



TROJANTM

TR1610 TREADMILL

AUTO
INCLINE

FITSHOW AND
BLUETOOTH ENABLED

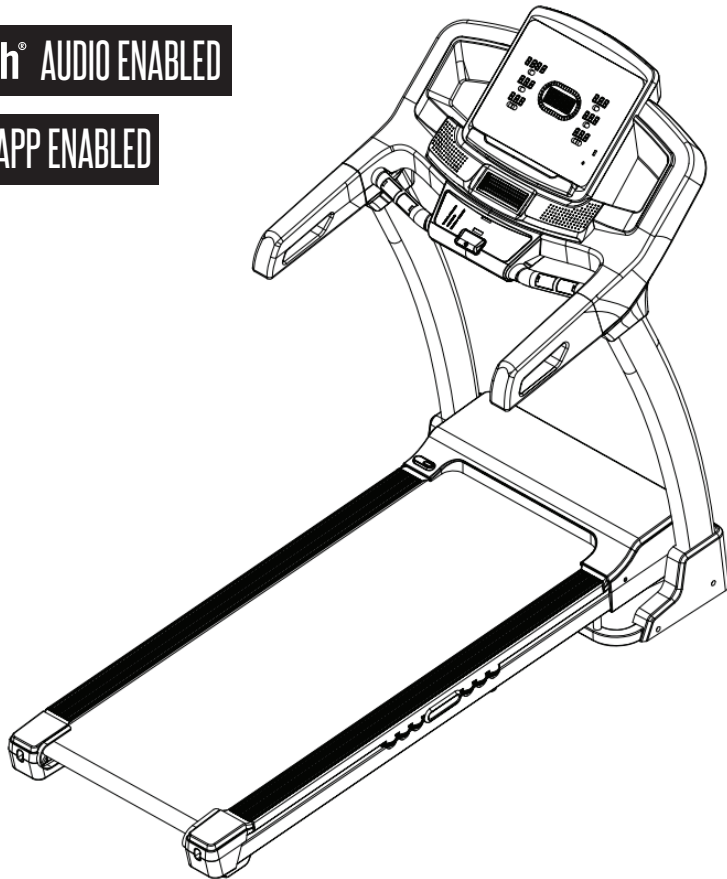
CARDIO 

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.

Visit facebook.com/trojanhealth
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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.
- Do not attempt to adjust the seat or handlebars while you are on your Trojan equipment.
- 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 TR1610 Treadmill may not be used by persons weighing more than 110 kg.

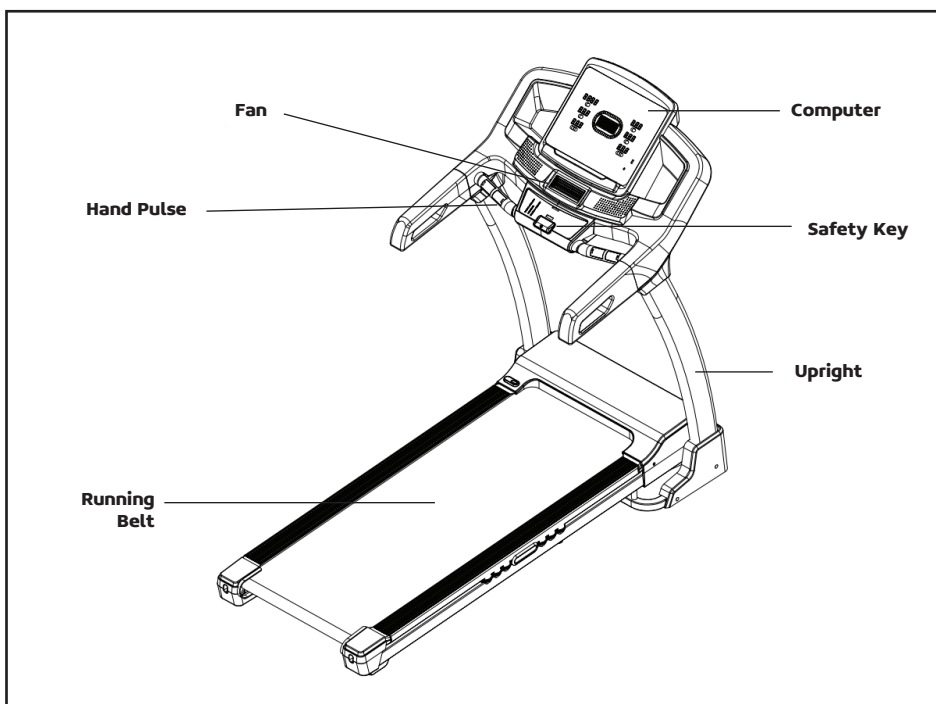
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

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PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan TR1610 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 TR1610 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 TR1610 Treadmill.

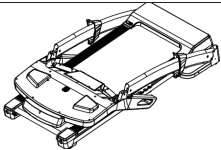
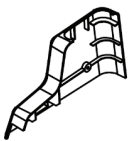
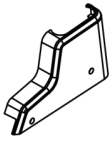
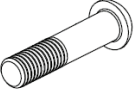
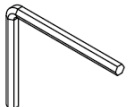
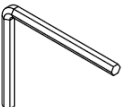
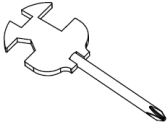


Functions	Time / Speed / Distance / Calories / Pulse / Incline /
Features	FitShow App, Bluetooth audio enabled, Heart rate monitor, Audio speakers, USB connection, MP3 connection, Tablet holder, Safety key, Soft-drop and fold-up with easy transport wheels.
Running deck	1450 mm (L) x 540 mm (W)
Set-up size	1835 mm (L) x 875 mm (W) x 1515 mm (H)
User weight	135 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)	14. Safety Key	17. Power Cable
		
42. Left Base Cover	43. Right Base Cover	24. Lubrication Oil
		
56. Bolt (M8 x 20 mm)	67. Washer M8	70. Bolt (M8 x 55 mm)
		
77. Screw (ST4.2 x 19 mm)	84. Bolt (ST4.2 x 19 mm)	92. MP3 Wire
		
10. #5 Allen Key	11. #6 Allen Key	12. Multi Tool

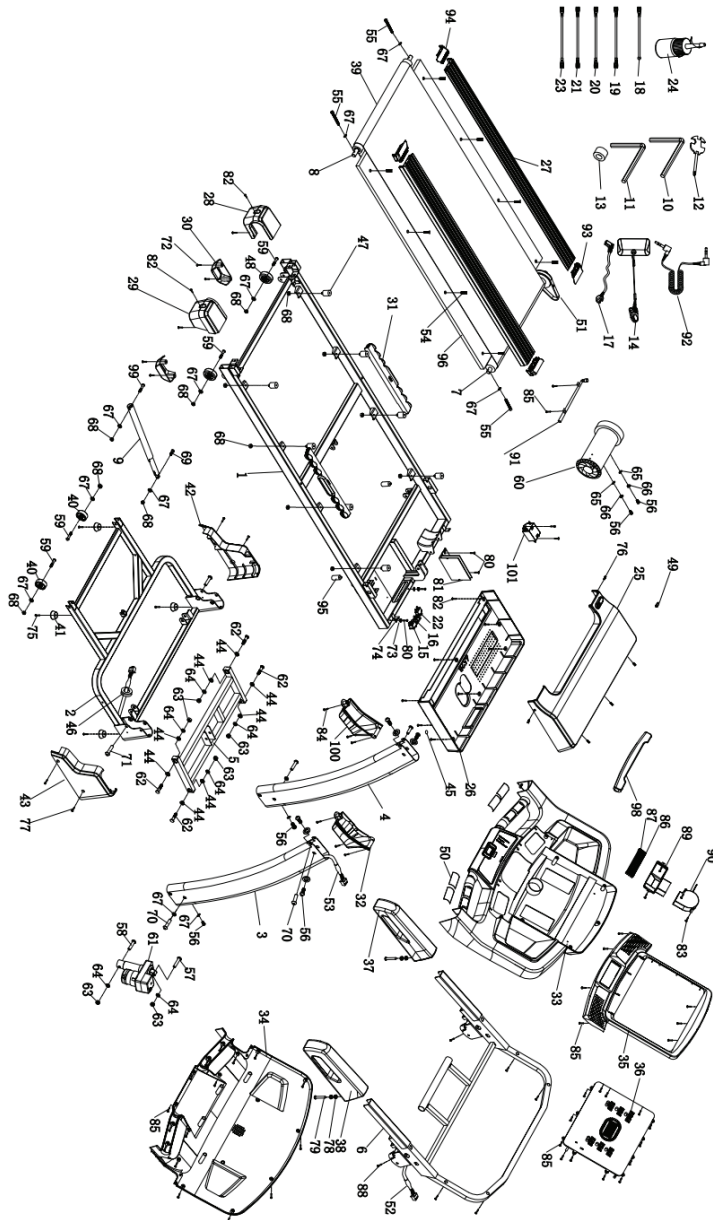
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	30	Wheel Cover	2
2	Base frame	1	31	Elastic Cushion	2
3	Right riser assembly	2	32	right column cover	2
4	Left riser assembly	1	33	Console Top Cover	1
5	Incline bracket	1	34	Console Bottom Cover	1
6	Electronic table rack assembly	1	35	Console Top Cover	1
7	Front roller	1	36	Keyboard Fixing Plate	1
8	Rear roller	1	37	Left Handlebar	1
9	Cylinder	1	38	Right Handlebar	1
10	5#Allen wrench	1	39	Running Belt	1
11	6#Allen wrench	1	40	Transport wheel	2
12	Wrench with screw driver	1	41	Foot Pad	4
13	Magnetic Ring	1	42	Left base cover	1
14	Safety key	1	43	Right base cover	1
15	Switch	1	44	Interval of casing	8
16	Power socket	1	45	Ring Protect Plug A	1
17	Power wire	1	46	Ring Protect Plug B	1
18	Grounding wire	1	47	Cushion Pad	8
19	Brake spring	1	48	Wheel	2
20	Single wire 1	1	49	Oil Plug	1
21	Blue Single wire	1	50	Hand-held heart rate tablet	1
22	Overload protector	1	51	Motor belt	1
23	Single wire 2	1	52	Computer top wire	1
24	Oil bottle	1	53	Computer bottom wire	1
25	Motor top cover	1	54	Bolt (M8 x 25mm)	8
26	Motor bottom cover	1	55	Bolt (M8 x 65mm)	3
27	Side rail	2	56	Bolt (M8 x 20mm)	4
28	Left back end cap	1	57	Bolt (M10 x 42mm)	1
29	Right back end cap	1	58	Bolt (M10 x 55mm)	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
59	Bolt (M8 x 40mm)	4	88	Bolt (ST4.2 x 20mm)	6
60	DC Motor	1	89	Wind scooper	1
61	Incline Motor	1	90	electric fan	1
62	Bolt (M10 x 45mm)	4	91	The oil guide pipe	1
63	Nut (M10)	6	92	MP3	1
64	Washer (10)	8	93	Turn the block before the edge bar	1
65	Flat Washer (8)	2	94	Turn the block after the edge bar	1
66	Spring Washer (8)	2	95	Limit buffer pad	1
67	Washer (8)	15	96	Running board	1
68	Nut (M8)	14	97	Bolt (M8 x 14mm)	2
69	Bolt (M8 x 25mm)	1	98	IP frame	1
70	Bolt (M8 x 48mm)	4	99	Bolt (M8 x 42mm)	1
71	Bolt (M10 x 45mm)	2	100	left column cover	1
72	Bolt (M5 x 8mm)	4	101	inductance filter	1
73	Washer (5)	3			
74	Spring Washer (5)	3			
75	Bolt (4.2 x 25mm)	4			
76	Bolt (4.2 x 25mm)	5			
77	Bolt (4.2 x 19mm)	4			
78	Nut (M6)	4			
79	Bolt (4.2 x 38mm)	2			
80	Bolt (4.2 x 12mm)	7			
81	Control board	1			
82	Bolt (4.2 x 12mm)	12			
83	Bolt (4.2 x 45mm)	2			
84	Bolt (4.2 x 19mm)	6			
85	Bolt (4.2 x 13mm)	39			
86	fan blade	5			
87	connecting rod	2			

EXPLODED DRAWING

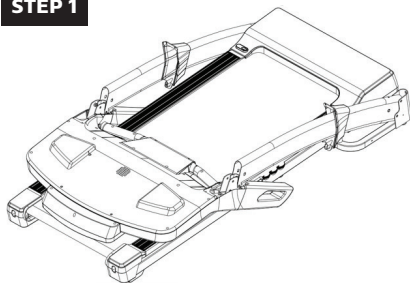


ASSEMBLY STEPS

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.

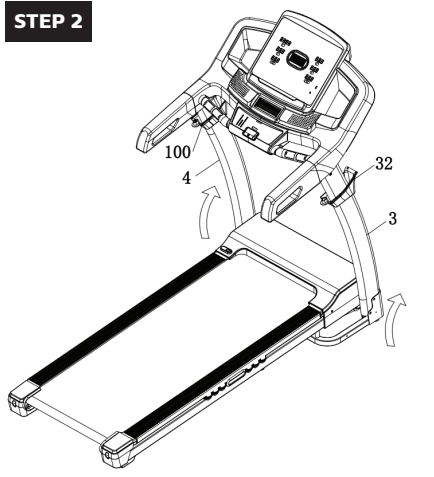
STEP 1



STEP 1:

Open the carton, remove all the parts and place the Main Fram on a flat surface

STEP 2

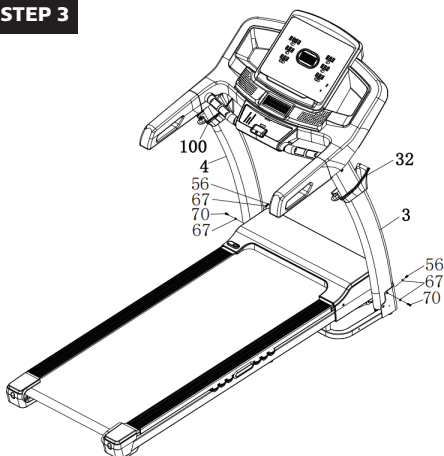


STEP 2:

Lift the Console Frame, Left Upright Post (4) and Right Upright Post (3)

ASSEMBLY STEPS

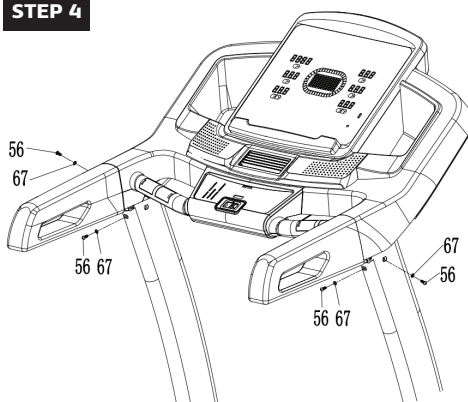
STEP 3



STEP 3:

Use the #6 Allen Key to fix the Left upright post (4) and Right upright post (3) to the Main Frame (1) using 2 x Bolts (70) 2 x Bolts (56) and 4 x Washers (67)

STEP 4

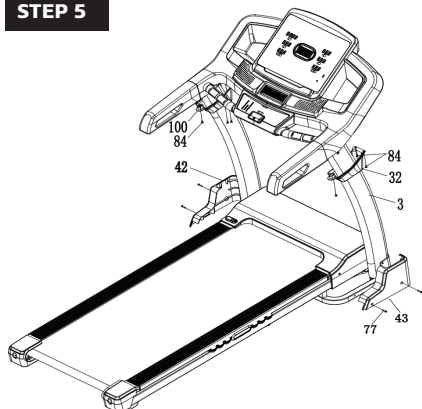


STEP 4:

Use the #5 Allen key (10) to secure the Left upright post (4) and Right upright post (3) to the Console using 4 x Bolts (56) and 4 x Washers (67)

ASSEMBLY STEPS

STEP 5



STEP 5:

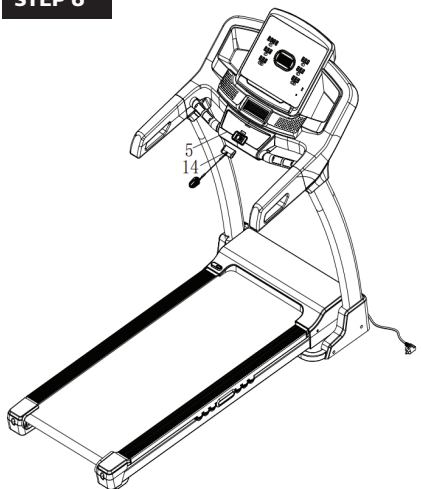
Use the Multi Tool (12) to fix the Left base cover (42) to the Left upright post (4) using 2 x Bolts (77).

Use the Multi Tool (12) to fix the Right base cover (43) to the Right upright post (3) using 2 x Bolts (77).

Use the Multi Tool (12) to fix the Left upright cover (100) to the Console using 2 x Bolts (84)

Use the Multi Tool (12) to fix the Right upright cover (32) to the Console using 2 x Bolts (84)

STEP 6

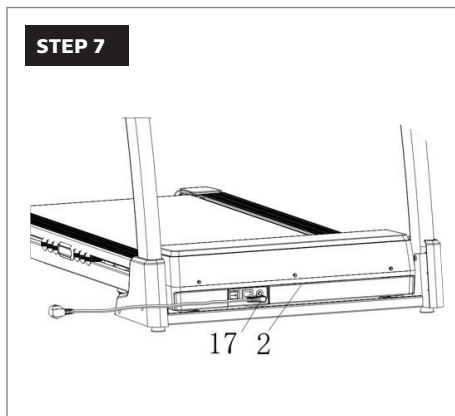


STEP 6:

Attach the Safety key (14) to the Console.

ASSEMBLY STEPS

STEP 7

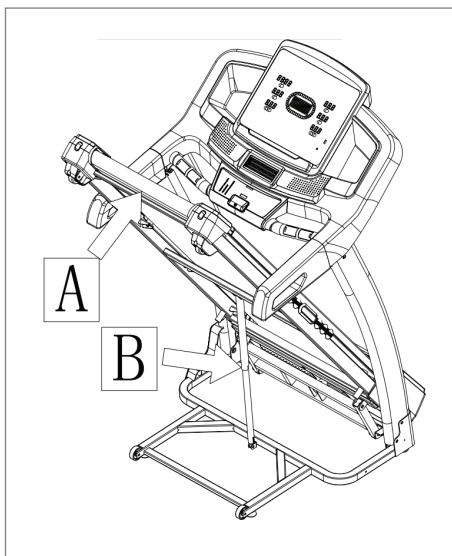


STEP 7:

Insert the Power Cable (17) into the inlet as illustrated.

ATTENTION: PLEASE ENSURE THE ASSEMBLY HAS BEEN COMPLETED, PER THE ABOVE INSTRUCTIONS AND THAT ALL BOLTS ARE SECURELY TIGHTENED. ONCE THIS HAS BEEN CHECKED, YOU MAY PROCEED WITH THE INSTRUCTIONS THAT FOLLOW. PLEASE ENSURE THAT YOU READ THE INSTRUCTIONS CAREFULLY BEFORE OPERATING THE TREADMILL.

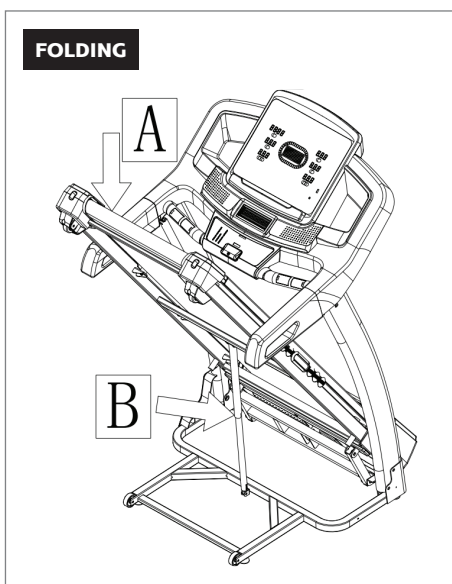
FOLDING INSTRUCTIONS



FOLDING THE TREADMILL:

Place one hand on (A), as illustrated below, and lift the machine in the direction of the arrow until you hear a click sound from the cylinder (B).

Note: Please unplug the power cord to shut down the machine completely before folding or unfolding the machine.



FOLDING

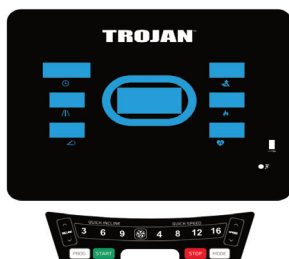
UNFOLDING THE TREADMILL:

Place one hand on (A), tap (B) on the Cylinder with your foot, gently pull down the running deck, the running deck will now lower automatically.

Note: Ensure that all parts are secured and correctly assembled before beginning to exercise with the treadmill.

To prevent injury, please ensure that you, children, or pets are not in the way of the descending running deck.

CONSOLE FUNCTIONS



FUNCTIONS

TIME:	Displays time; during startup, display 3 seconds countdown: 3, 2, 1.
SPEED:	Displays speed.
DISTANCE:	Displays distance.
CALORIE:	Displays calories.
INCLINE:	Displays incline.
HEART RATE:	When the heart rate is blinking the corresponding window shows the heartbeat.

FUNCTIONS AND OPERATIONS:

PROGRAM:	When the treadmill is in standby mode, press PROGRAM to make a selection between: P1 - P18 as well as U01 - U03 and FAT.
MODE:	Select key for inverted mode in standby state. The selection order is: manual mode, distance meter, time meter, calorie meter cycle. Select keys for the lipid measurement parameters under the lipid measurement mode: the selection order is: 'surname', 'age', 'height' and 'weight'.
START:	When the treadmill is in standby mode, press START to start the treadmill.
STOP:	When the motor is running, press STOP to stop the treadmill.
SPEED +:	When the treadmill is in standby mode press SPEED + to increase the set value. When the treadmill is running, press SPEED + to increase the speed.
SPEED -:	When the treadmill is in standby mode press SPEED - to decrease the set value. When the treadmill is running, press SPEED - to decrease the speed.
SPEED (4,8,12,16):	Quick speed adjustment key.
INCLINE +:	When the treadmill is in standby mode press INCLINE + to increase the set value. When the motor is running, press INCLINE + to increase the incline.
INCLINE -:	When the treadmill is in standby mode press INCLINE - to decrease the set value. When the motor is running, press INCLINE - to decrease the incline.
INCLINE(3,6,9):	Quick incline adjustment key.
FAN:	Used to switch the fan on/off

OPERATION INSTRUCTIONS

QUICK START (MANUAL MODE):

Attach the safety key. Press the start key, after the 3 seconds countdown, the treadmill will start from the lowest speed, press the SPEED / or speed shortcut to adjust the speed, and press the INCLINE , or incline shortcut to adjust the number of incline. To stop the operation, press the stop key or directly disconnect the safety lock.

BACK METER MODE:

Press the 'MODE' button, you can choose: time inverted meter, distance inverted meter, heat inverted meter. The corresponding window shows the default values and flashes. Press SPEED +, - (INCLINE +, -) to adjust to the required value. Press START key, after the 3 second countdown, the treadmill starts from the lowest speed, press SPEED / or speed shortcut to adjust the speed, press INCL. , or lift shortcut to adjust the number of lift segments. When the window value is inverted to 0, the treadmill slowly slows down to a stop. Of course, you can also directly press the STOP key or disconnect the security lock to stop operation.

PROGRAM MODE:

Press the 'PROG.' button and select any one of the P24 for the built-in program. The TIME window displays the default value and flashes, with the SPEED +, - (INCLINE +, -) keys to adjust to the required movement time. The built-in program is divided into 16 sections, and the running time of each period is the set time / 16. Press the START button, and the treadmill starts the operation at the speed of the first section after the 3 seconds. When the operation of the previous section ends, the next section is automatically entered. The speed and lift are automatically adjusted to the value of the section. All segments are complete. When the program ends, the treadmill slowly slows down to a stop. During operation, press the SPEED +, - ' (INCLINE +, -) or armrest buttons to adjust the speed and lift. But it automatically changes to the program default in the next paragraph. During exercise, you can also directly press the STOP key or disconnect the safety lock to stop operation. The window corresponding to the l mode and the end of the program motion will flash with 15 prompt sounds, after which all data clearing 0 enters the standby state.

HEART RATE:

Hold the left and right steel pieces on the armrest with both hands. After about 5 seconds, the 'PULSE' window will show your heart rate. To get an accurate heart rate, stand on the treadmill and measure it at you stop, and hold it for no less than 30 seconds. Heartbeat data is only as a reference for the degree of movement, not as medical data.

FAT MODE:

In standby state, press PROG., and when the window shows 'FAT'. Press MODE to select the parameter categories (Last Name, Age, Height, Weight). The corresponding window displays 'F-1', 'F-2', 'F-3' and 'F-4'. For each parameter category selected, press SPEED +, - (INCLINE +, -) to adjust the parameter value. When adjusting all parameters, press MODE again. The corresponding window will display 'F-5' and '- - -' respectively, indicating the pending test state, and holding the left and right handrails with both hands. After about 5 seconds, the corresponding window shows your body fat index. Input parameters display and set range.

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.

ERROR OPERATION INSTRUCTIONS

CODE	REASON	SOLUTION
E01	Message wire is broken or not connected well	1. Check if the computer and bottom control board wire connect well. 2. Check if IC on bottom control board is loosen, reset the IC
E02	1. Burst clash	1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test; 2. Check if the control board is burnt with irregular smell, replace a control board; 3. Check if the motor wire is well connected, reconnect it.
E03	No sensor signal	1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light. 2. Check if the plug of sensor is well connected . 3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.
E05	Current overload protecting	1. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; change a signal light. 2. Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change motor and bottom control; 3. Check if the power voltage is wrong, use right voltage to test again.
Show "----"	1. The safety key is not at the appointed site 2. The safety key is not connected well or broken.	1. Check if the safety key is at the appointed site. 2. Check if the safety key sensor board is connected well 3. Replace the safety key sensor board inside computer
If the motor doesn't rotate after press "START" button. The wire that controls the motor might have something wrong. Such as the protective tube on control board is damaged or fall off, Or the motor wire isn't connected well. Or the IGBT on control board is burnt out Check if the motor wire is connected well and re-connect well. Check if the protective tube is OK, re-set it or change one. Use multimeter to test if the IGBT is burnt out, and change an IGBT or control board.		
E07/E08	EEPROM damaged	Change a control board

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.



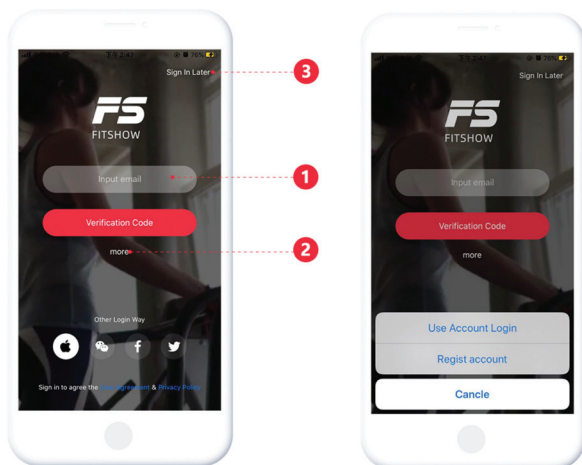
2. APP OPERATION

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.

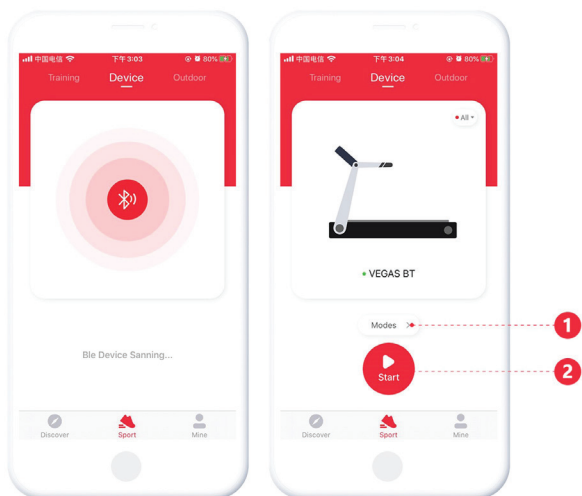
FITSHOW APP



Sync the APP and your Trojan Fitness Equipment

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

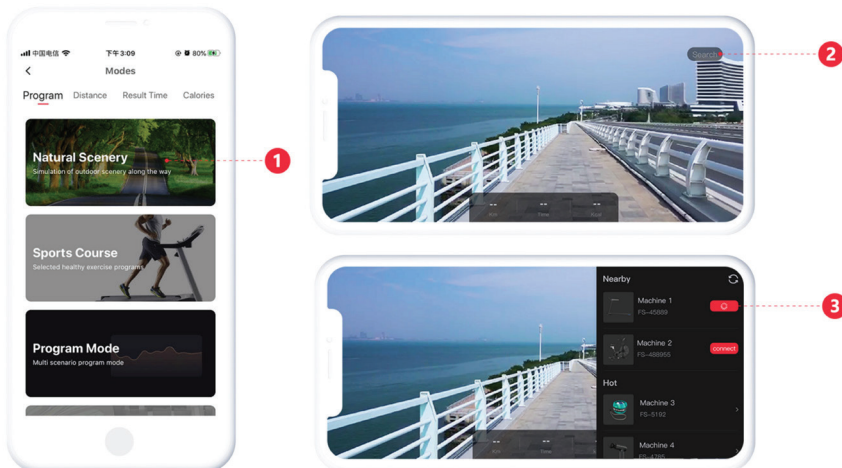
1. Open the FitShow App.
2. On the Main Page, press "Device", the APP will search for your Equipment.
3. Once your equipment appears press "Connect" to connect the APP with the equipment and press "Start".



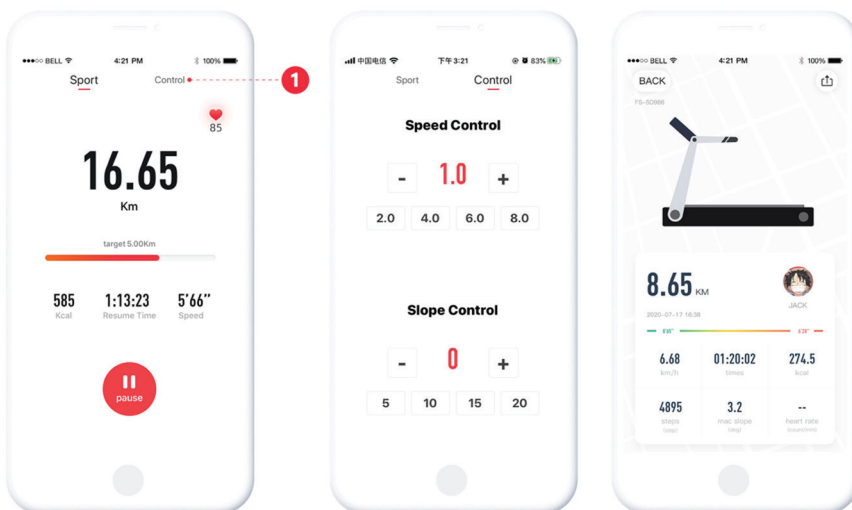
FITSHOW APP

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

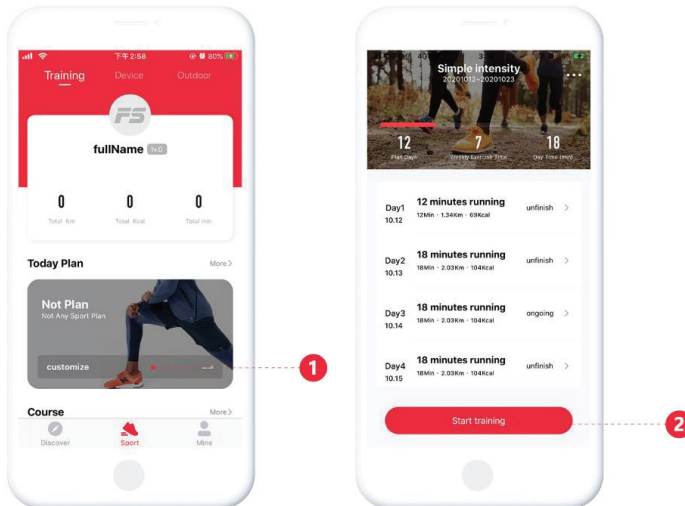


FITSHOW APP

- 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

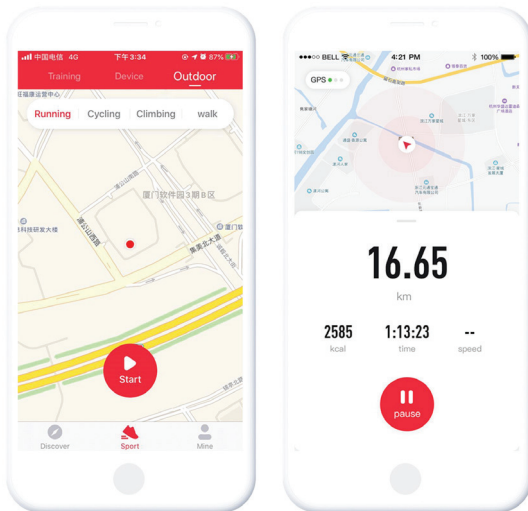
- Create your own Daily Training Plan to achieve your desired fitness goals.
- Once complete select "Start Training" to begin.



OUTDOOR MODE

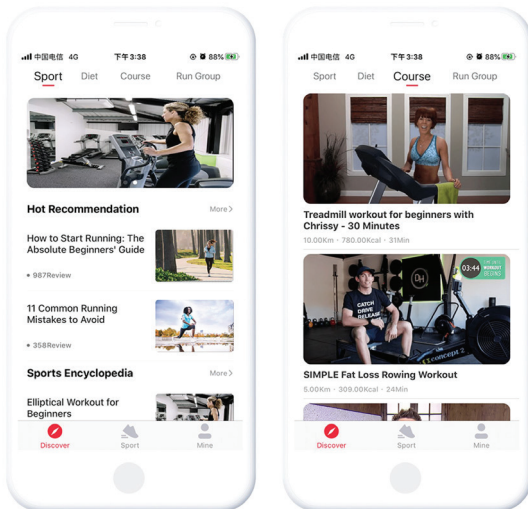
- Using GPS, track your Outdoor Fitness Activities through your Device.
- Various Fitness activities can be tracked, like Running / Cycling / Climbing and Walking.
- Press "Start" when you begin your Activity, save your Fitness Data at the end of your session for future reference.

FITSHOW APP



DISCOVER

Discover Sports Articles, Diet Tips and Course recommendations.



FITSHOW APP

SPORTS CENTRE

The Sports Centre is your Personal Fitness Data Record.

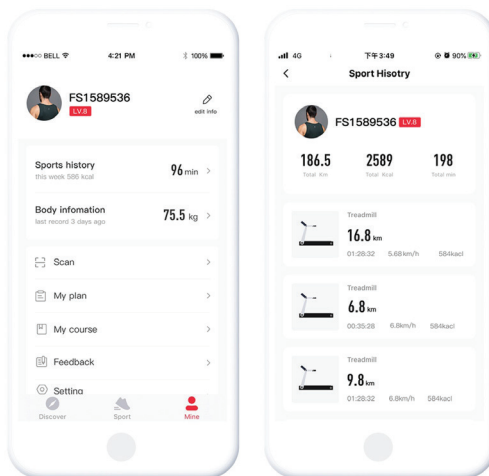
View all your previous Training Sessions as well as Fitness data such as:

- Total workout time

- Total calories

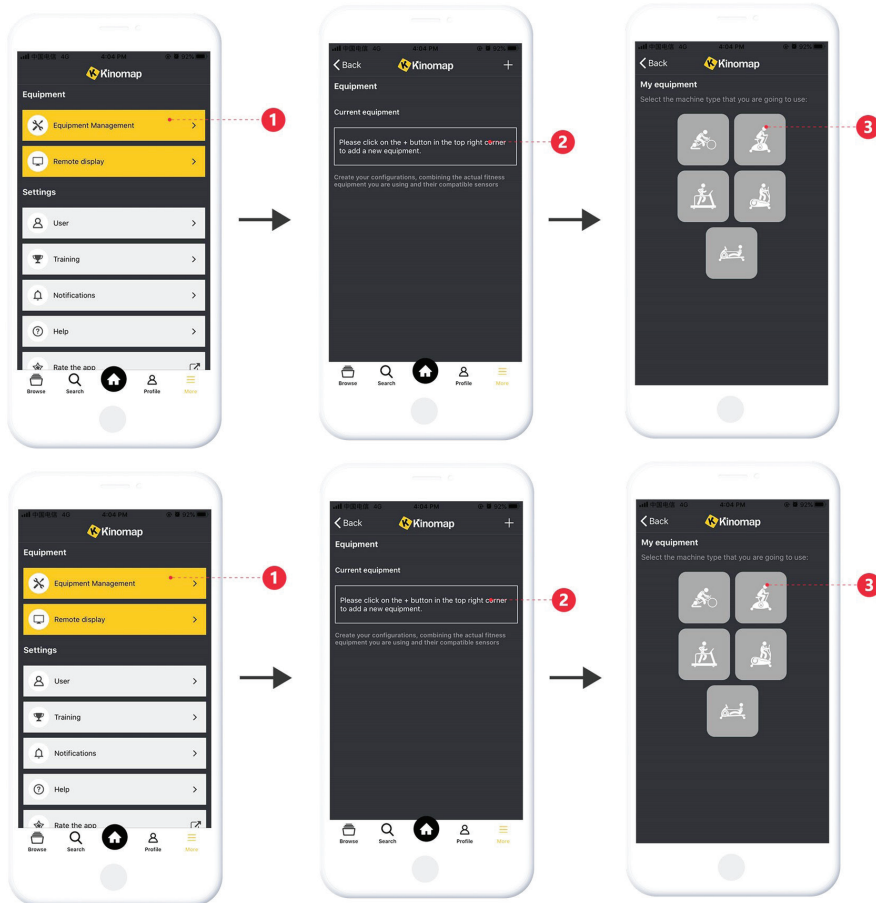
- Total km

Edit your profile, change system settings, and keep track of your fitness journey.



KINOMAP APP

THIRD-PARTY APPLICATIONS 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



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.

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

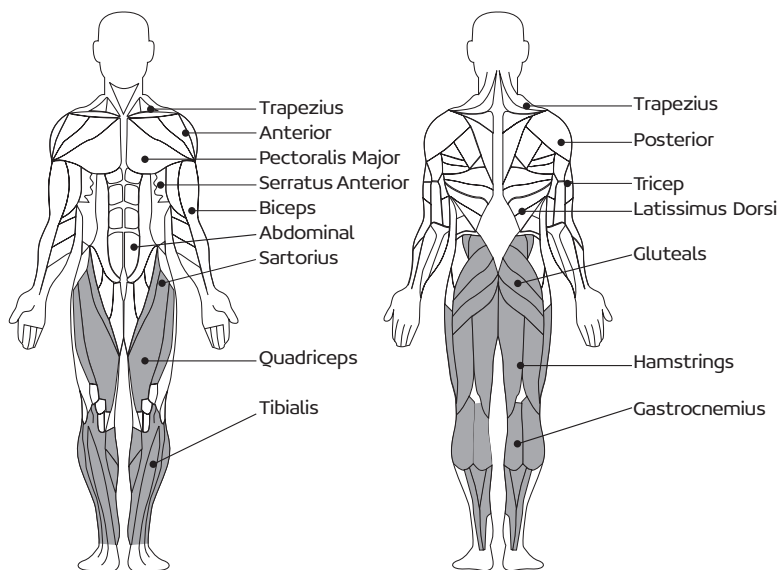
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, 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 TR1610 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.





MAINTENANCE

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximised when the belt and mat are kept as clean as possible.

WARNING

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the serviceable life of your treadmill.

Failing to do this may void your warranty.

- Unplug power cord before maintenance.
- Stop treadmill before folding.

GENERAL CLEANING

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust building up. Once a year, you should remove the black motor shield and vacuum out dirt that may have accumulated.

GENERAL CARE

- Check parts for wear before use.
- Always replace the mat if worn and any other defective parts.
- If in doubt do not use the treadmill and contact our help line.

contains moving parts which have been greased/lubricated and could leak out.

MAINTENANCE

CLEANING

The Trojan TR1610 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 TR1610 Treadmill after each use.

STORAGE

Store the Trojan TR1610 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

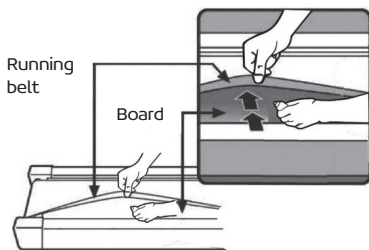
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

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 Centre for advice on suggested lubricants.

Attention:



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.

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.

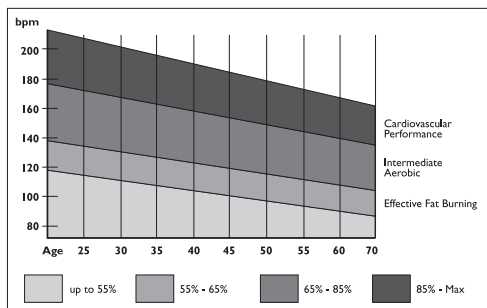
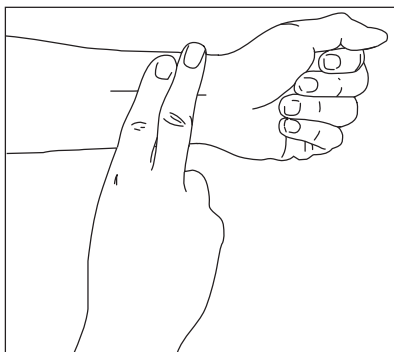
EXERCISE INTENSITY

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.



For more information visit:

www.trojanhealth.co.za

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.



CENTRE THE RUNNING BELT

ILLUSTRATION A

Place treadmill on a level surface. Run Treadmill at approximately 6-8 km/h to check the running condition. If the belt has drifted to the right, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

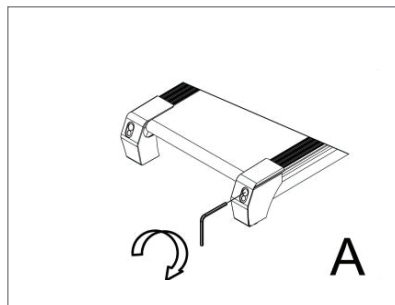


ILLUSTRATION B

If the belt has drifted to the left, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

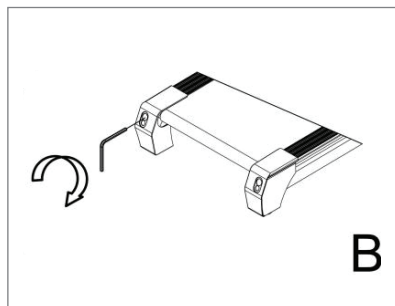
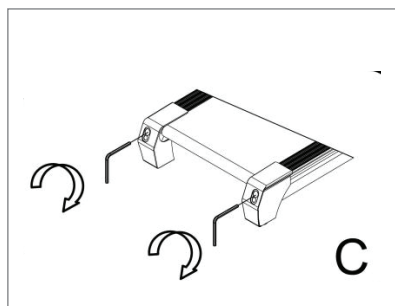


ILLUSTRATION C

Periodically adjust the tightness of the belt as the belt tends to loosen after use. Turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running.

Turn the bolt until the belt is tight.



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 NUMBE _____
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 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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www.trojanhealth.co.za

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facebook

#22M03T015.1