

OWNER'S MANUAL & TRAINING GUIDE

Burn Fat
& Tone Up
on a
Cushion
of Air!



**Step-by-Step
Instructions**

Maximum User Weight is 300 lbs

AirClimber
System

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AirClimber
System

important safety information

IMPORTANT: Please read and follow all instructions thoroughly before using your AirClimber

- Maximum user weight is 300 lbs.
- UNTIL YOU ARE COMFORTABLE USING THE AIRCLIMBER PLEASE PLACE THE AIRCLIMBER BEHIND OR BESIDE A SOLID CHAIR OR TABLE AND HOLD ON TO IT WHEN GETTING ON OR OFF THE UNIT. AN ALTERNATIVE IS TO PLACE THE AIRCLIMBER BETWEEN AN OPEN DOOR AND HOLD ON TO THE DOORWAY. USE CAUTION WHEN GETTING ON OR OFF THE AIRCLIMBER.
- KEEP THE AIRCLIMBER OUT OF THE REACH OF CHILDREN. SEVERE INJURY CAN RESULT IF FINGERS AND BODY PARTS ARE PLACED UNDER FOOT PEDALS OR BASE OF THE UNIT DURING USE. The AirClimber is not a toy and is not meant to be used by or near children and pets. Please keep children and pets away from the AirClimber and BodyCord during use, as well as when the product is left unattended. If you have children, it's your responsibility to ensure that they do not place any part of their body such as their fingers under the unit while you are exercising.
- Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for exercising with the AirClimber. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.
- Follow your doctor's recommendations when developing your personal fitness program.
- If you experience any pain or tightness in your chest, irregular heartbeat and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- When using the AirClimber, place your feet near the front of the pedals at all times. Make sure your feet are not near the edge of the pedals. If your feet move near the edge of the pedals during exercise, stop and reposition your feet.
- ONLY USE THE AIRCLIMBER ON A FLAT, STABLE SURFACE. If your floor is uneven, use the AirClimber on a carpeted floor. DO NOT USE THE AIRCLIMBER ON A SMALL AREA CARPET THAT MAY TEND TO MOVE WHILE STEPPING.
- DO NOT ATTEMPT TO USE THE AIRCLIMBER WITH THE BELLOWS AWAY FROM YOU. Always position the AirClimber with bellows and resistance dial facing you.
- ONLY INFLATE THE BELLOWS WHEN THEY ARE AT ROOM TEMPERATURE. The bellows are more flexible when they are at normal room temperature. Do not leave the AirClimber in the direct sun for extended periods of time.
- ALWAYS INFLATE THE BELLOWS PRIOR TO USE. The AirClimber bellows need to have ample air to work properly. Stepping on bellows without sufficient air will damage the bellows and void the warranty.
- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and could possibly cause serious personal injury or damage to you and the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding this product or its exercise program, please see your physician.
- DO NOT USE THE AirClimber or BodyCord if they are damaged in any manner. Inspect before each use. Failure to observe this warning could result in personal injury while exercising.

SAVE THESE INSTRUCTIONS AND ENSURE THAT OTHER EXERCISERS READ THESE INSTRUCTIONS PRIOR TO USING THE AIRCLIMBER FOR THE FIRST TIME.

parts & accessories



ACCESSORIES

BodyCord

Workout DVD—One DVD contains all workouts

Literature Pack



unpacking instructions

Your AirClimber has been thoroughly inspected and fully assembled before shipment, so it will arrive in excellent operating condition. If you have any questions, please call the customer service center 973.287.5172.

IMPORTANT: Remove all parts from packing and inspect for damage. Retain packing materials if possible.

(Refer to Page 4 for location).

INFLATING THE BELLOWS

Step 1:

Position the AirClimber with bellows and resistance dial facing you (See figure 1).

Step 2:

ALWAYS INFLATE THE BELLOWS PRIOR TO USE. Once the bellows have warmed/cooled to room temperature, inflate the bellows. Push and hold in the resistance dial (See Figure 2)

located between the pedals while gently pulling up on the pedals to fill the bellows, then release the dial. Pushing and holding in the dial allows air to enter or exit the bellow system. (Depress and hold down the resistance dial to allow air to flow into the bellows).



FIGURE 1



FIGURE 2

INSERTING THE PERSONAL TRAINING COMPUTER

1. Insert the battery so that the battery's ends (- and +) are correctly positioned. The "+" on the battery should be showing when inserted into the battery holder (See Figure 3).
2. Press the Computer into the open hole in the Foot Pedal, so that the red button is closest to the edge of the pedal (See Figure 4).
3. If your battery is already positioned in the Computer, but has a plastic strip, simply remove and discard the plastic strip (See Figure 5) and then follow #2 above.



FIGURE 3



FIGURE 4

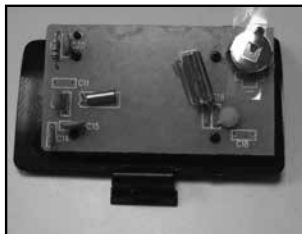


FIGURE 5

adjusting the speed & resistance dial

The AirClimber's Speed and Resistance Dial is located on the base between the two pedals.

(Refer to Page 4 for location).

Turning the dial from right to left controls the amount of air flowing between the two bellows. Always set the resistance according to your ability. Position #1 is a good starting position for beginners, since it provides the easiest intensity level with ability to step rapidly. Position #2 to #3 also provides for a fast workout. As you become more comfortable with the AirClimber turn the dial to the right (clockwise) to add more resistance for a slower, more difficult workout that raises the heart rate. Position #5 provides for the greatest amount of resistance to help you burn fat and tone and strengthen your lower body musculature (See Figure 6).

Note: Always return the Speed and Resistance Dial to Position #1 after your workout.



FIGURE 6

adjusting pedal height

Pedal height can be adjusted by inflating the bellows up to a maximum of 8". Beginners should exercise with bellows at least 6" from the top of the base.

getting on and off the AirClimber™

GETTING ON THE AIRCLIMBER

Step 1:

Place the AirClimber on a flat, stable surface. There are soft rubber feet underneath the AirClimber, however it's recommended that you place a large piece of thin carpet or rubber exercise mat underneath the AirClimber to help prevent movement during exercise. This will protect your floor from any damage due to prolonged, extensive use of the AirClimber.

Step 2:

ALWAYS INFLATE THE BELLOWS PRIOR TO USE. DO NOT USE THE AIRCLIMBER WITH THE BELLOWS AWAY FROM YOU. Position the AirClimber with the bellows and dial facing you.

Step 3:

UNTIL YOU ARE COMFORTABLE USING THE AIRCLIMBER, PLACE THE AIRCLIMBER BEHIND OR BESIDE A SOLID CHAIR OR TABLE AND HOLD ON TO IT WHEN GETTING ON OR OFF THE UNIT. AN ALTERNATIVE IS TO PLACE THE AIRCLIMBER BETWEEN AN OPEN DOOR AND HOLD ON TO THE DOORWAY.

Step 4:

Hold onto the chair/table and WITHOUT GETTING ON THE UNIT, position one foot towards the front and in the middle of the pedal (See Figure 7).

Make sure your foot is not near the edge of the pedal. If your foot moves near the edge of a pedal during the exercise, stop and reposition your foot.

To start stepping, place one foot on a pedal and allow it to depress as far as possible. Then when you are steady and well-balanced, hold onto your support and place your other foot on the second pedal. Step up so that you are standing on both pedals and begin stepping slowly (See Figure 8).

When you have completed your exercise routine step back off carefully, one foot at a time.



FIGURE 7



FIGURE 8

Step 5:

Keep stepping SLOWLY as you gain both balance and experience with the AirClimber's movement. Keep your knees slightly bent with your feet parallel and centered to the foot pedals at all times. Do not lift your feet off the pedals.

BodyCords™

Adding the BodyCord to your workout is an excellent way to add resistance to upper body exercises that both strengthen and enhance your cardiovascular workout.

USING THE BODYCORDS

Step 1:

Lift the front of the AirClimber.

Step 2:

Place the BodyCord in the specially designed groove making sure that the BodyCord fits in the two hold down detents (See Figure 9).

Step 3:

Set the AirClimber carefully down so that the BodyCord doesn't come out of the groove. Do not allow the flat bottom of the AirClimber to rest on the BodyCord since it can be pinched and damaged. The BodyCord should slide easily from one side of the AirClimber to the other.

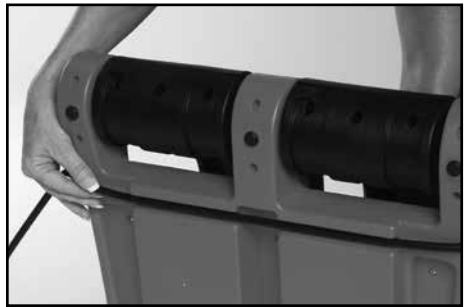


FIGURE 9

ADJUSTING THE BODYCORD TO YOUR HEIGHT

Step 1:

To shorten the BodyCord, pull the small locking ball away from the locking hole (See Figure 10).

Step 2:

Pull the BodyCord through the locking hole to the desired length. It's a good idea to adjust the BodyCord using both handles so that it's equal on each side.

Step 3:

Position the locking ball into the hole and press the ball down so that it locks the cord and ball firmly in place (See Figure 11).



FIGURE 10



FIGURE 11

personal training computer

IMPORTANT: Any input will turn on the computer.

USING THE PERSONAL TRAINING COMPUTER

The Computer displays 4 functions plus a scan feature:

- *COUNT* – Accumulated steps
- *TIMER* – Accumulated workout time
- *CAL* – Kilocalories expended
- *RPMS* – Step rate per minute
- *SCAN* – Moves between each function

Mode Button: Selects a particular function to view.

Press the Mode Button to select a function. The small arrow will indicate which function is selected in accordance with the arrow's position on the LCD, compared to the print below the LCD.

Scan Mode: This option automatically displays Count, Timer, Cal., RPMS for 4 seconds each.

Reset: Hold the mode button down for 3 seconds to reset all functions.

Auto Shut Off: The training computer will automatically shut itself off if it has not received an input signal during the last 4 minutes. Signals are sent via the stepping motion or by touching the mode button.



benefits of exercise

A regular exercise program can help improve the quality of your life, help give you more energy and help combat the effects of aging. Research has shown that 30 minutes of cardiovascular exercise done at the same time, or even in 3 segments of 10 minutes each combined with a weighted workout 3 to 4 times per week can help deliver the following health benefits:

The benefits of regular participation in a well balanced fitness program include:

- Weight Loss • Improved Body Shape and Definition
- Increased Muscle Mass, Strength, Endurance, Power, and Definition
- Enhanced Flexibility • Increased Metabolism • Injury Protection
- Improved Self Esteem • Improved Aerobic Fitness
- Improved Coordination and Agility

HEART RATE

Improved fitness, weight loss and a host of other important health benefits can occur when you exercise at an intensity level which places your heart rate in its target heart zone. Before starting, you must be in good physical condition and if you are over age 35 get approval from your health care provider before starting an exercise program. During your workout it is important to exercise in your target heart rate training zone. One of the best ways to know if you're exercising in your training zone is to monitor your heart rate during the workout. To do this, locate your age on the chart located below. This chart shows a lower target heart rate in number beats per minute or beats every 10 seconds. If you are beginning an exercise program, start exercising at this lower heart rate level. The chart on page 9 shows an upper target heart rate level for those individuals who are in excellent physical condition and have exercised previously. Target heart rates based on your age are to be used as a general guide only. If your fitness level is lower than average for your age, then you may want to work slightly below your target heart rate. If you feel tired, reduce your heart rate and exercise at a lower rate. Overall, the target heart chart is a guide, not a set of rules, so remember to listen to your body at all times.

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: first, 10 seconds is long enough for accuracy. Second, the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count won't be as accurate.

BEGINNER TARGET HEART RATE CHART

The following chart is a guide to those of you who are starting on your fitness program.

Age	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats Per Minute (BPM)	138	132	132	126	120	114	114	108	108

INTERMEDIATE/ADVANCED TARGET HEART RATE CHART

The following chart is a guide to those of you who are in good physical shape and familiar with the AirClimber.

Age	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats Per Minute (BPM)	156	156	150	144	138	132	132	126	120

BASIC TRAINING TIPS

Determine what level of participant you are. Beginners (have done limited aerobic activity recently) or individuals desiring a cardiovascular, fat-burning and strength endurance workout should not use the BodyCord until comfortable with the stepping motion only and should set the dial to the No. 1 position to start. This allows you to step at a fast, easy and steady pace with light pedal resistance.

Intermediate and Advanced exercisers (used an AirClimber before and in good aerobic condition) or those desiring a more intense muscle strengthening workout may use the BodyCord after their first 10 minutes of stepping and set the resistance dial at No. 3 or higher. This will provide more resistance to your upper and lower body workout.

WORKOUT FREQUENCY

We recommend that you start exercising on the AirClimber at least every other day. Beginners may want to start with a 5-minute program and advance to 15 minutes then 30 minutes at the same time or break up the workout into three 10 minute sessions. If your fitness level is sufficiently high, you may choose to workout every day, but remember to always listen to your body.

stretching

Always warm-up by doing walking or marching exercises prior to starting your AirClimber workout. Then after your workout, make sure you do gentle stretching moves to help you gain greater flexibility and reduce any soreness in your muscles the following day.

Stretches should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



Quadricep Stretch

Lean your hand against a wall or chair. Stand on your left foot and grasp your right foot behind your body with your right hand. Pull your right foot upward while maintaining an erect and upright posture. Hold for 20 to 30 seconds and release. Repeat on opposite leg.



Back Stretch

Place your feet shoulder-width apart. Bend upper-body forward from the hips and place hands on thighs for support. Round your lower back into a "arch" position and hold for 20 to 30 seconds. Then, straighten your back and repeat



Hamstring Stretch

Stand with feet close to one another with toes pointing in the same direction. Extend left foot forward and place heel on floor. Bend upper body forward and place hands on thighs for support. Hold for 20 to 30 seconds and repeat with opposite leg.



Calf & Achilles Stretch

While keeping your toes pointed forward and feet flat on the floor, step forward with the left foot. Lean forward by bending through the hip at the same time that you bend your left knee. Don't allow the knee in front to extend over your toe. Keep your back leg straight and foot flat on floor and hold for 20 to 30 seconds then release. Repeat opposite leg.



Calf and Hip Stretch

While keeping toes pointed forward and feet flat on floor, step forward with your left foot. Lean forward by bending through the hip at the same time that you bend your left knee. Don't allow the knee in front to extend over your toe. Keep your back leg straight and foot flat on floor. Then turn your upper-body and face forward with right hand on hip to stretch hips further. Hold for 20 to 30 seconds and release. Repeat on opposite leg.



Shoulder Stretch

Stand with both feet together. Reach your right arm across your body. Grasp this arm with your left hand and pull it even further across your body as far as comfortable. Hold for 20 to 30 seconds and release. Repeat with opposite arm.



Buttocks, Hips & Oblique Stretch

Sit on the floor. Bend one leg over opposite leg. While keeping your body in an upright position, press your hands against your outer thigh to bring your leg closer to your body. Hold stretch for 20 to 30 seconds and release. Repeat with opposite leg.



Tricep Stretch

Extend both arms above your head. Bend right arm at the elbow and lower right hand towards back of neck. Grasp the right elbow with left hand and pull right arm back as far as you comfortably can. Hold for 20 to 30 seconds, then repeat on the opposite side.



Inner Thigh Stretch

Stand with legs as far apart as comfortable. While facing forward, lunge to one side by bending one knee. Don't let the knee extend over the toe. Place hands on bent thigh for support. Hold the stretch for 20 to 30 seconds, then lunge to opposite side and repeat.



Oblique Stretch

Stand with feet facing forward. Extend one hand over head and lean over as far as you comfortably can. Hold for 20 to 30 seconds and repeat on the opposite side.

AirClimber exercises

WARNING: If you feel faint, lightheaded or dizzy stop exercising immediately

IMPORTANT: Some of the following exercises shown require the BodyCord. As there are a variety of different AirClimber System packages being offered, you may not have received a BodyCord with your AirClimber. While each of these exercises can be done without the BodyCord, should you wish to purchase a BodyCord separately, please call customer service at 973-287-5172.

Easy Air Express Easy to get started!



Simple Step

Begin Your Cardiovascular Workout

Step on the AirClimber as outlined in the "Getting Started" section of this manual. Just place your right foot on the center of the right pedal and your left foot on the center of the left pedal. Then, slightly lean your body weight from side to side to press weight against the pedals with each step.

AirClimber exercises (cont.)

Easy Air Express Easy to get started!



Swing and Step *Easy Cardiovascular Workout*

While stepping, slowly begin to swing your arms from side to side as if you were walking normally. Keep your abs tight, your head and neck relaxed and your arms and legs pumping. You can increase the intensity of your workout by swinging your arms higher. However, only swing your arms at a higher level when you are comfortable with a gentle and easy swinging motion.



Easy Shoulder Press *Helps raise your heart rate even more than stepping alone*

Start with your arms at shoulder level. Then, as you step, pump your arms above your head. As you continue to step raise and lower your arms simultaneously to the stepping pattern.



Oblique Crunch Step *Stretch and tone your waistline while you step.*

As you step, let your hips swing out from side to side the same way you are stepping. For example when you step down on your right foot, let your hips lean to the right and then when you step down on your left foot, let your hips lean to the left. Repeat.



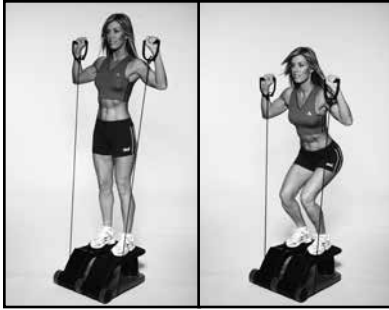
Oblique Twist Step *Trim your midsection while burning fat!*

As you step, rotate your upper body the opposite direction you're stepping. For example when you step down on your right foot, twist your upper body to face the left and then when you step down on your left foot, twist your upper body to face the right. Repeat.

Super 7 Pump

Targets and Tones all your major muscle groups while you burn fat!

Note: Remember, each of these exercises can be done without the BodyCord.



Buns, Hips & Thighs

Helps firm and tone buttocks, hips and thighs.

Lower your buttocks closer to the base of the unit by bending your hips and knees. Do not allow your knees to go in front of your toes. Do as many repetitions in this position as you can comfortably, then return to your normal stepping position.



Abs & Obliques

'Step and Crunch' and 'Step and Twist' are two great exercises to develop incredible edible abs and obliques!

Step and Crunch

As you press your right foot down against the pedal, let your right hip angle out slightly while your right arm and cord slide down your body. You will feel the crunch in your right oblique area. Then repeat on the opposite side.

Step and Twist

As you step, place your elbows into your waist area while holding onto the cords. Then rotate your upper body the opposite direction you're stepping.

For example when you step down on your right foot, twist your upper body to face the left and then when you step down on your left foot, twist your upper body to face the right. Repeat.



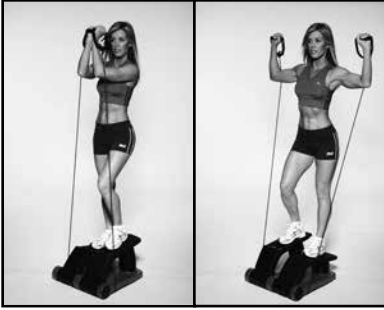
Chest

Start with your elbows shoulder height and the inside of your arms pressing against the cords. Then as you step, press your arms against the cords as you bring them both simultaneously towards the center of your body. Every time you step, you should either be bringing your arms back to the starting position or squeezing your arms toward the center of your body.

AirClimber exercises (cont.)

Super 7 Pump

Targets and Tones all your major muscle groups while you burn fat!



Back

Start with your elbows shoulder height in front of your body with the back of your arms pressing against the cords. Then as you step, press your arms against the cords as you bring them both simultaneously towards the back of your body. Every time you step, you should either be bringing your arms back to the starting position or squeezing your arms toward the back of your body. Always remember to keep your elbows shoulder height.



Biceps

Strengthens the bicep muscles while delivering a great cardiovascular workout.

While stepping, extend your arms down by your sides with your palms facing out. As you continue to step, bend your elbows and raise both hands towards your chest and then slowly lower your arms back to their starting position.



Triceps

Strengthens and defines the back of the arms while toning your buttocks, hips and thighs.

While stepping, place both arms with your elbows bent, next to your sides. Each time you step, bend only at the elbow and extend the lower part of your arms backwards until your arms are almost extended, without locking out your elbows. Then, return your arms back to their starting position and repeat to get rid of the wiggle in your arms.



Shoulders

Rev-up your cardiovascular workout while you train your legs and shoulders at the same time.

While stepping, place both arms at your side with your elbows slightly bent. Next, each time you press your right or left foot down against the pedal, slowly raise both arms so they are level with your shoulders. Then, as you press your opposite foot against the pedal, slowly lower your arms back to their starting position and repeat.

AirTight Abs

Combines Cardio and Ab moves for the best 6 pack ever!



Oblique Crunch Step

Stretch and tone your waistline while you step.

As you step, let your hips swing out from side to side the same way you are stepping. For example when you step down on your right foot, let your hips lean to the right and then when you step down on your left foot, let your hips lean to the left. Repeat.



Oblique Twist Step

Trim your midsection while burning fat!

As you step, rotate your upper body the opposite direction you're stepping. For example when you step down on your right foot, twist your upper body to face the left and then when you step down on your left foot, twist your upper body to face the right. Repeat.

AirClimber exercises (cont.)

Burn & Firm

The hottest way to chisel your body in the shortest time! A 20 Minute 20 Rep Blaster!

A dynamic upper and lower body blasting workout when you're short on time!



Squat and Step Blaster

Firm and Tone sleeker, sexier hips, thighs and buns by doing squat steps!

Turn your resistance dial up two numbers and step for 3 minutes straight. Then stop on top of your pedals and do 20 squats with the BodyCords. Repeat 2 times.



Squeeze and Press Blaster

This works the chest and back muscles big time! Do 20 chest presses and 20 back presses back to back!!!

Chest Exercise:

Start with your elbows shoulder height and the inside of your arms pressing against the cords. Then as you step, press your arms against the cords as you bring them both simultaneously towards the center of your body. Every time you step, you should either be bringing your arms back to the starting position or squeezing your arms toward the center of your body.



Back Exercise:

Start with your elbows shoulder height in front of your body with the back of your arms pressing against the cords. Then as you step, press your arms against the cords as you bring them both simultaneously towards the back of your body. Every time you step, you should either be bringing your arms back to the starting position or squeezing your arms toward the back of your body. Always remember to keep your elbows shoulder height. (Aim for 20 reps each).



Bi Tri Blaster

This exercise tones your biceps and triceps very quickly!

First, pump your biceps for 20 reps. While stepping, extend your arms down by your sides with your palms facing out. As you continue to step, bend your elbows and raise both hands towards your chest and then slowly lower your arms back to their starting position.



Tricep French Curl

A fast arm toning exercise that pumps your guns up quickly!

... Then go directly into over head Tricep French Curls. This exercise uses only one side of the cord. So place one end of the cord on the floor and pull it snugly towards the unit. Then take the opposite end and extend it straight above your head. Then as you step, bend your elbow and lower the cord and your hand behind your head. Always remember to keep your elbows close to your head as you perform this move. This exercise will definitely target the triceps! Aim for 20 reps!



Oblique Fat Blaster

For fast, incredible abs and obliques! Do 20 Oblique Crunch Steps and 40 Oblique Twist Steps back to back and repeat two times!!!

Oblique Twist Step:

As you step, place your elbows into your waist area while holding onto the cords. Then rotate your upper body the opposite direction you're stepping. For example when you step down on your right foot, twist your upper body to face the left and then when you step down on your left foot, twist your upper body to face the right. Repeat.

Oblique Crunch Step:

As you press your right foot down against the pedal, let your right hip angle out slightly while your right arm and cord slide down your body. You will feel the crunch in your right oblique area. Then repeat on the opposite side.



Butt and UPRIGHT ROWING

Two Dynamite upper body and lower body blaster moves designed to tone your upper body and lower body all at the same time! Rev-up your metabolism while strengthening your shoulders and traps.

Turn your dial up two numbers for greater resistance. Then, while stepping, extend both hands down directly in front of your body with arms slightly bent. Next, every time you press your right or left foot down against the pedal, slowly lift both elbows out to a horizontal position level with your hands underneath your chin. As you press your opposite foot against the pedal, slowly lower your arms back to the starting position and repeat 20 times with only a one minute upper body break in between. Remember to always listen to your body and let your body be your guide.

AirClimber exercises (cont.)

Burn & Firm

The hottest way to chisel your body in the shortest time! A 20 Minute 20 Rep Blaster!

A dynamic upper and lower body blasting workout when you're short on time!



Butt and FRONT DELTOID RAISES

Shapes and sculpts shoulders while getting a great cardiovascular workout.

Turn your dial up two numbers for greater resistance. Then, while stepping, place both arms at your side with the elbows bent. Every time you press your foot down against the pedal, lift one arm up in front of your body until your hand reaches shoulder height. Then as you press your opposite foot against the pedal, lower your extended arm back to its starting position while you raise the opposite arm in front of your body. Continue to alternate your arms every time you step. Repeat 20 times with only a one minute upper body break in between, if you can! Remember to always listen to your body and let your body be your guide.

cool down

After exercise or strenuous physical activity, it is important to decrease your body temperature gradually till your normal body temperature is reached. It is just as important to include stretching moves during the cool down process to reduce soreness in your muscles the following day. Always drink plenty of water, and try some deep breathing and relaxation techniques to end your work out in a positive frame of mind and a sense of fulfillment.

storing the AirClimber™

To store the AirClimber, press and hold down the resistance dial while you push slowly down on both pedals. Release the dial when enough air has been emptied. Store it away from sources of heat, such as a radiator, strong direct sunlight, etc.

questions & answers

Q

The bellows do not seem to be inflating. How do I put air in the bellows?

A

Please see Inflating the Bellows on page 5 of this manual.

Q

How do I know if the machine has enough air in it?

A

Please see Inflating the Bellows on page 5 of this manual. The pedal height can be adjusted up to a maximum of 8". Beginners should exercise with the bellows at least 6" above the top of the base.

Q

The pedal resistance seems to be too high/too low and I am finding it too hard/too easy to step.

A

Try adjusting the resistance dial up or down. Position #1 provides the easiest intensity level with ability to step rapidly. Turn the dial to the right to add more resistance for a more challenging workout. Position #5 provides for the greatest amount of resistance.

Q

How many DVDs do I get with the AirClimber?

A

You receive all the workouts on one convenient DVD.



AirClimber System

We are very proud of the design and quality of our AirClimber™. This product has been manufactured to the highest standards. Should you have any problem our friendly customer service staff is here to help you if you have a question.

We are available at:

973.287.5172

9:00am–7:00pm EST Monday–Friday

9:00am–5:00pm EST Saturday

or See our website at: www.theairclimber.com

We kindly ask that you have the model number of your unit prior to calling us. This can be found on the front cover of this Owner's Manual. We hope you enjoy your workout on your AirClimber.



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Fairfield, NJ 07004

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US Patents #7,614,978; D561,849; CHINA Patents ZL200730144713.6; ZL2007201396336; BRAZIL Patents Pending