



TROJANTM

PRO SERIES

PRO RACE SPINNING BIKE

8KG
FLYWHEEL

AUTO
INCLINE

CARDIO



USER MANUAL

ENABLED
APPS

FS

FitSHOW

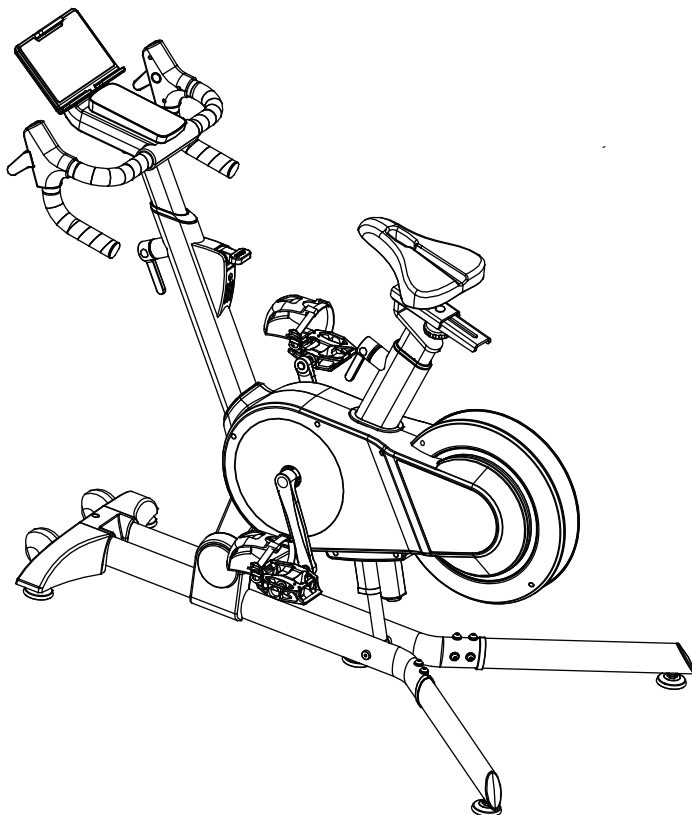
K

Kinomap

Z

ZWIFT

Bluetooth[®] ENABLED



CAUTION

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



@trojanhealth



Trojan Health and Fitness SA



www.trojanhealth.co.za

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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 876 526**, 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 metre 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 876 526** 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.



USER WEIGHT LIMITATIONS

- This Trojan Pro Race Spinning Bike may not be used by persons weighing more than 150 kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

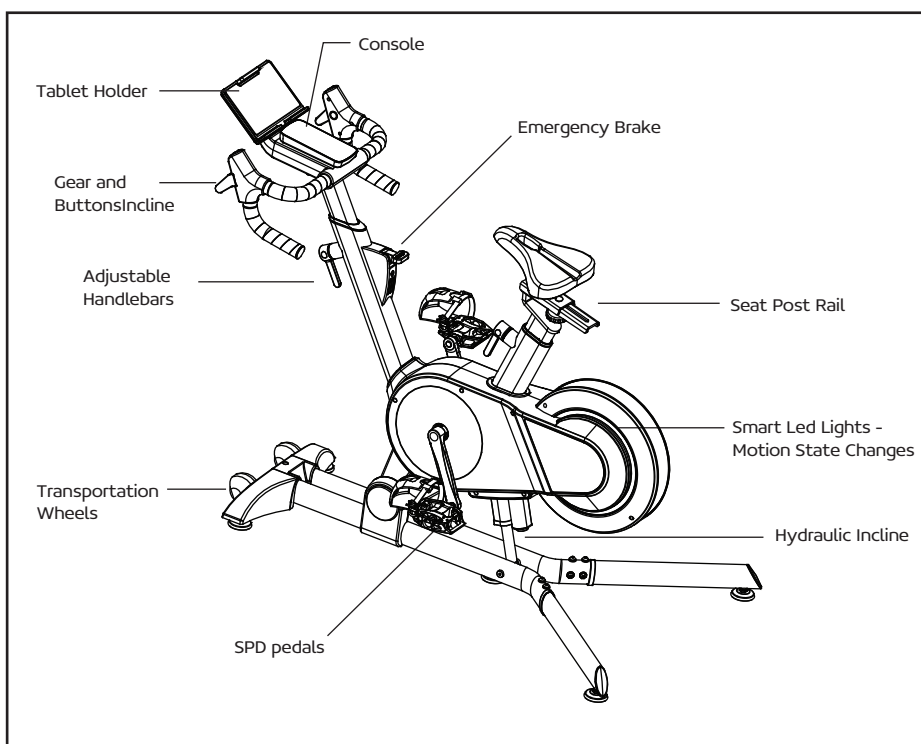
If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 876 526** within the Republic of South Africa or visit **www.trojanhealth.co.za**.

Customers residing outside South Africa can contact us on +27 10 206 4405.

PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan Pro Race Spinning Bike. 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. This bike 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 labeled.

Read this manual carefully before using the Trojan Pro Race Spinning Bike.

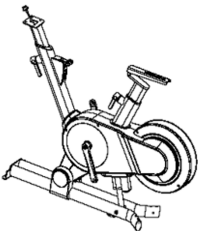
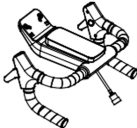
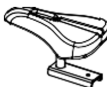


Functions	Time / Distance / Calories / Speed / Scan
Features	Bluetooth enabled, Compatible Apps: Fitshow, Zwift and Kinomap, 8kg Flywheel, 3 Piece Crank, Mototised system, SPD Pedals including footstraps
Set-up Size	1500 mm (L) x 800 mm (W) x 1165 mm (H)
Tension Control	Automatic Magnetic
User Weight	110 kg (maximum)

HARDWARE & TOOL LIST

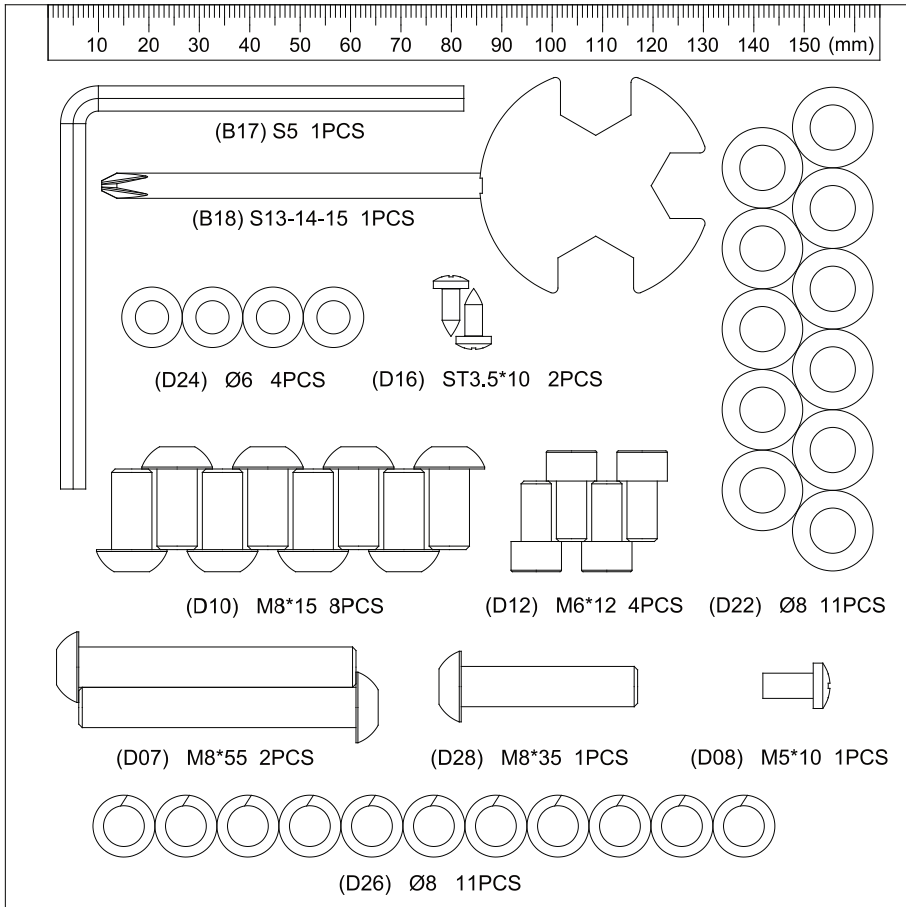
INSTRUCTIONS FOR ASSEMBLY

- 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.

			
A. Main Frame Assembly (1 PC)	B. Front Stabilizer (1 PC)	C. Left Rear Stabilizer (1 PC)	D. Right Rear Stabilizer (1 PC)
			
E. Tablet Holder (1 PC)	F. Handlebar Assembly (1 PC)	G. Seat Assembly (1 PC)	C34. Front Stabilizer cover (1 PC)
			
C50. Left Pedal (1 PC)	C50. Right Pedal (1 PC)	C21. Seat Knob (1 PC)	D02. Bolt (M10 x 1.0 mm) (2 PCS)
			
E14. Power Adaptor (1 PC)			

HARDWARE & TOOL LISTT

HARDWARE PACKAGE



PARTS LIST

No.	Description	No.	Description	
A01	Handrail tube assembly	1	B19 Pull motor wire	1
A02	Handlebar post	1	C01 Tablet rack plate	1
A03	Seat post	1	C02 Tablet holder Bottom cover	1
A04	Seat cushion sliding plate assembly	1	C03 Tablet slider	1
A05	Handlebar	1	C04 Tablet slider bottom cover	1
A06	Left rear pin assembly	1	C05 Tablet holder Silicone pad	1
A07	Right rear pin assembly	1	C06 Digital watch top cover	1
A08	Front foot pad fixing plate assembly	1	C07 Electronic watch lower cover	1
A09	Main frame assembly	1	C08 Left handrail decoration cover L	1
A010	Brake fixing plate assembly	1	C09 Left handrail decorative cover R	1
A011	Mesh plate	1	C10 Right handrail decorative cover L	1
B01	Left crank	1	C11 Right handrail decorative cover R	1
B02	Right crank	1	C12 Speed button L	2
B03	Straight mandrel assembly	1	C13 Speed button support seat L	1
B04	Axis of rotation	1	C14 Speed button R	1
B05	Brake handle limit casing	1	C15 Speed button support seat R	1
B06	Swivel nut	2	C16 Button	2
B07	Tension spring	2	C17 Handrail tube plug	2
B08	Brake spring	2	C18 Instrument tube liner	1
B09	Powder metallurgy casing	2	C19 Seat liner	1
B10	Knob top tight block	2	C20 Seat cushion sliding bushing	1
B11	Brake cable	1	C21 Seat knob	1
B12	Adjustment lever	2	C22 Brake handle	1
B13	Hex socket Bolt (M10 x 25 mm)	1	C23 Brake button	1
B14	Bearing A	2	C24 Brake handle cover	1
B15	Bearing B	2	C25 Belt pulley	1
B16	Pressure pulley limit sleeve	1	C26 Left chain cover	1
B17	# 5 Allen key	1	C27 Right chain cover	1
B18	Cross wrench	1	C28 Magnetic wheel cover	20

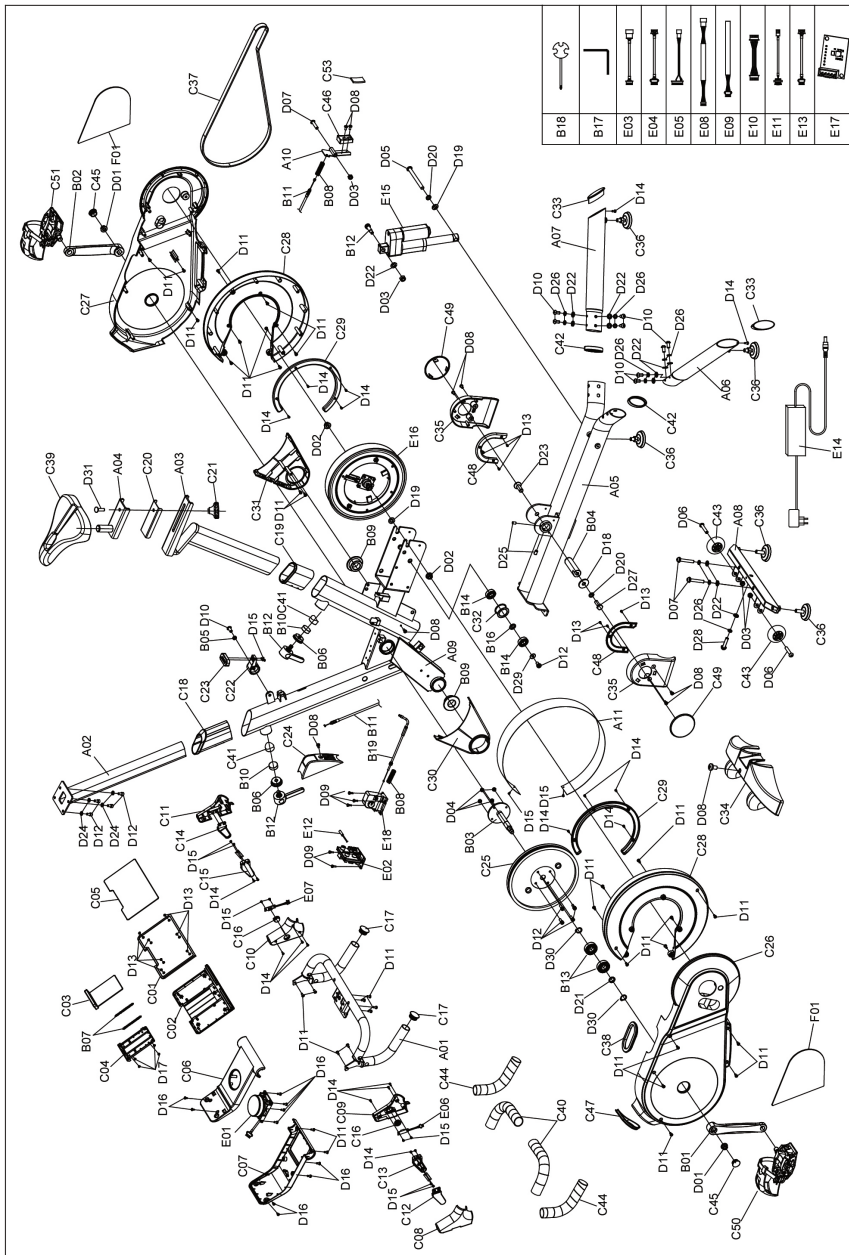
PARTS LIST

No.	Description	No.	Description	No.	Description
C29	LED light cover	2	D06	Cylindrical head screw (M8 x 45 mm)	2
C30	Connection cover L	1	D07	Flat round head screw (M8 x 55 mm)	3
C31	Connection cover R	1	D08	Pan head screw (M5 x 10 mm)	9
C32	Nylon compression pulley	1	D09	Self-tapping screw (ST4.2 x 12 mm)	5
C33	Oval inclined pipe plug	2	D10	Flat round head screw (M8 x 15 mm)	9
C34	Front stabilizer cover	1	D11	Pan head tapping screw (ST4.2 x 12 mm)	36
C35	Outside decorative cover	2	D12	Cylindrical head screw (M6 x 12 mm)	8
C36	Levelling feet	5	D13	Countersunk tapping screw (ST2.9 x 6.5 mm)	14
C37	Belt	1	D14	Pan head tapping screw (ST3.5 x 10 mm)	20
C38	Decorative ring seat cushion tube	1	D15	Pan head tapping screw (ST2.9 x 6.5 mm)	12
C39	Seat cushion	1	D16	Pan head tapping screw (ST2.9 x 8 mm)	6
C40	Handle strap	2	D17	Countersunk tapping screw (ST2.9 x 4.5 mm)	4
C41	Seat cushion tube top tightening block	1	D18	Large gasket Class C (M6)	1
C42	Foot tube spacer	2	D19	Flat washer Class C (M10)	2
C43	Moving wheel	2	D20	Standard spring washer (M10)	2
C44	Handle strap	2	D21	Corrugated spring washer	1
C45	Crank plug	2	D22	Flat washer Class C (M8)	12
C46	Brake pad fixing seat	1	D23	Screw (M12 x 30 mm)	1
C47	Instrument tube decorative ring	1	D24	Flat washer Class C (M6)	4
C48	Trim cover	2	D25	Cylindrical head screw (M8 x 10 mm)	2
C49	Turn cap	2	D26	Spring washer (M8)	11
C50	Left pedal	1	D27	Screw (M10 x 30 mm)	1
C51	Right pedal	1	D28	Hex socket screw (M8 x 35 mm)	1
C52	Brake pads	1	D29	Flat washer Class C (M6)	1
D01	Hex bolt (M10 x 1.25 mm)	2	D30	Elastic ring for shaft - Type B	2
D02	Hex bolt (M10 x 1.0 mm)	2	D31	Screw (M8 x 30 mm)	1
D03	Lock nut (M8)	4	E01	Console	1
D04	Lock nut (M6)	4	E02	Controller	1
D05	Flat round head screw (M10 x 100 mm)	1	E03	Upper console wire	1

PARTS LIST

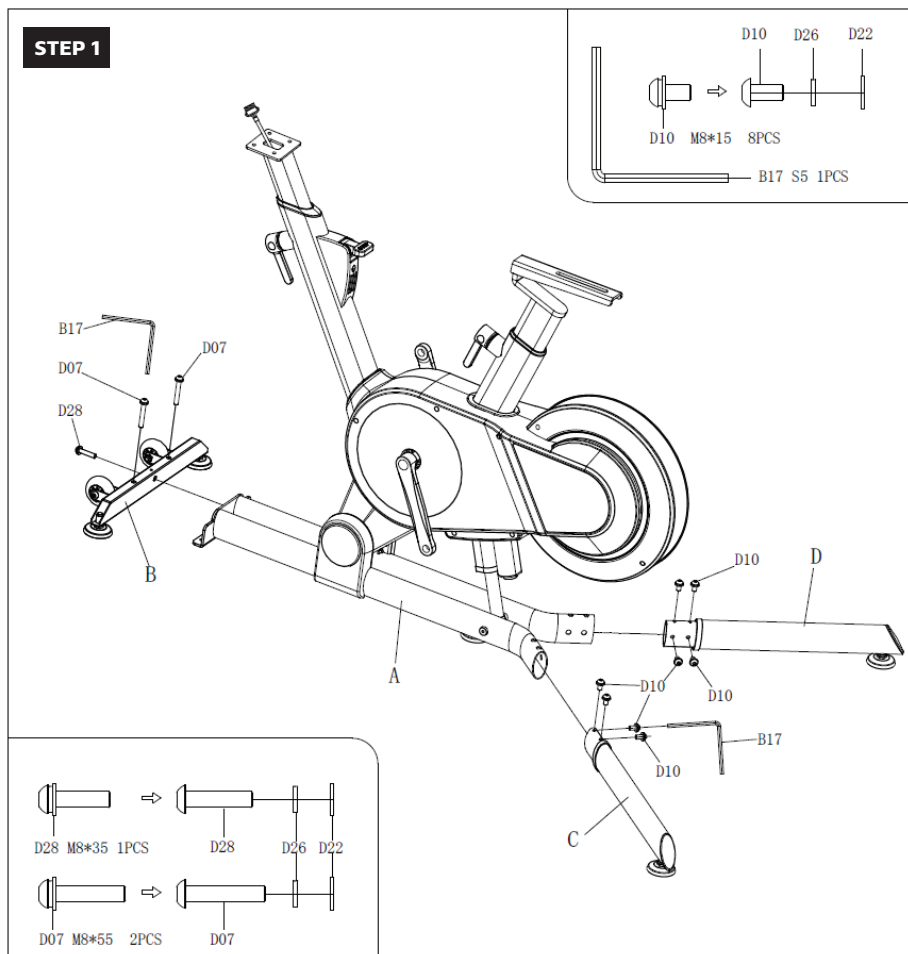
No.	Description	
E04	Lower console wire	1
E05	Upper left shortcut keyboard	1
E06	Lower left shortcut keyboard	1
E07	Right shortcut keypad	1
E08	LED light belt 1	1
E09	LED light belt 2	1
E10	Motor connection line	1
E11	Power supply socket	1
E12	Needle inductor	1
E13	Bluetooth cable	1
E14	Power adapter	1
E15	Incline motor	1
E16	Magnetic wheel 8 kg	1
E17	Bluetooth module	1
E18	Cable motor	1
F01	Decorative plate L	1
F02	Decorative plate R	1

EXPLODED DRAWING



ASSEMBLY STEPS

STEP 1



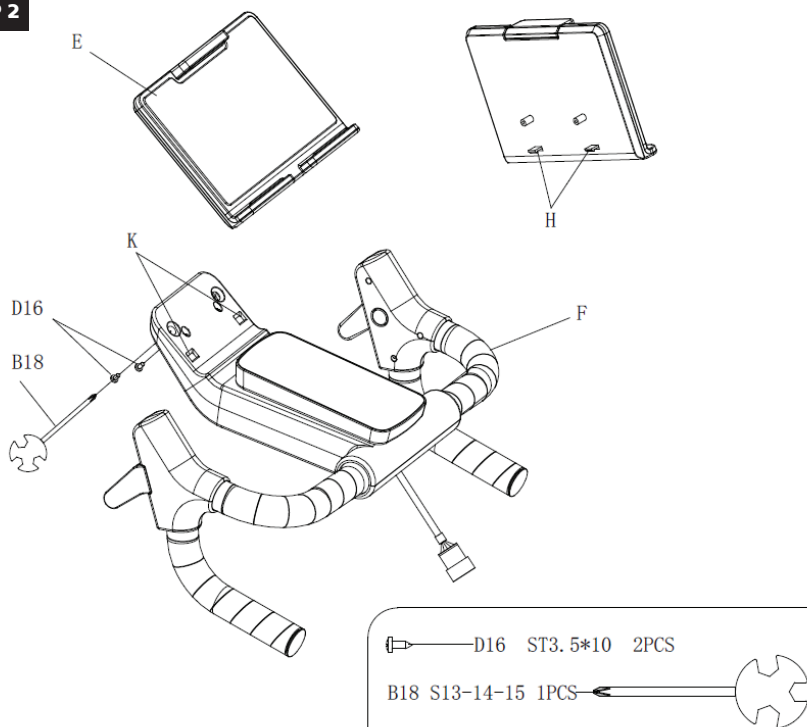
STEP 1:

Use the #5 Allen key (B17) to fix the Front stabilizer (B) to the Main frame assembly (A) using 2 x Flat round head screw (M8 x 55 mm) (D07) and 1 x Hex socket screw (M8 x 35 mm) (D28)

Use the #5 Allen key (B17) to fix the Left rear stabilizer (C) and Right rear stabilizer (D) to the Main frame assembly (A) using 8 x Flat round head screw (M8 x 15 mm) (D10)

ASSEMBLY STEPS

STEP 2



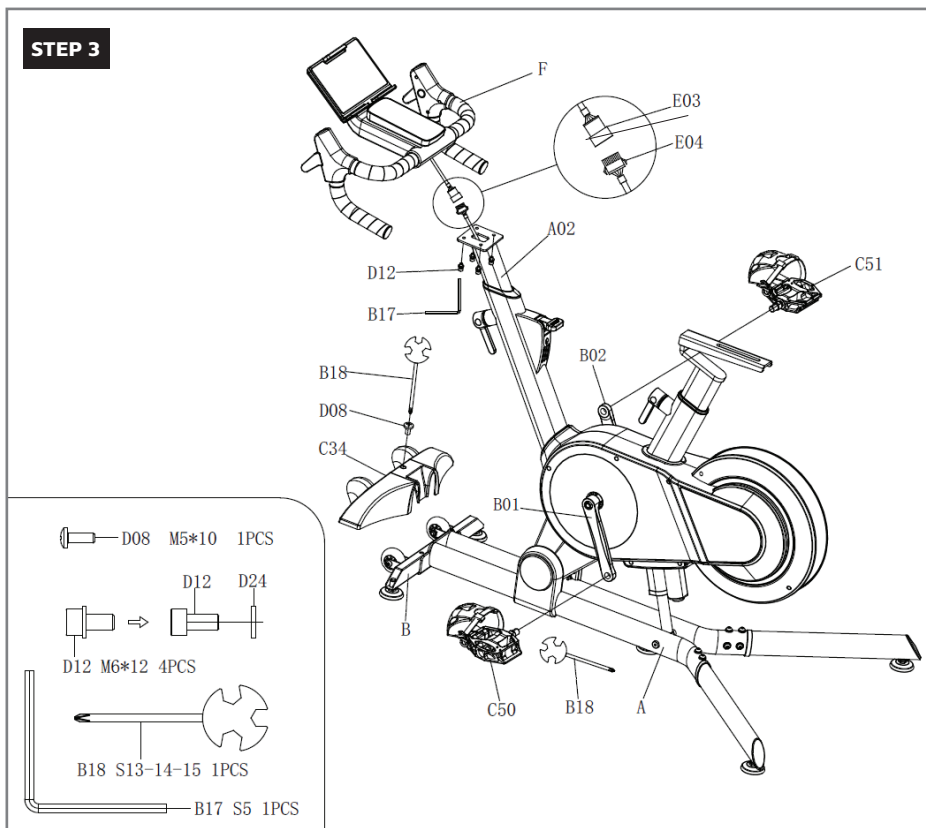
STEP 2:

Attach the Tablet holder (E) to the Handlebar assembly (F) as shown by positions (H) and (K).

Use the Cross wrench (B18) to fix the Tablet holder (E) to the Handlebar assembly (F) using 2 x Pan head tapping screw (ST2.9 x 8 mm) (D16)

ASSEMBLY STEPS

STEP 3



STEP 3:

Connect the Upper console wire (E03) to the Lower console wire (E04) as shown in the illustration.

Use the #5 Allen key (B17) to fix the Handlebar assembly (F) to the Handlebar tube (A02) using 4 x Cylindrical head screw (M6 x 12 mm) (D12). Do not damage the Upper and lower console wires.

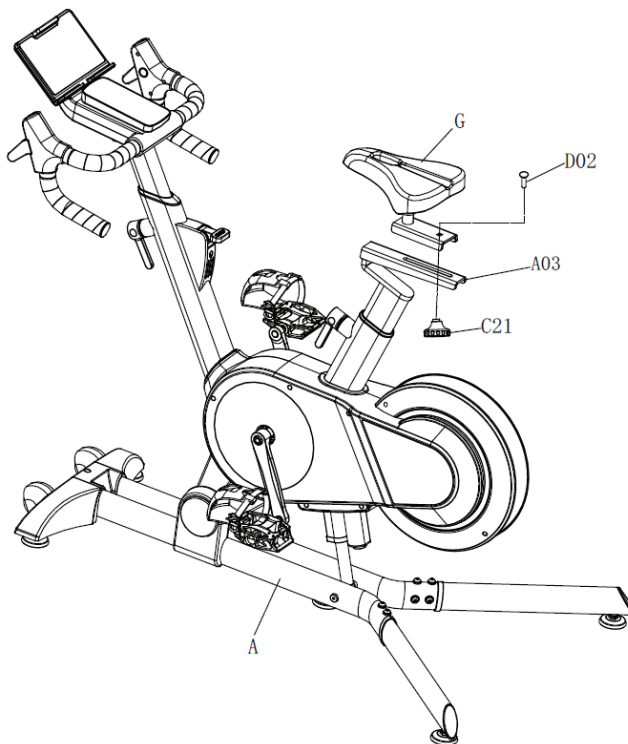
Use the Cross wrench (B18) to attach the Left Pedal (C50) to the Left crank (B01).

Use the Cross wrench (B18) to attach the Right Pedal (C51) to the Right crank (B02).

Use the Cross wrench (B18) to fix the Front stabilizer cover (C34) to the Front stabilizer (B) using 1 x Pan head screw (M5 x 10 mm) (D08)

ASSEMBLY STEPS

STEP 4

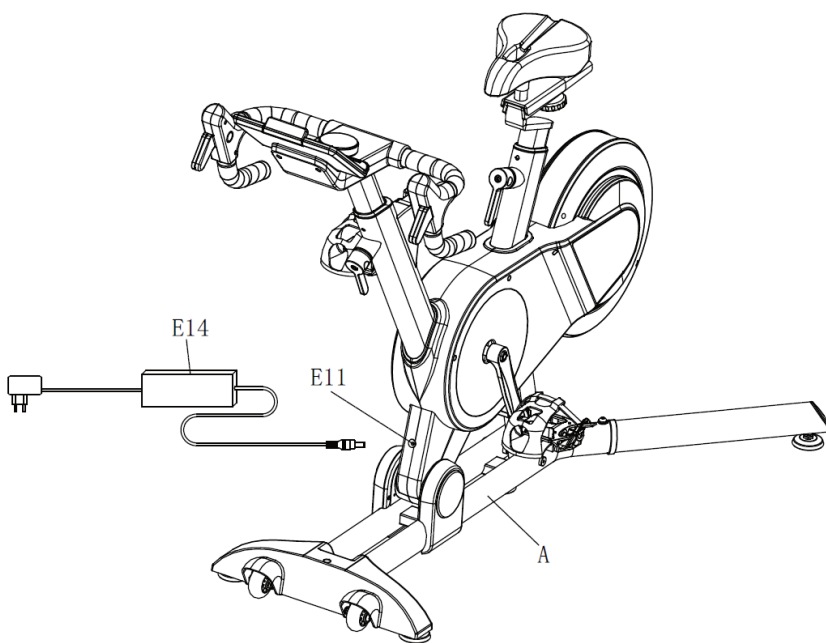


STEP 4:

Fix the Seat assembly (G) to the Seat post (A03) using the Seat knob (C21) and 1 x Hex bolt (M10 x 1.0 mm) (D02)

ASSEMBLY STEPS

STEP 5



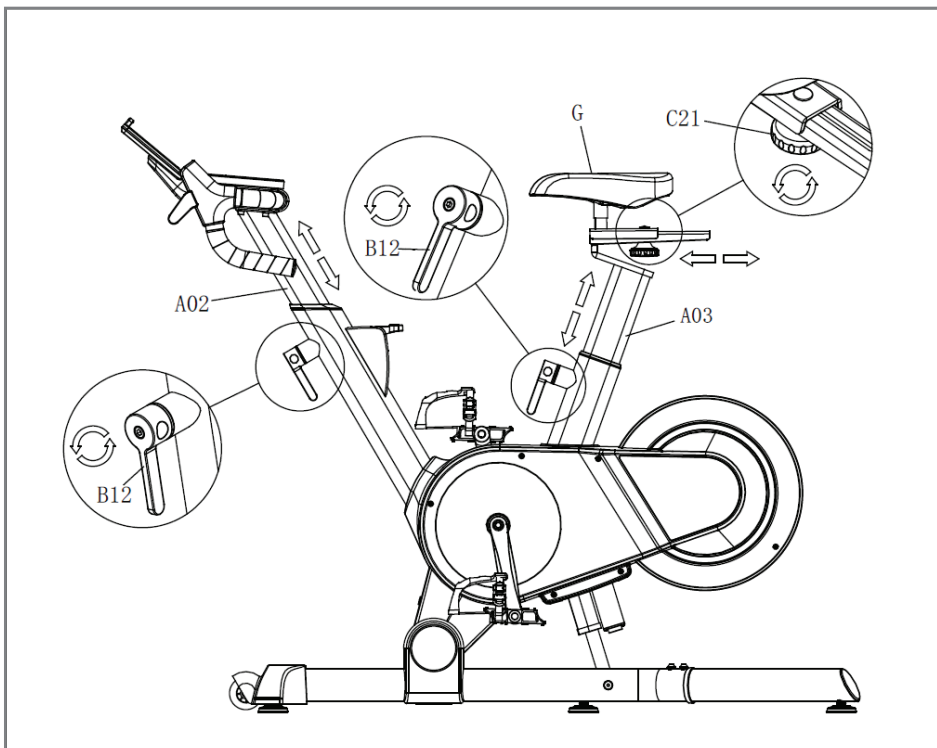
STEP 5

Plug the Power adaptor (E14) into the Power supply socket (E11).

PLEASE NOTE! Take Special care when powering on the unit, the bike will automatically incline and decline to calibrate the incline, to avoid any injury please stand away from the bike until the calibration is complete.

ADJUSTMENT INSTRUCTIONS

SEAT AND HANDLEBAR ADJUSTMENT



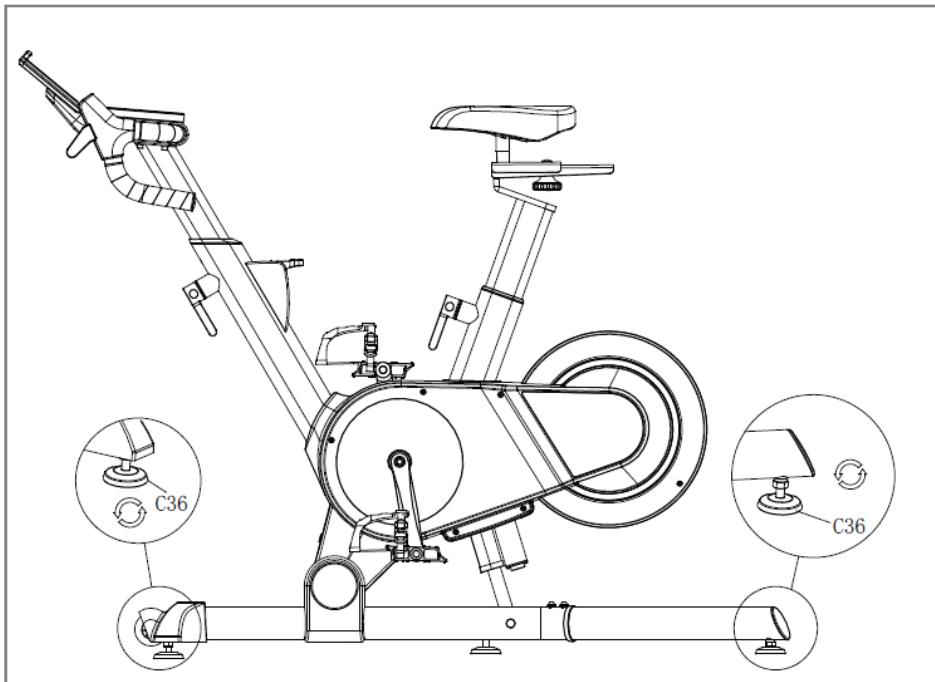
To Adjust the height of the Handlebar post (A02), loosen the Adjustment lever (B12) by rotating in an anti-clockwise direction. Adjust the height of the Handlebars to the desired position. To lock the Handlebar post (A02) in place, tighten the Adjustment lever (B12) by rotating in a clockwise direction.

To adjust the height of the Seat Assembly (G), loosen the Adjustment lever (B12) by rotating in an anti-clockwise direction. Adjust the height of the Seat to the desired position. To lock the Seat assembly (G) in place, tighten the Adjustment lever (B12) by rotating in a clockwise direction.

To adjust the vertical position of the Seat Assembly (G) loosen the Seat knob (C21) by rotating in an anti-clockwise direction. Adjust the Seat to the required position. To lock the Seat Assembly (G) in place, tighten the Seat knob (C21) by rotating in a clockwise direction.

ADJUSTMENT INSTRUCTIONS

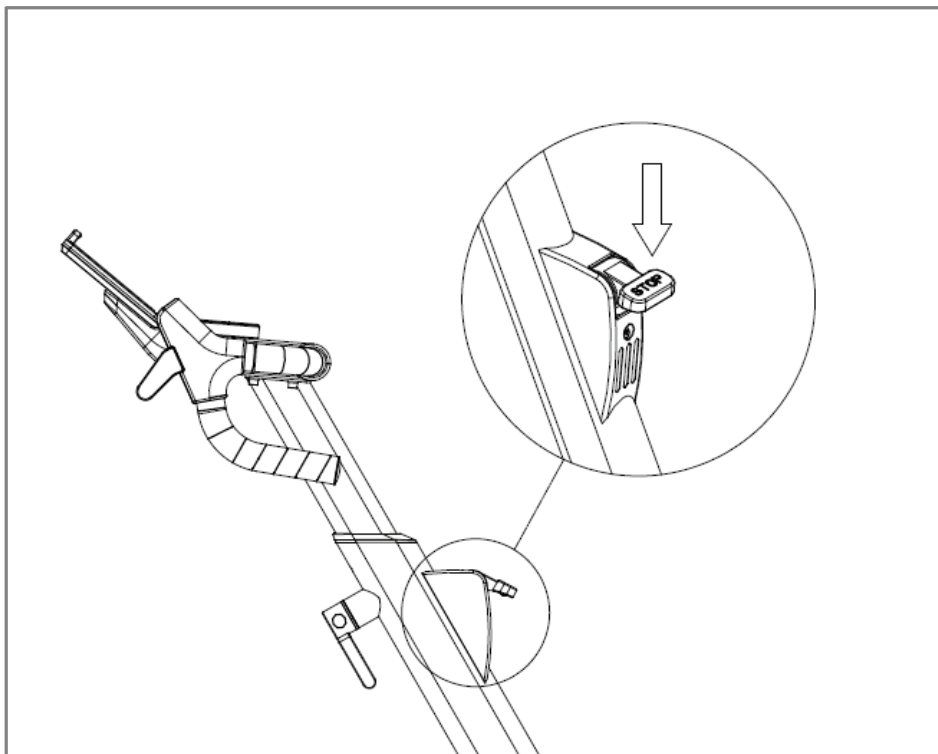
FLOOR LEVELER ADJUSTMENT



To level the Pro Race Spinning Bike, adjust the Levelling feet (C36) located under the Front and Rear Stabilizers, by rotating in a clockwise or anti-clockwise direction until the feet touch the ground firmly.

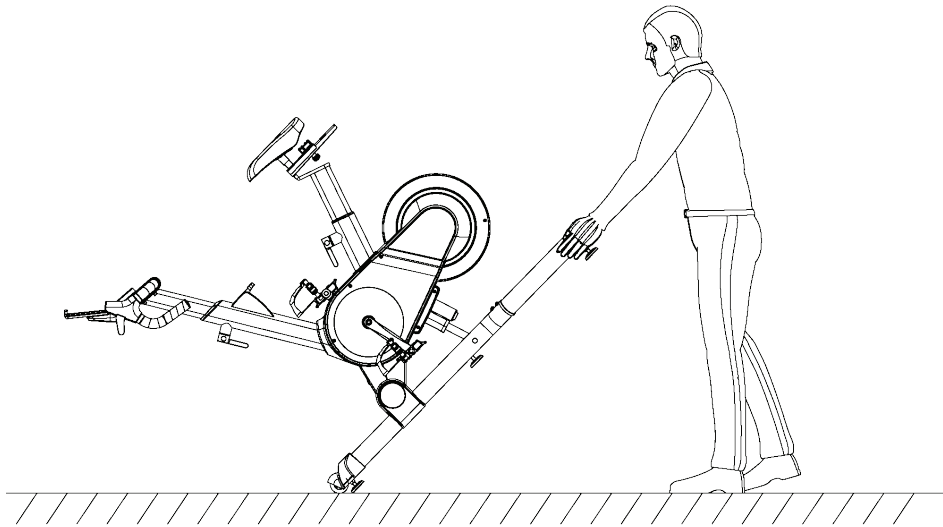
ADJUSTMENT INSTRUCTIONS

EMERGENCY BRAKE



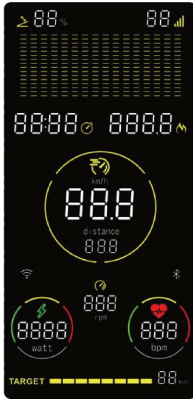
To stop the pedals in an emergency situation, press down on the brake button as indicated.

HOW TO MOVE THE SPINNING BIKE



Using both hands, lift the Pro Race Spinning Bike from the rear. Once the Spinning bike is approximately at a 45-degree angle and the transportation wheels touch the ground the bike can be moved to the desired position. Gently lower the bike once it is in position.

CONSOLE FUNCTIONS



WINDOW AND BUTTON FUNCTIONS

FUNCTIONS



Start / Stop button: In the standby state, press the button to start the meter count. In the running state, press the button to enter the paused state. In the paused state, press the button to start again or press and hold the button to clear data and return to standby state.



Mode button: In the standby state, press the mode button to select the mode you require P1-P3



Confirm button: In the manual mode and program selection interface, this button is used to confirm the exercise mode. In the exercise mode this button is used to confirm the time, distance, and calories settings.

+ / - buttons on handlebars: These buttons are used to increase and decrease the resistance in the running state, the parameters will adjust accordingly on the console screen.

▼/▲ buttons on handlebars: These buttons are used to adjust the incline value in the running state. The parameters will adjust accordingly on the console screen.

CONSOLE FUNCTIONS

QUICK START



Once the unit has been powered on, the quick start mode can be accessed by pressing the start/stop button.

MANUAL MODE

In the standby state, press the Mode button to enter the M setting interface. Confirm the mode by pressing the Confirm button.

Manually set the time by using the plus or minus keys, once the desired time has been selected, confirm the time by pressing the Confirm button.

Press the confirm button again to enter the distance data required, the plus or minus keys will increase or decrease the desired distance. Confirm the distance by pressing the confirm button.

Press the confirm button again to enter the calorie data required, the plus or minus keys will increase or decrease the desired calories. Confirm the calories by pressing the confirm button.

After all data has been set, press the Start/Stop button to start the meter count and workout.

AUTOMATIC PROGRAM MODE

In the standby state, press the Mode button to enter the setting interface. Select the Automatic program mode you require P1-P3. Press the Confirm button to enter the automatic program parameter setting interface.

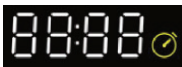
Time will be displayed, to set the time use the plus or minus keys, after the time setting is complete press the confirm button.

Press the confirm button again to enter the distance data setting interface, the distance can be set by using the plus or minus keys. After the distance setting is complete press the confirm button.

Press the confirm button again to enter the calorie data setting interface, the calories can be set by using the plus or minus keys. After the calorie setting is complete press the confirm button.

After all data has been set, press the Start/Stop button to start the meter count and workout.

LED WINDOW DISPLAYS

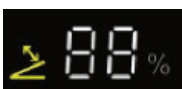


Time window: displays movement time, forward timing from 0:00-99:59, time to 99:59 after the zero continue to run.

CONSOLE FUNCTIONS



Distance window: displays moving distance, positive count from 0.00-99.9, clear zero after overflow to continue running.



Incline window: Displays incline value, display range -8 to 8.



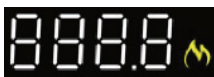
Gear window: Displays the current resistance gear value, gear display range: 1-32 segments.



Speed window: Displays the current speed value. Display range: 0-200RPM



Watt window: Displays the current watt value.



Calorie window: Displays the calorie value.

CONSOLE FUNCTIONS



Bluetooth icon. When there is Bluetooth access, the icon will light up.



Wi-Fi icon: When there is Wi-Fi access, the icon will light up.



Target icon: Displays the progress of your workout.

Automatic Programs: The system changes segment every 10 seconds

time incline		To set time/20 time = running time of each time period															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	gears	10	12	16	8	2	10	16	10	2	18	10	4	12	8	12	6
	incline	0	6	8	-2	-8	0	8	0	-8	8	0	-6	6	-2	6	0
P2	gears	10	14	16	10	5	10	20	6	16	12	5	20	12	8	14	6
	incline	0	6	8	2	-8	0	6	-6	6	0	-8	8	2	-3	4	0
P3	gears	10	18	6	18	3	16	3	10	22	6	18	6	20	6	16	6
	incline	0	8	-8	6	-8	4	-8	0	6	-6	4	-6	6	-2	4	0

CONSOLE FUNCTIONS

DISPLAY RANGE OF EACH VALUE

	Initial	Set initial value	Set range	Display range
Time (min:sec)	0:00	99:00	0:00-99:00	0:00-99:59
Speed(km/h)	0.0	0.0	N/A	0.0—72
RPM window	0.0	0.0	N/A	0-200
Distance(km)	0.00	99.9	0.00-99.9	0.00-99.9
Calories	0.0	999	0.0—999	0.0—999
Heartrate	0	0	N/A	50-200
Resistance	1	1	N/A	1-32
Incline	0	0	N/A	-8 - 8

ALGORITHM LIST

The speed is calculated as 21.5KM/H for 60RPM. When there is no speed signal, the distance does not count.

SLEEP AND AUTOMATIC STOP FUNCTION

In the running state, if there is no speed signal within 1 minute, the system automatically enters the suspended state. In the stopped or suspended state, the system enters the hibernated state without any operation for 10 minutes.

SHUTDOWN

The system can be turned off at any time by turning off the power switch without damaging the system.

INCLINE CALIBRATION

In the standby state, hold down the incline buttons ▼▲ for 3 seconds at the same time, the system will enter the automatic incline calibration.

When calibration is complete, the system will exit automatically.

If error E04 is displayed on the console, check the motor, motor signal cable, or replace the driver.

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.



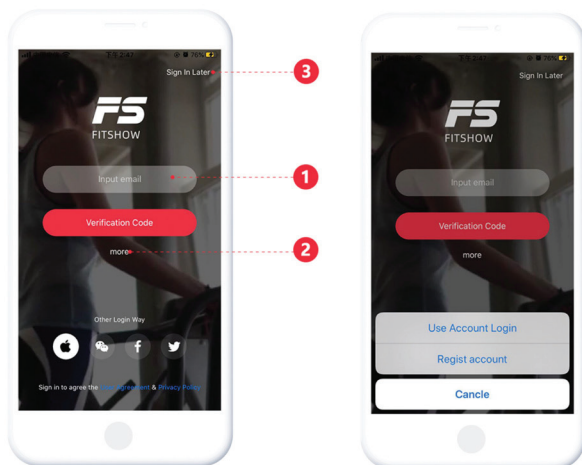
2. APP OPERATION

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.

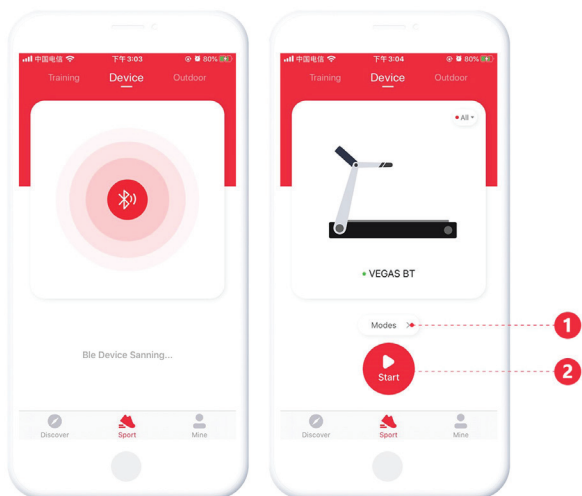
FITSHOW APP



Sync the APP and your Trojan Fitness Equipment

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

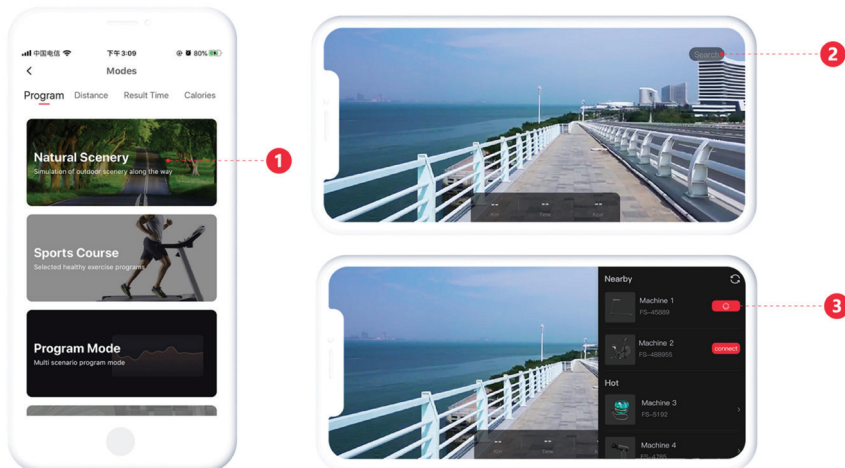
1. Open the FitShow App.
2. On the Main Page, press "Device", the APP will search for your Equipment.
3. Once your equipment appears press "Connect" to connect the APP with the equipment and press "Start".



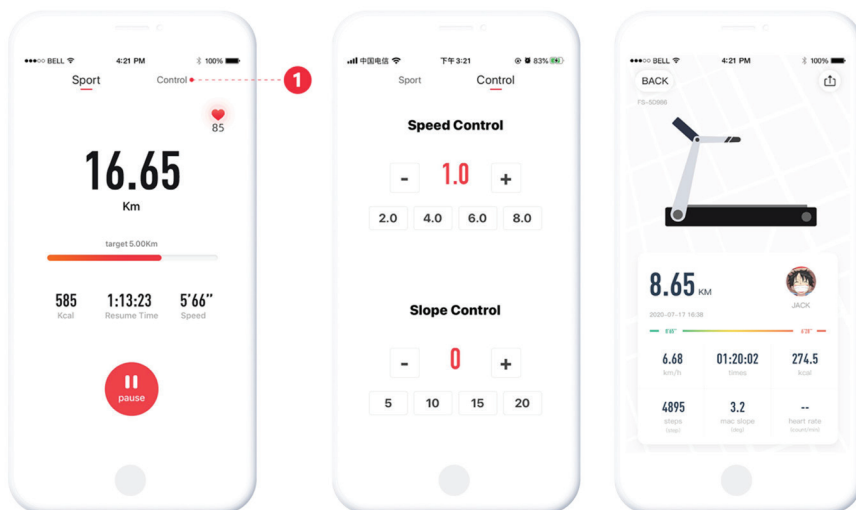
FITSHOW APP

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

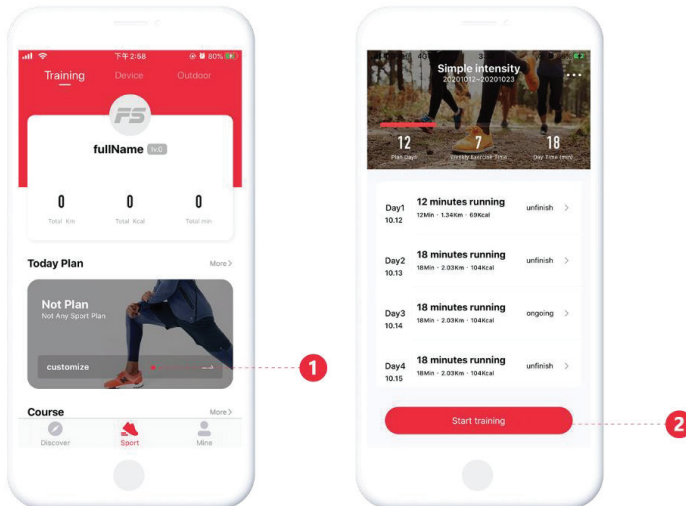


FITSHOW APP

- 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

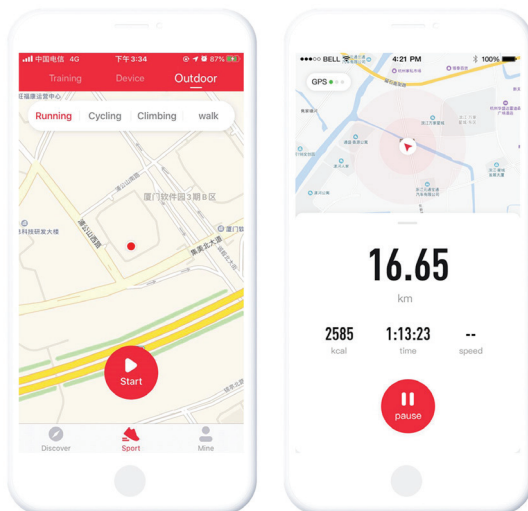
- Create your own Daily Training Plan to achieve your desired fitness goals.
- Once complete select "Start Training" to begin.



OUTDOOR MODE

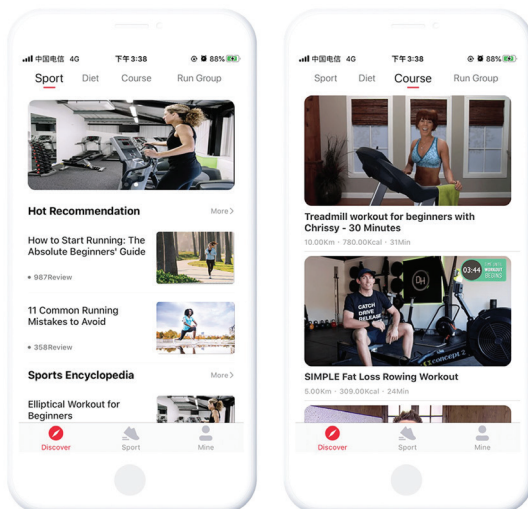
- Using GPS, track your Outdoor Fitness Activities through your Device.
- Various Fitness activities can be tracked, like Running / Cycling / Climbing and Walking.
- Press "Start" when you begin your Activity, save your Fitness Data at the end of your session for future reference.

FITSHOW APP



DISCOVER

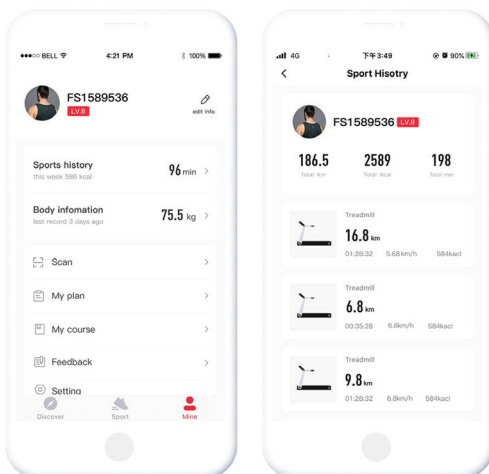
Discover Sports Articles, Diet Tips and Course recommendations.



FITSHOW APP

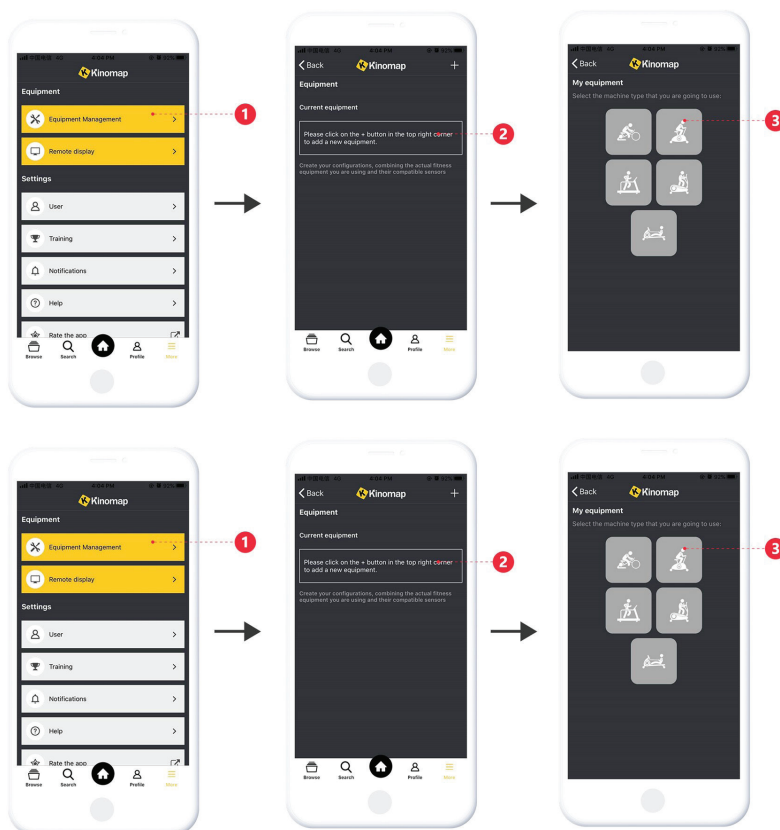
SPORTS CENTRE

- 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.



KINOMAP APP

KINOMAP



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 APP

ZWIFT



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.

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

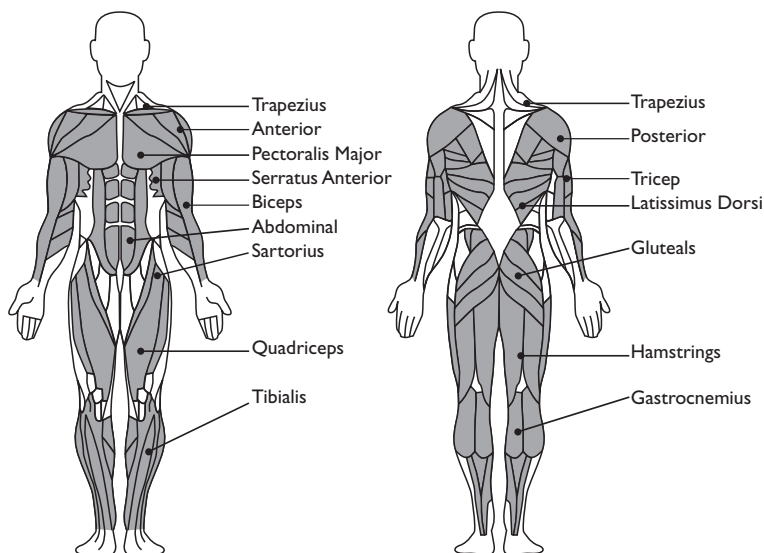
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, 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 when using the Trojan Pro Race Spinning Bike will develop the whole body muscle 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:

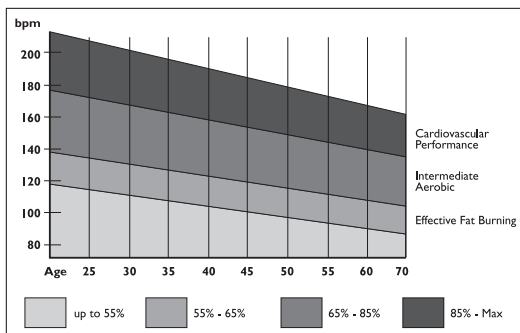
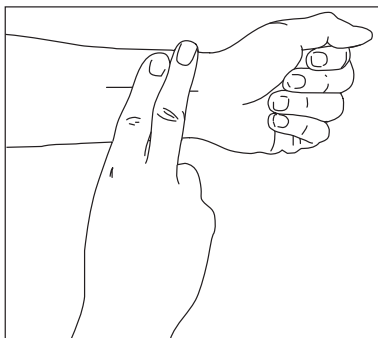
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt
- Begin your training program slowly with realistic goals that have been set by you and your doctor. Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition.

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 one 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 your 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 Pro Race Spinning Bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.

STORAGE

Keep the Trojan Pro Race Spinning Bike in a clean and dry environment away from children.

3 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 the 3 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 876 526. 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: _____
DESCRIPTION OF PURCHASE: _____		TILL SLIP NUMBER: _____
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 876 526 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.

3 YEAR WARRANTY

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

0861 876 526
0861 TROJAN
+27 10 206 4405

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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