

SEARS® Lifestyler™

AIR WALKER™

Model No. 831.288403

Assembly

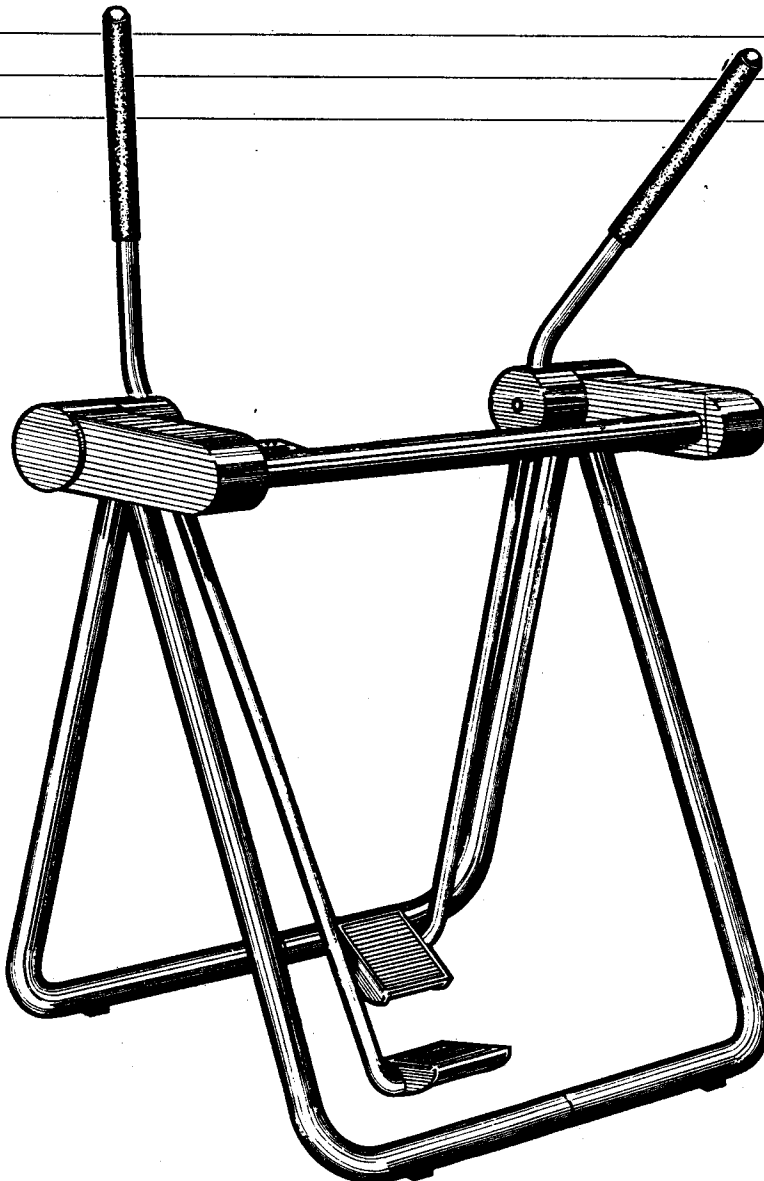
Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance

Warranty



Patent Pending

OWNER'S MANUAL

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

Part No. 046180 2/89

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

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.

Lifestyler™

AIR WALKER™

TABLE OF CONTENTS

Warranty	2
Before You Begin	3
Orientation Diagram	4
Assembly	4
Operation	6
Maintenance	6
Conditioning Guidelines	6
Exploded Drawing	10
Part List	11
Reordering Information	12

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.**

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.

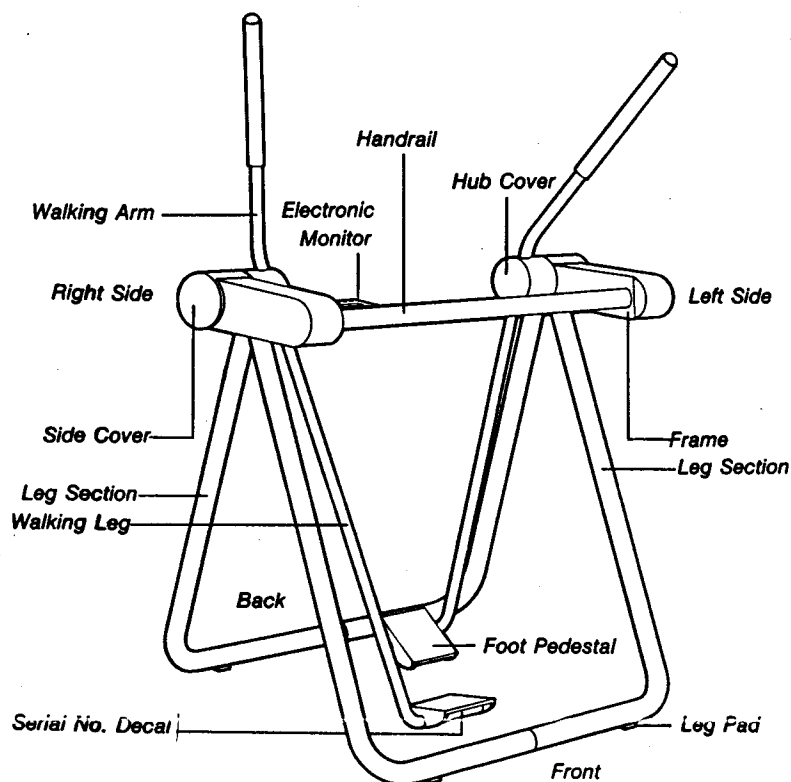
If you have any questions regarding operation, maintenance or the warranty, please call our Customer Service Department toll-free at **1-800-999-3756**, (in Canada **1-800-824-8949**) during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

In all communications regarding this product, please refer to the model number, found in the box below, and the serial number found on the underside of one of the AIRWALKER pedestals. (Refer to the Orientation Diagram on page 4.) Write the serial number in the box below for easy reference.

Model No. 831.288403 Serial No.
--

ORIENTATION DIAGRAM

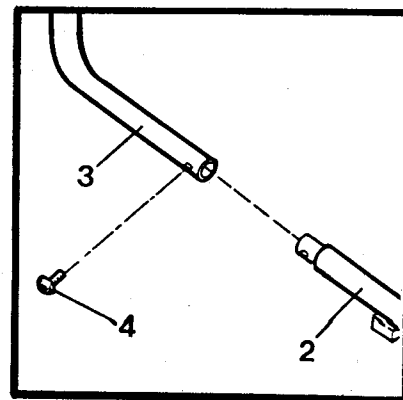
To help you understand the descriptions in this manual, please examine the drawing below and familiarize yourself with the parts identified.



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.



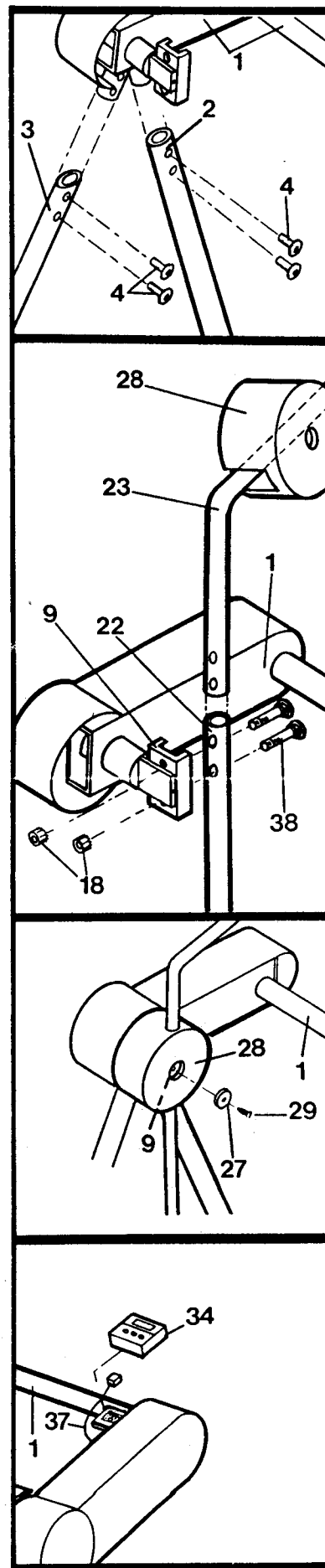
2. Slide the assembled Leg Sections (2 & 3) onto the mounts on each side of the Frame (1). Attach each Leg Section with two Allen Bolts (4).

3. Slide the Left Hub Cover (28) onto one of the Walking Arms (23) as shown.
Insert the Walking Arm into one of the Walking Legs (22) so that the two holes in the Arm line up with the two holes in the Leg.
Position the Walking Arm and leg in the Axle Bracket (9) on the Left side of the Frame (1) so that the two holes in the Bracket line up with the holes in the Arm and Leg.
Note: The foot pedestal on the Walking Leg should bend towards the inside of the Frame, and the Arm should bend towards the handrail.
Attach the Arm and Leg with two Carriage Bolts (38) and Locknuts (18).
Attach the other Walking Leg and Walking Arm to the Axle Bracket on the right side of the Frame in the same manner.

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

5. Plug the Reed Switch Wire (37) into the jack on the underside of the Electronic Monitor (34). Press the Monitor onto the bracket on the handlebar of the Frame (1).

Make sure that all parts are tightened securely before using the AIR WALKER.



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 exercise both your arms and 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 nuts, bolts and washers from the walking arms and legs. After removing the arms, reposition the legs and tighten the nuts, bolts and washers back into place. Replace the hub covers over the axles.

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.

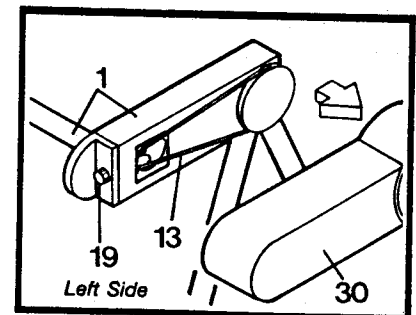
The walking legs of the AIR WALKER are reciprocative, so that as one leg moves forward the other moves backward. Do not attempt to move both legs in the same direction, or the mechanism may be damaged.

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 both the Left and Right Side Covers (30 & 31) off of the Frame (1).
2. Locate the Cable Adjustment Bolts (19) on each side of 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.

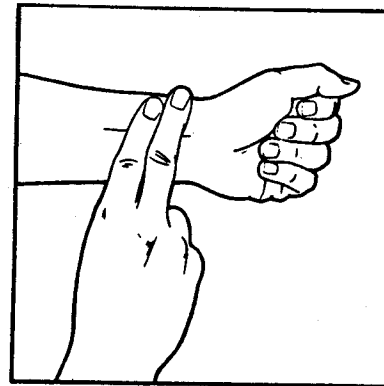
EXERCISE INTENSITY

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 your wrist 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**.

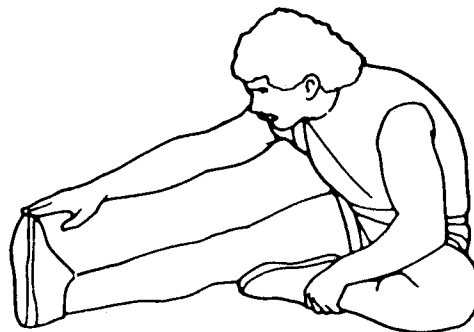
STRETCHING

The following stretches provide a good warm-up or cool-down. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly - don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

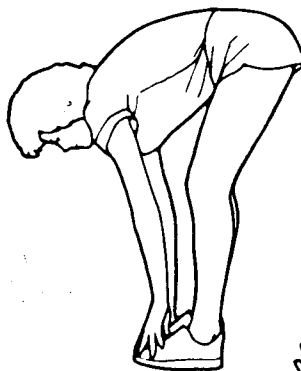


Stretches: Inner thigh muscles.

TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

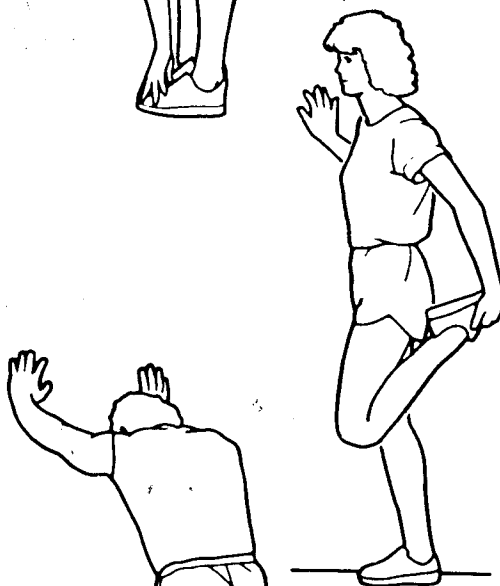
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

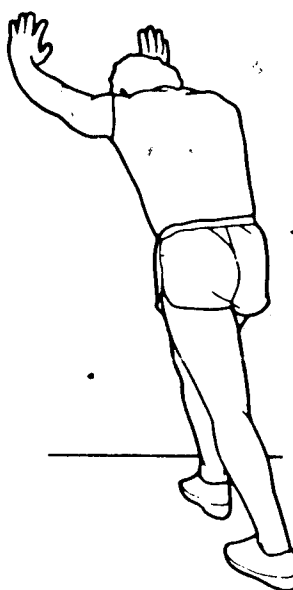
Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

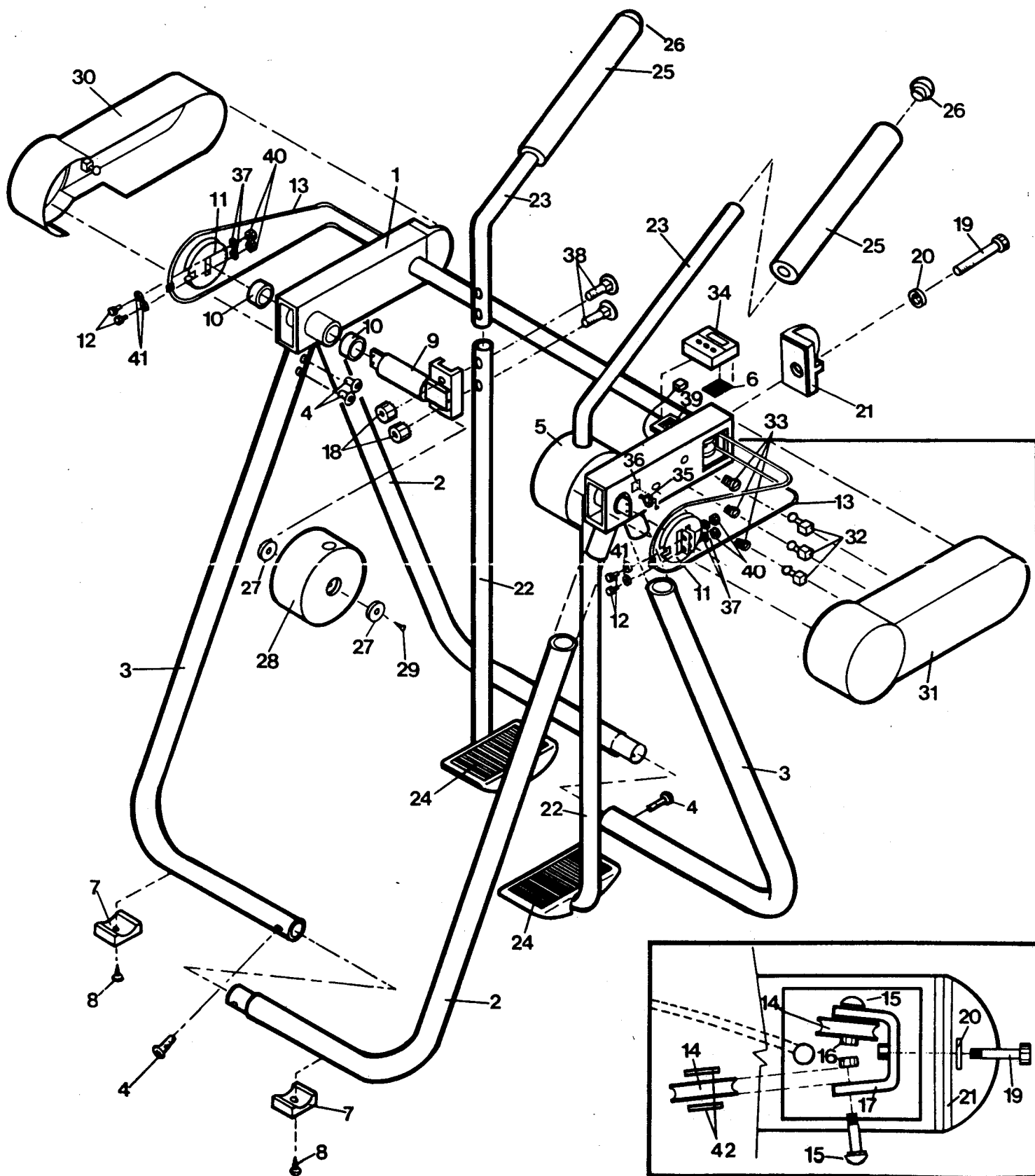
Stretches: Calves, achilles tendons, and ankles.



EXPLODED DRAWING - Model No. 831.288403

REV. 2/89

*Specifications are subject to change without notice.



PART LIST - Model No. 831.288403

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	004152	1	Frame	23	001043	2	Walking Arm
2	005034	2	Male Leg Section	24	041056	2	Pedestal Pad
3	005035	2	Female Leg Section	25	041057	2	Walking Arm Foam Grip
4	013244	10	Allen Bolt	26	040078	2	Walking Arm End Cap
5	010174	1	Right Hub Cover	27	014124	4	Hub Cover Washer
6	062020	1	Loop Adhesive Strip	28	010173	1	Left Hub Cover
7	057005	4	Leg Pad	29	013478	2	Hub Cover Screw
8	013311	4	Pad Mounting Screw	30	010168	1	Left Side Cover
9	049079	2	Axle	31	010169	1	Right Side Cover
10	019211	4	Bushing	32	054020	6	Ball Fastener
11	020041	2	Axle Pulley	33	054021	6	Receptacle
12	013463	4	Pulley Mounting Screw	34	032059	1	Electronic Monitor
13	026024	1	Mechanism Cable	35	070736	1	Switch Wire Assembly
14	020040	4	Small Pulley	36	062001	1	Switch Mounting Tape
15	013462	4	Pulley Mounting Bolt	37	014123	4	Pulley Lock Washer
16	012093	4	Pulley Mounting Nut	38	013454	4	Leg/Arm Carriage Bolt
17	008183	2	Pulley Mounting Bracket	39	062021	1	Hook Adhesive Strip
18	012065	4	Locknut	40	012107	4	Pulley Mounting Nut
19	013464	2	Cable Adjustment Bolt	41	014091	4	Pulley Flat Washer
20	014131	2	Adjustment Washer	42	019216	8	Wheel Spacer
21	010172	2	End Cover/Pressure Plate	#	046180	1	Owner's Manual
22	006135	2	Walking Leg w/Foot Ped.	#	089024	1	Electronics Guide
				#	045023	1	Tool

NOTES

SEARS[®] SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each product has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts.

All parts listed herein may be ordered through SEARS, ROEBUCK, AND CO. SERVICE CENTERS and most RETAIL STORES. If the parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER OF THE PRODUCT (831.288403).
2. The NAME OF THE PRODUCT (Lifestyler AIR WALKER).
3. The NUMBER OF THE PART from the Part List found in this manual.
4. The DESCRIPTION OF THE PART from the Part List found in this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.