

Operation Manual

Air Walker/Crosstrainer

62712

toboli



Illustration similar, may vary depending on model

Read and follow the operating instructions and safety information before using for the first time.

Technical changes reserved!

Due to further developments, illustrations, functioning steps, and technical data can differ insignificantly.

Updating the documentation

If you have suggestions for improvement or have found any irregularities, please contact us.



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If you should find a mistake or wish to make a suggestion for improvement, we look forward to hearing from you.

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Introduction

Thank you for purchasing this quality product. **To minimise the risk of injury we urge that our clients take some basic safety precautions when using this device. Please read the operation instructions carefully and make sure you have understood its content.**

Keep these operation instructions safe.

The air walker is a versatile, low-impact and easy-to-use piece of exercise equipment that works the lower half and middle of the body.

The use of the moving handles also provides a full-body workout that engages even more muscles, burning even more calories.

Safety instructions

Please read these instructions carefully before starting the assembly. It is important that you keep these instructions for future reference.

- Mount and operate the unit on a level surface.
- Make sure the unit is stable before use.
- Always ensure that the unit has sufficient space (at least 0.6 m) on each side for an emergency dismount.
- The safety of the unit can only be maintained if it is regularly inspected for wear.
- Replace damaged components immediately and take the unit out of service until repaired.
- Only use the adjustment described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that the pins/fixings are tight and secure before use and after adjustment.
- Never allow adjustment devices to protrude from the device.
- Always consult your doctor before undertaking any exercise programme.
- Always wear appropriate clothing and footwear, e.g., tracksuit, shorts, and training shoes.
- Take off all jewellery before exercising.
- Make sure to keep your back straight during exercise, especially during prolonged exercise.
- Make sure you warm up sufficiently before using the machine as this will reduce the strain on the muscles.
- Never overload the machine. The maximum weight of the user is 110 kg.
- Never use the machine in any way other than that described in these instructions.
- If you feel weakened, stop exercising immediately.
- Incorrect form/technique or excessive training can cause damage to your health.
- Children should not be on or near the machine, especially when it is not in use and unattended.
- This appliance is not intended to be used by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product is intended for home use only.
- **Caution!** The instructions must be followed carefully when assembling, using, and maintaining the appliance.

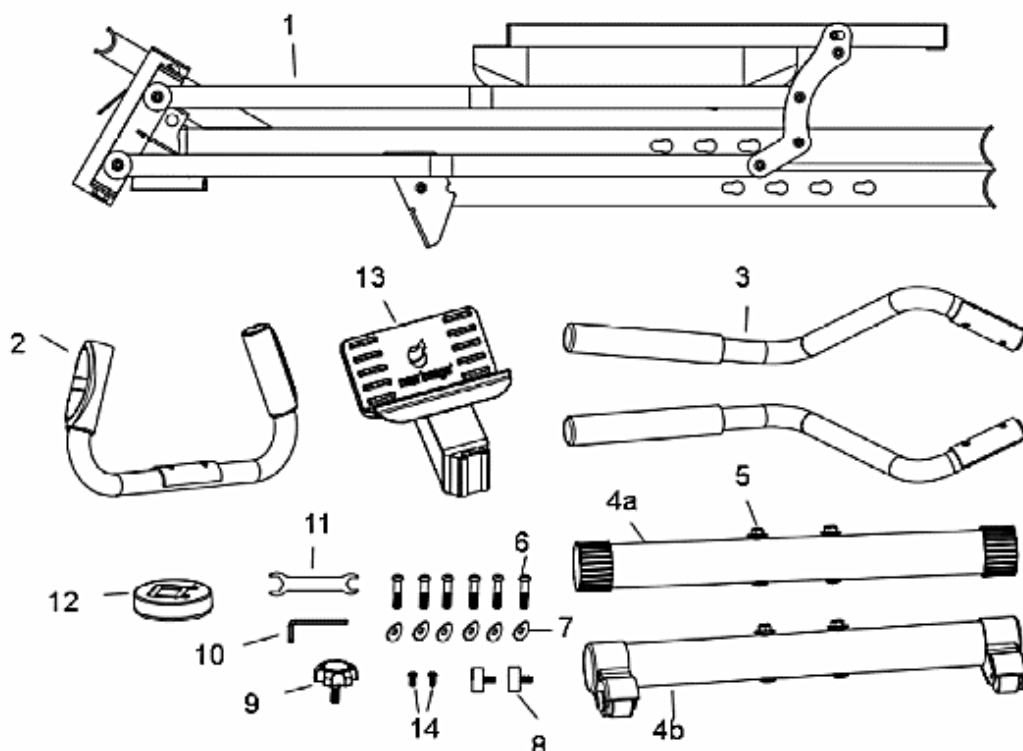
Assembly

- It is important that you assemble the product in a clean and tidy room.
- We recommend that you have someone help you assemble it, as some of the components are heavy.
- Take all the parts out of the box and place them on the floor.

Care and maintenance

- This unit should not be placed outdoors, in a garage or outbuilding. Store the unit in a dry place with as little temperature fluctuation as possible.
- Keep the product clean with a warm, damp cloth.
- Do not clean electrical components wet. Unplug the appliance from the mains before any care or maintenance.
- The safety of the unit can only be maintained if it is regularly inspected for damage and wear. This includes all ropes, pulleys, nuts, screws, moving parts, bushes, chains, wheels, bearings and connecting parts, etc.
- Make sure to check the product regularly (weekly is recommended).
- Make sure all fasteners are tight before use.
- Always replace damaged or worn components with original parts.

Parts and part names

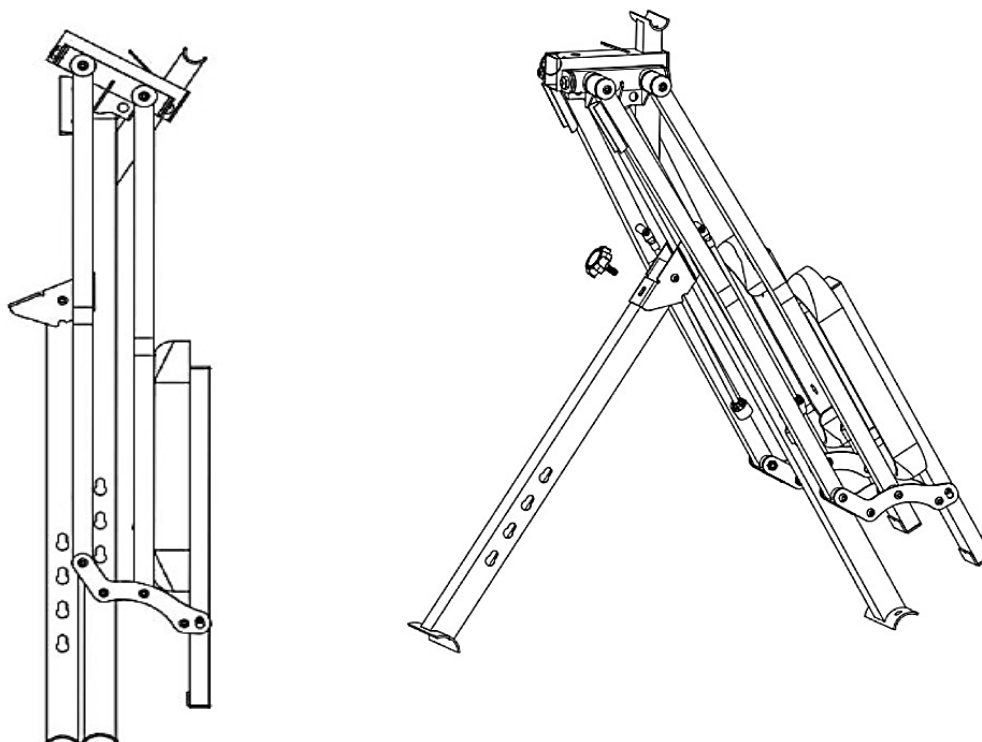


| No | Name | Qty. |
|----|-------------------------------|------|
| 1 | A-frame | 1 |
| 2 | Fixed handles | 1 |
| 3 | Movable handles | 2 |
| 4a | Front stand | 1 |
| 4b | Rear stand | 1 |
| 5 | Bolt (M10×60), washer and nut | 4 |
| 6 | Screw (M8×40) | 6 |
| 7 | Washer (M8×40) | 6 |
| 8 | Soft shock absorber | 2 |
| 9 | Support bolt | 1 |
| 10 | Allen key | 1 |
| 11 | Spanner | 1 |
| 12 | Progress tracker | 1 |
| 13 | Phone/tablet holder | 1 |
| 14 | Screws | 2 |

Assembly of the air walker

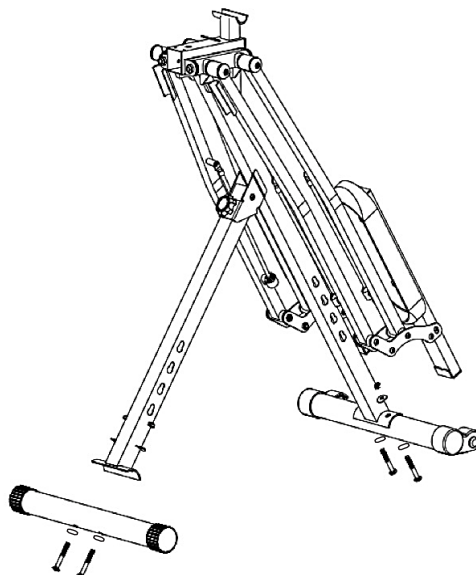
Step 1

Fold out the legs of the A-frame and screw in the support bolts (9).



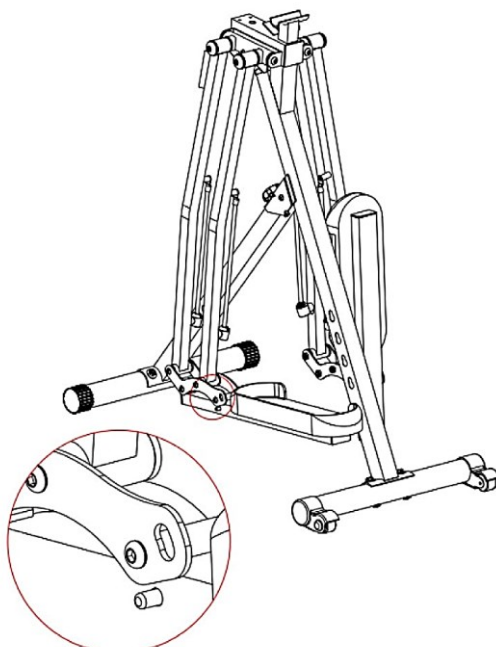
Step 2

Secure the feet with the screws, washers and nuts already supplied, with the wheels of the rear feet facing outwards. Use screw no. 5.



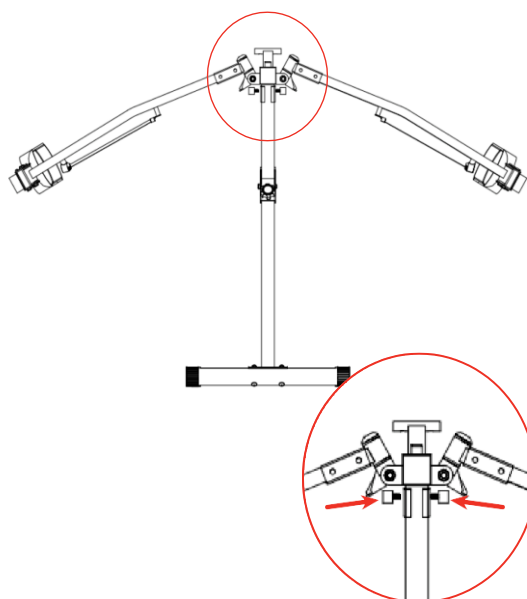
Step 3

While the legs are vertical, push the pin in completely and lower the treads. If the pin does not push in, do not use force, but move the leg slightly to release the pin and try again.



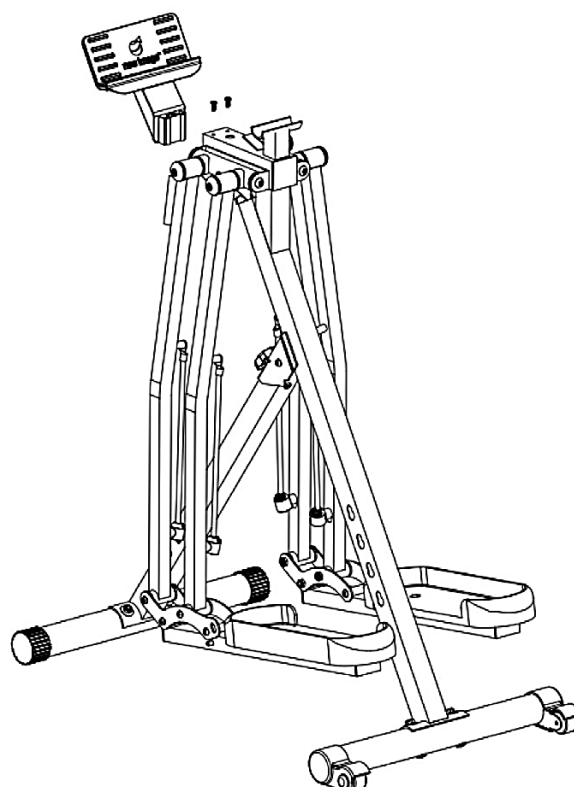
Step 4

Raise the legs and insert the soft shock absorbers on both sides.



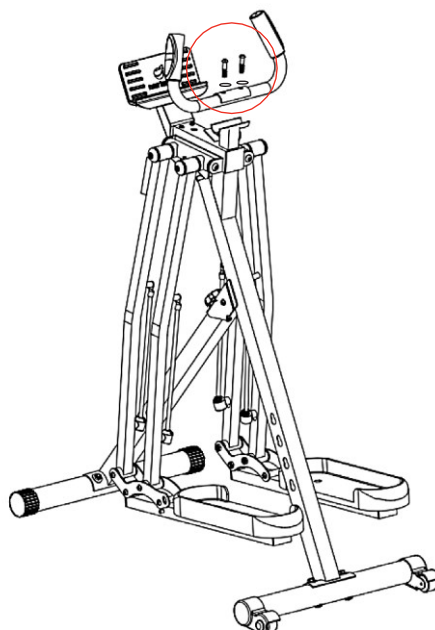
Step 5

Secure the mobile phones/tablet holder with the screws no. 14.



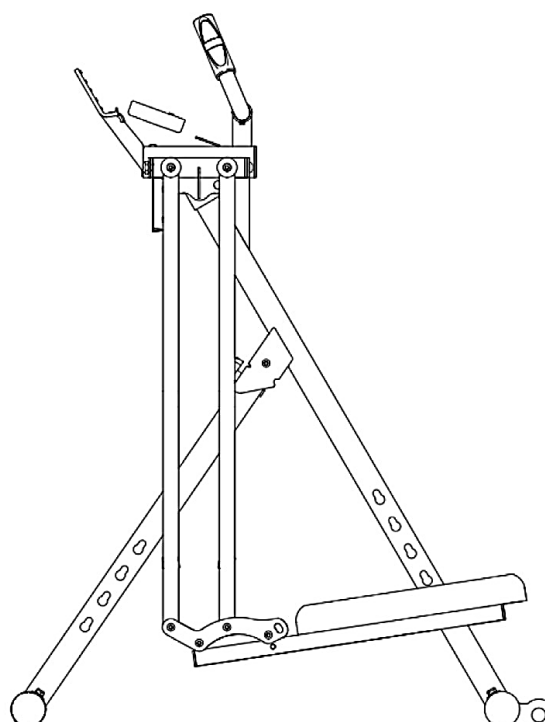
Step 6

Attach the fixed handles. Use screw no. 6 and washers no. 7 for this.



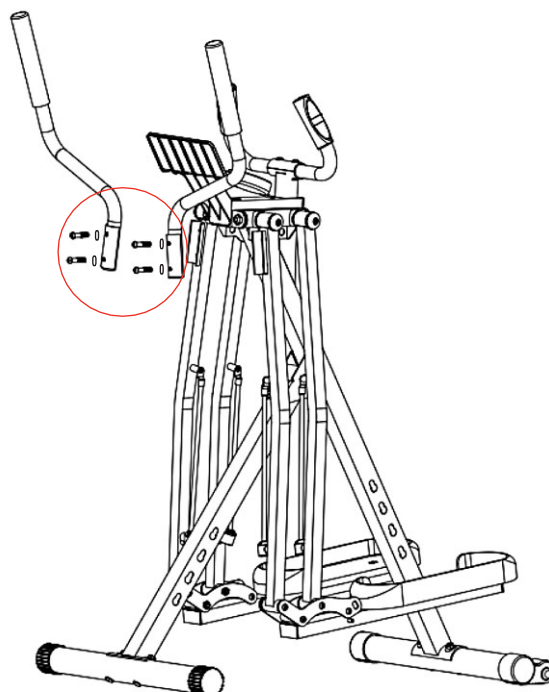
Step 7

Attach the wires to the progress tracker before plugging in the heart rate monitor cable and sliding the tracker on.



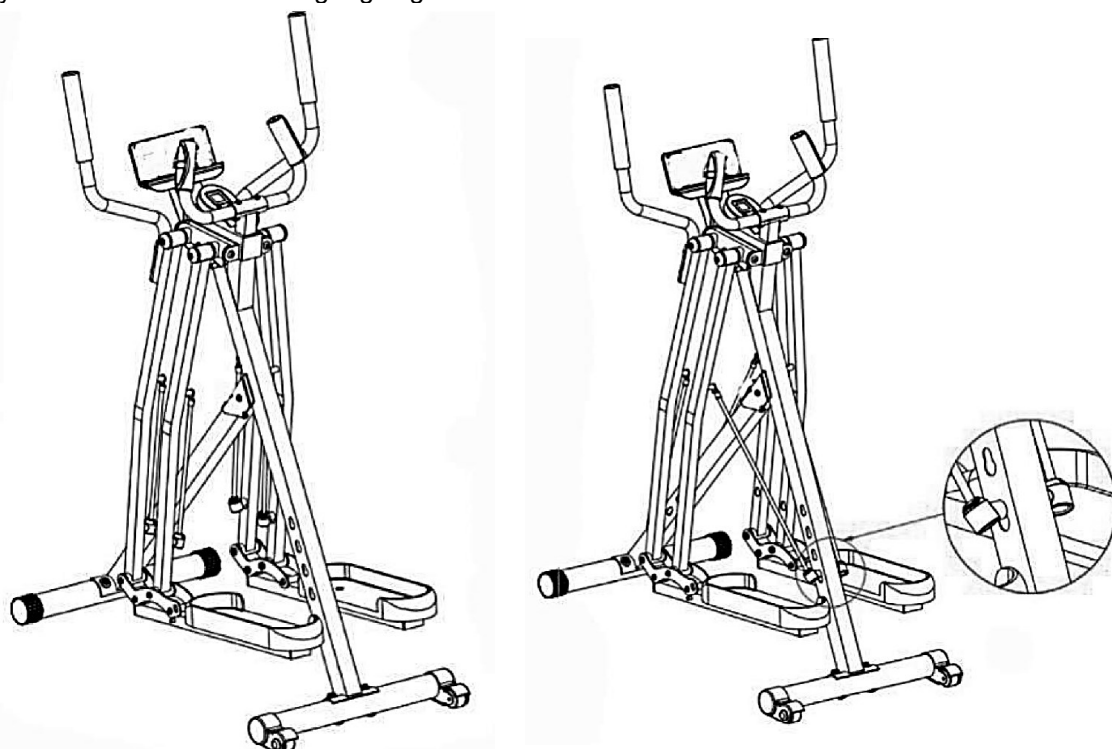
Step 8

Attach the movable handles, making sure that the bends face outwards. Use screws no. 6 and washers no. 7.



Step 9

Set your resistance levels and get going.





1. Set your resistance level from 0 to 4 on each of the 4 legs.
2. To ensure an even workout, make sure all 4 plugs are at the same level.
3. The higher the level, the greater the resistance and the harder the workout. Climb onto the machine and hold on to the firm handles.
4. We wish you a successful workout with lots of exercises.

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