

Walk on me Portable foot exercise device

Caution

- Weight limit is 300lbs per person.
- Do not use the device without consulting a physician or the therapist
- Install the included handle in wood before using this device, or use parallel bars (not included) for support
- Children should use Walk on Me only with parental supervision, and consent from a physician or therapist
- Read Exercise Instructions and view pictures before using them.
- Connector screws should be tightened before using the device (all eight of them)

Do no use device without a physician's approval for any of the following conditions (non-exclusive):

- 1) Pregnancy
- 2) High/Low Blood pressure
- 3) Hypertension
- 4) Recent Stroke
- 5) Heart Conditions
- 6) High Cholesterol
- 7) Spinal Injury
- 8) Back Problems
- 9) Osteoporosis
- 10) Fractures Obesity

People on any other medical issues should contract their physical before using this device

A.V Trading, LLC USA is proving a quality product to our customers.

Customers satisfaction is our highest priority.

If you have comments or questions, please call 410-680-6084

Or email comments@walkonme.online Visit us at walkonme.online

Device Warranty

A 30-day money back warranty is issued from the date of purchase. The warranty is valid for when sold by the manufacturer or by an authorized dealer.

Manufacture warranty

The manufacturer agrees, at its option during the warranty period, to repair and any defect in material or workmanship or to furnish a repaired or refurbished product of equal value in exchange without charge (except for a fee for shipping, handling, packing, return postage, and insurance which will be incurred by the customer). Such repair or replacement is subject to verification of the defect or malfunction and proof of purchase as confirmed by showing the model number on the original dated sales receipt

Warranty Limitations

This warranty does not include:

- Any condition resulting from other than ordinary residential wear or any use for which the product was not intended, such as use in rental or contract trade or commercial use
- Any condition resulting from incorrect or inadequate maintenance or care
- Damage resulting from misuse, abuse, negligence, accidents or shipping damage
- Dissatisfaction due to buyer's remorse
- Normal wear and tear
- Damages incurred during transportation
- Damages incurred during assembly or maintenance

Parts Description

Walk on Me is a 3 – piece portable uniquely designed foot exercise device, as shown in the picture.

The front and back portions are referred to as “D-section” portions. The middle part is called a rectangular section.

D-Section

1)-Holster, 2)- Connector Rods – Inner & outer,3)D-Top Spring carrier with rods (DTSC) ,4)D-Spring carrier (DSC),5)D-ABS Attachment top (DAT), 6)D-ABS Attachment bottom (DAB), 7)-Nylon bush, 8)- Nylon lock, 9) Screws, 10-Rubber bellow,11-Outer Spring ,12-Medium and small resistance power spring – placed in a separate blue box,13)D-rubber pad, 14)D-rubber heel & toe pad.

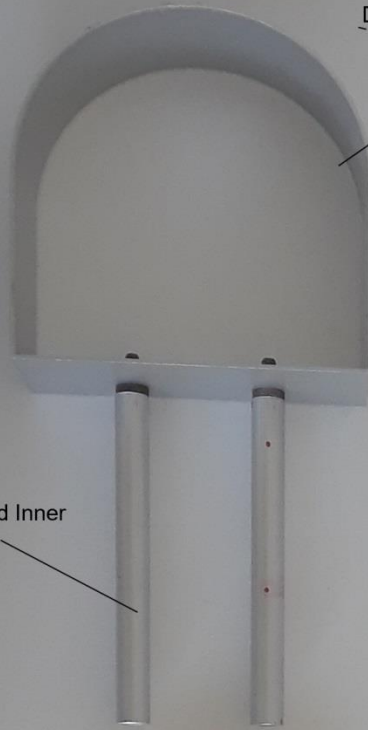
D Nylon Component

D Nylon Bush

D Nylon Lock



D Section Component



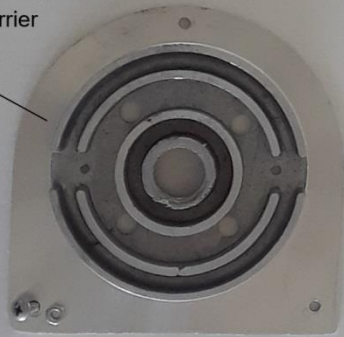
D Holester

Connector Rod Inner



Connector Rod Outer

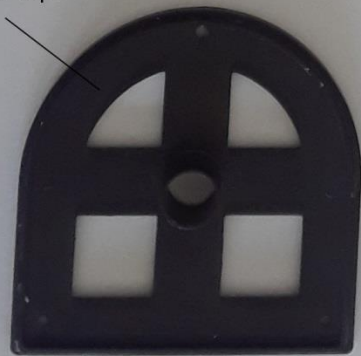
D Spring Carrier (DSC)



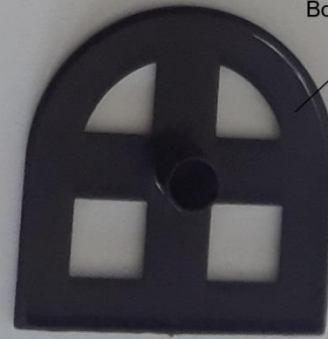
D Top Spring Carrier (DTSC)

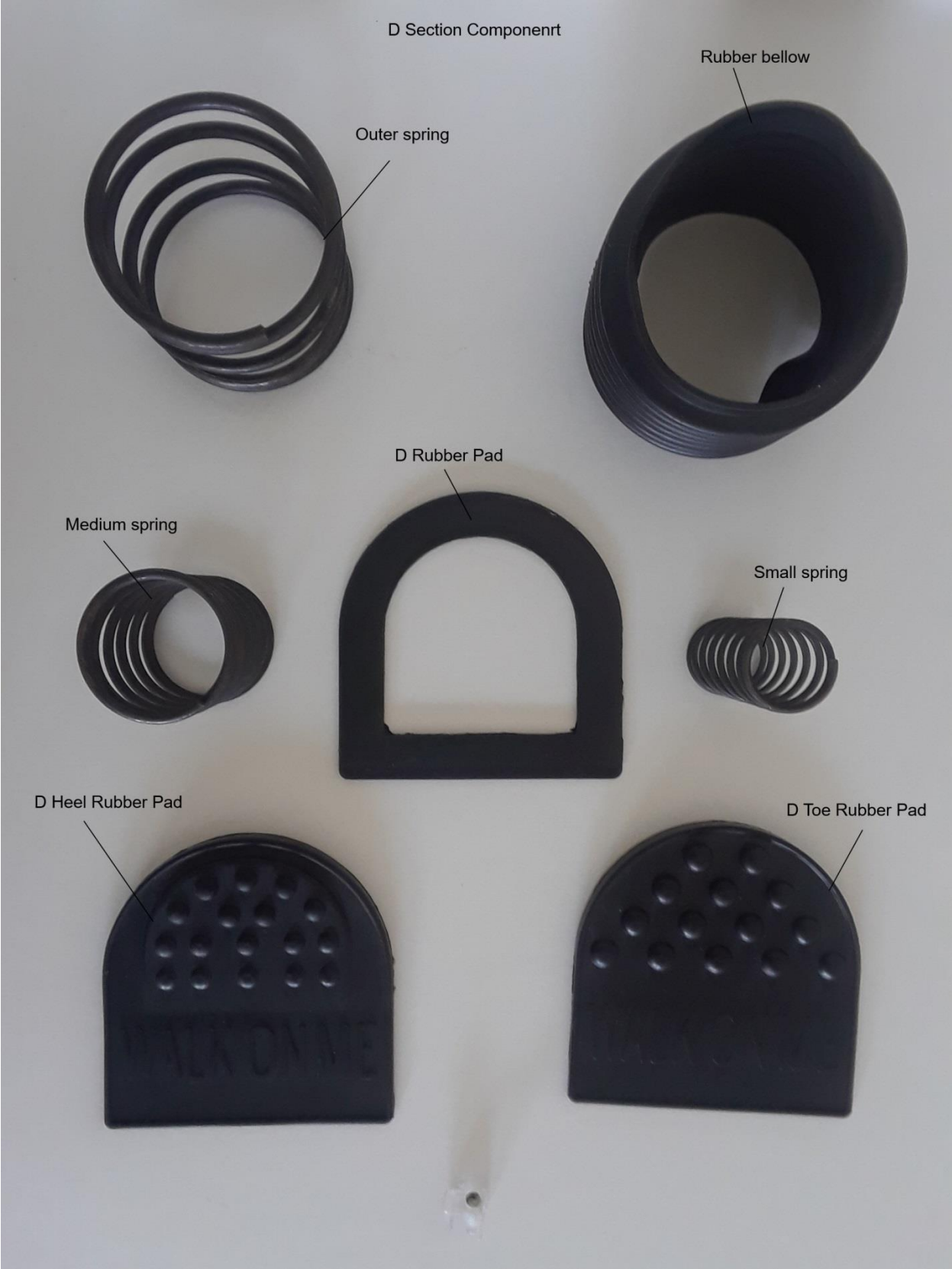


D ABS Attachment Top



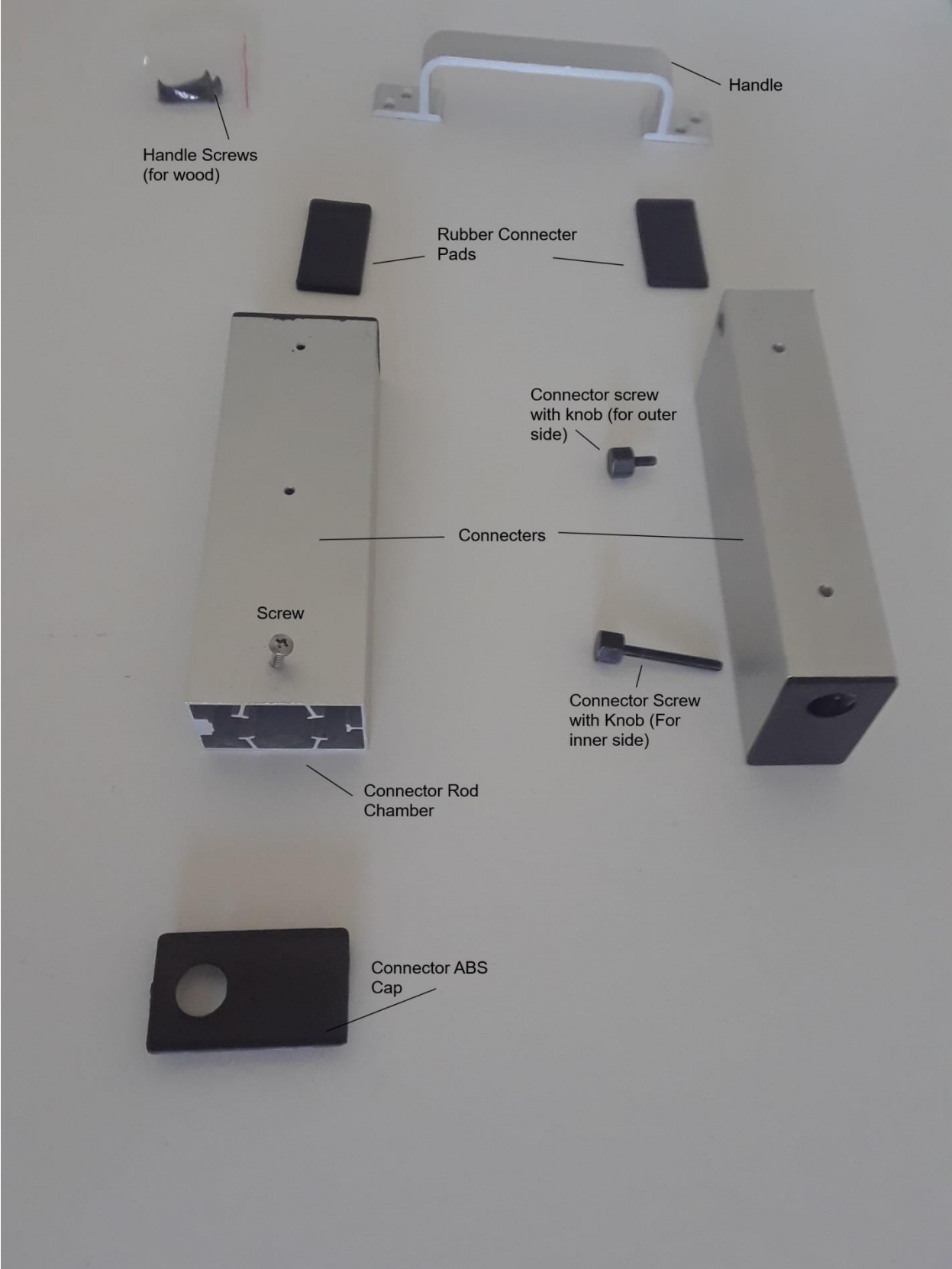
D ABS Attachment Bottom

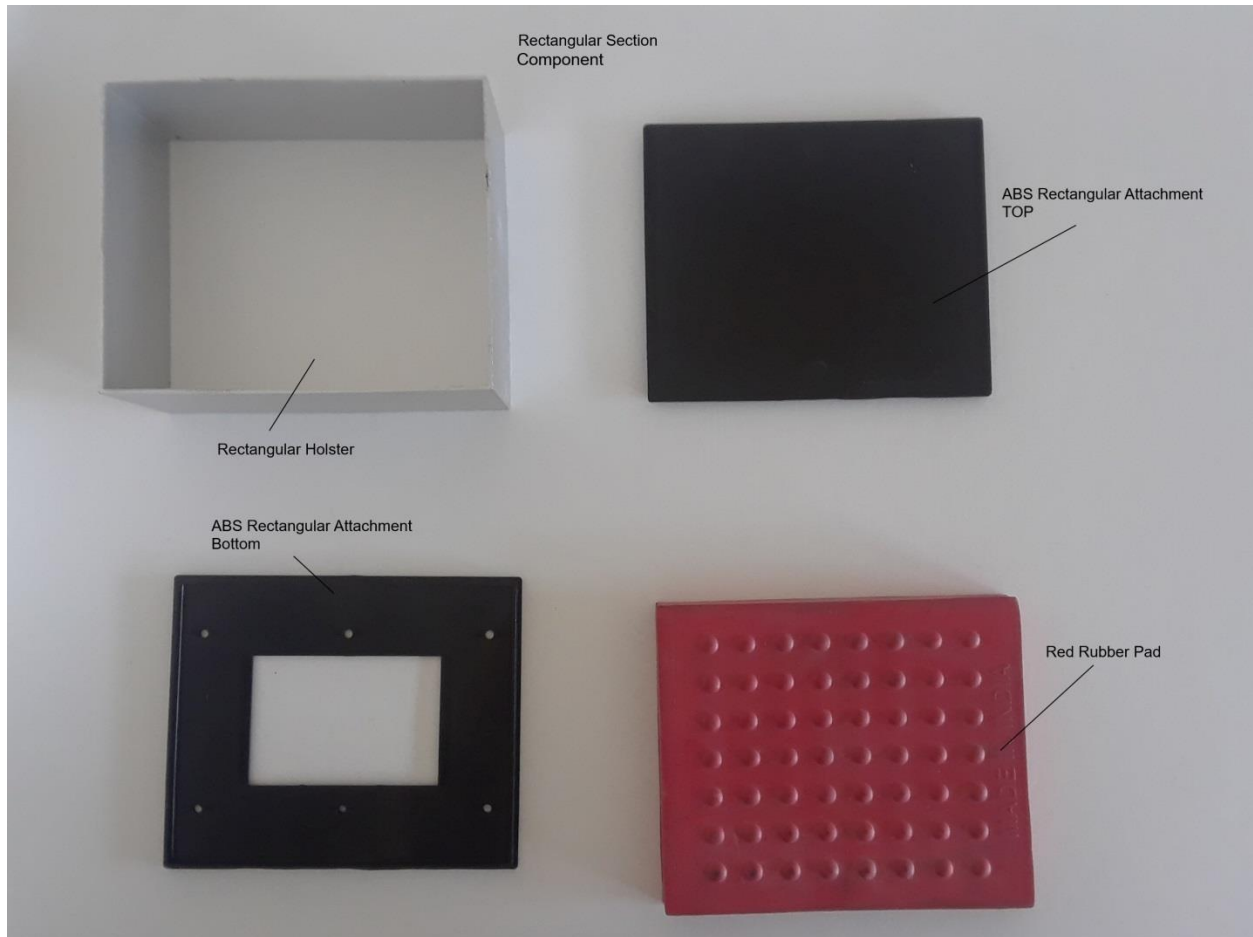




Rectangle section

1)Rectangle Holster, 2)Rectangle ABS Attachments top (RACT), 3)Rectangle ABS Attachments bottom (RACB), 4)Red Rubber Pad, 5)Connectors, 6)Connectors screws with nob large & small – For outer side large, for inner side small, 7)Connectors ABS Cap, 8)Connectors Rubber Pad, 9)Wall handle & screws





General Description – (Components Assembled together)

D-Section - This component house multiple components. They are two in one set.

Connector Rods – These are permanently attached in D-Holster and secured with nuts and bolt. Two inner & two outer as designed. They are 2 pair in a set. One of the rods from each pair contains two marks; the first mark indicates shoe size from 7 to 13 male/female and second mark indicates do not extend past. They are there to guide foot size on the device with sport shoes shown in the picture.

D Spring (DSC) – This component has three spiral grooves for three sizes of spring. A hole in the middle is for nylon bush to insert in. To right and left space in outer spiral groove is for nylon locks. There are four holes in outer middle spiral groove are to release the air hosted by rubber bellow. There are three screws holes around it to secure it with screw and nut in conjunction with abs attachment top.

D-Top spring carrier with rod – This component has three spiral grooves for all three sizes of spring. Has aluminum rod in the middle , secured with screw and washer. This rod moves in nylon

bush located in DSC while exercising. D-Heel rubber pad or D-toe rubber pad are glued to the other side of DTSC (has non-functional space to right and left).

Nylon Lock - This component is located to the right and left space in outer spiral groove, DSC is to keep outer most spring steady for safety reasons and are secured by one screw each into DSC.

Nylon Bush – This component is located in the middle of DSC and inserted through the ABS attachment top and it makes the smooth and safe movement of DTSC rod in it while exercising.

Outer Spring – Outer most spring is locked in DSC spiral groove and can be replaced if worn. Other two medium and small springs are in the blue box with device package. **Do not clean springs with water.**

D- Rubber pad – This is a safety component is located under the ABS attachment bottom and glued in its pathway. It stops unwanted movement for the device while exercising. They are two in a set.

D-Rubber Heel Pad & Toe Pad - These components are for comfort and safety. They are glued to other side of DTSC. Heel pad has a heel look and toe pad has wider rubber print. They are two in set.

D-Rubber Bellow – It is a safety component and it covers outer most spring and located between DTSC and DSC outer most spiral groove wall.

Rectangle section

Rectangle Holster – This component is a middle part of the device. It is one per set. It houses other components of rectangle section.

Rectangle ABS Attachments bottom – This component has six holes and grip around it. It is a two-way attachment from the upper side. It sits under the rectangular holster and it is glued to it. It is secured with screws into both connector three places of each.

Rectangle ABS Attachments top – This component has a grip around it and sits on top of the rectangular holster secured with glue. The red rubber pad is glued on top of RACT for placement of foot while exercising.

Red Rubber Pad – Function described in RACT.

Connectors - This component has two chambers each open to both ends. They have ABS cap glued, closing one chamber keeping other open for connector rod - in both connectors 2 rod from inside and 2 from outside. On the Side of the connector, 2 holes each for screws with knob – outer screw is small and inner side screw is large. Each connector has 2 rubber pads under them for safety.

Connectors screws with nob - large & small – For outer side large, for inner side small. Described above.

Connectors ABS Cap – Described in connectors.

Connectors Rubber Pad – Described in connectors.

*******Wall handle & screws** – Mount wall handle only on wooded wall. Do not use screws on sheet rocks from prevent injury

Care manual:

How to take the device in and out of the box:

Cut packing seal in the middle and from the sides of the box with the knife.

Take out one set at a time with plastic packing.

Then hold the bottom of the rectangular part by hand , then take the device out.

Device needs to be put in the same method.

When ever you need to carry the device from one location to another, please carry the entire left or right set from the bottom of rectangular section.

Cleaning of the Device:

Use few drop of the liquid Dial soap on a wet paper towel /Muslin cloth, clean the out part of the device.

Dry it with paper towel or muslin cloth .(Aluminium or rubber cleaner can also be used)

Clean Spring coils:

Metal Rescue(Cleaner) or equivalent should be used to clean the springs.

Do not use water on the Springs.

Usage of the Devices(Exercise):

Use parallel bar(not included) or handle given should be secured by screws in the wood only.(Do not mount on sheet rock)

Put device on even surface at a convenient distance between both sets

Open all 4 D-section from rectangular evenly upto the first dot(.) on D connector Rod.Make sure to tighten all 8 connector screws with knobs.

Front Exercise:

Approach the device from the back ,put your toe on D-Top toe, upto the edge and in middle (do not put toe on the sides) one foot at a time.

Then begin the exercise by pushing one toe down at a time while keeping the body weight on the heel for a desired duration.



Back Exercise:

While holding the support, change your heel from red rubber pad to D top heel upto the edge and in the middle (Do not put the heel on the sides)

Toe comes on the red rubber pad, one foot at a time.

Now begin exercise by pushing one heel down at a time while keeping the body weight on toe for a desired duration.



Cross Legs:

One foot in the position as front Exercise.

One foot in the position as back exercise.

Begin exercising front toe and heel next time and alternating them for a desired duration.



Changing the Resistance power(Springs)

Hold the outer spring by the Bellow with one hand while twisting the D-Top to the right with the other hand, carefully pull out the D top.

Replace the spring from the Blue box and put the desired resistance power spring onto the appropriate spiral groove.

Push the rubber Bellow slightly down and put Dtop back on outer spring, make sure its aligned with red rubber pad releasing the Bellow to edge of the Dtop.

Push Dtop by hand so it can lock the spring.