

How to use your Aircycle for maximum benefit

Inflating your Aircycle

With your mouth, blow air into the valve, until the Aircycle is about half full.

Place it on the floor, remove your shoes and sit comfortably with your knees close to (but not necessarily exactly) at a right angle. The Aircycle should be comfortably close to your chair.



Place your feet towards the outside edge (as far as possible away from the valve). This gives a good alignment between toes, knees and hips – the most natural position for walking.

Test and adjust the air if necessary. When you can press one foot flat to the floor, there will be no air beneath your feet. That side will be completely empty. The other side should then be full of air and firm.

Once adjusted you will not need to do this again unless packing the Aircycle up to use elsewhere. It will NOT leak air – even over time.

Using Aircycle

Use slow, controlled movements at all times. The slower the action, the more muscular control required. Making the best use of your muscles ensures the greatest benefit from the exercises.

Do not pump hard or fast: Younger or very fit people may be tempted to work fast. Doing this does not use the muscles as completely as slower actions, will be noisy and you will not be able to keep it up for long.



The Pedal Action

Place feet on the foot shapes. Press down with one foot until you touch the floor and completely empty the air from that side. Allow the other foot to come up as far as possible. If comfortable to do so, lift the top foot even higher (up above the Aircycle) as this will give more exercise to your hips, lower back and abdominal muscles. This action is good for your joints and for strengthening leg muscles and those which help support your back.

There are a bundle of blood vessels on the soles of your feet. Normally as you walk (without shoes), this bundle acts like a pump to send blood back up your legs. Using the Aircycle mimics this action to assist with circulation.

The Treadle Action

Turn the Aircycle sideways (rotate 90 degrees) so that the toe shapes point to one side. Turn it over so that the valve is not under your feet.



Rock as far forward as you can, stretching the toe joints as wearing shoes tends to stiffen these joints. Then rock as far back as possible, working in a slow, "treadle" action (just like using the old sewing machines). This helps stretch the Achilles tendons too.

This action works the calf muscles and stimulates the flow of blood and lymph - so important for circulation, relieving swollen ankles, night cramps and restless legs and for protecting feet from the complications of diabetes (numbness, neuropathy, and ulcers.)

In addition, this action works the thigh muscles (as does the pedal action) to strengthen the muscles around the knee and hip joints. Strong muscles support and protect joints and improve balance and walking which in turn helps prevent falls.

For Hands, Fingers and Shoulders

Place the Aircycle in your lap. Repeat the "pedal" and "treadle" actions, working with fingers, wrists and shoulders. Rotate the Aircycle 90 degrees (same as for the feet) for using the "treadle" action with wrists and fingers.



Placing the Aircycle on a desk or table top in front of you, and working with arms at that height will give more exercise to the muscles of the upper arm and shoulder joints.

For more intensive finger exercise, hold the Aircycle in both hands and squeeze the air from one side to the other.

These hand exercises can be most helpful for arthritic pain and stiffness in fingers, wrists and shoulders, carpal tunnel discomfort and for repetitive strain injury (RSI), often known as office overuse syndrome (OOS).

Keep an Aircycle in the office for exercising and relaxing shoulders, fingers and wrists after long spells on the computer.

When to Use Your Aircycle

If you keep the Aircycle beside your most comfortable chair and use it while having coffee, reading, having a meal, chatting with friends or on the phone, you will find your muscles strengthen and your circulation will remain at a satisfactory level.

Some people, while watching TV, use the adverts as a reminder to work away for just a minute or two when they come on. If being driven in the car, use it while travelling. Each 5 minutes you do will improve your circulation and muscle strength. Never be without it!

The Aircycle is perfect for taking away on holiday or to the office. It can be used while travelling in the car or while flying, to boost circulation and relieve ankle swelling. It can be used under the desk in the office to keep hips and lower back moving and maintain good circulation while you sit, and can be used on top of the desk to exercise your hands and shoulders. Simply fold and put it into a bag or pocket to carry and inflate when required.

For Immobile People and Those with Low Fitness Level

Use the exercises as described above, from your most comfortable chair. You may need a cushion at your back but you should be able to perform them while sitting comfortably watching TV. Using the Aircycle exercises can assist with preventing complications of immobility and may increase your ease in moving and the distance you can comfortably walk.

Use for just one minute at a time to start with. As you build up your muscles you will be able to maintain longer periods of exercise. The important thing is to use the Aircycle frequently, with very slow movements, 4 to 6 times a day - or even more as your muscles strengthen. Remember to work with slow, controlled movements. Do not at this stage, try to lift your foot above the Aircycle as it comes up in the “pedal action” but ensure that the “down” foot presses right to the ground.

For People with Medium Fitness Level

Use as described above but work for 5 – 10 minutes at a stretch. If you are able to use the exercises for even longer periods, you will receive results more quickly. But it will also depend on the number of times you are able to do them each day. Frequency and slow, controlled movements are more important than length of time at a stretch.

You can lift the top foot above the Aircycle as it comes up (in the “pedal action”). If you are sitting in an office, use it under your desk periodically during the day. It is an easy way to “keep moving” while sitting.

For People with High Fitness Level

You can use the Aircycle as described above) for 15 – 20 minutes at a stretch, always remembering to use slow, controlled movements, even though you will want to pump it faster.

Use it under your desk in the office, frequently throughout the day. You can use it for muscle recovery after a hard workout at the gym or after a long a run. It may also be a suitable treatment for some muscle injuries.

A Greater Workout for Your Legs

Use your Aircycle standing up for a greater workout. Some people use a pedometer to count the number of steps they do each day and aim to increase that over time.

Hold onto something for support, (eg the back of a chair or stand in a doorway and hold both sides), stand on the Aircycle and work, using the same actions as for sitting. This may give a greater workout for the muscles and improve your level of balance.

NB This exercise poses a risk of falling if you do not hold onto something firmly for support! **You do this at your own risk. Aircycle does not take any responsibility for falls.**

A word of caution for all levels of fitness

Do not work too hard or too long at first as you may give yourself very stiff muscles, especially calf muscles! Just slowly increase the time you spend each day,

The Aircycle is perfect for taking away on holiday. It can be used while travelling in the car or while flying to relieve ankle swelling and boost circulation. Simply fold and put into a bag and inflate when required.

How long should I use it each day?

NB It is not necessary to perform sustained periods of exercise with either hands or feet to receive great benefits. "Little and often" can bring fast results. But remember to work with slow, controlled actions!

It is most important to use your Aircycle frequently during the day, as often as it is convenient for you to do so. People who get the best results are those who keep it by their chair and work away whenever it is comfortable to do so. (See more under low, medium and high fitness levels above)

I suggest 3 - 6 times a day. You might find a way of reminding yourself to do a few minutes at particular times (eg. each time the adverts come on T.V., when you sit down for morning or afternoon tea, while reading or talking on the phone.)

Let your muscles be your guide as to how long to use it in the beginning. As you build up strength you will be able to sustain longer periods of exercise. If you work too hard at first you may get stiff muscles. Gently at first – little and often.

For those who think their feet are too large

If your feet are larger than the foot shapes of the Aircycle you can still use the same exercises and benefit from them.

For Exercise 1: The "pedal" action –

Place your feet on the foot shapes. It does not matter that your feet protrude slightly front and back. The action is still the same and will be equally effective.

For Exercise 2: – The "treadle" action with the toe shapes pointing to the side –

Place your heels as far back as possible on the the Aircycle – right at the outside edge. Rock backwards onto your heels then forward onto your toes.

If your feet are large enough for your toes to reach beyond the Aircycle, it does not matter. The action is still the same "treadle" action and will give you optimum results. It may mean you are not transferring the air from one compartment to the other but the action will still be effective.

Suggestions for use

- While watching TV or playing bridge
- knitting, reading, chatting on the phone
- having coffee or a meal, under the table
- travelling as a passenger in a car /train/bus
- working in the office
- at a desk at home
- on a long flight
- at the hairdresser

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