



## GF-18007

### Air Walker



Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 1160×480×1530mm

**Training Space:** ∅2000×2585mm

**Safe Area:** ∅3500×4085mm

**Free Height of falling:** 385mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Improve condition of heat & mobility and strength of lower body & hips.

## DIRECTION

1. Take firm hold of both hands on the support bar, step both feet onto the pedals;
2. Push legs back and forth alternatively to a comfortable distance;
3. Swing in a comfortable & controlled manner;
4. Increase duration as fitness improves;
5. Increase your pace and /or your stride length for more of a workout.

## CERTIFICATION

**EN16630:2015**

