



MINI STEPPER



STEPPER CARE INSTRUCTIONS AND ASSEMBLY MANUAL

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

4524

CALL
 0861 876526
 0861 TROJAN

1 YEAR
 warranty



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1. SAFETY INSTRUCTIONS

WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the TROJAN MINI STEPPER.

1. Use the TROJAN MINI STEPPER only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN MINI STEPPER should not be used by persons weighing more than 110kgs.
4. The TROJAN MINI STEPPER should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the TROJAN MINI STEPPER, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN MINI STEPPER only as described in the manual.
7. Before using this equipment to exercise, always do stretching exercises to properly warm up.
8. Always make sure all bolts and nuts are tightened prior to each use.



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 over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

2. PRE ASSEMBLY CHECK LIST

Thank you for choosing the TROJAN MINI STEPPER. We take great pride in producing this quality 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 MINI STEPPER 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 familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the TROJAN MINI STEPPER.



3. PARTS LIST

No.	Description	O'ty	No.	Description	O'ty
4524-01	Main Base	1	4524-12	Cap	2
4524-02	Foot Support (R)	1	4524-13	Bushing (ø38mm x ø25.8mm)	2
4524-03	Foot Support (L)	1	4524-14	Plastic Bushing (ø38mm)	2
4524-04	Cylinder	2	4524-15	Washer	2
4524-05	Footrest	2	4524-16	Plastic Cover	2
4524-06	Front Base	1	4524-17	Rubber Bumper	2
4524-07	Plastic Bearing	1	4524-18	Bolt (M8 x 40mm)	2
4524-08	Round Cap	1	4524-19	Bolt (M8 x 1")	3
4524-09	Magnet	1	4524-20	Bolt (ø6mm x 23mm)	4
4524-10	Pivot (5/8" x 170mm)	1	4524-21	"C" Ring	4
4524-11	Bushing (ø1")	4	4524-22	Nut (M8)	2

4. FITNESS TIPS AND 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 muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

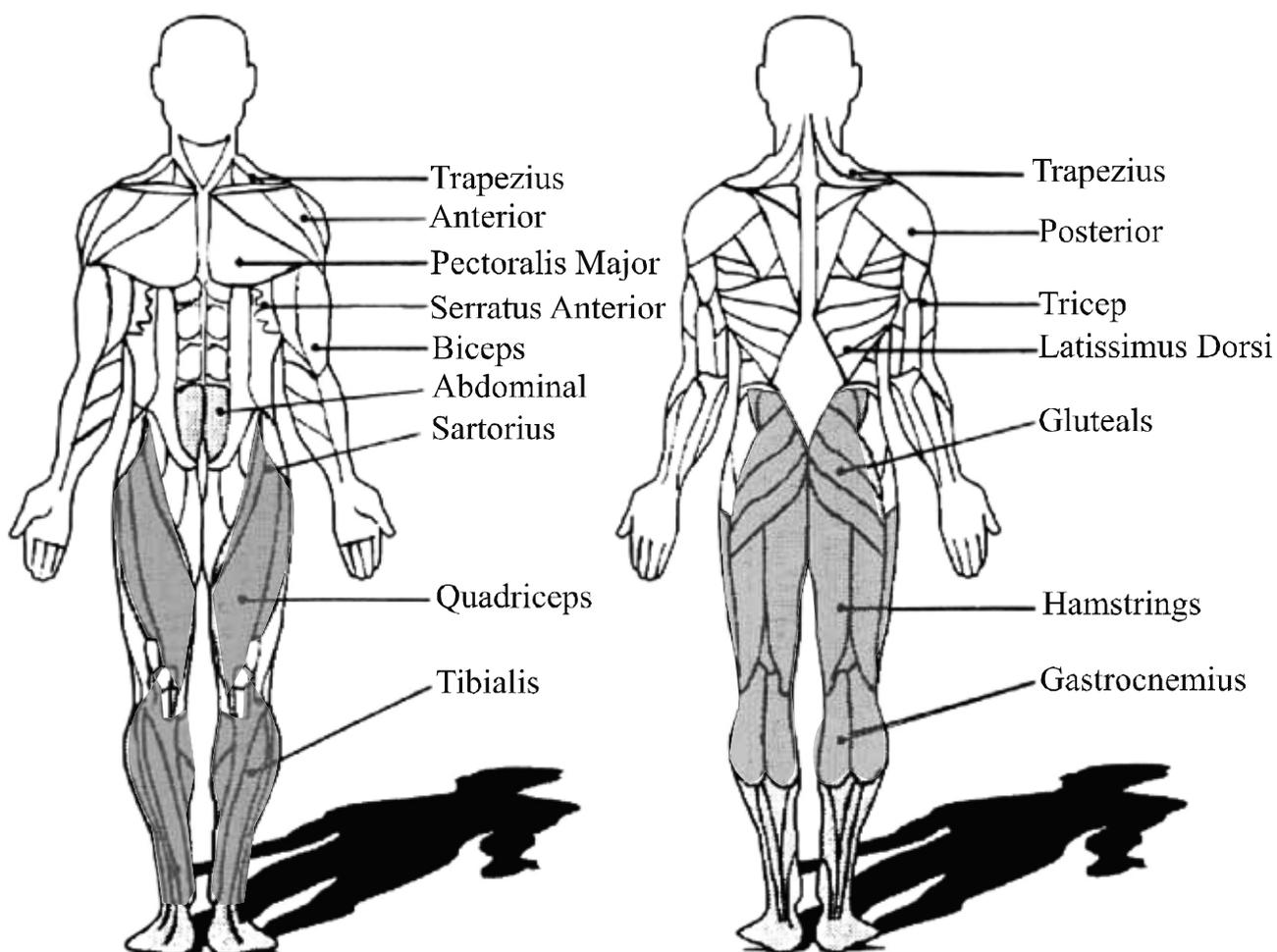
WEIGHT TRAINING

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 less amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

MINI STEPPER

The exercise routine that is performed on the mini stepper 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.



5. CONDITIONING GUIDELINES

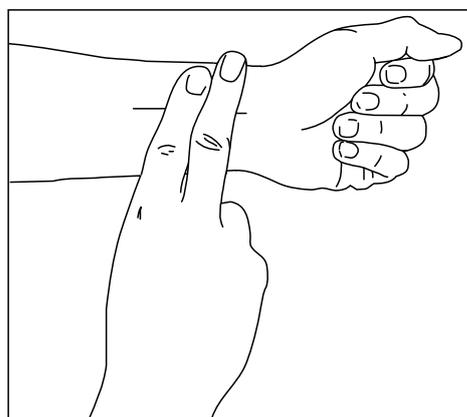
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

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.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize 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.

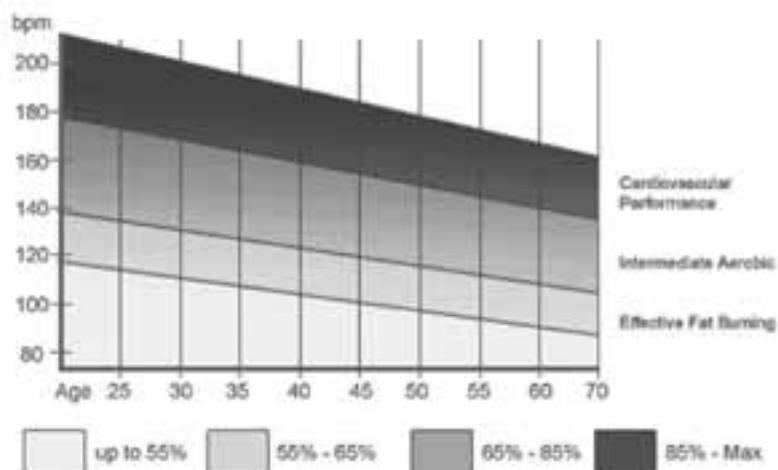


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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 on dieting and training visit www.trojanhealth.co.za



6. WARM-UP AND COOL-DOWN

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 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.

Training zone exercise, consisting of 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.)

A cool-down, with 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 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-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, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



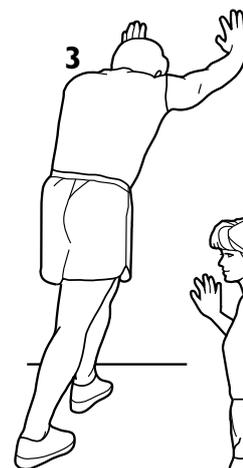
2. Hamstring Stretch

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, 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, 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 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, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



For more information on dieting and training visit www.trojanhealth.co.za

7. 10 000 STEPS A DAY

How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk 1.6 kilometres, and 10,000 steps is close to 8 kilometres.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. We have outlined the basic 10,000 steps program, but also added a commentary below.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Example: If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bed time. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day.

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park further from the store
- Better yet, walk to the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbour
- Get outside to walk around the garden or do a little weeding
- Use your Trojan Mini Stepper each morning and evening

Continue to track your daily steps and/or mileage; and keep notes on how you feel, how your body is improving, or other changes you are making to improve your health.

If you are in very poor physical condition or at any point you feel that you are progressing too rapidly slow down a bit and try smaller increases. If you have any health concerns seek your physician's advice prior to starting or changing your exercise routine.

Note: *We have outlined the standard 10,000 step program because so many people ask about it. This is a good program to help get people motivated, or to get sedentary people moving. It is however our recommendation that most individuals fit 30 to 60 minutes of dedicated walking (or other exercise) into their routine at least 3 to 4 days a week. You can start with as little as ten minutes per day and gradually increase your walking routine.*

8. FREQUENTLY ASKED QUESTIONS

Q1. Why is there no tension on my unit?

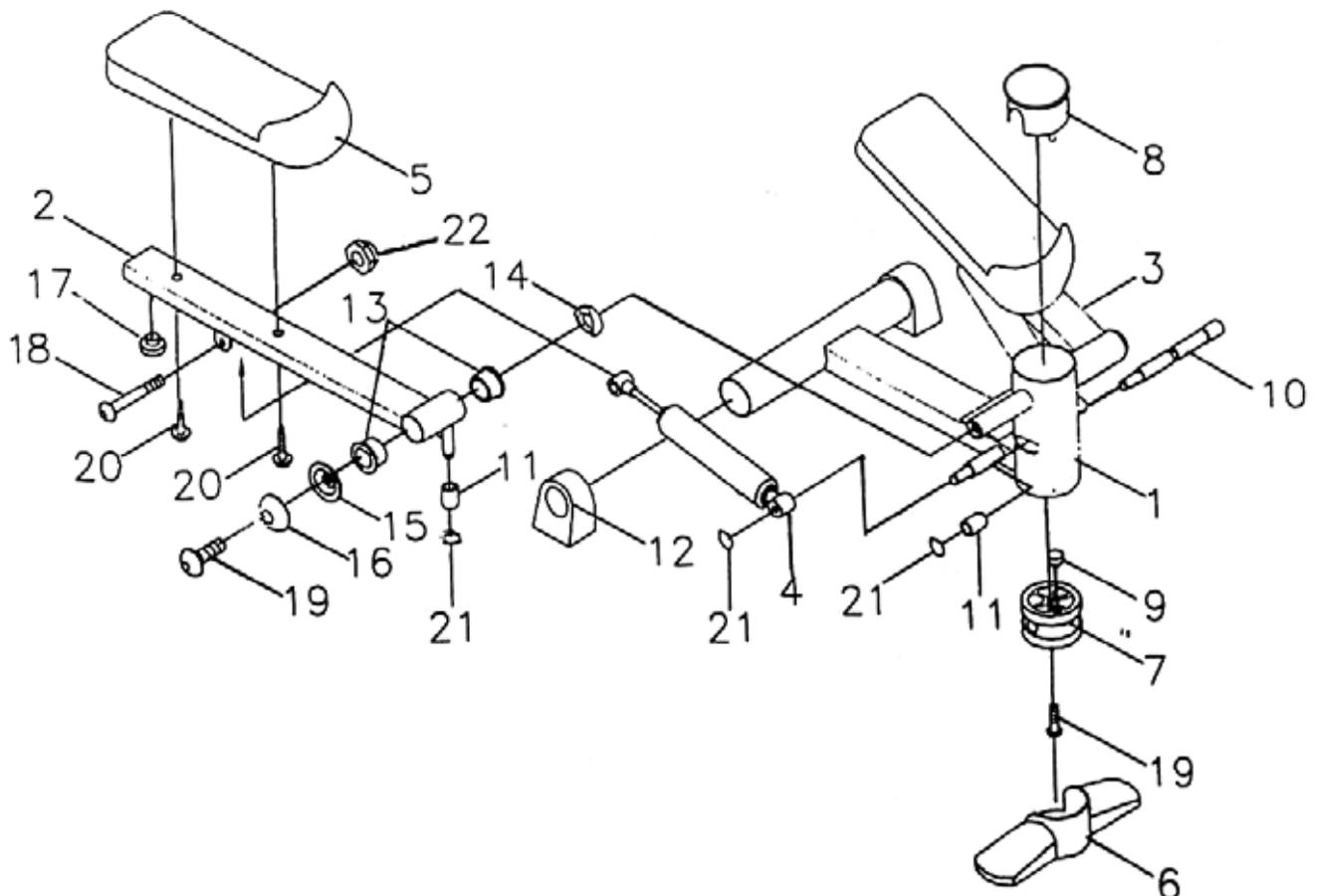
1. There is no tension adjuster control on the Mini Stepper

Tension can be changed by using your upper body when stepping

Q2. My unit has started to squeak

1. You need to lubricate all moveable parts every 3 months with any common household lubricant

9. EXPLODED DRAWING



10. TROJAN 1 YEAR LIMITED WARRANTY

Masstores (Pty)Ltd ("the Supplier") hereby provides a limited 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 following stipulated periods 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; use not in accordance with the written instructions included with the product; abuse; and/or any non-authorized modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier 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 Supplier's negligence or any act or omission on its part.

Claims under 1 Year Limited Warranty

Within 7 days of purchase:

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

After 7 days but within 3 months of purchase:

The Supplier may in its sole discretion either replace or repair the product.

After 3 months but within 1 year of purchase:

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

- Treadmills: Running Decks, Running Belts, and Rubber Arm covers
- Exercise Bikes/Spinners: Pedals, Cranks, and Rubber Arm covers
- Cross Trainers/ Ellipticals/ Steppers: Foot Rests, Cranks, Shocks, and Rubber/Foam Arm covers
- Home Gyms: Pulleys, Cables, Seats and Padding
- Trampolines: Springs, Mats, and Covers
- Rowers: Rowing Strap / Rope / Arms, Pulling Handle, Grip, Moveable Seat

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase



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 call centre on 0861 Trojan (0861 876 526), or online at www.trojanhealth.co.za. 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 shall phone the Trojan hotline on 0861 Trojan (0861 876 526) and the Supplier's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).

	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: _____
DISCRIPTION OF PRODUCT	
BRANCH PURCHASED AT	
0861 TROJAN (0861 876526)	WWW.TROJANHEALTH.CO.ZA



Masstores (Pty) Ltd
16 Peltier Drive, Sunninghill
Sandton, Johannesburg, South Africa

11. TROJAN REPAIRS PROCEDURE

1. Procedure for repairs

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 0861 Trojan (0861 876526) to log the faulty product (under warranty or out of warranty)
- 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, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

2. Cost of Repairs

2.1 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.

2.2 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.



GET IT FIXED AT YOUR HOME OR OURS

For immediate help with assembly or for additional product information, please call our help line.
No need to return this product to the store.

Our Customer Service Department is ready to provide you with friendly assistance from the convenience of your own home

WWW.TROJANHEALTH.CO.ZA

Please have your serial number ready when you call the service centre