



AIR WALK TRAINER

SF-E902



IMPORTANT!

Please read these instructions carefully before use.

For Customer Service, please contact: support@sunnyhealthfitness.com

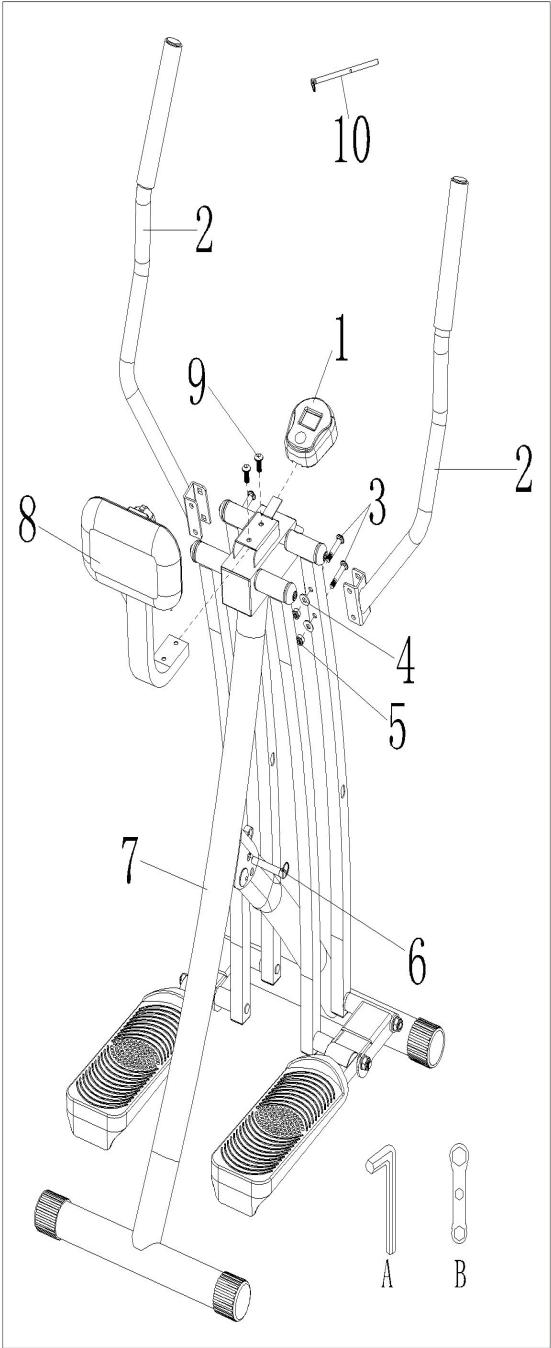
Important Safety Information







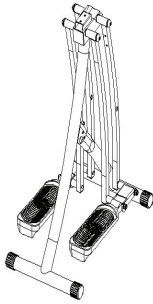





We thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment.

1. 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.
2. Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. 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 1.7 feet of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. 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 use, stop immediately. Do not use the equipment until the problem has been rectified.
7. There are many functions of the computer; the data will show when using the equipment and will display information about your exercise routine.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
9. This equipment is designed for indoor and home use only, not intended for commercial use.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Maximum weight of user: 220LB
13. Please save this manual and the assembling tools as well.

EXERCISE INSTRUCTIONS:

Stand behind your AIR WALK, with both hands on the handlebar assembly, place your right foot on the right pedal, and carefully move your left foot and place it on the left foot pedal. Make sure you are balanced, using smooth and controlled movements.



NO	Parts	QTY
1		1
2		2
3		4
4		4
5		4
6		1
7		1
8		1
9		2
10		1
A		1
B		1

ASSEMBLY INSTRUCTIONS:



Main frame (part 7)



Remove the pin
(part 10)



Remove the pin
(part 6)



Pull out the support
tube



Insert the pin (part 6)
to secure it



Move the pedals
down



Insert the abdominal
support (part 8)



Fasten using screws
(part 9)



Insert the pin
(part 10)



Assemble the arm
(part 2)



Insert the screws
(part 3)



Fasten the screws
securely using nuts
(part 5) with washers
(part 4)



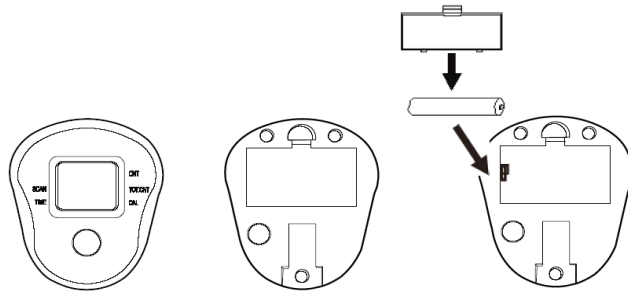
Attach the
computer (part 1)



Assembly is done

COMPUTER FUNCTIONS:

- Function Button : Press red button to select functions of time, count, total count, calories. Hold the button for 4 seconds to have a total reset (except TOTAL COUNT).
- SCAN : Press “mode” key to select “scan”. This function will automatically scan through all the functions displayed on the bottom line of the monitor.
- TIME : Automatically accumulates workout time when starting exercise.
- COUNT : Automatically accumulates workout counts when starting exercise.
- TOTAL COUNT : Automatically accumulates different sessions workout counts when starting exercise. TOTAL COUNT will be reset by replace the battery.
- CALS : Automatically accumulates calories amount consumed when starting exercise.



NOTE:

1. If there is an improper display on the monitor, please replace the battery to improve results.
2. Please use one AAA (1.5V) battery as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when you start to exercise, or you can push button to signal in.
5. When there is no signal coming in for a period of 4 seconds, all functions will automatically stop calculating and a “stop” sign will appear on the upper left corner of the monitor.
6. The meter will automatically start calculating by simply starting to exercise and will automatically stop calculating when exercise stops for 4 seconds.