



## INSTRUCTIONS FOR THE SAFE USE OF FITNESS EQUIPMENT

1. Before using fitness equipment, please carefully read the usage and precautions of each fitness equipment, and use each equipment correctly.
2. Please choose suitable equipment for exercise according to your own situation.
3. Please carefully check whether the connection parts of the equipment are firm and deformed before using the equipment, and practice after confirming that there is no potential safety hazard.
4. Matters needing attention: People with dizziness should use it with caution. It is strictly forbidden to swing both legs forward and backward at the same time, and the swing should not be higher than 40 cm above the ground.
5. Patients with high blood pressure, heart disease and other pathology , please exercise under the guidance of a doctor. If you feel uncomfortable during use, please stop immediately. .
6. Each exercise position in the equipment is only for one person. Others should keep a safe distance during use. Do not play or play around the equipment to avoid accidents.

**Main function:** enhance the human heart and lung function, develop the strength of the human upper limbs, lower limbs, waist muscles and the coordination ability of the limbs.

**How to use:** Hold the crossbar with both hands, step on the two pedals with both feet, and swing your legs back and forth in a walking posture.

**Applicable people:** This device is suitable for middle-aged and elderly people.

**Number of people limited:** Each station is limited to 1 person.

# The Assembling Instruction of the Single Air Walker

