



TROJANTM

TR510 TREADMILL

**AUTO
INCLINE**

**FITSHOW AND
BLUETOOTH ENABLED**

CARDIO



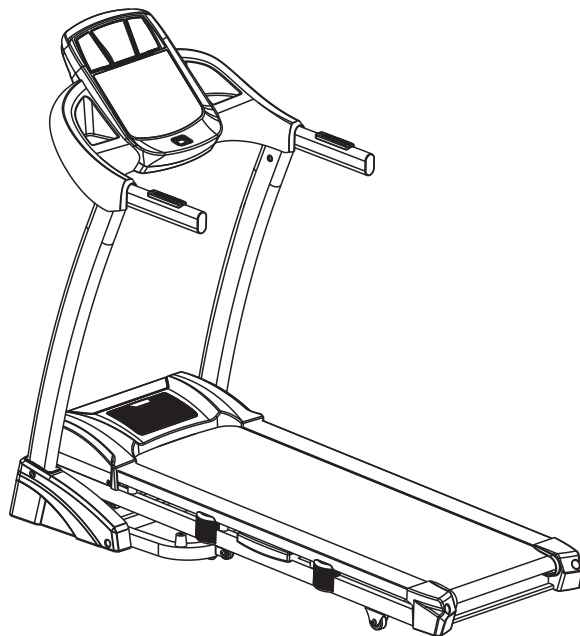
USER MANUAL



Bluetooth® AUDIO ENABLED



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
www.trojanhealth.co.za
www.instagram.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 one 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 TR510 Treadmill may not be used by persons weighing more than 120 kg.

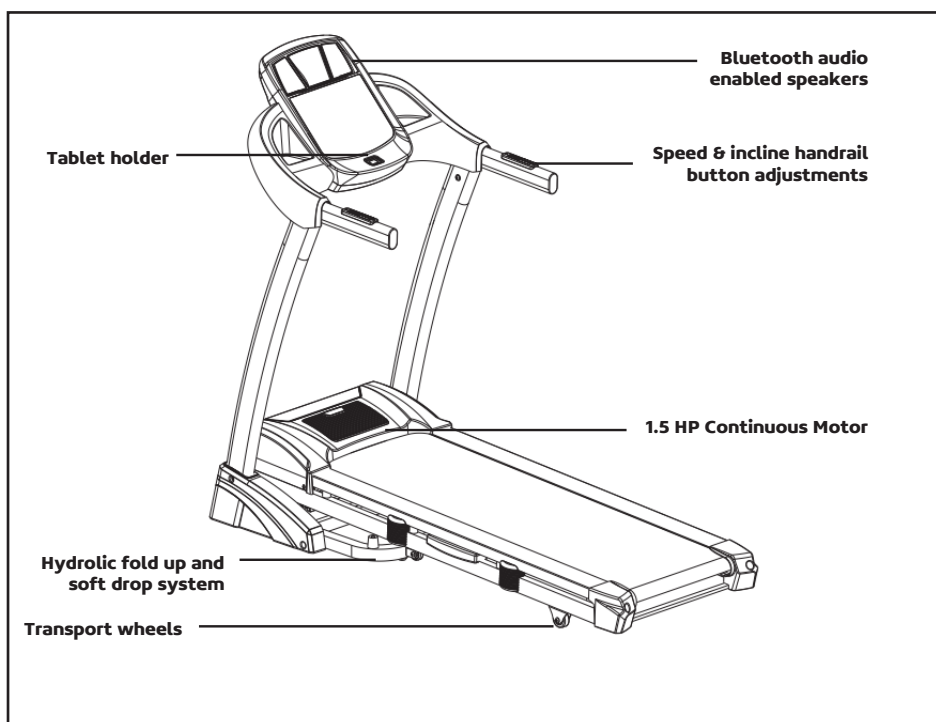
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

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PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan TR510 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 TR510 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 TR510 Treadmill.

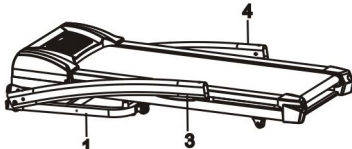


Features	LCD display, Heart rate monitor, Bluetooth audio speakers, Fitshow app enabled, USB connected
Functions	Time / Speed / Distance / Calories / Pulse
Motor	1.5 HP Continuous motor
Speed	1 - 16 km/h
Set-up size	1630 mm (L) x 755 mm (W) x 1385 mm (H)
Running deck	1300 mm (L) x 450 mm (W)
User weight	120 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. Base (1 PC) 3. Left Upright (1 PC) 4.Right Upright (1pc)		 86. Console (1 PC)	
 44. Left Base Cover (1 PC)	 45. Right Base Cover (1 PC)	 8. Bolt (M10 x 50 mm) (2 PCS)	 9. Bolt (M10 x 20 mm) (2 PCS)
 13. Bolt (M8 x 15 mm) (4 PCS)	 22. Screw (M5 x 12 mm) (4 PCS)	 33. Washer (M10) (4 PCS)	 34. Washer (M8) (4 PCS)
 39. Safety Key (1 PC)	 Wrench #5 (1 PC)	 Wrench #6 (1 PC)	 Screwdriver (1 PC)
 Lubricant Oil (1 PC)			

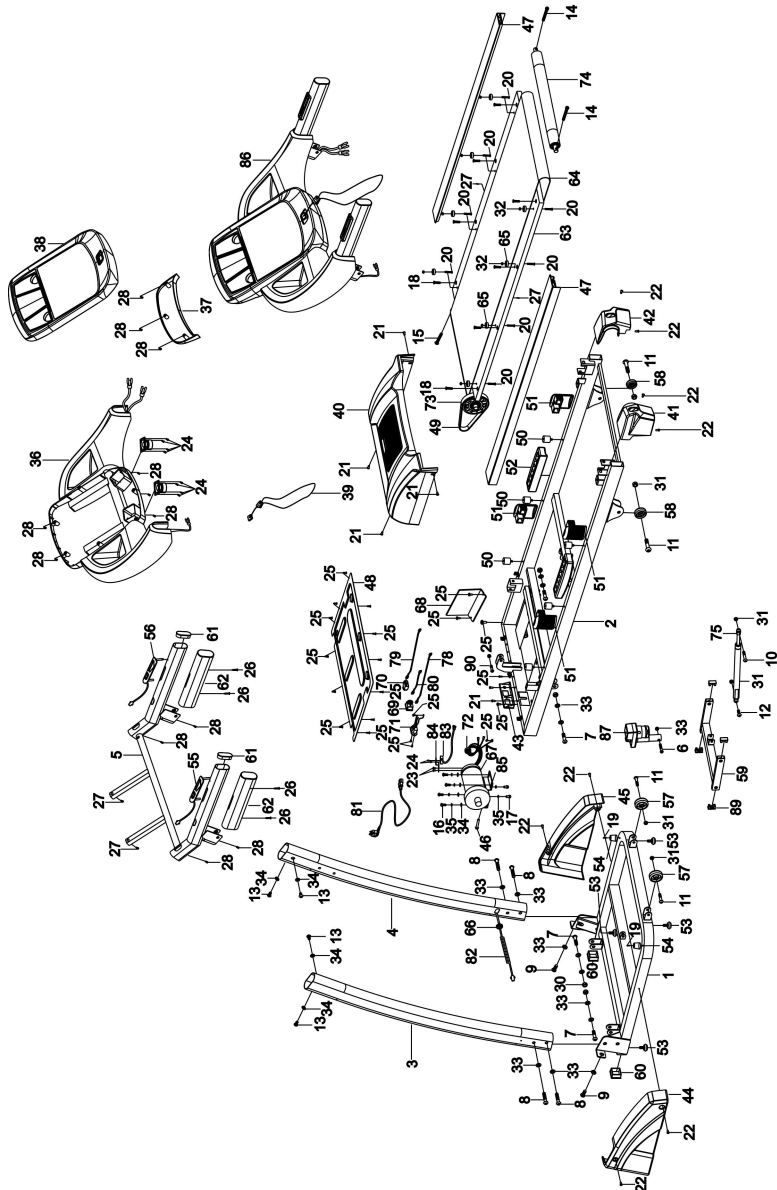
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Base	1	31	Nut (M8)	6
2	Main Frame	1	32	Nut (M5)	8
3	Left Upright	1	33	Washer (M10)	14
4	Right Upright	1	34	Washer (M8)	8
5	Console Rack	1	35	Spring Washer (M8)	6
6	Bolt (M10 x 55)	1	36	Console Plastic Housing	1
7	Bolt (M10 x 45)	4	37	Console rear Cover	1
8	Bolt (M10 x 50)	4	38	Console Chip	1
9	Bolt (M10 x 20)	2	39	Safety Key	1
10	Bolt (M8 x 45)	1	40	Motor Cover	1
11	Bolt (M8 x 40)	4	41	Rear End Cap Left	1
12	Bolt (M8 x 25)	1	42	Rear End Cap Right	1
13	Bolt (M8 x 15)	4	43	Power Rack	1
14	Bolt (M8 x 65)	2	44	Left Base Cover	1
15	Bolt (M8 x 55)	1	45	Right Base Cover	1
16	Bolt (M8 x 15)	4	46	Bolt (M8 x 70)	1
17	Bolt (M8 x 10)	2	47	Foot Rail	2
18	Bolt (M6 x 25)	8	48	Belly Pan	1
19	Bolt (M6 x 20)	2	49	Motor Belt	1
20	Bolt (M5 x 28)	8	50	Cushion	6
21	Bolt (M5 x 10)	10	51	Spring Cushion	4
22	Bolt (M5 x 12)	4	52	Air Cushion	2
23	Bolt (M4 x 8)	2	53	Base Foot Pad	4
24	Bolt (M3 x 6)	8	54	Base Cushion	2
25	Bolt (M4 x 12)	19	55	Handrail Buttom Left	1
26	Bolt (M4 x 15)	4	56	Handrail Buttom Right	1
27	Bolt (M4 x 15)	2	57	Base Wheel	2
28	Bolt (M4 x 10)	14	58	Frame Wheel	2
29	Bolt (M5 x 15)	2	59	Incline Frame	1
30	Nut (M10)	6			

PARTS LIST

No.	Description	Qty	No.	Description	Qty
60	Base Cap (38 x 38)	2	89	Base Cap (20 x 40)	4
61	Handrail End Cap	2	90	Bolt (M10 x 40)	1
62	Handrail Foam	2	91	Left speaker cover	1
63	Running Deck	1	92	Right speaker cover	1
64	Running Belt	1	93	Console overlay	1
65	Foot Rail Fastener	8			
66	Cable Grommet	1			
67	Motor	1			
68	Controller	1			
69	Power Switch	1			
70	Circuit Breaker	1			
71	Power Rack	1			
72	Magnetic Ring	1			
73	Front Roller	1			
74	Rear Roller	1			
75	Air Cylinder	1			
76	Wire Clip	1			
78	Black AC Wire (L= 400 mm)	1			
79	Red AC Wire (L= 400 mm)	1			
80	Red AC Wire (L= 100 mm)	1			
81	Power Cord	1			
82	Control Cable (L= 1400 mm)	1			
83	Photonic Sensor	1			
84	Photonic Sensor Rack	1			
85	Motor Base	1			
86	Console set	1			
87	Incline Motor	1			
88	Speaker	2			

EXPLODED DRAWING

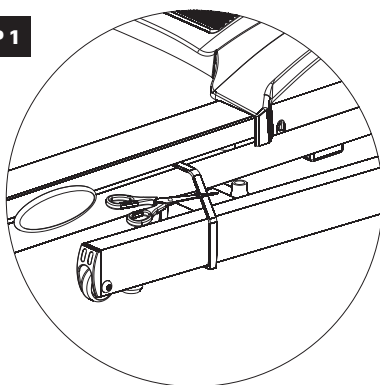


ASSEMBLY STEPS

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

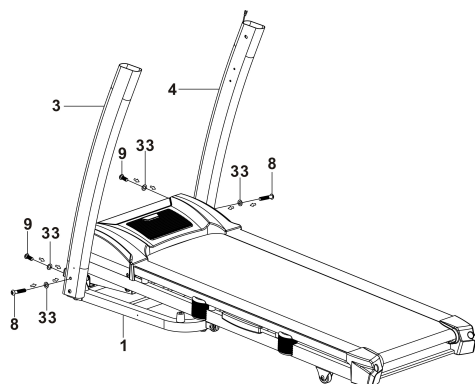


STEP 1:

Open the carton, remove all the parts and place the Base (1) on a level surface.

Cut the strap that is tied around the Base (1) as indicated in the diagram.

STEP 2



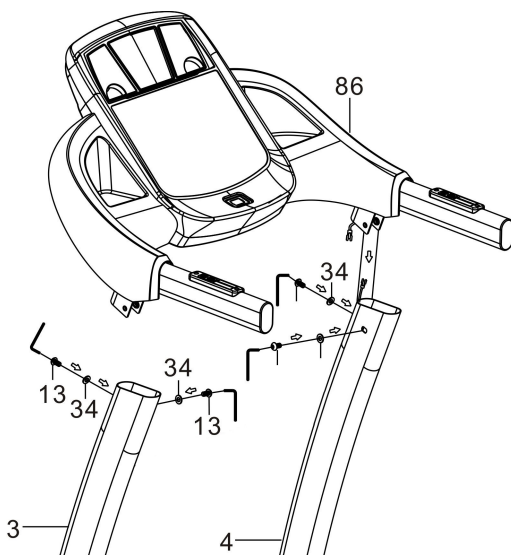
STEP 2:

Lift the Right upright (4) and use the #6 Wrench to fasten the Right Upright (4) to the Main Frame (1) using 1 Bolt (M10 x 50) (8), 1 Bolt (M10 x 20) (9) and 2 Washers (M10) (33).

Lift the Left upright (2) and use the #6 Wrench to fasten the Left Upright (3) to the Main frame (1) using 1 Bolt (M10 x 50) (8), 1 Bolt (M10 x 20) (9) and 2 Washers (M10) (33).

ASSEMBLY STEPS

STEP 3

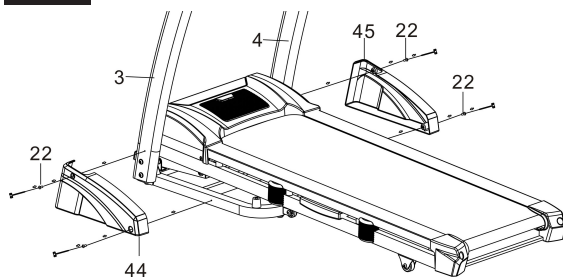


STEP 3:

Use the 5# Wrench to connect the cable from the Console (86) with the cable from the Right upright (4) and the Left Upright (3) using 4 Bolts (M8 x 15) (13) and 4 Washers (M8) (34)

NOTE: Make sure that the cables are connected correctly before tightening all Bolts.

STEP 4



STEP 4:

Use the Screwdriver to remove the 4 Screws (M5 x 12) (22) from the Left upright (3) and Main Frame (2).

Install the Left base cover (44) to the Left Upright (3) using the Screwdriver and 4 Screws (M5 x 12).

Use the Screwdriver to remove the 4 Screws (M5 x 12) (22) from the Right Upright (4) and Main Frame (1).

Install the Right base cover (45) to the Right upright (4) using the Screwdriver and 4 Screws (M5 x 12).



DISPLAY FUNCTION:

TIME:	Accumulates total workout time from 0:00 to 99:59 minutes.
PULSE:	When pulse single is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200.
SPEED:	Displays the current belt speed from starting at 1.0 km/h to 12.0 km/h.
CALORIE:	Accumulates calorie consumption during exercise. Maximum value is 999 KCAL.
DISTANCE:	Accumulates total workout distance from 0.0 to 99.9 kilometers by count-up. Accumulates total workout distance from 0.5 to 99.9 kilometers by count-down.

GETTING STARTED:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to a part of your clothing.
5. Put the safety key into the safety keyhole in the Console, and then the treadmill will be on start/ready status.
6. There are two buttons on both handrails, right is SPEED+ and SPEED-, left is START and STOP, and it will perform same functions as SPEED +/- and START/STOP buttons on the Console.
7. During your workout in any mode, when you press the STOP button, the treadmill will be paused. If you want to resume your workout, you can press the START button and all previous data will resume. The treadmill belt will begin movement after count-down. If you want to go to start/ready status, press the STOP button again after pausing the treadmill. During selecting the required program or setting information, pressing the STOP button will return the treadmill to start/ready status.
8. You have two options to start your workout:
 - A. QUICK START
Simply press the START button to begin working out.
 - B. SELECT A PROGRAM
Select the manual program by pressing the MODE button or pressing the PROGRAM button to enter manual program or 8 preset training goals.

COMPUTER FUNCTIONS

QUICK-START OPERATION

STEP 1: Attach the Safety key to turn on the display; the treadmill will then be on start/ready status.

STEP 2: Press the START button to begin the belt movement after count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training. The speed can also be adjusted by the buttons on the handrail.

STEP 3: To get a pulse reading, simply grasp the stainless steel pick-ups on the handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on the PULSE window.

MANUAL PROGRAMS OPERATION:

NOTES:

Under this program, DISTANCE, CALORIE and TIME can be set and a count-down will begin for your workout, the others will count up during your workout. After count-down reaches 0, the program will stop the belt movement and if you need to continue, press the START button to begin belt movement after count-down.

STEP 1: Attach the Safety key to turn on the display; the treadmill will then be on start/ready status.

STEP 2: Press the MODE button, the TIME window will display 30:00, press the SPEED +/- button to set the count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set a TIME for count-down, press MODE button again, the DIST window will display 1.0, you can set count-down DISTANCE from 1.0 km - 99.0 km.

If you do not like to set a DISTANCE count-down, press the MODE button again, the CAL. window will display 50, you can set the count-down for CALORIE from 20 kcal to 990 kcal.

STEP 3: After all count-downs have been set for your workout, press the START button to begin the belt movement after count-down.

STEP 4: During the program you can adjust the speed by pressing SPEED +/- or QUICK SPEED buttons. The speed can also be adjusted by the buttons on the handrail.

PRE-SET PROGRAMS OPERATION:

NOTES:

All the preset programs are made up with 18 time-based segments; the speed and incline are preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time.

There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goal.

STEP 1: Attach the Safety key to turn on the display; the treadmill will be on start/ready status.

STEP 2: Press the PROGRAM button to scroll through the 8 preset training goals and BODY FAT function.

A training goal will be selected once you press the PROGRAM button. After selecting a training goal, press the MODE button to select an intensity from L1 to L8. After selecting an intensity level, press the SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, it can be set from 5:00 to 99:00 minutes.

STEP 3: After modifying the elapsing time, press the START button to accept and begin your workout.

STEP 4: During your selected program you can adjust the SPEED by pressing SPEED +/- or the QUICK SPEED buttons. The speed can also be adjusted by the buttons on the handrail. However, the SPEED you adjust to will only be effective after the segment is finished, the SPEED will proceed with preset values.

CONSOLE FUNCTIONS

USING THE PULSE FUNCTION

The PULSE Window on your Console works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific needs for accurate heart rate monitoring should not rely on the estimations provided.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of your body condition. This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press the PROGRAM button repeatedly until the LCD displays FAT. Press the MODE button to set the required parameters: AGE, GENDER, HEIGHT, and WEIGHT.

STEP 2: After entering the BODY FAT function, the LCD will display F 1 and 25, which represents age, press the SPEED +/- button to set the age from 10 - 99. Then press the MODE button to go to the next step.

STEP 3: After pressing the MODE button, the LCD will display F 2 and 01, which represents your GENDER, press SPEED +/- button to set the gender from 01-02.

01 represents MALE, 02 represents FEMALE. After selection press the MODE button to go to the next step.

STEP 4: After pressing the MODE button, the LCD will display F 3 and 170, which represents HEIGHT, press the

SPEED +/- button to set the height from 100 cm - 200 cm. Press the MODE button to go to the next step.

STEP 5: After pressing the MODE button, the LCD will display F 4 and 70, which represents WEIGHT, press the SPEED +/- button to set the weight from 20 kg - 150 kg. Press the MODE button to go to the next step.

STEP 6: After you are finished setting all the necessary information of your body condition, press the MODE button again, the LCD will display F5 and "—", this means that the Console will start calculating your results. Hold the pulse sensor on both handrails with both hands for approximately 8 seconds after which your body fat results will be displayed on the LCD.

BODY FAT CHART

To check your body fat condition, use the chart below against the reading received on the treadmill's LCD.

BODY CONDITION	RESULT
Obese	BMI > 30
Overweight	26 < BMI < 30
Normal	19 < BMI < 25
Underweight	BMI < 19

OPERATION INSTRUCTIONS

ERROR CODE	FAULT DESCRIPTION	SOLUTION
E01	Communication error between computer and controller	1. Check that all cables are connected correctly, and they are not damaged 2. Check if the controller is fully operational when the unit is powered up 3. Check that all internal cables are connected correctly 4. Check if the adaptor is broken or the plug is loose 5. Connect the cable again or replace the cable
E02	Motor Defect	Replace the Motor
E03	Defect on the speed sensor	1. Check the cable connection 2. Replace the speed sensor
E04	Incline calibration is faulty	1. Check if the VR testing cable on the incline motor is loose 2. If the incline motor stopped during the calibration, disassemble the incline motor to do the calibration manually
E05	1. Overloaded 2. One of the parts of the treadmill is stuck 3. Lack of lubrication oil 4. Motor is damaged	1. Check the Max User Weight rating 2. Check if the Treadmill is stuck 3. Add lubrication oil to the running belt and deck 4. Replace the motor
E06	Error on self-calibration	Replace the controller

OPERATION INSTRUCTIONS

ERROR CODE	FAULT DESCRIPTION	SOLUTION
E07	Safety key is not attached	Attach the safety key correctly
E08	EEPROM is damaged	Replace the controller
E09	Incline motor is faulty	1. Check the cable connection 2. Replace the speed sensor
Console display not working		1. Connect the Console 2. Plug every connector correctly 3. Reset the overload protector 4. Replace the transformer
Console display flashes		Replace the Console

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.



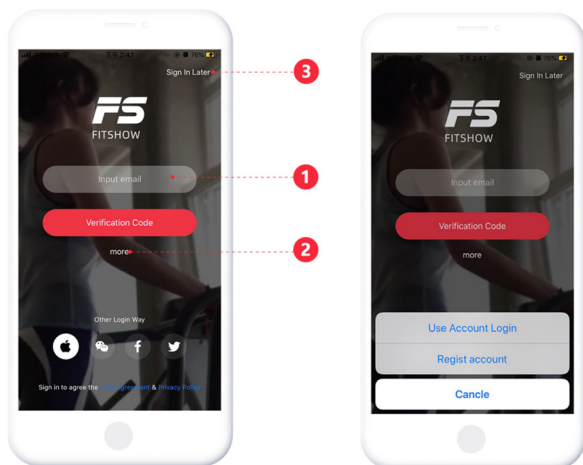
2. APP OPERATION

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.

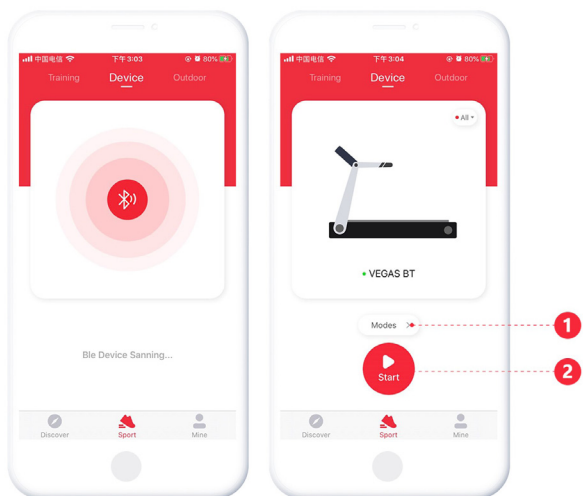
FITSHOW APP



Sync the APP and your Trojan Fitness Equipment

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

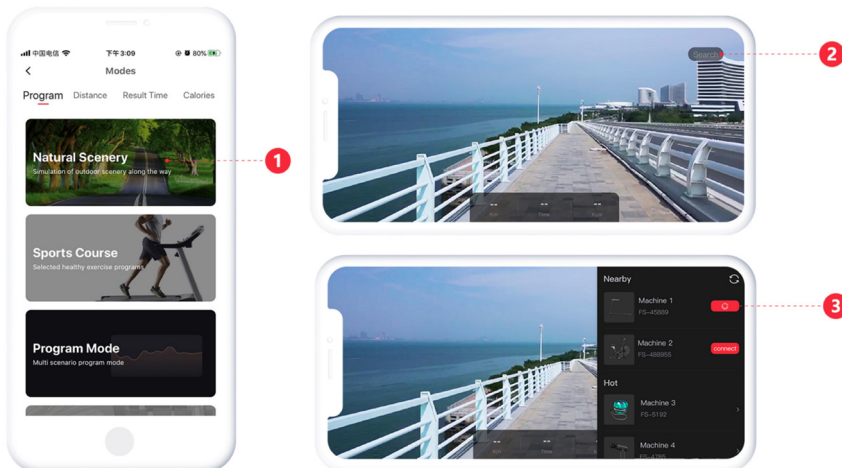
1. Open the FitShow App.
2. On the Main Page, press "Device", the APP will search for your Equipment.
3. Once your equipment appears press "Connect" to connect the APP with the equipment and press "Start".



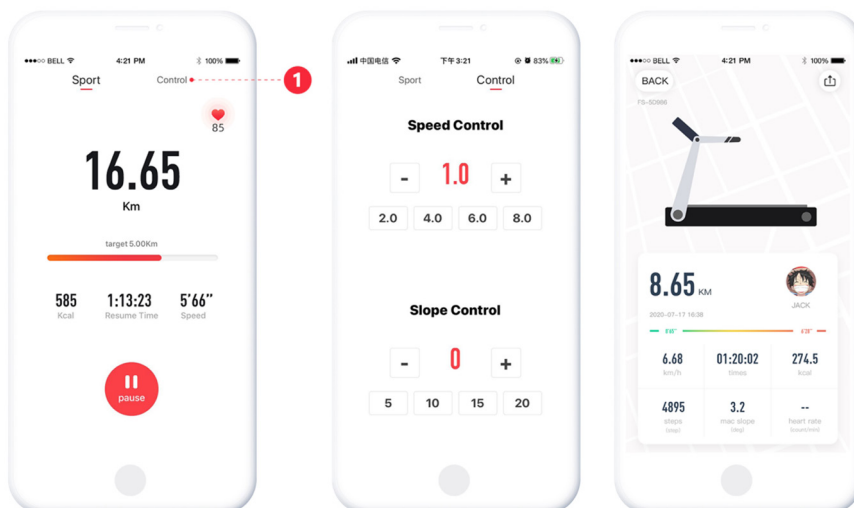
FITSHOW APP

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

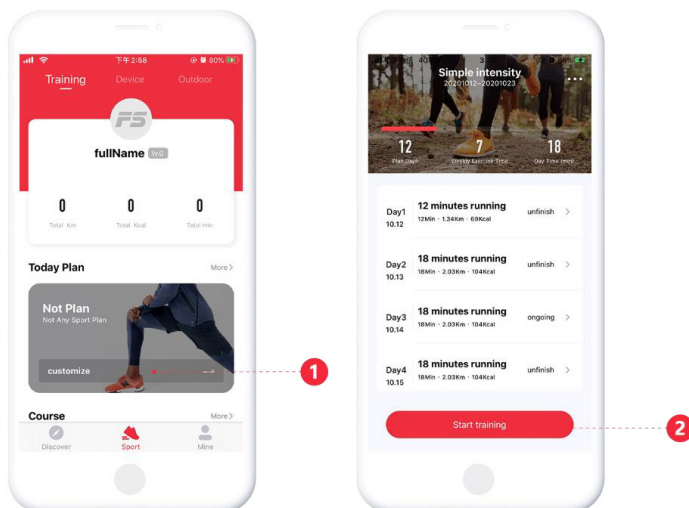


FITSHOW APP

- 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

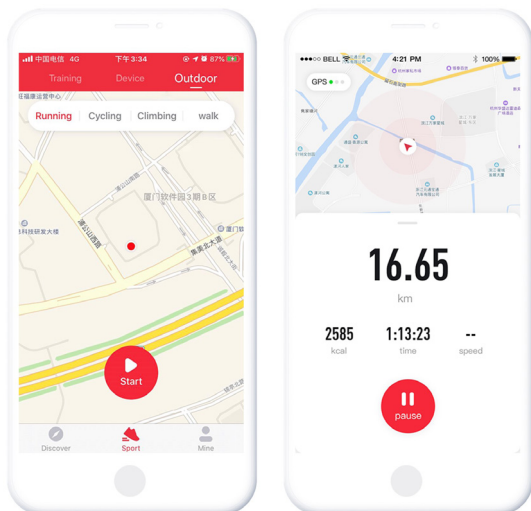
- Create your own Daily Training Plan to achieve your desired fitness goals.
- Once complete select "Start Training" to begin.



OUTDOOR MODE

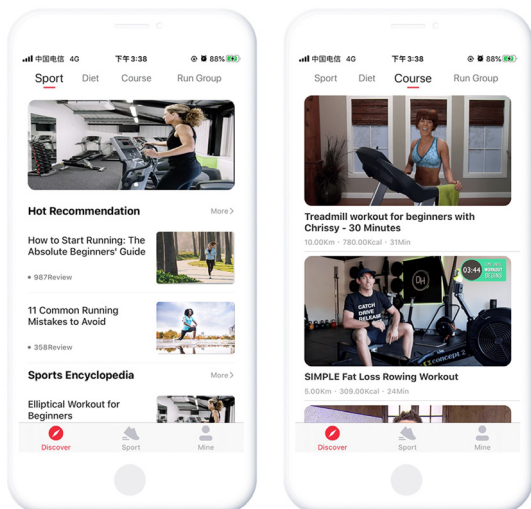
- Using GPS, track your Outdoor Fitness Activities through your Device.
- Various Fitness activities can be tracked, like Running / Cycling / Climbing and Walking.
- Press "Start" when you begin your Activity, save your Fitness Data at the end of your session for future reference.

FITSHOW APP



DISCOVER

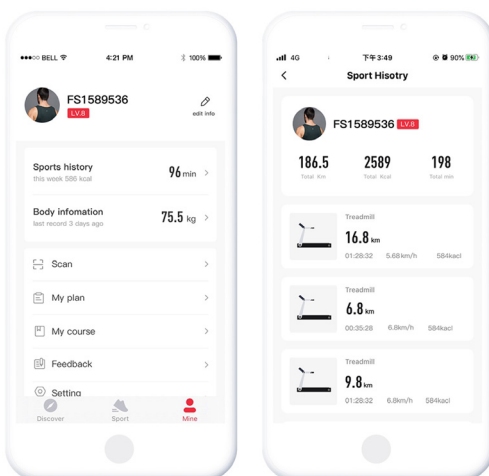
- Discover Sports Articles, Diet Tips and Course recommendations.



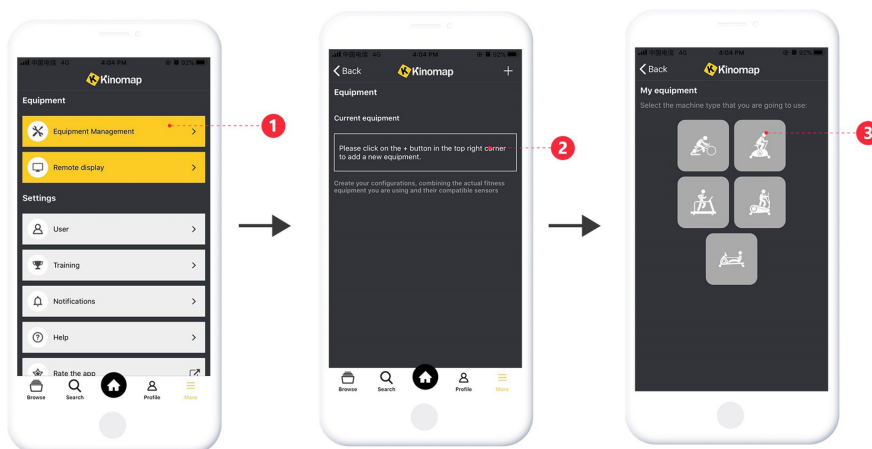
FITSHOW APP

SPORTS CENTRE

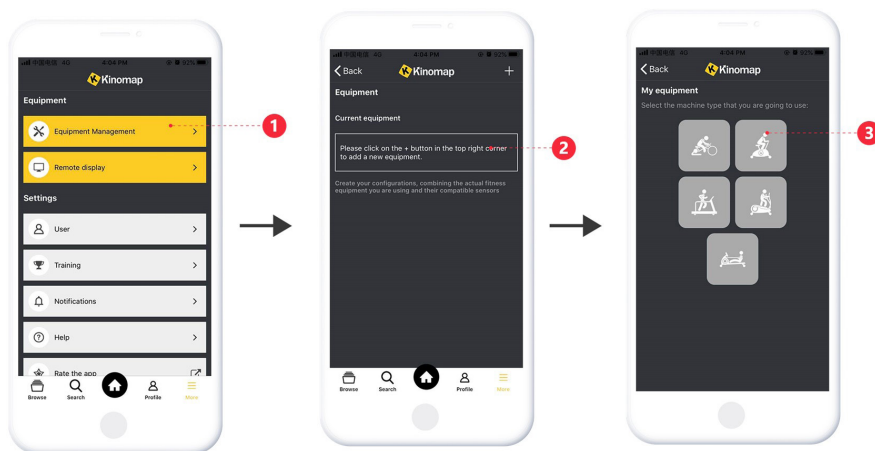
- The Sports Centre is your Personal Fitness Data Record.
- View all your previous Training Sessions as well as Fitness data such as:
Total workout time
Total calories
Total km
- Edit your profile, change system settings, and keep track of your fitness journey.



THIRD-PARTY APPLICATIONS KINOMAP

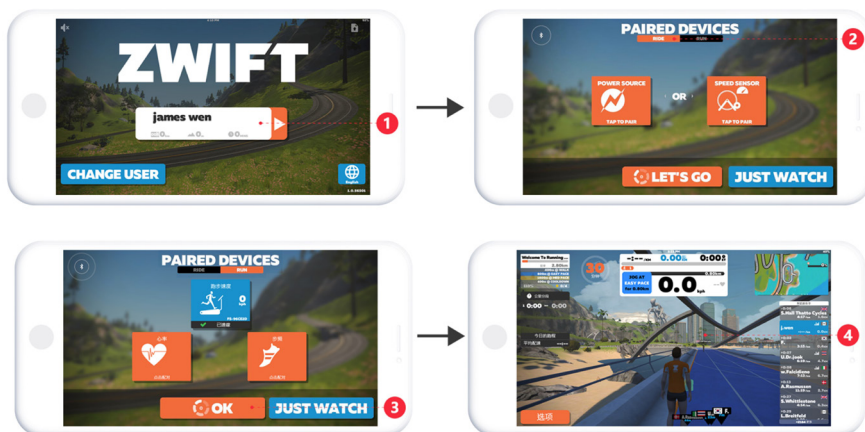


FITSHOW APP



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



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.

FOLDING AND STORING

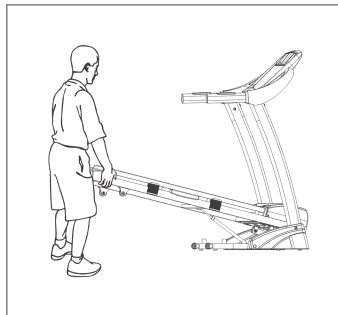
FOLDING AND STORING THE TREADMILL

Before folding the treadmill, unplug the power cord.

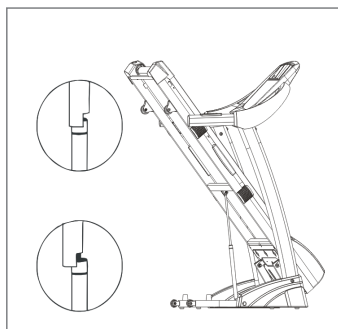
CAUTION: You must be able to safely lift 20 kg (45 pounds) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown in the image on the right.

CAUTION: To decrease the possibility of injury bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.



2. To unfold the treadmill for use, pull the folding knob outward as shown on the right. Lay the running deck on the floor, make sure that the treadmill is on level ground before use.



HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill backwards until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.

3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.



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 buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

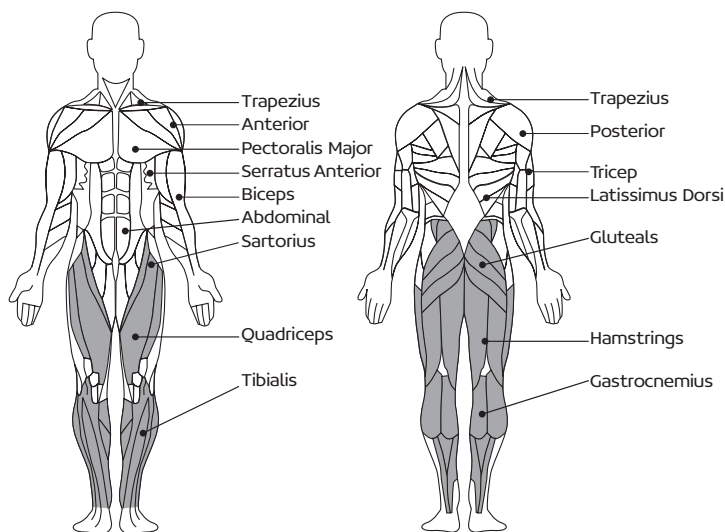
WEIGHT TRAINING

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

TROJAN TR510 TREADMILL

The exercise routine that is performed on the Trojan TR510 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 six to eight 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.

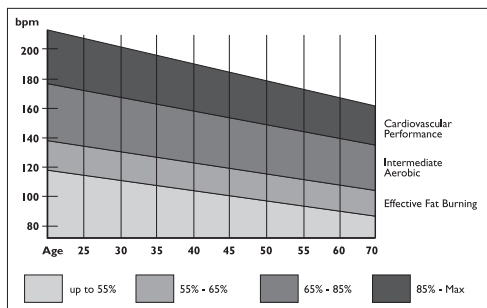
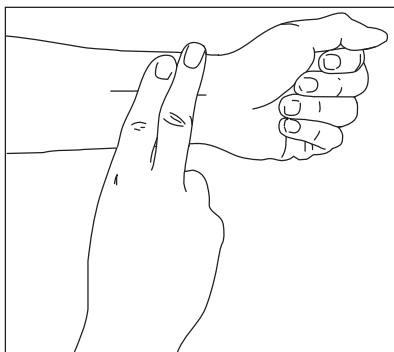
EXERCISE INTENSITY

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 two fingers on your wrist. Take a six second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. (A six 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 CLEANING

Each workout should include the following three 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 three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five 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 is shown at 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 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 one 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 one 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

WARNING!

Before attempting any cleaning or maintenance, make sure the power is OFF and the unit is unplugged from the electrical outlet.

CLEANING

Routine cleaning will extend the life of your treadmill.

AFTER EACH WORKOUT:

Wipe surfaces with a clean, water dampened soft cloth to remove excess perspiration. **Do not use chemicals.**

WEEKLY:

Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes comes into contact with the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

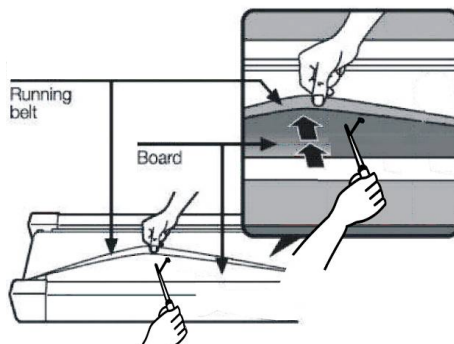
DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Contact the Trojan Call Centre to enquire about the correct type of silicone to use.

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the centre of the centre of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10 cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using.

WARNING: Do not over-lubricate the walking board. Wipe excess lubricant off with a clean cloth.



MAINTENANCE

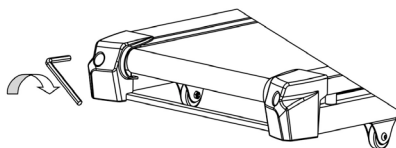
RUNNING BELT TENSION ADJUSTMENT

This Trojan TR105 Treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary.

If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction.

We recommend you turn it 90 degrees each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction by 90 degrees, as shown in Picture A.

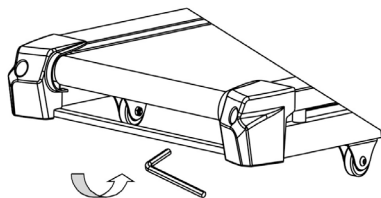
PICTURE A



If the belt tends to move to the left, then turn the belt adjustment screw on the left, 90 degrees in a clockwise direction.

If the belt remains slanting to the left, then turn the belt adjustment screw on the right, 90 degrees in a counterclockwise direction, as shown in Picture B.

PICTURE B

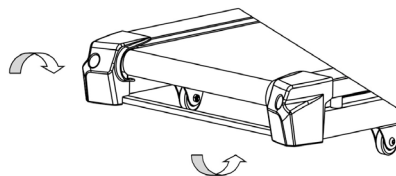


After having been used for a period, the belt might be slightly elongated, slipping and halting might appear when a person is running on it.

When this happens, you should tighten the screws on both sides by turning them 90 degrees.

If the belt is too tight, just loosen the screws 90 degrees on both side, as shown in Picture C.

PICTURE C



2YEAR 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 2 year 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.

1 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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#22M05T003