

Swing into Fitness

GRAVITY WALKER

Style KV2200U



OWNER'S OPERATING MANUAL

INTRODUCTION

Congratulations and thank you for purchasing the **GRAVITY WALKER** which captures the easy, natural motion of walking and running, but its suspended action eliminates pounding and stress on joints.

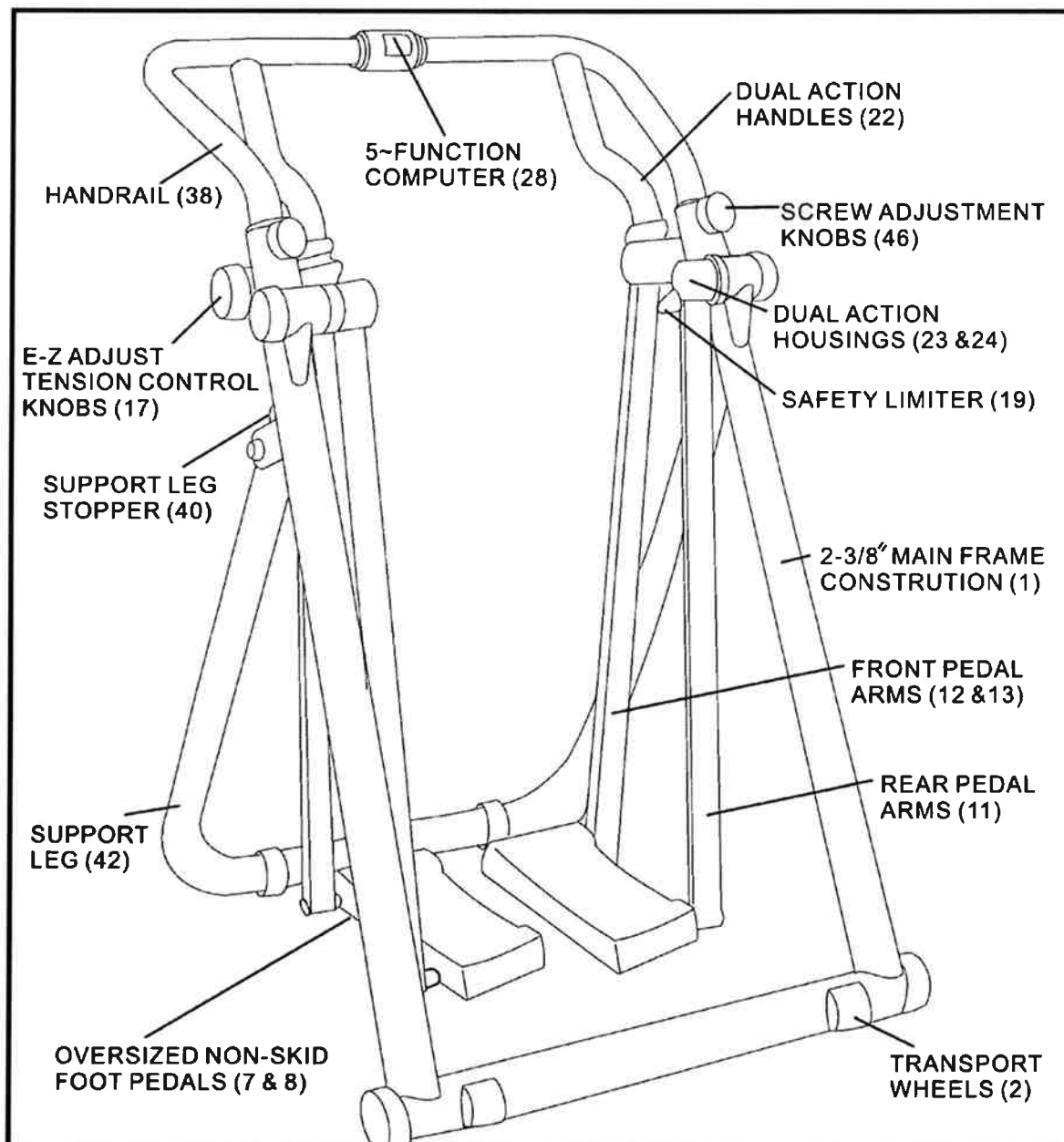
Get the results you need by customizing your workout..., adjust your speed, change your stride length and choose your resistance level.

This versatile all-in-one trainer increases flexibility and aerobic fitness while targeting the key trouble spots...hips, thighs, rear and arms. The **GRAVITY WALKER** is easy to use and combines high performance with convenience and safety.

There are four E-Z adjust tension controls for all levels of resistance. The digital readouts on the 5-function computer provide accurate feedback on the status of your workout and level of exertion. After a whisper quiet workout, the **GRAVITY WALKER** folds flat and rolls away for easy storage.

We have designed a unique feature for a safer workout when first using your **GRAVITY WALKER**. Your machine is equipped with two safety limiters (19), which bolt onto the main frame. These safety stops will help prevent you from stretching too far and then losing your balance.

Note: If the safety limiters become loose, tighten them with a 5mm Allen Wrench.



Major components of the GRAVITY WALKER

ASSEMBLY INSTRUCTIONS

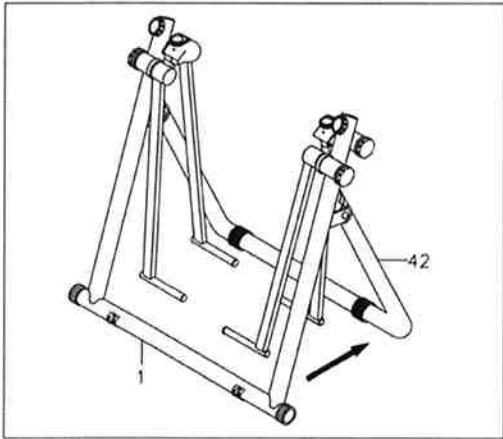


Fig.1-1 Un-Folding

1. Fold open the right and left SUPPORT LEG (42) to set up your GRAVITY WALKER. Make sure that the support legs are fully extended so the SUPPORT LEG STOPPERS (40) hit against the MAIN FRAME (1). Allow the GRAVITY WALKER to rest on the main frame and support legs (Figure 1-1)

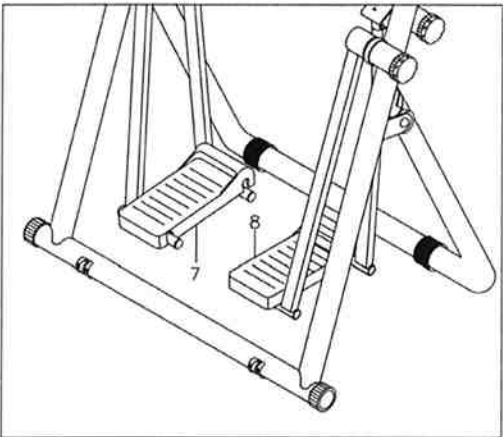


Fig.1-2 Connecting the Foot Pedals

2. Connect the RIGHT FOOT PEDAL (8) into the RIGHT FRONT PEDAL ARM (12) and the RIGHT REAR PEDAL ARM (11). Make sure that the foot pedal snaps into the pivot plugs (9). Repeat the operation for connecting the LEFT FOOT PEDAL (7) into the LEFT FRONT PEDAL ARM (13) and the LEFT REAR PEDAL ARM (11). (Figure 1-2)

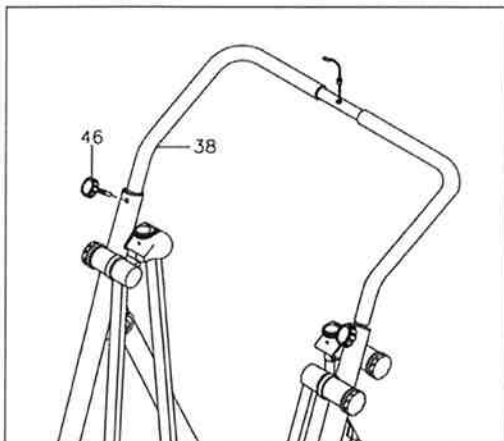


Fig.1-3 Inserting the Handrail

3. Slide both ends of the HANDRAIL (38) all the way into the PLASTIC BUSHINGS (47) located near the top of the tubing on each side of the MAIN FRAME (1). Secure the handrail in place using the two SCREW ADJUSTMENT KNOBS (46). Firmly tighten each knob (Figure 1-3).

ASSEMBLY INSTRUCTIONS

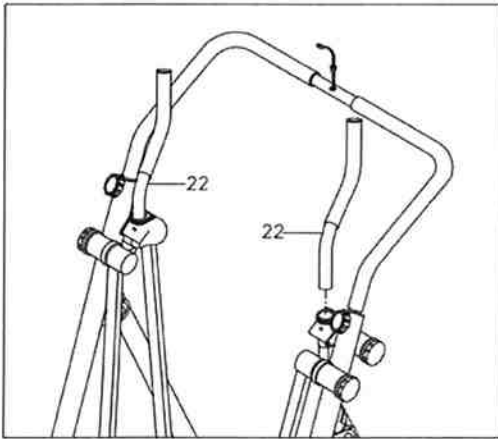


Fig. 1-4 Inserting the Dual Action Handles

- Slide a CURVED DUAL ACTION HANDLE (22) into the RIGHT DUAL ACTION HOUSING (23) located at the top of the FRONT RIGHT PEDAL ARM (12). Make sure that the PUSH PIN (39) on the handle is seated into the hole in the plastic housing.

Repeat the operation for the other CURVED DUAL ACTION HANDLE (22) and the LEFT DUAL ACTION HOUSING (24) (Figure 1-4).

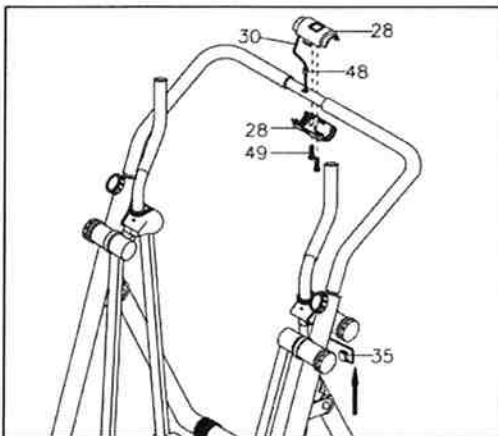


Fig. 1-5 Computer Assembly & Position Adjustment

- Install the two batteries (supplied) under the metal brackets the back of the COMPUTER (28). Make sure the "+" is up. Find the end of the SENSOR WIRE (30) protruding from the centre of the HANDRAIL (38). Connect the sensor wire to the jack plug in the back of the computer. (Figure 1-5)
- Sandwich the two plastic halves of the COMPUTER (28) around the HANDRAIL (38). Attach firmly together using the two SCREWS (49) provided.

Step up onto the GRAVITY WALKER by grabbing hold of the HANDRAIL (38). Rotate the COMPUTER (28) so that it is easy to read when standing on the pedals.

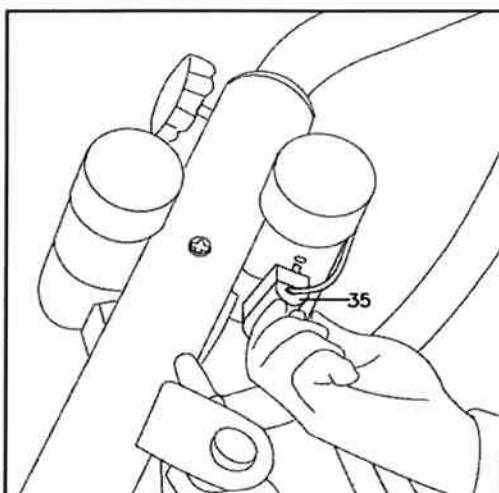


Fig. 1-6 Sensor Fitment

Slide the SENSOR (30) into the SENSOR HOLDER (35). Snap the sensor holder into the two holes in the bottom side of the tubing welded onto the upper right MAIN FRAME (1). Adjust the sensor so that there is a 1/8" gap between the sensor and the MAGNET (50) on the RIGHT FRONT PEDAL ARM (12). (Figure 1-6)

COMPUTER INSTRUCTIONS

FUNCTION BUTTON

MODE / RESET: Press to select functions, or press and hold for 4 seconds to zero all function values.

COMPUTER FUNCTIONS

STOP: No input or use, "STOP" displays on the LCD.

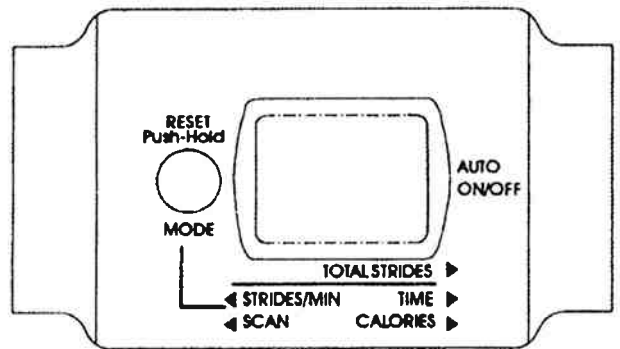
STRIDES / MIN: Displays numbers of strides per minute.

SCAN: Automatically scans through each function in sequence every 6 seconds.

TOTAL STRIDES: Accumulates the total number of strides during exercise.

TIME: Accumulates total exercise time up to 99:59 minutes

CALORIE: Accumulates calorie consumption during exercise. Max value is 9999 CAL. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)



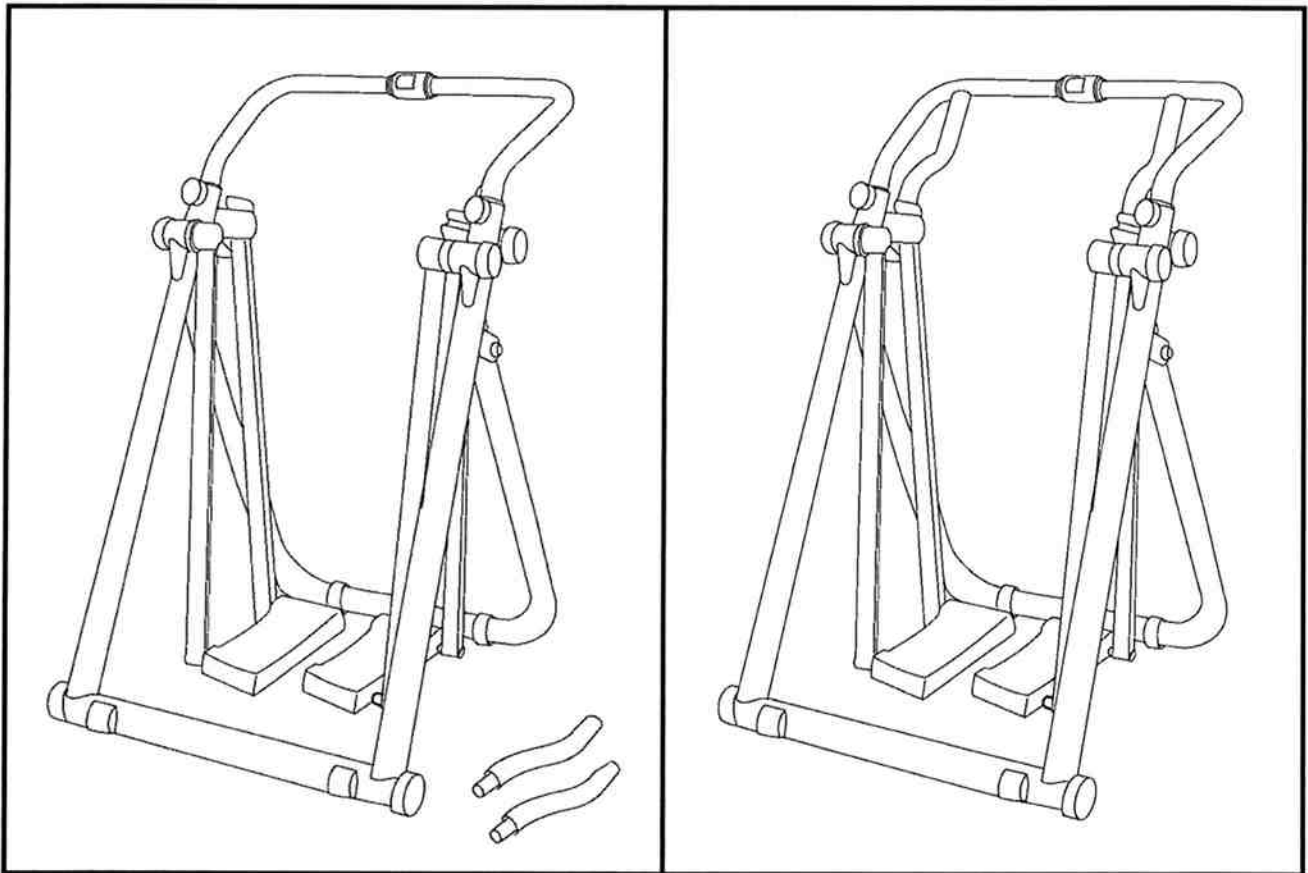
NOTE:

1. Without any signal for a period of 4 minutes, the LCD display will shut off automatically and all previous working values are total reset.
2. When there is signal in, the monitors is auto power on.
3. If improper display on monitor, please re-install the batteries to have a good result.
4. Battery spec. : 1.5V AAA#4 (1PC).

GETTING STARTED

IMPORTANT SAFETY INFORMATION

THERE IS A LEARNING CURVE WITH THE GRAVITY WALKER. AS WITH ANY OTHER PIECE OF EXERCISE EQUIPMENT, WHEN FIRST STARTING OUT, PLEASE MAKE SURE YOU ONLY USE THE HANDRAIL. DO NOT USE THE DUAL ACTION HANDLES. LEARN HOW TO USE YOUR LEGS WHILE HOLDING ONTO THE HANDRAIL. ONCE YOU BECOME MORE FAMILIAR WITH THE EXERCISE AND THE BALANCE REQUIRED YOU MAY TRY USING THE DUAL ACTION HANDLES IN DUAL ACTION MODE.



Walker Setup without Dual Action Handles

Walker Setup with Dual Action Handles

EXERCISE INSTRUCTIONS

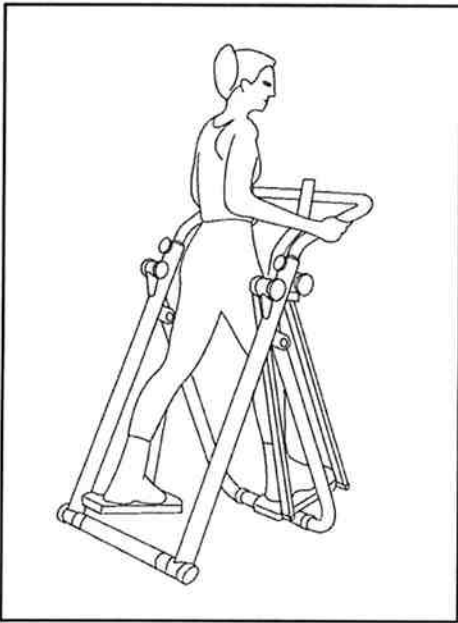


Fig.2-1 Exercising Using the Fixed Position Handrail

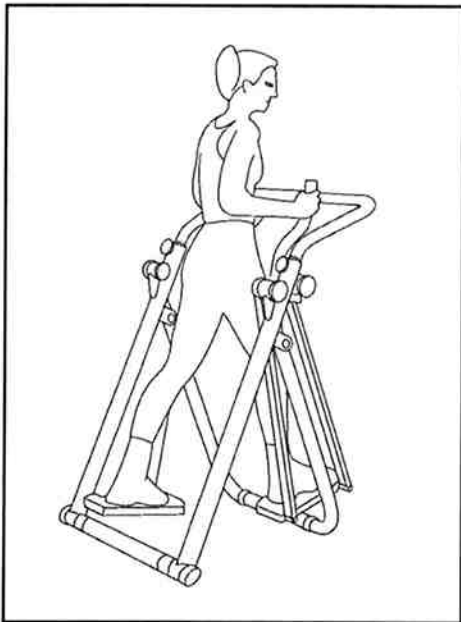


Fig.2-2 Exercising in Dual Action Mode

Start Off Gradually

1. Make sure that the HANDRAIL (38) is secured. Grab hold of the handrail Step up onto FOOT PEDALS (7&8) so that your feet are centred and up against the ridge at the front of the pedals (Figure 2-1).
2. **Caution:** Most likely this is a new exercise for you. It will take some time for you to get used to the balance required, so please, when first starting out, use only the fixed position HANDRAIL (38).
3. Always hold onto the handrail or dual action handles!!! Stand up straight, bend your knees slightly, but do not lean forward.
4. This exercise simulates walking without the unnecessary impact to the knees and feet. Begin walking at a slow comfortable pace, alternating from one foot to the other.
5. **Caution:** We recommend that you become more familiar with the exercise before using the computer functions.
6. Stop! When finished, stop walking and stand erect so that your legs are perpendicular to the ground. Always holding onto the fixed HANDRAIL (38), carefully step down off the GRAVITY WALKER.

Use The Computer Functions

7. Monitor your exercise behaviour and accomplishments using the FIVE-FUNCTION COMPUTER (28). There are four exercise modes: TOTAL STRIDES, STRIDES per minute, TIME, and CALORIES. These functions can be displayed separately or automatically if the SCAN feature is selected.

Make Your Workout More Challenging

8. Once you feel comfortable exercising using the fixed position HANDRAIL (38), you may choose to exercise in the dual action mode. (Figure 2-2)
9. This action provides you with both an upper and lower body workout.
10. Grab hold of the DUAL ACTION HANDLES (22) and continue to walk using the same motion as above. Stand up straight and do not lean forward. Begin walking at a slow, comfortable pace, alternating from one foot to the other while swinging your arms. It will take some practice and coordination so don't get discouraged!
11. By leaning forward into your exercise, you will increase the amount of work done by your lower body.
12. By leaning back, you will increase the exercising of your upper body.