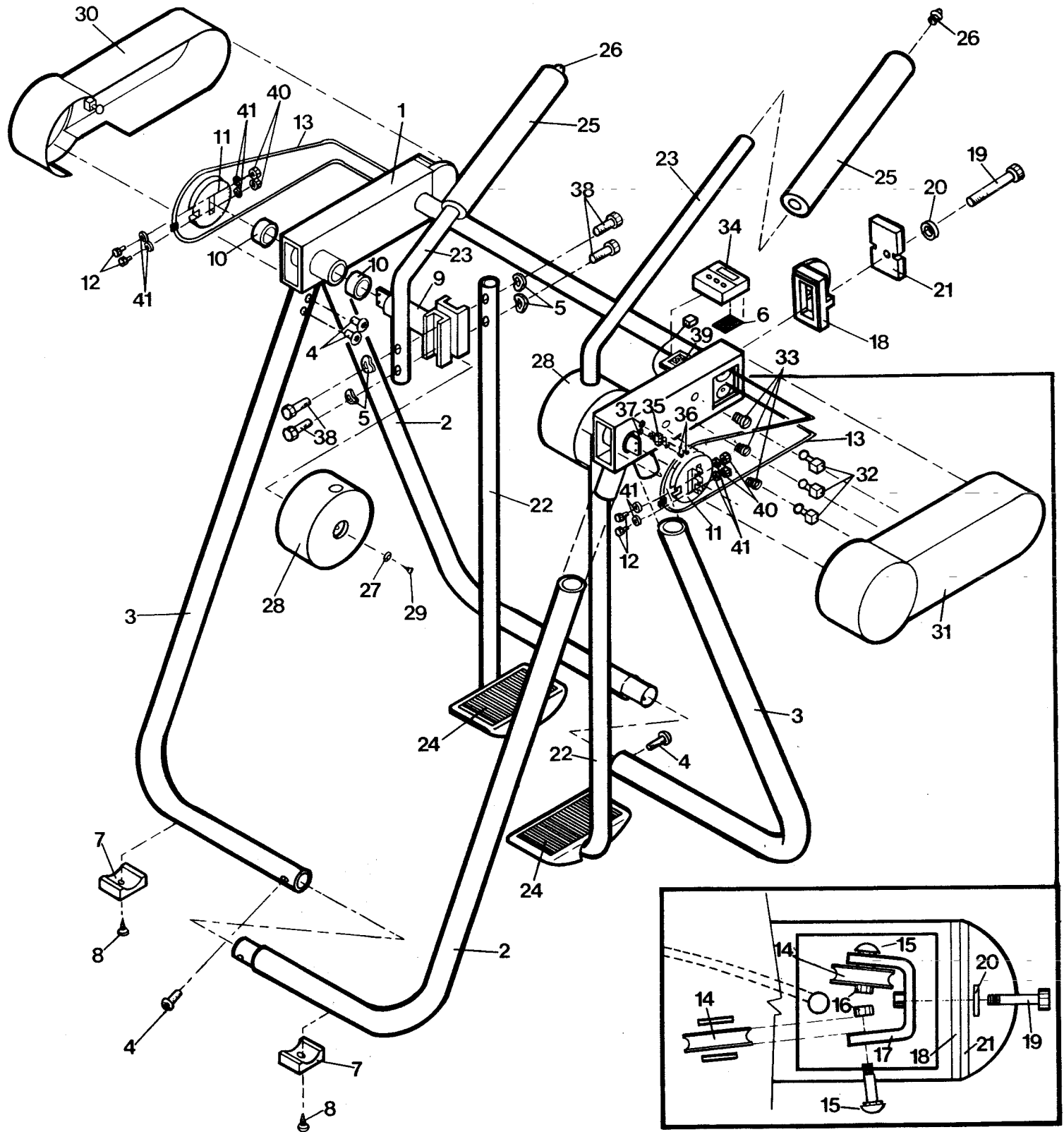


6. Plug the Reed Switch Wire (37) into the jack on the underside of the Electronic Console (34). Press the Console onto the bracket on the handlebar of the Frame (1). Make sure that all parts are tightened securely before using the AIR WALKER.



PART LIST - Model No. 831.288401

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	23	2	Walking Arm
2	2	Male Leg Section	24	2	Pedestal Pad
3	2	Female Leg Section	25	2	Walking Arm Foam Grip
4	10	Allen Bolt	26	2	Walking Arm End Cap
5	8	Leg/Arm Mounting Washer	27	1	Hub Cover Washer
6	1	Loop Adhesive Strip	28	2	Hub Cover
7	4	Leg Pad	29	2	Hub Cover Screw
8	4	Pad Mounting Screw	30	1	Left Side Cover
9	2	Axle	31	1	Right Side Cover
10	4	Bushing	32	6	Ball Fastner
11	2	Axle Pulley	33	6	Receptacle
12	4	Pulley Mounting Screw	34	1	Electronic Console
13	1	Mechanism Cable	35	1	Switch Wire Assembly
14	4	Small Pulley	36	2	Switch Mounting Screw
15	4	Pulley Mounting Bolt	37	2	Switch Spacer
16	4	Pulley Mounting Nut	38	8	Walking Arm/Leg Mounting Bolt
17	2	Pulley Mounting Bracket	39	1	Hook Adhesive Strip
18	2	Adjustment Pressure Plate	40	4	Pulley Mounting Nut
19	2	Cable Adjustment Bolt	41	8	Pulley Mounting Washer
20	2	Adjustment Washer		1	Owner's Manual
21	2	Frame End Cover		1	Electronic Console Guide
22	2	Walking Leg w/Foot Pedestal			

EXPLODED DRAWING - Model No. 831.288401

Replacement parts may be ordered by calling customer service toll-free at **1-800-999-3756** (in Canada **1-800-824-8949**) during regular business hours: 8 a.m. - 5 p.m., Mon.-Fri., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

OPERATION

Always hold the frame handrail while stepping onto the AIR WALKER. During exercise, rest your hands on the handrail, or hold the walking arms in order to use both the arms and the legs.

If you do not intend to use the walking arms, the arms can be removed. Undo the screws and washers from the hub covers, slide the covers off of the axles and remove the bolts and washers from the walking arms. Replace the hub covers over the axles after removing the arms.

While exercising, different muscles can be emphasized by varying your stance on the AIR WALKER. You can exercise with your legs straight, or bend your knees for a different effect. You can also stretch your muscles by utilizing the full range of motion of the AIR WALKER.

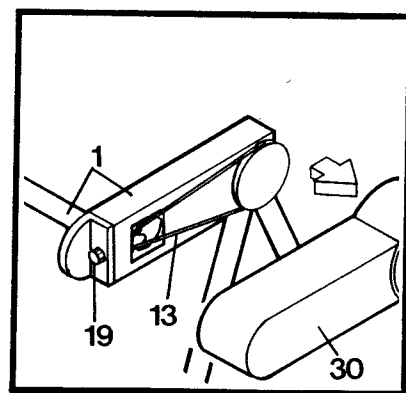
The walking legs of the AIR WALKER are reciprocative, so that as one leg moves forward the other moves backward. Do not attempt to move both legs in the same direction, or the mechanism may be damaged.

MAINTENANCE

The AIR WALKER is designed to be virtually maintenance-free. All parts should be checked periodically to be sure that they are tightened securely. Outside surfaces of the AIR WALKER can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not use solvents.

The walking legs of the AIR WALKER are connected to each other by a cable, so that one leg moves back as the other moves forward. During initial use of the AIR WALKER, the cable may stretch slightly. If the legs develop any play due to stretching of the cable, the cable should be tightened in the following manner:

1. Pull the Left and Right Side Covers (30 & 31) off of the Frame (1).
2. Locate the Cable Adjustment Bolts (19) at the front of the Frame (1). Using the tool included, turn both Adjustment Bolts clockwise until the Cable (13) is tight.
3. Firmly press the Side Covers (30 & 31) back into place.



CONDITIONING GUIDELINES

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on the Carotid Artery in your neck where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone.

As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part of any defective part, when this Air Walker is used in a normal manner.

This warranty does not apply when the Air Walker is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE AIR WALKER TO YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

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. 698/731A SEARS TOWER, CHICAGO, IL 60684