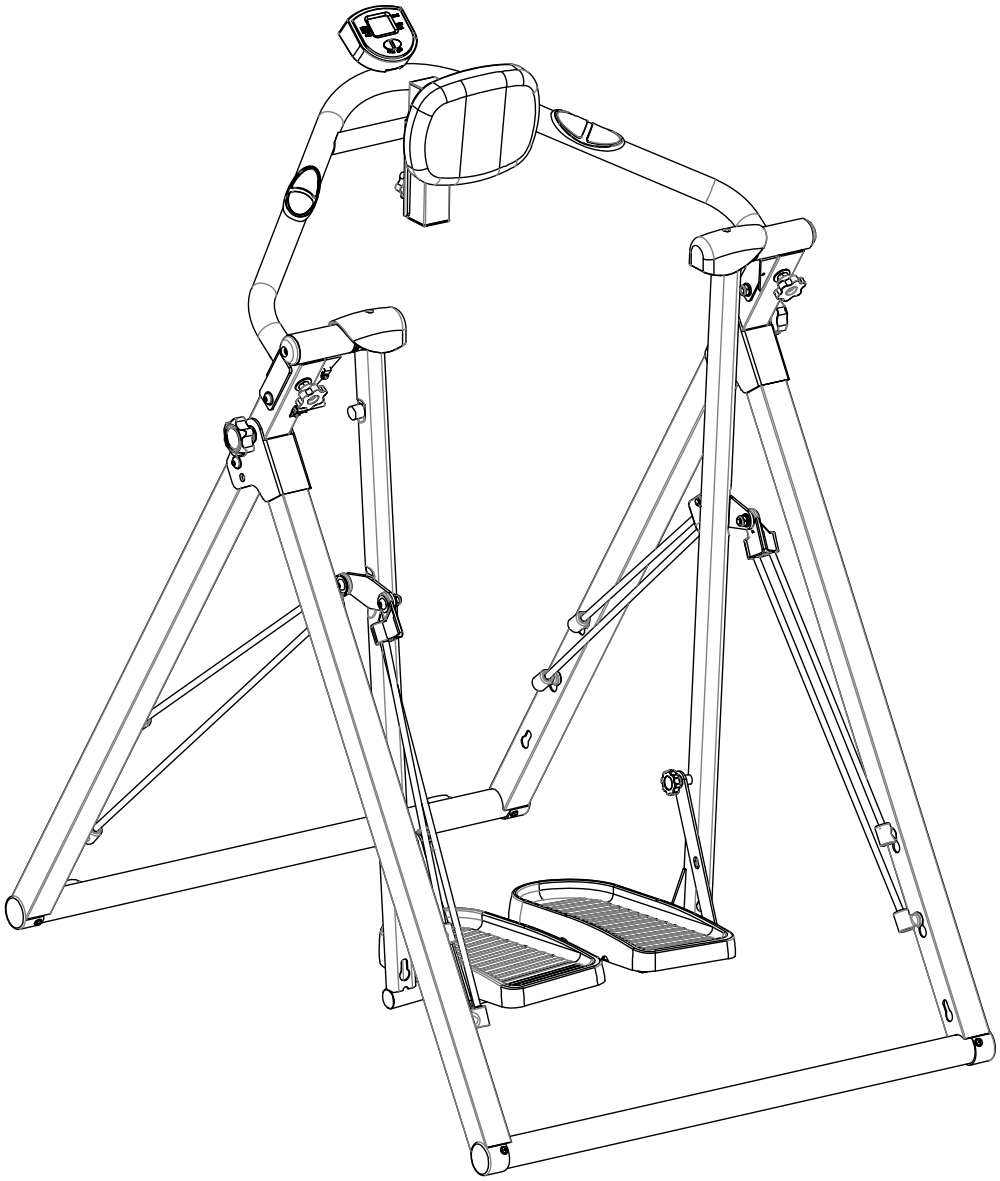
PROGEAR

AIR WALKER



IMPORTANT: Read all instructions carefully before using this product.
Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and, subject to change without notice.

Item #3410

Owner's Manual
Le Manuel Du Propŕietaire

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IMPORTANT: FOR NORTH AMERICA ONLY

To request product service and order replacement parts, please call our customer service department at: 1-844-641-7920

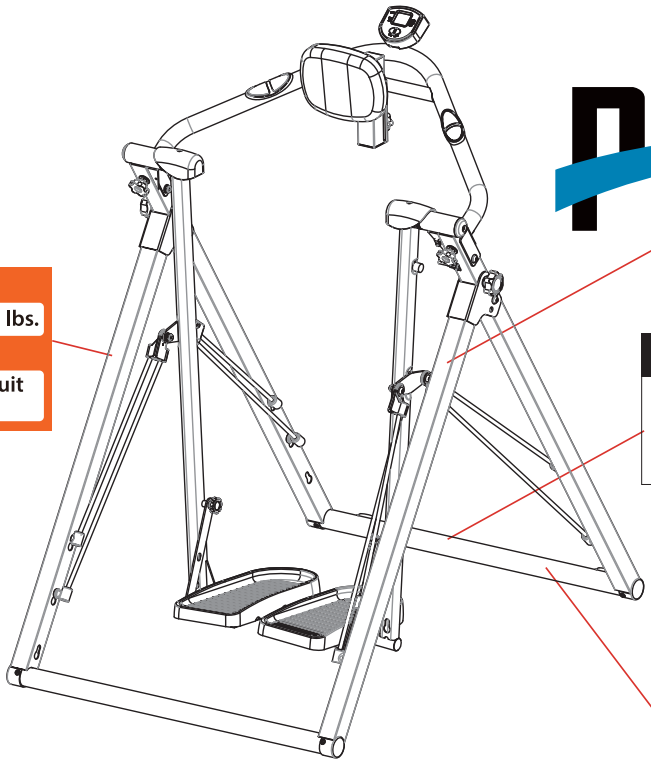
Daily 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

Please have the following information ready when requesting for service:
Your name
Phone number
Model number
Serial number
Part number
Proof of Purchase

Before returning this product to the store please contact customer service at the contact number.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748 USA

LABEL PLACEMENT



⚠ WARNING

Maximum weight capacity is 225 lbs.

⚠ AVERTISSEMENT

Le poids maximum pout ce produit est 102 kgs.

PROGEAR

PROGEAR FITNESS

For customer assistance call:	Pour le service a la clientèle composer le:
1-844-641-7920	**1-844-641-7920**
8 am - 5 pm PST	Tous les jours
Daily	8:00 h - 17 h (HNP)

114711341000001

Serial number/Numéro de série:

MADE IN CHINA / FABRIQUÉ EN CHINE

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group. Please refer to Warm Up section of the Owner's Manual.
2. Please make sure all components are not damaged and are working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar material on the ground is recommended.
3. Please wear proper clothes and shoes when using this equipment. Do not wear loose clothing that may get caught by any part of the equipment.
4. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
5. Be careful when stepping on or stepping off the pedals. Always hold onto the handlebars first and make sure the pedal at your side is at its lowest position, then step on. With your other leg, stride over the main frame and come to rest onto the other pedal. To ensure the pedals run smoothly, push or pull on the handlebars first, then follow with leg motion. To dismount, reduce pedaling speed gradually before you stop. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
6. Keep dry - do not operate in wet or moist condition.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment at a time.
10. Keep children and pets away from the product at all times.
11. This machine is designed for adults only.
12. This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult with your physician before continuing.
14. **The maximum weight capacity for this product is 225 lbs / 102 kgs.**

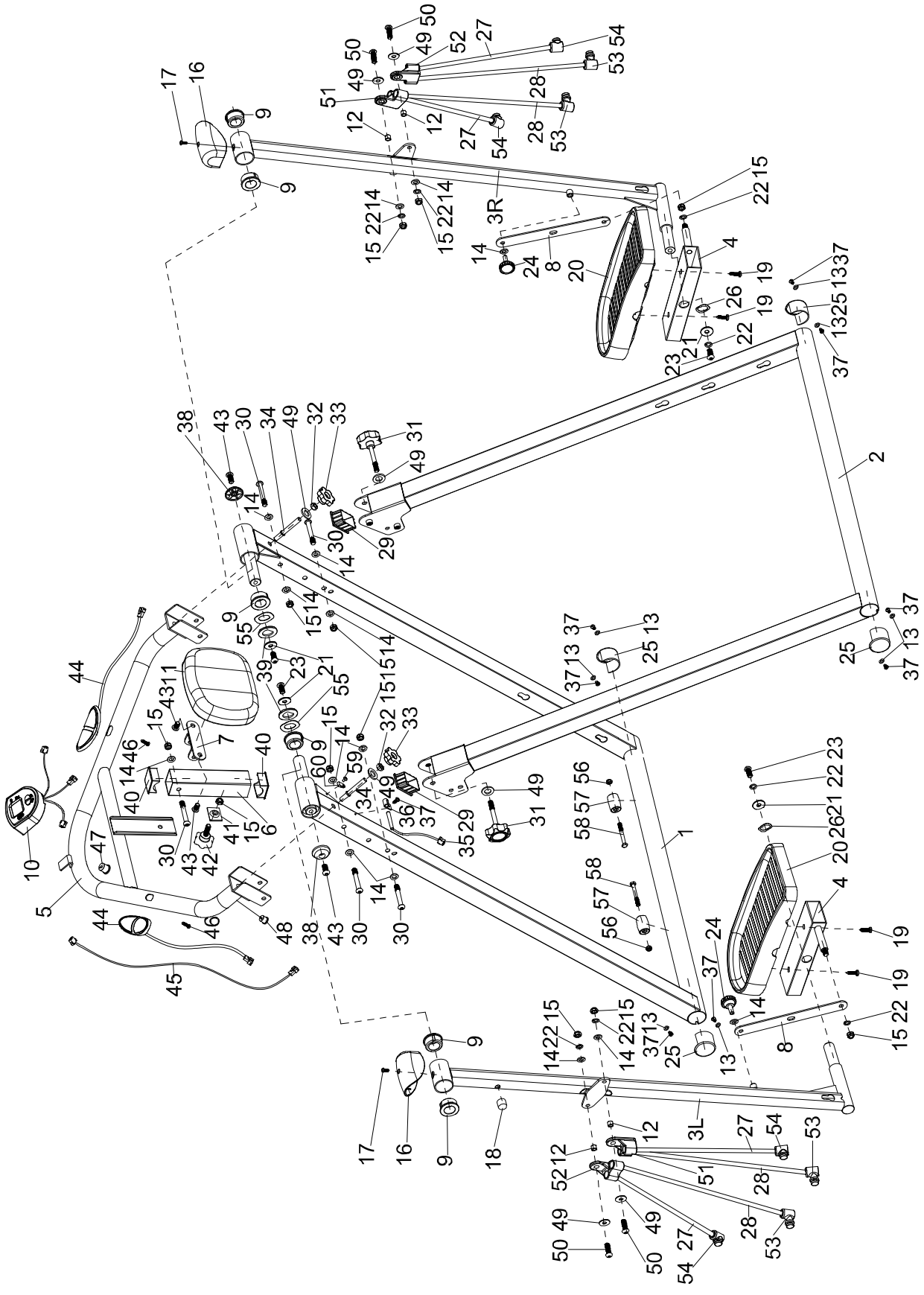
WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

OVERVIEW DRAWING

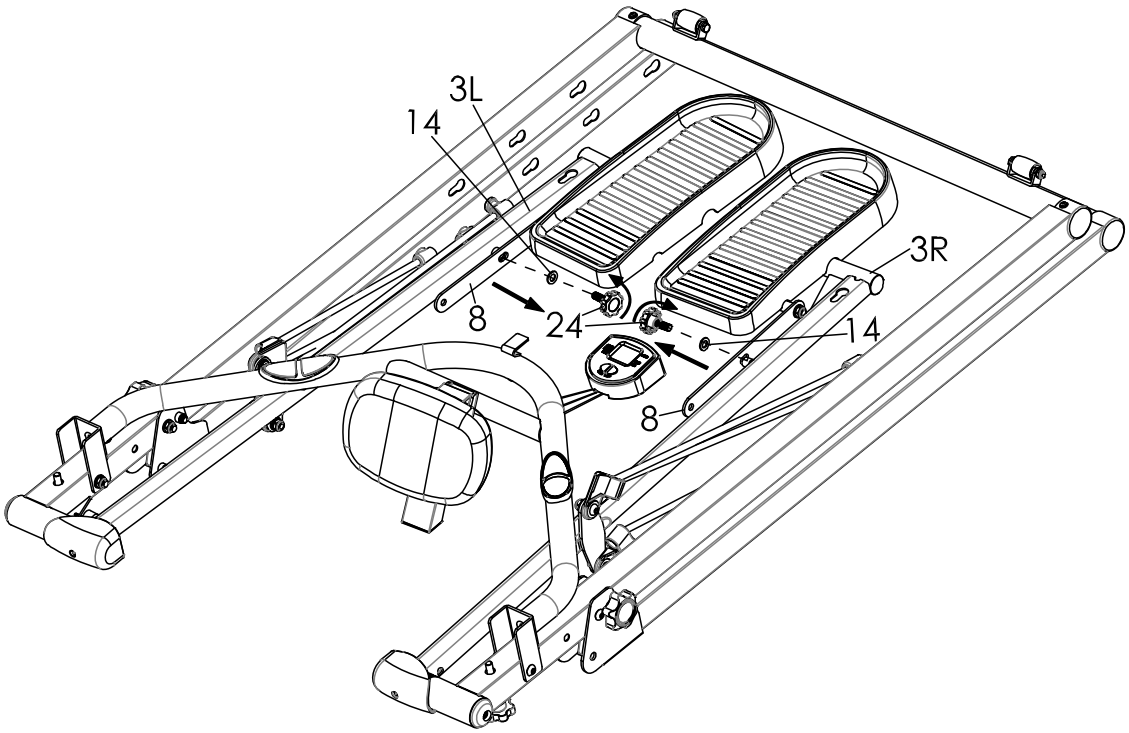


PART LIST

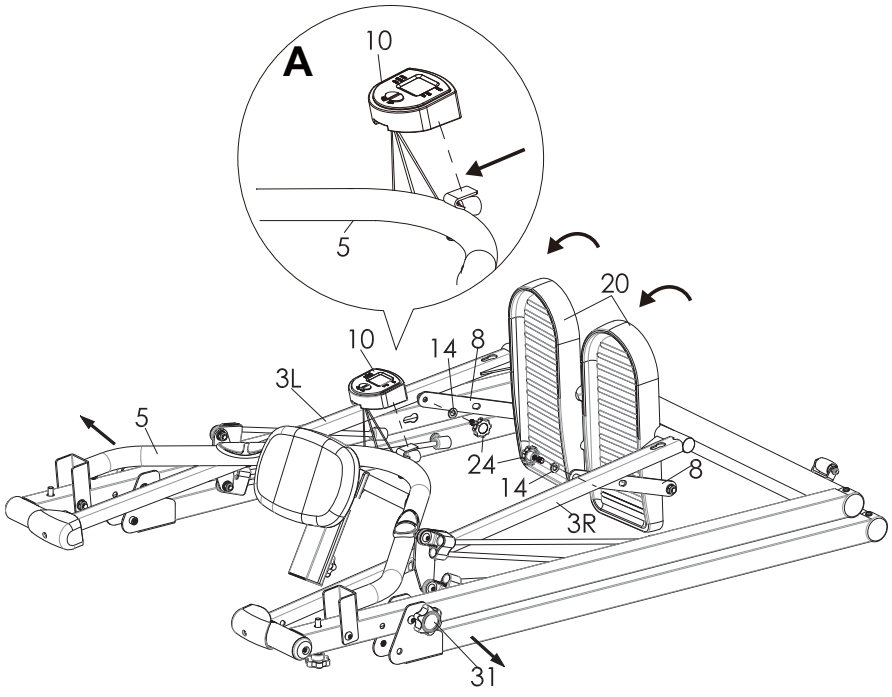
No.	Description	Qty	No.	Description	Qty
1	Front Stabilizer	1	31	Lock Pin M8x55	2
2	Rear Stabilizer	1	32	Hex Nut M8x6.8	2
3L	Swing Post (L)	1	33	Knob	2
3R	Swing Post (R)	1	34	Locking Rod	2
4	Pedal Tube	2	35	Sensor	1
5	Handlebar	1	36	Sensor Holder	1
6	Cushion Support Tube	1	37	Phillips Pan Head Self-Tapping Screw ST4.2x13	9
7	Pad Bracket	1	38	Cap	2
8	Pedal Fixed Plate	2	39	Washer φ38xφ8.2x2	2
9	Bushing	6	40	Cap	2
10	Console	1	41	Lock Plate	1
11	Cushion/Pad	1	42	Round Knob M8x28,φ40	1
12	Bushing	4	43	Socket Hex Screw M8x15, S5	4
13	Washer φ10xφ5x1	8	44	Hand Pulse	2
14	Flat Washerφ16xφ8.2x1.5	15	45	Sensor Wire 650mm	1
15	Nylon Nut M8	12	46	Phillips Pan Head Self-tapping Screw ST4.2x19	2
16	Handlebar Cover	2	47	Bushing φ15	1
17	Phillips Pan Head Screw M4x10	2	48	Bushing φ12	1
18	Magnet	1	49	Flat Washer φ22xφ8.2x1.5	8
19	Phillips Pan Head Self-tapping Screw ST5.5x22	4	50	Socket Hex Bolt M8x25	4
20	Pedal	2	51	Clip	2
21	Washer φ25xφ8.2x2	4	52	Clip	2
22	Spring WasherD8	8	53	Long Buckle	4
23	Socket Hex Screw M8x20	4	54	Short Buckle	4
24	Knob M8x25	2	55	Wave Washer φ38xφ22.5	2
25	Foot Cap	4	56	Nylon Nut M6	2
26	Wave Washer	2	57	Bearing	2
27	Nylon Rope φ8x300mm	4	58	Hex Bolt M6x48	2
28	Nylon Rope φ8x400mm	4	59	Phillips Pan Head Screw M4x10	1
29	End Cap	2	60	Clip	1
30	Socket Hex Screw M8x55x15	5			

ASSEMBLY

1. Remove both Flat Washers (14) and Knobs (24) from Swing Posts (3L & 3R).

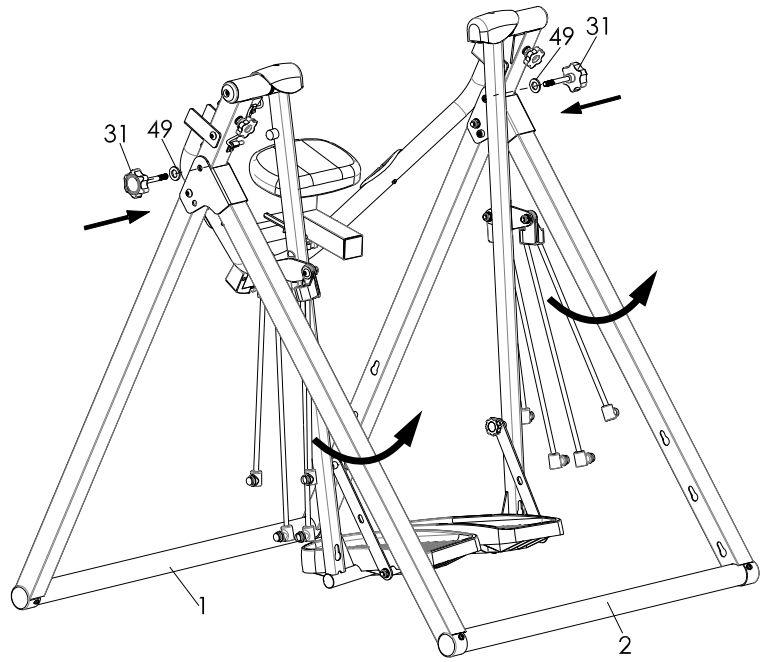


2A. Attach Console (10) onto the metal plate on Handlebar (5), see Pic. A.
2B. Place Pedals (20) vertically and align the top holes on Pedal Fixed Plates (8) with Swing Posts (3L & 3R), Use Flat Washers (14) and Knobs (24) from Step 1 to secure Pedals (20). Loosen the Lock Pin (31) from the main frame.

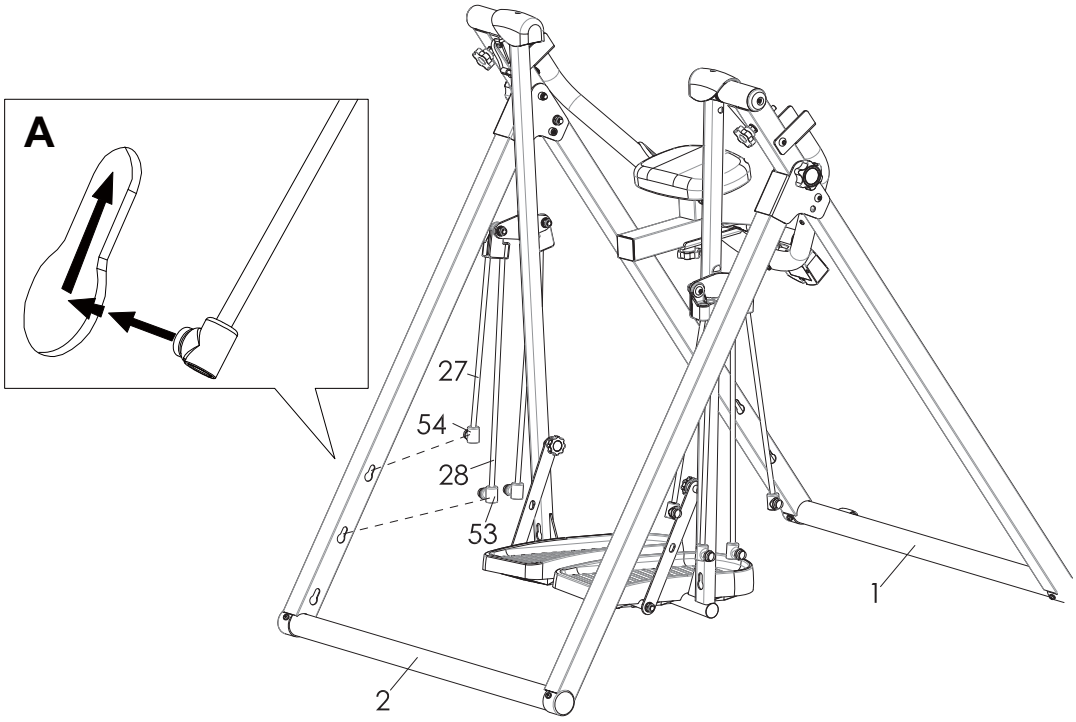


ASSEMBLY

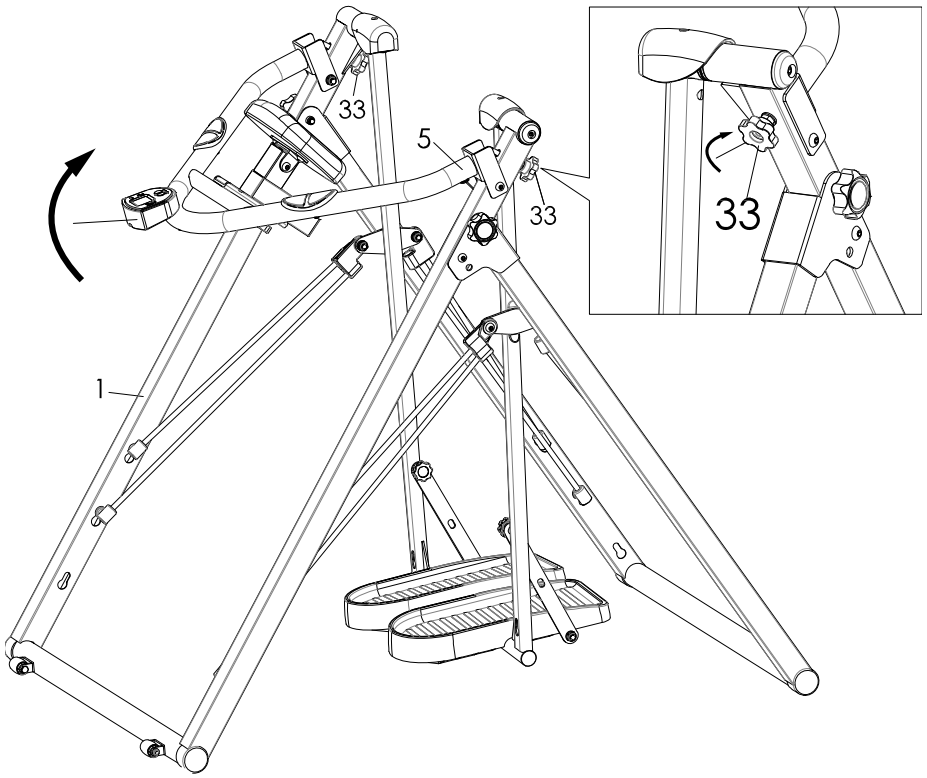
3. Place the unit in upright position; use Lock Pins (31) to secure the joining plates of Front and Rear Stabilizers (1 & 2).



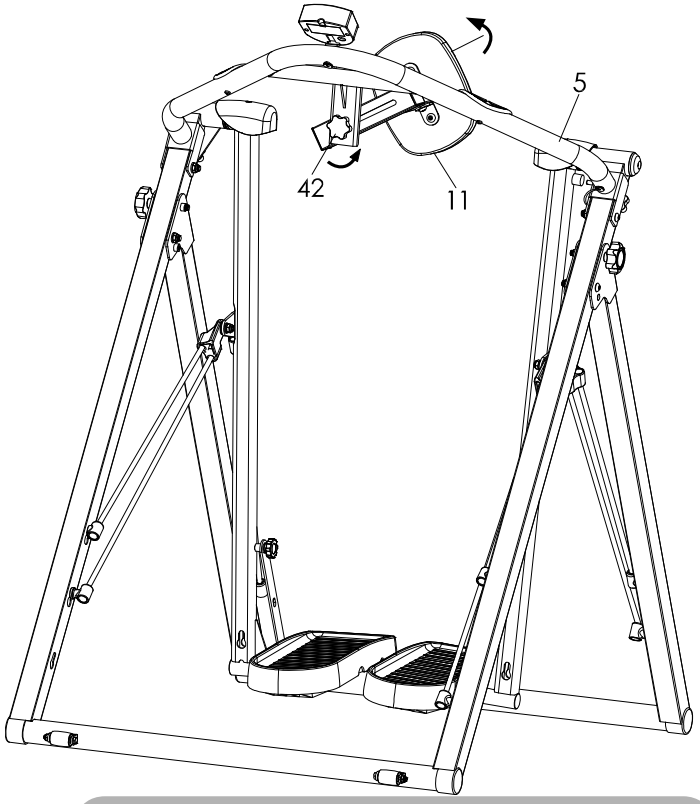
4. Extend Nylon Rope (27) and insert Short Buckle (54) into the top hole on Rear Stabilizer (2). Repeat the same steps for Nylon Rope (28) and Long Buckle (53).
   Once the steps are completed, repeat for the right side and both sides of Front Stabilizer (1).
   Caution
   To prevent any injury, please use both hands when extending Nylon Ropes (27 & 28).
   Do make sure buckles are locked, see Pic. A.



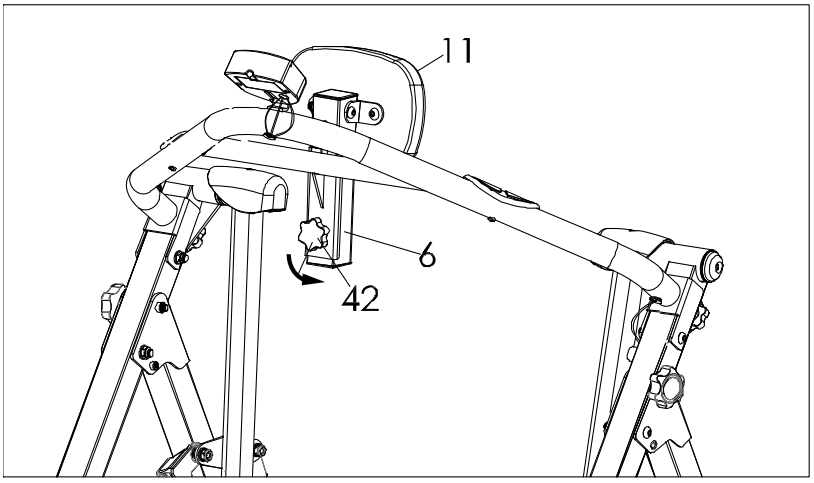
5. Pull up Handlebar (5) and tighten Knobs (33).

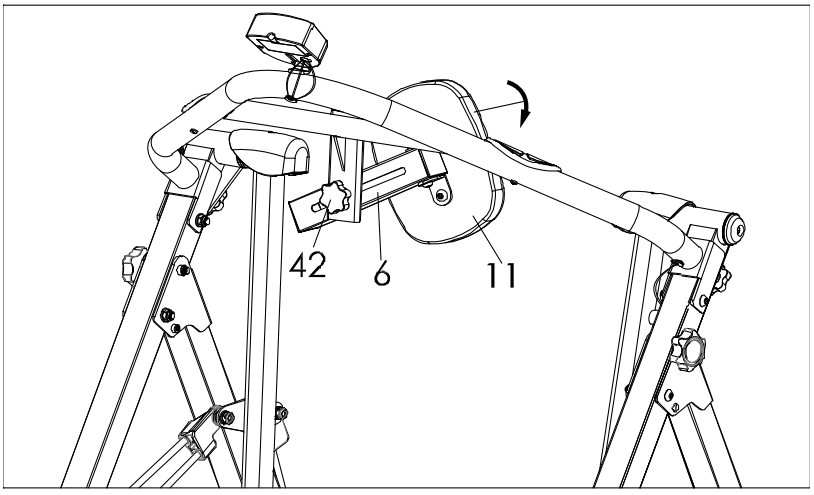


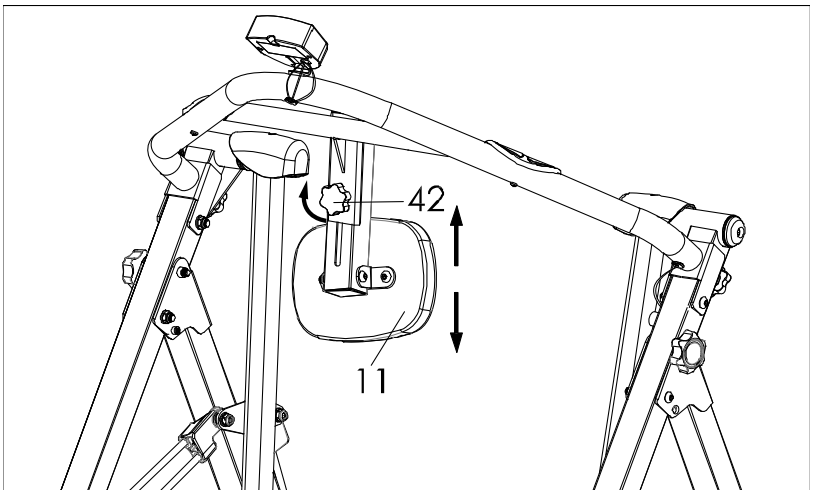
6A. Loosen Round Knob (42) until Cushion (11) is adjustable.
Align the supporting plates and tighten Round Knob (42).



6B. To ensure Cushion (11) is at the desired location, some adjustments may be required.







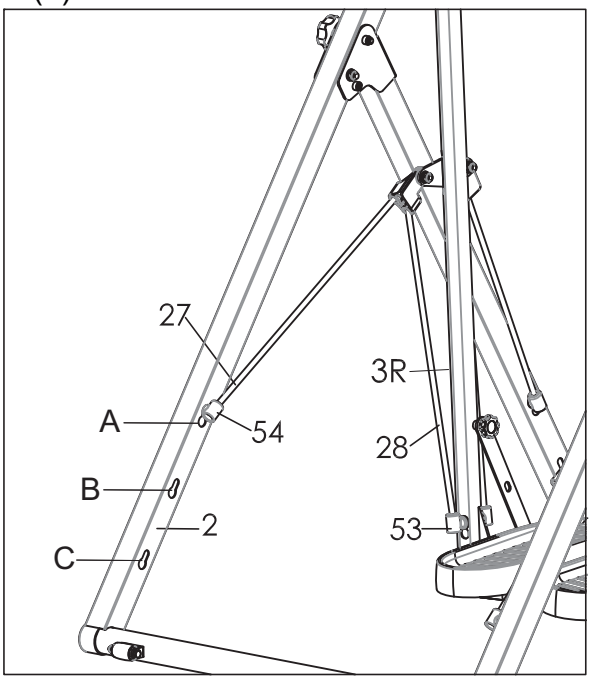
TENSION ADJUSTMENT

Suggested Tension Levels

Tension Level – Low

Lock Short Buckles (54) in Hole A on all sides.

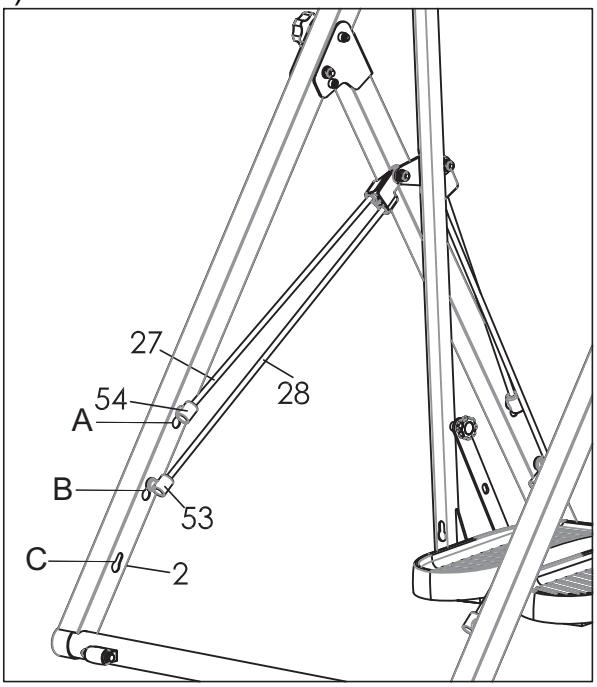
Lock 2 Long Buckles (53) on Swing Posts (3L & 3R) from Rear Stabilizer (2). Repeat same step for Front Stabilizer (1).



Tension Level – Medium

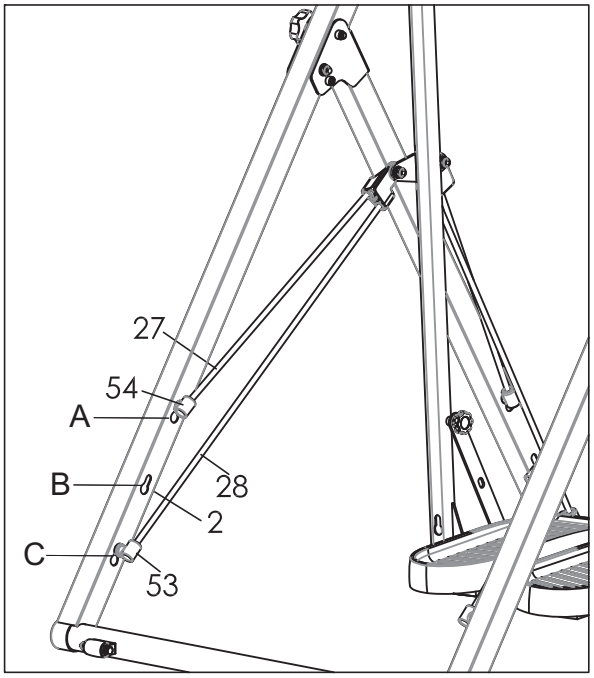
Lock Short Buckles (54) in Hole A on all sides.

Lock Long Buckles (53) in Hole B on all sides.



TENSION ADJUSTMENT

Tension Level – High
Lock Short Buckles (54) in Hole A on all sides.
Lock Long Buckles (53) in Hole C on all sides.



COMPUTER



SPECIFICATIONS:

TIME ---------- 00:00-99:59 MIN
STRIDES/MIN---------- 0~9999
TOTAL STRIDES---------- 0.0~9999
CALORIES ---------- 0.0~9999 KCAL
PULSE ---------- 40-200 BPM

KEY FUNTIONS:

MODE: This key lets you to select and lock on to a particular function you want.
RESET: The monitor will be reset by changing battery or by pressing and holding the RESET key for 3~4 seconds.

FUNCTIONS:

1. **TIME:** Press the **MODE** key until pointer lock on to **TIME.**
   The total working time will be shown when starting exercise.
2. **SPEED:** Press the **MODE** key until pointer lock on to **REPS/MIN**.
   Display current speed during workout time.
3. **TOTAL STRIDES:** Automatically accumulates workout count when starting exercise.
4. **CALORIES:** Press the **MODE** key until pointer lock on to **CALORIES**.
   The calories burned will be displayed when starting exercise.
5. **PULSE:** Press the **MODE** key until pointer advance to **PULSE FUNCTION** and put your hands to hold the sensor about 3 seconds until show out.

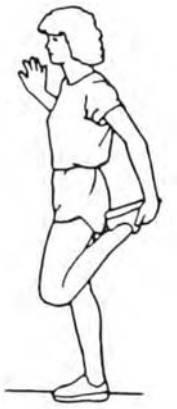
AUTO SCAN: Display changes according to the next diagram every 4 seconds.
Automatically display of the following functions in the order shown:
TIME-CALORIE-STRIDES/MIN-PULSE

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If there is a possibility to see an improper display on the Monitor, please replace the batteries to have a good result.
4. The monitor use 2pcs of 1.5V “AAA” battery.

WARM UP

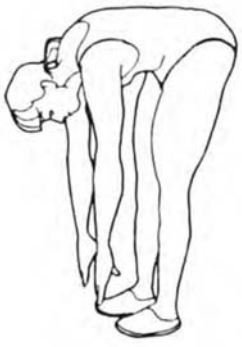
Quadriceps Stretch
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



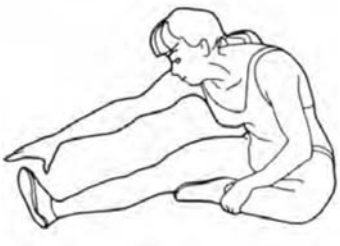
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touching
Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretch
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Relax and hold for 15 counts. Repeat with left leg extended.



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	1 year
All Other Components	90 days

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department:

1-844-641-7920

Daily 8:00 AM - 5:00 PM (PST).

service@paradigmhw.com

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO

service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ **STATE** _____ **ZIP** _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

ITEM/MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	REASON	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY (MD)

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____