



TROJANTM

TR300 TREADMILL

AUTO
INCLINE

FITSHOW AND
BLUETOOTH ENABLED

CARDIO

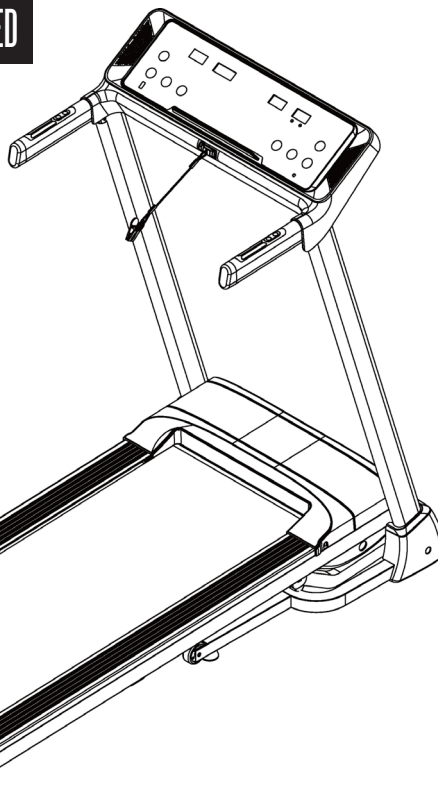


USER MANUAL

 **Bluetooth®** AUDIO ENABLED

FS

FITSHOW APP ENABLED



CAUTION

READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL
BEFORE USING THIS EQUIPMENT.
KEEP THIS MANUAL FOR
FUTURE REFERENCE.

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IMPORTANT SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of Trojan products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 TROJAN (0861 876526)**, within the Republic of South Africa. Customers residing outside South Africa can contact us on +27 10 206 4405.

The equipment is only intended for home use and is not intended for commercial, institutional and/or studio facilities use.

Contact Trojan with any questions regarding this classification. It is recommended that all users of Trojan be informed of the following information prior to use.

HEALTH WARNING

- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

INSTALLATION

Trojan recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 m of space around the equipment where access is required to exercise.

PROPER USAGE

- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that Trojan equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your Trojan equipment should only be used by 1 person at a time.
- Be careful to maintain your balance while using, mounting, dismounting or assembling your Trojan equipment to avoid injury.
- Servicing other than the procedures in this manual should be performed by an authorised service representative only.

IMPORTANT SAFETY INSTRUCTIONS

⚠ ACCESS CONTROL

- Trojan recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment.
- Parents or others supervising adults must provide close supervision of children if the equipment is used in the presence of children.

⚠ INSPECTION

- Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all Trojan equipment use only replacement parts supplied by Trojan.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Trojan equipment.
- Before any use, examine all accessories approved for use with the Trojan equipment for damage or wear.
- Should your Trojan equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Please contact our service department on **0861 TROJAN (0861 876526)** to arrange a repair. Customers residing outside South Africa can contact us on +27 10 206 4405.

⚠ OPERATING WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all Trojan equipment.
- Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

⚠ USER WEIGHT LIMITATIONS

This Trojan TR 300 Treadmill may not be used by persons weighing more than 100 kg.

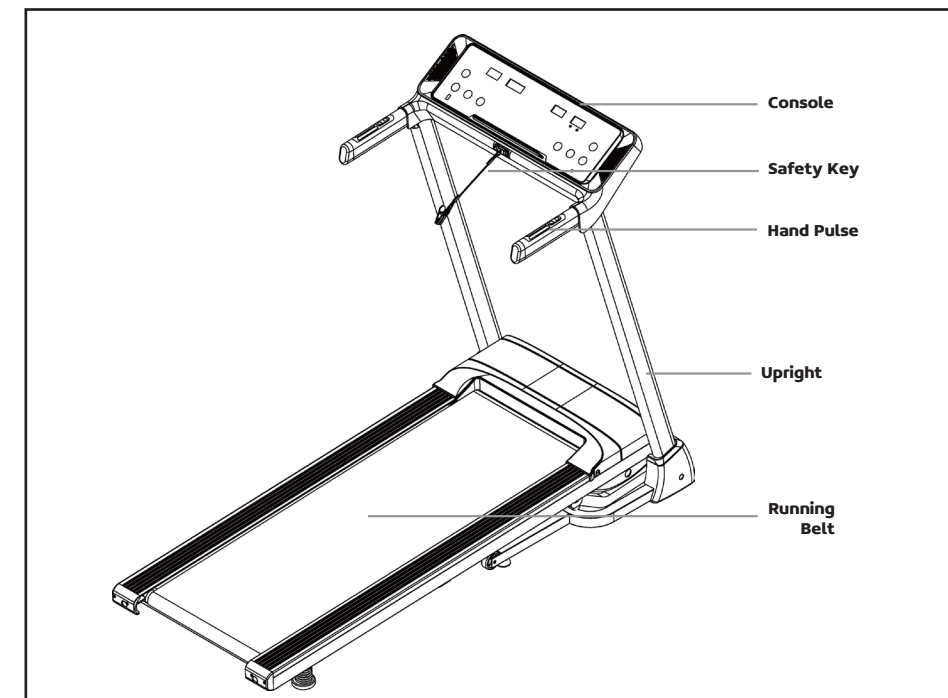
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

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PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan TR 300 Treadmill. We take great pride in producing this product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest. Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Trojan TR 300 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle. Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

Read this manual carefully before using the Trojan TR 300 Treadmill.

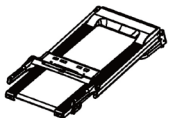
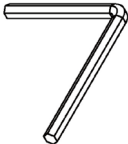
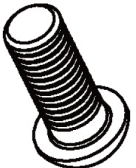
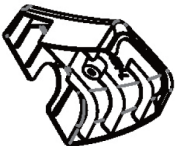
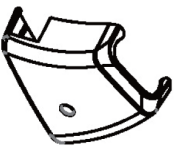


Functions	Time / Speed / Distance / Calories / Pulse / Incline
Features	FitShow Capability and Bluetooth Audio Enabled, Auto incline
Running deck	1200 mm (L) x 400 mm (W)
Set-up size	1492 mm (L) x 650 mm (W) x 1150 mm (H)
User weight	100 kg (maximum)

HARDWARE & TOOLS LIST

INSTRUCTIONS FOR ASSEMBLY

- Before you start to assemble, please check the hardware packaging to make sure all parts are included.
- Basic tools, such as spanners will be provided for assembly.

			
1. Main Frame (1 PC)	12. Allen Wrench (5 mm) (1 PC)	19. Screw (ST4.2 X 19) (2 PCS)	37. Tablet Rack (3 PCS)
			
51. Bolt (M8 X 16) (12 PCS)	59. Left Base Cover (1 PC)	60. Right base cover (1 PC)	64. Lock Washer (Ø8) (12 PCS)
			
70. Bolt (M8 X 45) (4 PCS)	71. Safety key (1 PC)	72. Lubrication Oil (1 PC)	74. MP3 Wire (1 PC)
			
78. Multi-tool (S= 13,14,15) (1 PC)			

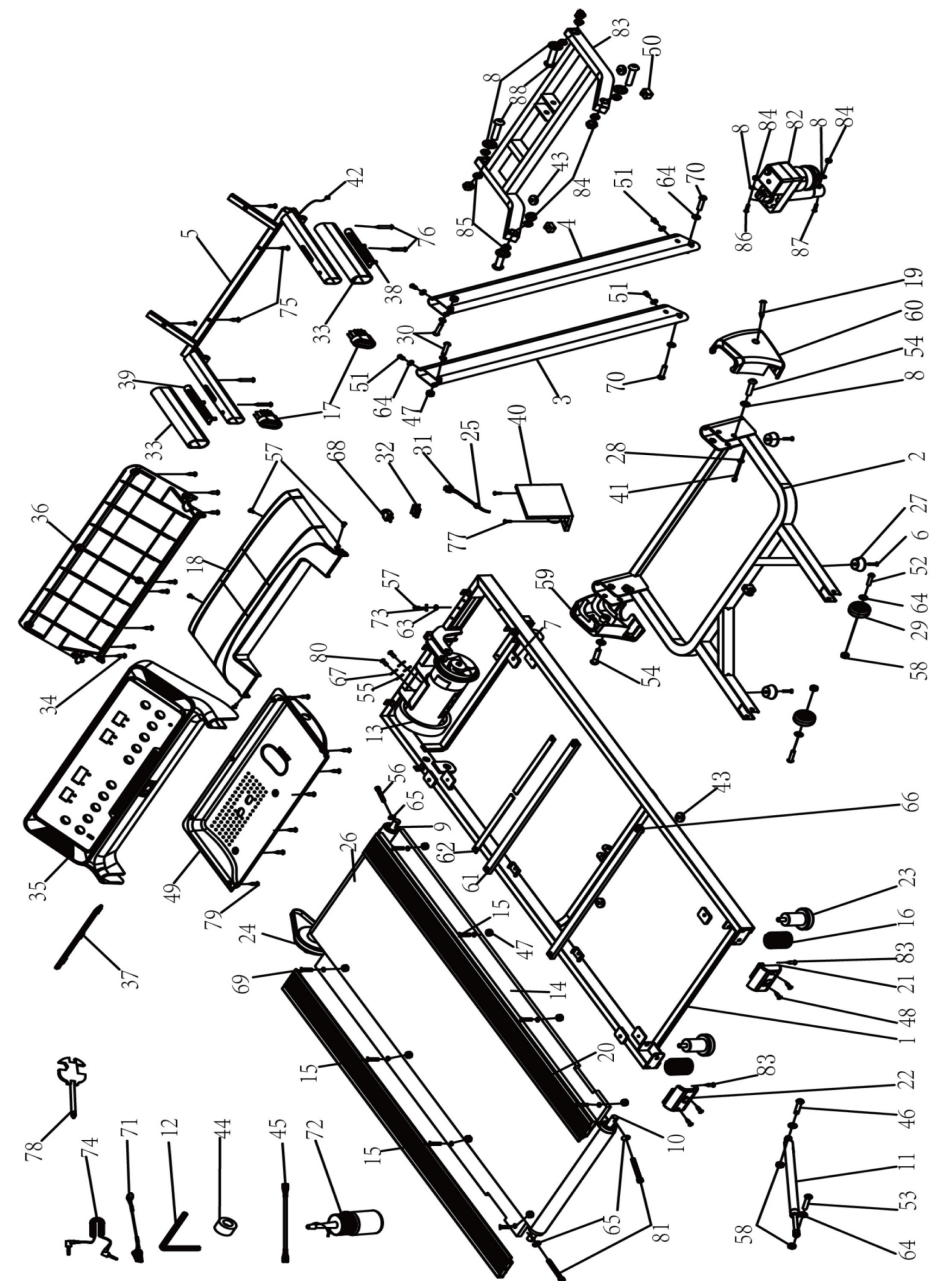
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	30	Bolt (M6 X 37)	2
2	Base Frame	1	31	Standard Power Wire	1
3	Left Upright Tube	1	32	Switch	1
4	Right Upright Tube	1	33	Foam	2
5	Console Bracket	1	34	Screw (ST4.2 X 13)	11
6	Screw (ST4.2 X 25)	4	35	Console Panel	1
7	Rubber Pad	4	36	Console Bottom Cover	1
8	Lock Washer (Ø10)	8	37	Tablet Rack	3
9	Front Roller	1	38	Hand Pulse With Speed	10
10	Rear Roller	1	39	Hand Pulse With Incline	4
11	Cylinder	1	40	Control Board	1
12	Allen Wrench (5 mm)	1	41	Console Bottom Wire	2
13	DC Motor	1	42	Console Top Wire	4
14	Running Board	1	43	Barb Cushion	2
15	Bolt (M5 X37)	4	44	Magnetic Ring	3
16	Spring	2	45	Brown Single Wire	2
17	Inclined Tube Plug	2	46	Bolt (M8 X 25)	2
18	Motor Cover	1	47	Lock Nut (M6)	1
19	Screw (ST4.2 X 19)	2	48	Screw (ST4.2 X 30)	5
20	Side Rail	2	49	Motor Bottom Cover	6
21	Right Back End Cap	1	50	Barb Cushion	12
22	Left Back End Cap	1	51	Bolt (M8 X 16)	12
23	Rubber Pad	2	52	Bolt (M8 X 40)	3
24	Motor Belt	1	53	Bolt (M8 X 42)	1
25	Power Wire Buckle	1	54	Bolt (M10 X 55)	2
26	Running Belt	1	55	Lock Washer C Level	4
27	Foot Pad	4	56	Bolt (M6 X 55)	2
28	Ring Wire Protector Plug B	2	57	Bolt (M5 X 8)	2
29	Moving Wheel	2	58	Lock Nut (M8)	1

PARTS LIST

EXPLODED DRAWING

No.	Description	Qty	No.	Description	Qty
59	Left Base Cover	1	87	Bolt (M10 X 55)	1
60	Right Base Cover	1	88	Bolt (M10 X 45)	4
61	Strengthen Tube	2			
62	Strengthen tube cushion (275 X 20 X 3mm)	4			
63	Lock Washer (Ø5)	2			
64	Lock Washer (Ø8)	12			
65	Lock Washer (Ø6)	3			
66	Isolation Nylon Pad (Ø23 X Ø10.5 X 2)	4			
67	Spring Washer (Ø8)	2			
68	Overload Protector	1			
69	Bolt (M6 X 30)	4			
70	Bolt (M8 X 45)	4			
71	Safety Key	1			
72	Lubrication Oil	1			
73	Spring Washer (Ø6)	2			
74	MP3 Wire	1			
75	Screw (ST4.2 X 15)	4			
76	Screw (ST4.2 45)	4			
77	Screw (ST4.2 9.5)	4			
78	Multi-tool (S = 13, 14, 15)	1			
79	Screw (ST4.2 X 12)	8			
80	Bolt (M8 X 12)	2			
81	Bolt (M6 X 65)	2			
82	Incline Motor	1			
83	Incline Bracket	1			
84	Bolt (M10)	6			
85	Distance Sleeve	8			
86	Bolt (M10 X 42)	1			



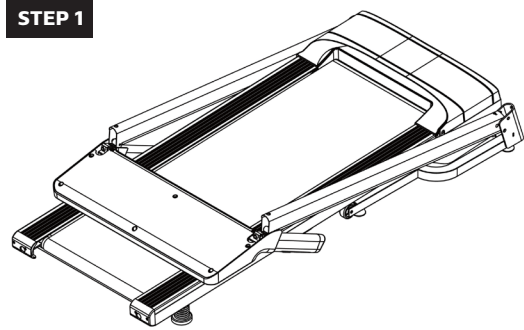
ASSEMBLY STEPS

ASSEMBLY STEPS

1. PREPARATION

- Before assembling make sure that you will have enough space around the item.
- Use the supplied parts and hardware for the assembly.
- Before assembling, please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.

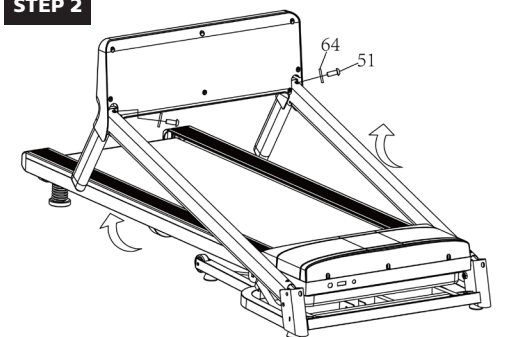
STEP 1



STEP 1:

Open the carton and unpack the Main Frame (1). Make sure the surface that you are working on is level.

STEP 2



STEP 2:

Start by lifting the Left and Right Handle attached to the Console Frame as shown in the direction of the arrows. Lock the Left and Right Handles into place using the Allen Wrench (5 mm) (12). Lock the Console to the upright tubes with the Allen Wrench (5 mm) (12). Tighten the Bolt (M8 X 16) (51) and Lock Washer (M8) (64).

Note: Do not touch the wires inside the tube BUT look and see if the wires are connected. Hold the uprights with one hand for support to avoid possible injury.

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STEP 3

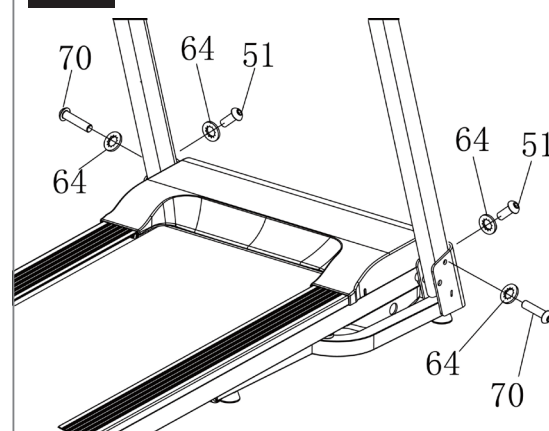


STEP 3:

Push up the Console, Left Upright Tube (3) and Right Upright Tube (4) as shown in the direction of the arrows.

Note: Hold the uprights with one hand for support and to avoid possible injury.

STEP 4



STEP 4:

Using the Allen Wrench (5 mm) (12) lock the Right Upright Tube (4) and Left Upright Tube (3) onto the Main Frame (1) using 2 Bolts (Ø8 X 45) (70) and 2 Lock Washer (Ø8) (64).

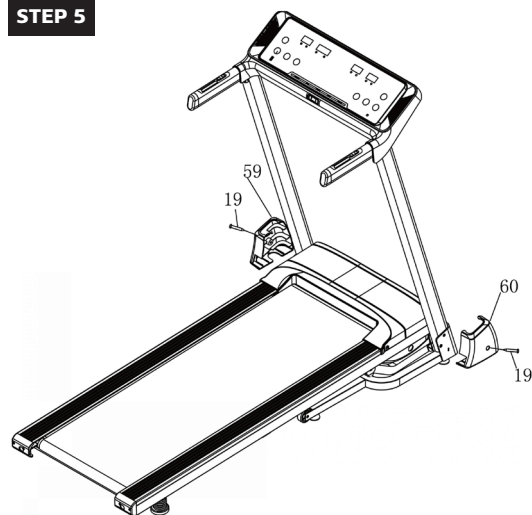
Using the Allen wrench (5 mm) (12) lock the Right Upright Tube (4) and Left Upright Tube (3) onto the Main Frame (1) using 2 Bolt (Ø8 X 16) (51) and 2 Lock Washer (Ø8) (64).

Note: Hold the uprights with one hand for support and to avoid possible injury.

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ASSEMBLY STEPS

STEP 5

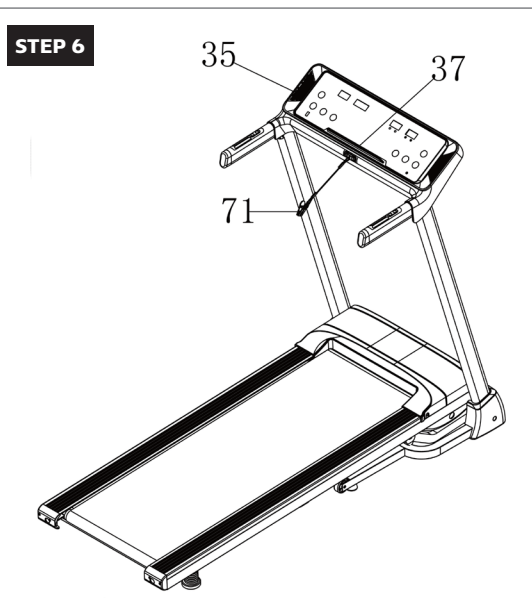


STEP 5:

Use the Multi-tool (78) and Bolt (ST4.2 x 19) (19) to lock the Left Base Cover (59) onto the Left Upright Tube (3) and the Main Frame (1).

Repeat this again on the right side to lock the Right Base Cover (60) onto the Right Upright Tube (4) and the Main Frame (1).

STEP 6



STEP 6:

Attach the Tablet rack (37) into the Console Panel (35).

Attach the Safety Key (71) to the Console.

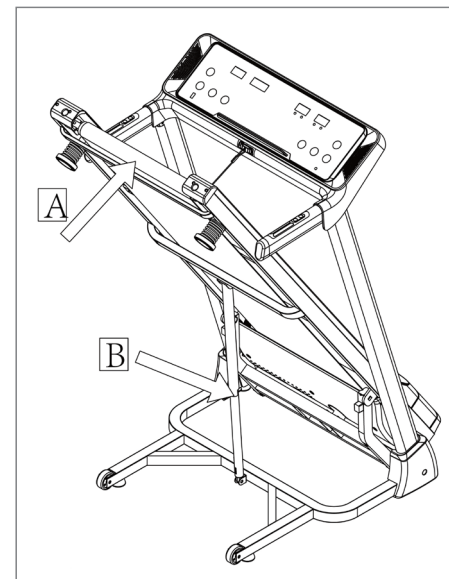
12

ASSEMBLY STEPS

FOLDING INSTRUCTIONS

PULLING UP

Pull up the Base Frame at position (A) using one hand until you hear a clicking sound that indicates the Pressure Bar (B) is securely locked in place.

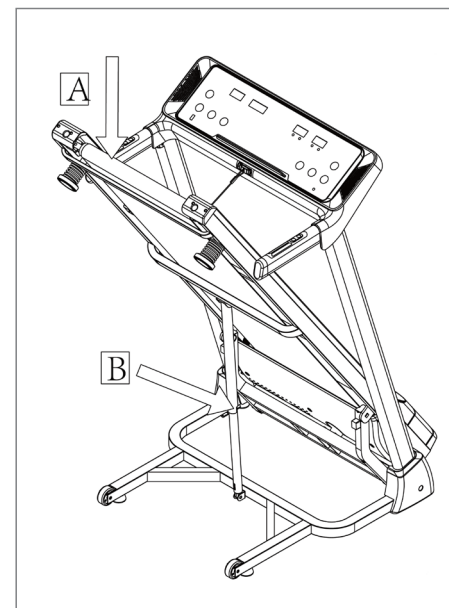


PULLING DOWN

Support place A with one hand, and gently push Pressure Bar (B) with one foot until it unlocks.

Step away from the treadmill and allow the Base Frame (1) to gently fall automatically.

Note: Keep children, adults and any pets away from the treadmill when the Base Frame is being collapsed.



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CONSOLE FUNCTIONS



FUNCTION BUTTONS

- **SPEED:** Displays speed and program
- **TIME:** Displays running time
- **DIST:** Displays distance
- **CAL:** Displays calories
- **PUL:** Displays heart rate data

FUNCTIONS AND OPERATIONS:

- **PROG:** Press button and select from manual mode to "P1 - P15, U1 - U3 U1 - FAT".
- **MODE:** Select the manual mode, having the three running modes. "TIME" is the time count down, "DIS" is distance count down and "CAL" calorie count down.
- **START:** Before pressing start ensure safety key is attached to your persons. Once secure, press start to begin your work out.
- **STOP:** Press this button to stop the machine and the machine will gradually slow down until coming to a complete stop.
- **SPEED:** These buttons are used to adjust the speed of the running belt.
- **INCLINE:** These buttons are used to adjust the incline of the running belt. Press the button to adjust the incline when running and whilst the treadmill is in ready state.
- **BUTTON ON LEFT HANDLE BAR:** Incline increase or decrease.
- **BUTTON ON RIGHT HANDLE BAR:** Speed increase or decrease.

MAIN FUNCTION

Turn on the power switch and the screen will illuminate, and the machine will enter standby mode.

START-UP QUICKLY (MANUAL):

Put the safety key in the console, press the Start button, within 3 seconds, the treadmill will start running from the lowest speed, increase and decrease speed by pressing the corresponding SPEED button. You can also press quick key or press button to adjust rails. To stop running, press the stop button or pull off the safety key.

CONSOLE FUNCTIONS

COUNTDOWN MODE

Press the Mode button to view mode options: time, countdown, distance countdown, calories countdown. The default value corresponds to the flashing display. At this point press SPEED to adjust to the desired speed using plus or minus key. Press the START button, in 3 seconds the treadmill will start running from the lowest speed. Add and subtract the speed by using the SPEED button to adjust the speed and slope. Once the STOP button has been pressed the treadmill will automatically decrease speed until coming to a complete stop. Alternatively, pulling the safety key away from the console will ensure a faster stopping speed.

INSTALLED PROGRAMS:

Press 'PROG' button to choose the desired program from P1 - P15. Upon selection of the desired program, the time window will show default data. Press SPEED button to set the running time. Each program has been divided into 20 sections. Each exercise time = the setting time / 20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatic, the speed will change as next section data. When the selected program is complete, the machine will stop smoothly. During use, you can change the speed by the "SPEED+", "SPEED-".

HEART RATE TEST

When holding the hand pulse by two hands, the pulse window will show your heart rate after 5 seconds. In order to get an accurate heart rate reading, please use when the machine has stopped. Ensure you hold the hand pulse for more than 30 seconds.

NOTE: The heart rate data is just for reference and should not be used as medical data.

BODY FAT TEST

While the treadmill is in standby mode, press the "MODE" button, until the 'FAT' mode displays on the computer. The 'FAT' mode indicates the body fat test mode. Press 'MODE' to choose the parameters for "F1 - SEX / F2 - AGE / F3 - HEIGHT / F4 - WEIGHT".

The display will show "-1-", "-2-", "-3-", "-4-". When each parameter appears. Press the SPEED buttons to display the correct parameter. Once the desired parameter displays, press the 'MODE' button to select. The display will then show "-5-" and "----" and the treadmill will then enter standby mode. Hold the handle pulse with two hands and your BMI data will display within 5 seconds.

NOTE: This BMI must be used as an indication only. Should you require an accurate reading, please consult a healthcare professional.

PARAMETER	DEFAULT	RANGE	MARK
SEX (F-1)	0 (MALE)	0 - 1	0 = Male 1 = Female
AGE (F-2)	25 Years old	10 - 99 Years old	
HEIGHT (F-3)	170 CM	100 - 220 CM	
WEIGHT (F-4)	70 KG	20 - 150 KG	

CONSOLE FUNCTIONS

BMI	
<19	UNDERWEIGHT
19 - 26	AVERAGE
26 - 30	OVERWEIGHT
>30	OBESE

MP3 FUNCTION

Plug one end of the audio cable into the audio jack on the Console, plug the other end of the audio cable into the MP3 player. The speaker on the Console will then play the music from the MP3 player. The speaker volume can be adjusted on the MP3 player.

SLEEP FUNCTION

If the treadmill has been stopped for more than 10 minutes without any operation, the system will completely turn off into sleep mode. Press any key to wake up.

SAFETY LOCK FUNCTION

Pull out the safety key and the treadmill will stop immediately. The display will show “---”, the buzzer will make 3 sounds and the treadmill will come to a stop. Attach the magnet end of the safety key to the computer again and the treadmill will be ready to begin operation.

EXERCISE PARAMETER AND SETTING

	Display range	Default data	Default	Setting range
Speed (KM/H)	0.8KM/H-12.0KM/H	-----	-----	-----
INCLINE	15%			0-15%
Time (MIN:SEC)	0:00--99:59	30:00	30:00	5:00--99:00
Distance (KM)	0.00--99.9	1.0	-----	0.50--99.9
Calories	0Kcl--999Kcl	50Kcl	-----	10Kcl--990Kcl

CONSOLE FUNCTIONS

DATA TABLE

Set time / 20 = running time for each section

Program / Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
Incline	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02 Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
Incline	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03 Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
Incline	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04 Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
Incline	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05 Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
Incline	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06 Speed	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
Incline	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07 Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
Incline	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08 Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
Incline	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09 Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
Incline	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10 Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
Incline	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11 Speed	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
Incline	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12 Speed	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
Incline	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13 Speed	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
Incline	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14 Speed	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
Incline	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15 Speed	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
Incline	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

FITSHOW APP

FITSHOW APP

FitShow is a Sports App developed to track and store all your fitness data in one place while allowing you to plan weekly and monthly exercise, weight, and fitness goals. Using Bluetooth, the App connects to a variety of fitness equipment such as treadmills, exercise bikes or spinners, steppers and ellipticals, and records all exercise sessions. While tracking your distance, pace and calories burnt, the FitShow App also allows you to compete against friends or like-minded individuals, helping you to push harder and achieve your goals quicker! Choose to exercise indoors or outdoors on a map route using GPS signal or even choose to compete in pre-programmed races to see how you finish against some of the best athletes from all around the world!

1. APP INSTALLATION

Scan the QR barcode below to directly locate FitShow in the App Store on your device.

Note: To scan the QR Code, you must first download the QR READER App on your device.



Alternatively, you can search and download the APP from the App Store or Google Play.



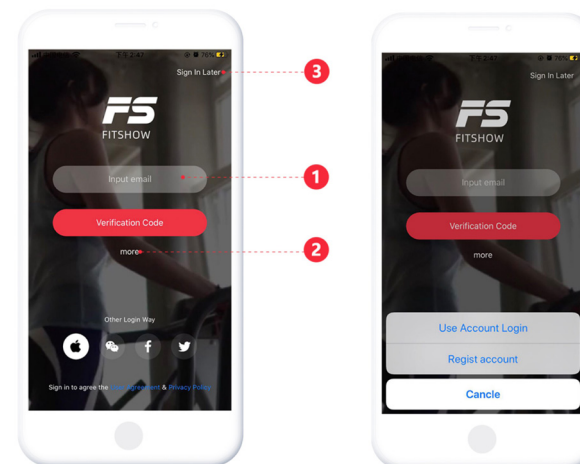
2. APP OPERATION

User register/signup and login

Once the FitShow App has been downloaded you will need to register.

- First time users must sign up for a username and password to save their personal workout history. If you've already registered, please enter your username and password to login.
- Please register with an email address or a phone number, then select a username and password for your FitShow account.

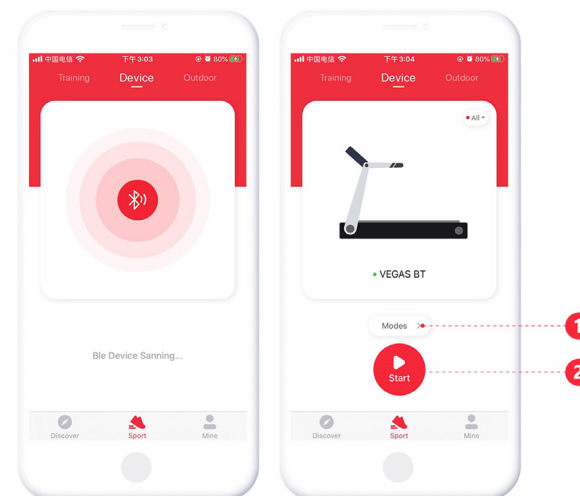
FITSHOW APP



Sync the APP and your Trojan Fitness Equipment

For the App to work with your equipment, you need to sync them.

1. Open the FitShow App.
2. On the Main Page, press "Device", the APP will search for your Equipment.
3. Once your equipment appears press "Connect" to connect the App with the equipment and press "Start".

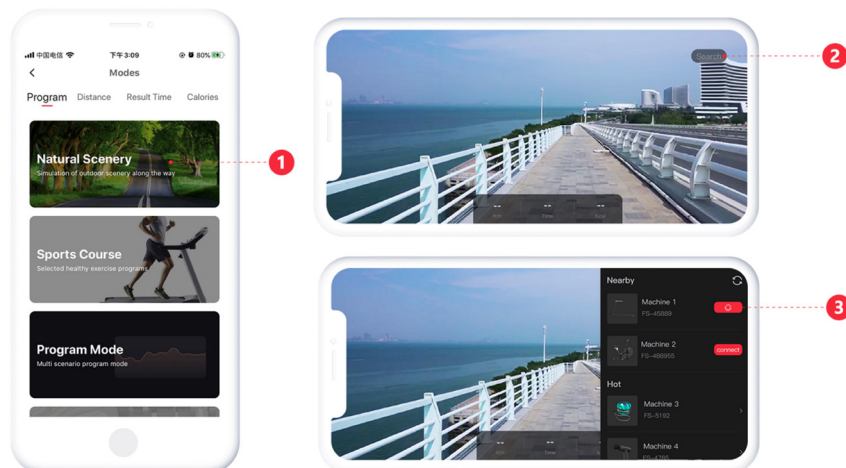


FITSHOW APP

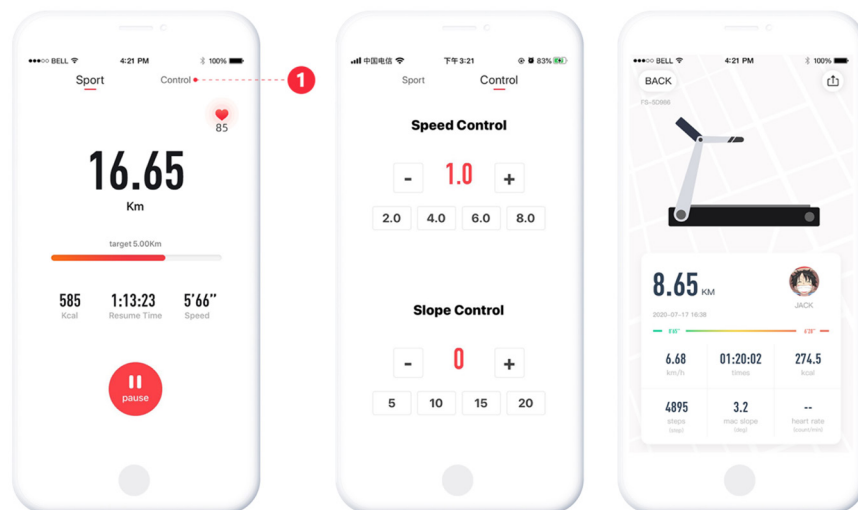
FITSHOW APP

FITNESS MODE SELECTION

- Once your Device and Equipment are connected, select the Mode of training.
- There are a variety of Sports Modes to choose from to suit all your fitness needs and goals.



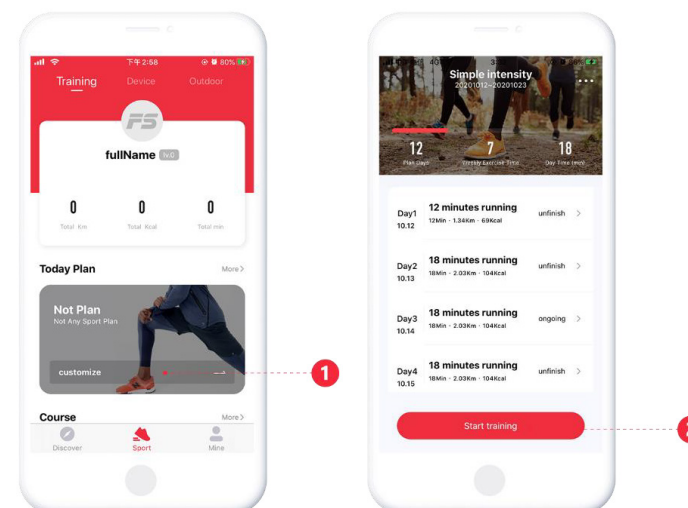
EQUIPMENT CONTROL AND TRAINING INFORMATION



- Select the "Sport" option for a live overview of your training progress.
- Select the "Control" option - you can control your fitness equipment through your Device (Speed and Incline) .
- Once your training session is complete, a full overview of your session is provided. This information can be saved for future reference.

CUSTOMIZED TRAINING PLAN

- Create your own Daily Training Plan to achieve your desired fitness goals.
- Once complete select "Start Training" to begin.

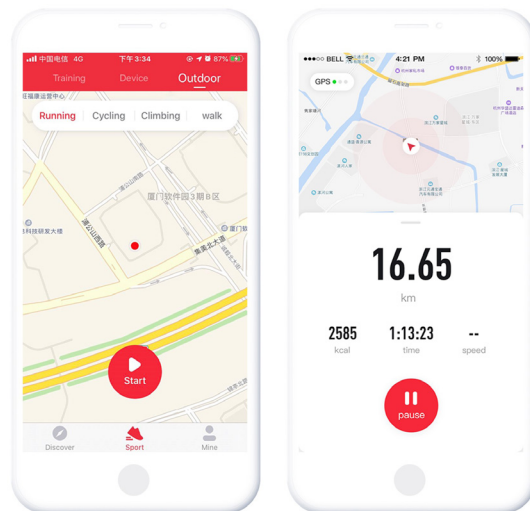


OUTDOOR MODE

- Using GPS, track your Outdoor Fitness Activities through your Device.
- Various Fitness activities can be tracked, like Running / Cycling / Climbing and Walking.
- Press "Start" when you begin your Activity, save your Fitness Data at the end of your session for future reference.

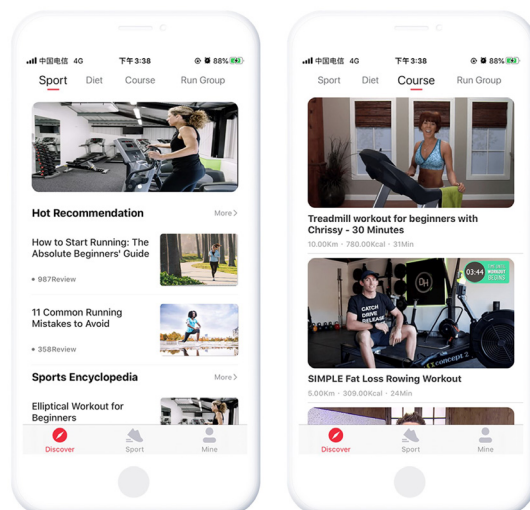
FITSHOW APP

FITSHOW APP



DISCOVER

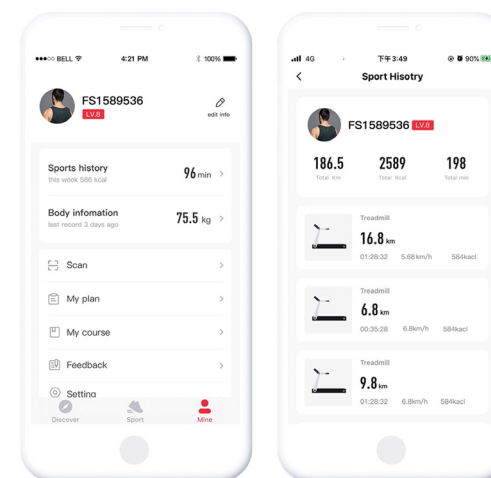
- Discover Sports Articles, Diet Tips and Course recommendations.



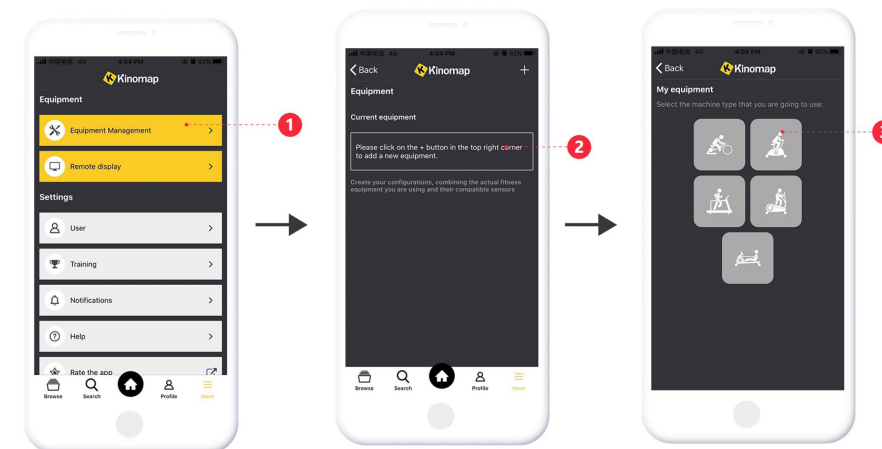
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SPORTS CENTRE

- The Sports Centre is your Personal Fitness Data Record.
- View all your previous Training Sessions as well as Fitness data such as:
Total workout time
Total calories
Total km
- Edit your profile, change system settings, and keep track of your fitness journey.

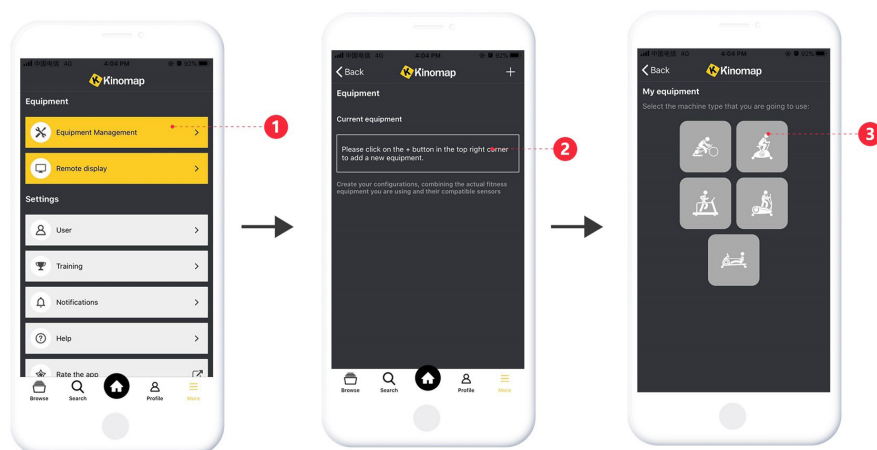


THIRD-PARTY APPLICATIONS KINOMAP



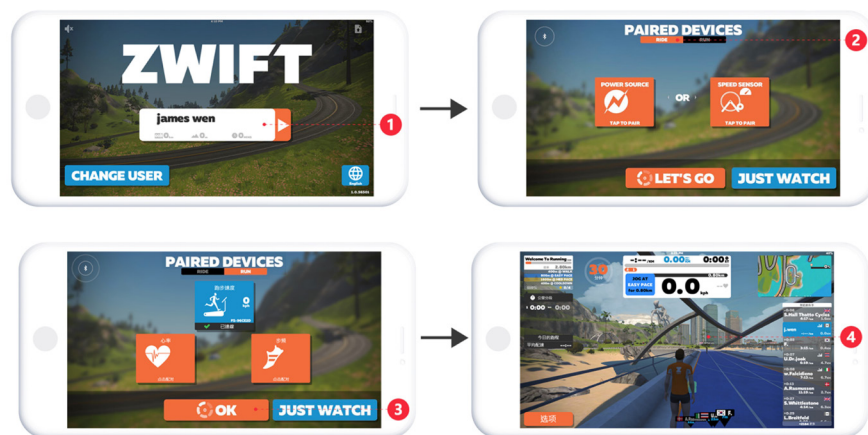
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FITSHOW APP



1. Search, download, and install Kinomap through the App Store or Google Play.
2. Create your account .
3. Login to the APP.
4. Select “Equipment Management”.
5. Select the “Device Type”.
6. Select the “FitShow” Icon.
7. The APP will now search for your Equipment, once found, select the Equipment you wish to pair.
8. Select your Training Mode.
9. Select “Start” to start your Training Session.

ZWIFT



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FITSHOW APP

1. Search, download, and install ZWIFT through the App Store or Google Play
2. Create your account
3. Login to the APP
4. Select “Power Source” to Pair your device and Equipment.
5. The APP will now search for your Equipment, once found, select the Equipment you wish to pair.
6. Select “Start” to start your Training Session.

BLUETOOTH AUDIO INSTRUCTIONS

Turn on the Bluetooth on your device and click or tap on SEARCH DEVICE.

1. Select the Trojan equipment item you wish to pair your device with.
2. Once connected, your device will now be paired to your Trojan equipment item.
3. Open your favorite music player on your device.
4. Press PLAY/PAUSE to listen to the music or pause at any moment.
5. The volume can be controlled and adjusted on your Device and your Trojan equipment by either pressing the Volume Up / Down Buttons on your Console, or by pressing the Volume Up / Down Buttons on your Device.

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FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

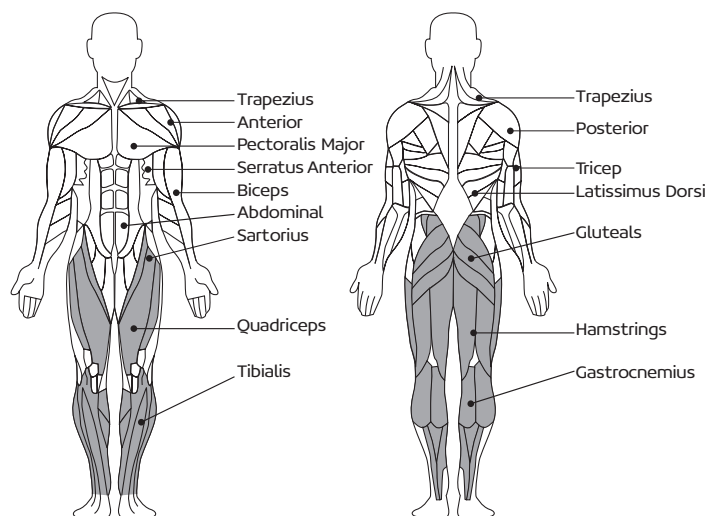
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. Always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the Trojan TR 300 Treadmill will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment, a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next 6 to 8 weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition.

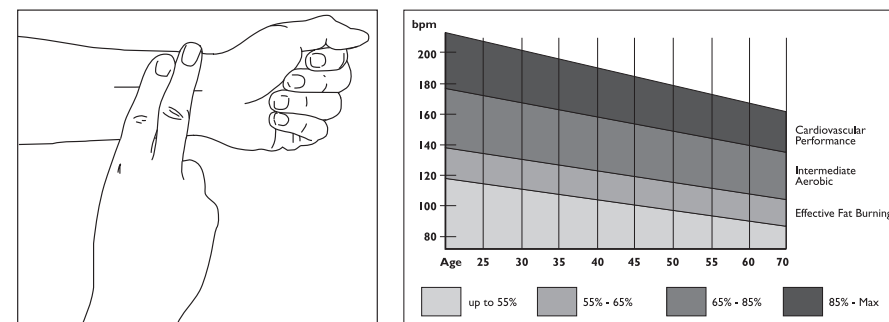
EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place 2 fingers on your wrist. Take a 6 second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your 6 second heartbeat count is 14, your heart rate is 140 beats per minute. (A 6 second count is used because your heart rate will drop rapidly when you stop exercising).

Adjust the intensity of your exercise until your heart rate is at the proper level.



WARM UP & COOL DOWN

WORKOUT GUIDELINES

Each workout should include the following 3 parts:

- 1. A WARM-UP:** 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
- 2. TRAINING ZONE EXERCISE:** 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes).
- 3. COOL-DOWN:** 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 3 workouts each week, with at least 1 day of rest between workouts. After a few months of regular exercise, you may complete up to 5 workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches are shown on the right. Move slowly as you stretch, hold the position and never bounce.

1. TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. HAMSTRING STRETCH

Sit with 1 leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. CALF/ACHILLES STRETCH

With 1 leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, and then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend you back leg as well.

Stretches: Calves, Achilles tendons and ankles.

4. QUADRICEPS STRETCH

With 1 hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

5. INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



MAINTENANCE

CLEANING

The Trojan TR 300 Treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Wipe any perspiration off the Trojan TR 300 Treadmill after each use.

STORAGE

Store the Trojan TR 300 Treadmill in a clean and dry environment away from children.

RUNNING BELT ADJUSTMENT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Keep treadmill clean by wiping clean with soap and water regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and the side rails. This reduces the build-up of foreign material underneath the walking belt.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

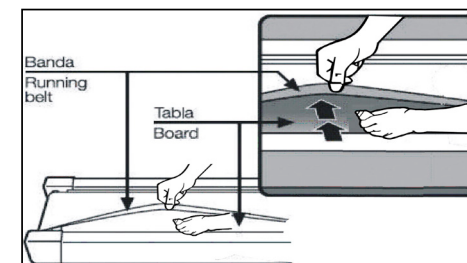
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user: Annually
- Medium user: Once every six months
- Heavy user: Once every three months

Contact the Trojan repair center for advice on suggested lubricants.

Attention: All Repairs to be executed by qualified Trojan repair center staff in order to keep your warranty in tact.



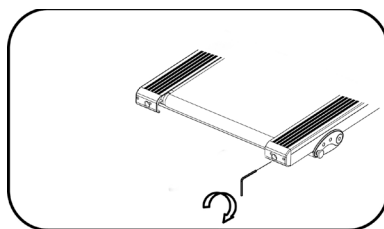
To avoid slipping during running, the belt should not be loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running, the belt should be not too tight. You can adjust the distance between deck and belt, the belt should be away from the deck about 50 - 75 mm on both sides.

MAINTENANCE

CENTRE THE RUNNING BELT

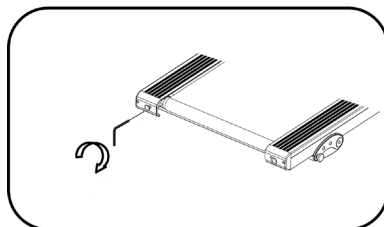
Place treadmill on a level surface. Run treadmill at approximately 6-8KM/H, checking the running condition.

If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A



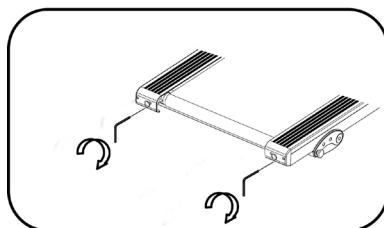
A

If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC B



B

Ensure running belt is secured tight enough to allow for an easy running experience. Pull out of the safety clock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, in order to confirm the running belt is secured and fastened adequately. PIC C



C

TROUBLE SHOOTING GUIDE

ERROR CODES

ERROR CODE	MAIN REASON	SOLUTION TO ERROR
E01	This error indicates a possible message failure between computer and bottom control board.	1. Check that the computer and bottom control board wires are connected correctly. 2. Change the entire control board
E02	This error indicates a protection against exploding.	1. If there is a bad connection with an open circuit in the motor, please change to a new motor or check the connection. 2. If the power cable has a puncture. Please change to a new Power cable or control board.
E03	This error indicates a possible no sensor signal.	1. Check that the speed sensor wire connection is correct. If not, then reconnect the wire 2. Check if the speed sensor is damaged. If it is, then change to a new speed sensor.
E04	This error indicates a possible incline motor study failure.	1. Check if the incline motor wires have been connected correctly. If not, re-connect them. 2. Check if wire on the incline motor is damaged. Change wire if required. After checking all the above, press the study key on the incline motor to reset.
E05	This error indicates a possible current overload.	1. If current over load has been detected or the motor is stuck, this will cause an excessive current and the machine will start self-protecting its system. Adjust the machine and restart. 2. Check if the motor has a noise coming from the it or if the motor / bottom control board has burnt out. If it has burnt out, then change to a new motor and/or bottom control board. Use correct voltage moving forward.
E06	Cannot pass self checking	1. Turn the power on and off again 2. Change the controller
E07 / E08	Program and data error	1. Change the controller

2 YEAR LIMITED WARRANTY

The Manufacturer hereby provides a warranty to the original purchaser of this product ('the Consumer') that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within 2 years from the date of purchase.

EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, not in accordance within the written instructions included with the product, abuse and/or any non-authorised modification of the product, incorrect installation of the product or normal wear and tear.
- All demo models carry a 3 month warranty.

WAIVER

The warranty and the obligations of the Manufacturer provided herein are in lieu of, and the Consumer, waives all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of The Manufacturer in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use this product and whether or not occasioned by The Manufacturer's negligence or any act or omission on its part.

PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our Trojan Call Centre on 0861 Trojan (0861 876526) or online at www.trojanhealth.co.za. Customers residing outside South Africa can contact us on +27 10 206 4405. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store. The Consumer should call the Trojan Call Centre on 0861 Trojan (0861 876526). Customers residing outside South Africa can contact us on +27 10 206 4405 and the call centre will advise of the procedure. During the warranty period the product may only be serviced and/or repaired by the Manufacturer's duly authorised agent(s).

TROJAN		ATTACH RECEIPT
CLIENT DETAILS		
NAME: _____		
EMAIL: _____	CELL: _____	
TEL(H): _____	TEL(W): _____	FAX: _____
ADDRESS: _____		
PRODUCT DETAILS		
DATE OF PURCHASE: dd / mm / yy	SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DESCRIPTION OF PURCHASE: _____		
BRANCH PURCHASED AT		
0861 TROJAN (0861 876526) / +27 10 206 4405		WWW.TROJANHEALTH.CO.ZA

REPAIRS PROCEDURE

Should you experience any faults or breakdowns on your Trojan equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

Do not return the product to the store.

Call the Trojan Call Centre on 0861 Trojan (0861 876526) to log the faulty product (under warranty or out of warranty). Customers residing outside South Africa can contact us on +27 10 206 4405.

The operator or technical advisor will try identify the fault, and will book a service team call out.

The service team will endeavour to fix the problem in your home on an agreed date and time.

Only if the fault cannot be repaired in the convenience of your home, will the service team take the faulty product back to the service centre.

Items repaired in our service centre will be returned to your home on an agreed date and time.

Note: Should you live in an outlying area or outside South Africa, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty (refer to "warranties" section in this manual). Any items that need to be repaired that are NOT covered in the warranty will be for the Consumer's expense. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be for the Consumer's expense including call out fees.

A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

2 YEAR WARRANTY

If this product proves to be faulty during normal use due to defective materials or workmanship. Refer to our website for terms and conditions.

0861 876 526
0861 TROJAN
+27 10 206 4406

Please call us for any product queries, after sales support, repairs or installations.

Manufactured for Masstores (Pty) Ltd.
16 Peltier Drive, Sunninghill, Ext 6, Sandton, 2146, South Africa
MADE IN CHINA

Always consult a physician before starting a new exercise routine

Use in conjunction with a healthy eating plan

Only use product for its intended purpose to prevent injury

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www.trojanhealth.co.za
www.instagram.com/trojanhealth

Like us on
facebook

#22M03T010.1