



SOLO 200 ELLIPTICAL TRAINER



ELLIPTICAL CARE INSTRUCTIONS AND ASSEMBLY MANUAL

CAUTION

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



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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




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.

After the first 7 days the Consumer may not 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

PRODUCT OVERVIEW

Thank you for choosing the TROJAN SOLO 200 ELLIPTICAL. 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 Solo 200 Elliptical 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 SOLO 200 ELLIPTICAL.



SAFETY INSTRUCTION

WARNING :

Safety Instruction before using the TROJAN SOLO 200 ELLIPTICAL.

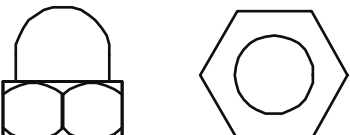

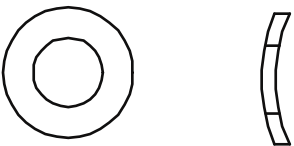
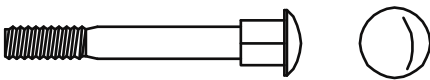
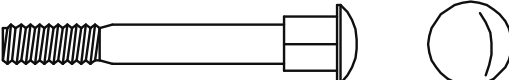

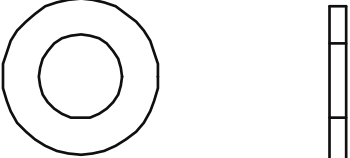

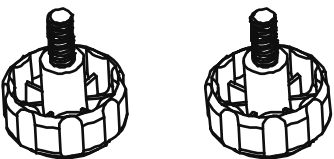
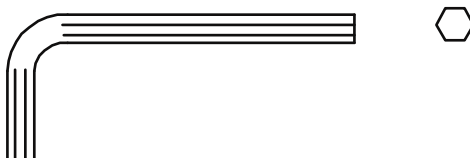
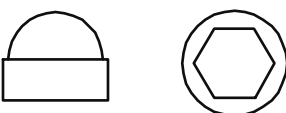

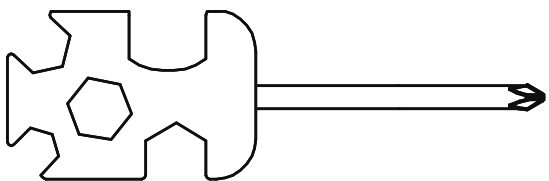
To reduce the risk of serious injury, read the following.

1. Use the TROJAN SOLO 200 ELLIPTICAL only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN SOLO 200 ELLIPTICAL should not be used by persons weighing more than 110kgs.
4. The TROJAN SOLO 200 ELLIPTICAL 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 SOLO 200 ELLIPTICAL, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN SOLO 200 ELLIPTICAL 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.



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.

PRE-ASSEMBLY CHECKLIST

No.	Description	Q'ty	No.	Description	Q'ty
14	 Cap nut (M8)	4	64	 Washer (M6 x 13mm)	4
15	 Arc Washer (M8 x 19mm)	12	63	 Carriage Bolt	4
12	 Carriage Bolt (M8 x 70mm)	4	11	 Screw (M8 x 15mm)	8
23	 Washer (23)	2		 M5 Allen Wrench	1
39	 Knob			 M6 Allen Wrench	1
53	 Nut Cap (13#)	4			
65	 Cap Nut (M6)	4		 Screw Driver (10 x 13 x 14 x 15 x 19)	1

NOTE :

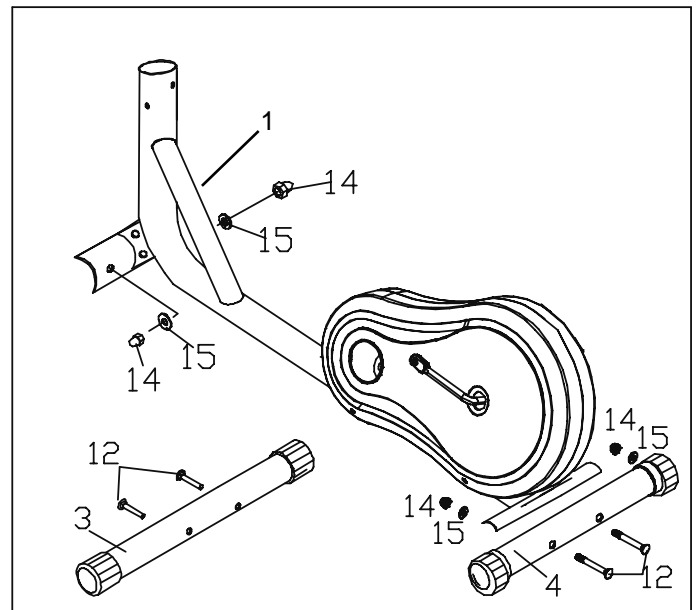
The described parts are all you need to assemble this machine.

Before starting assembly, please check the hardware packing to make sure they are included.

ASSEMBLY STEP

STEP 01

- Attach the FRONT STABILIZER (3) to the MAIN FRAME (1) with the SCREWS (12), arc WASHER (15) and CAP NUTS (14).
- Then attach the REAR STABILIZER (4) to the MAIN FRAME (1) with CARRIAGE BOLT (12), ARC WASHERS (15) and CAP NUTS (14).



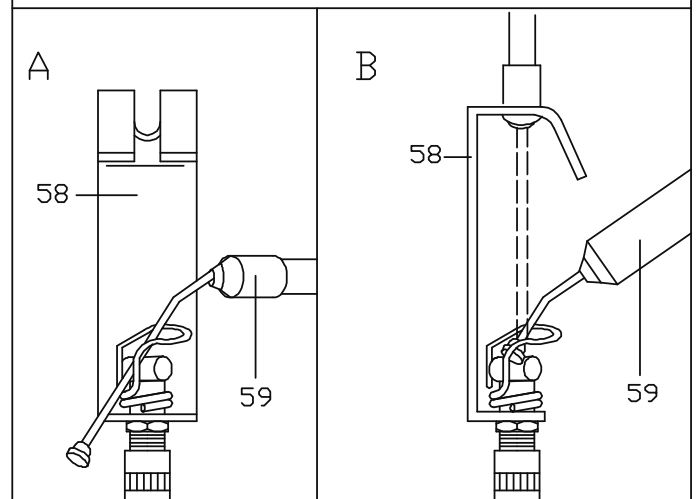
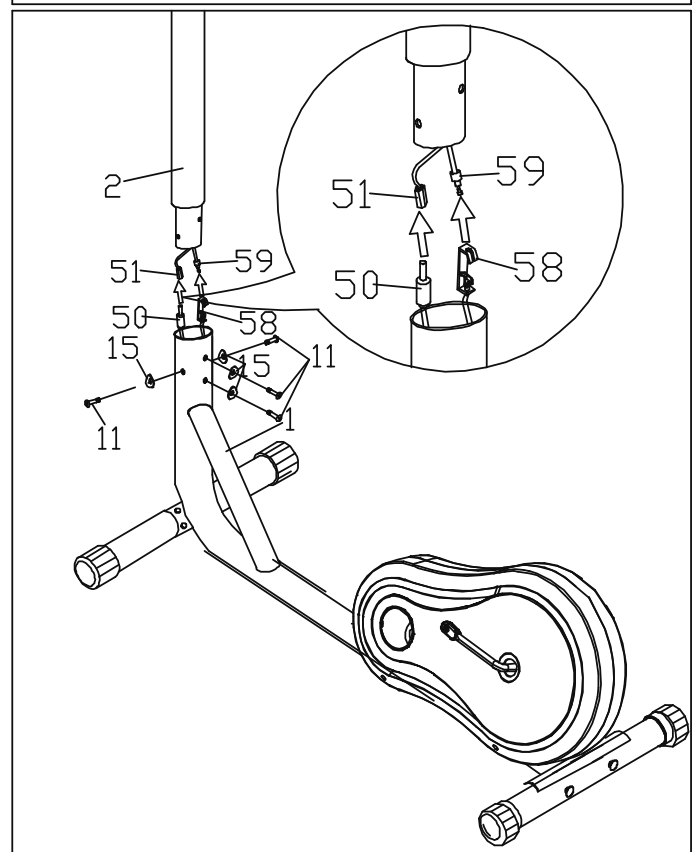
STEP 02

- Connect the SENSOR WIRE (50) in the MAIN FRAME (1) with the EXTENSION WIRE (51) on the UPRIGHT TUBE (2).
- Get the TENSION CABLE (59) out of the MAIN FRAME (1), and connect it with wire on the TENSION CONTROLLER (58) as step below:

Step 2.1: Put the CABLE END (58) into the SPRING HOOK (59). (pic A)

Step 2.2: Pull the knob and force the SHORT CABLE (58) into the GAP OF THE BRACKET (59). (pic B)

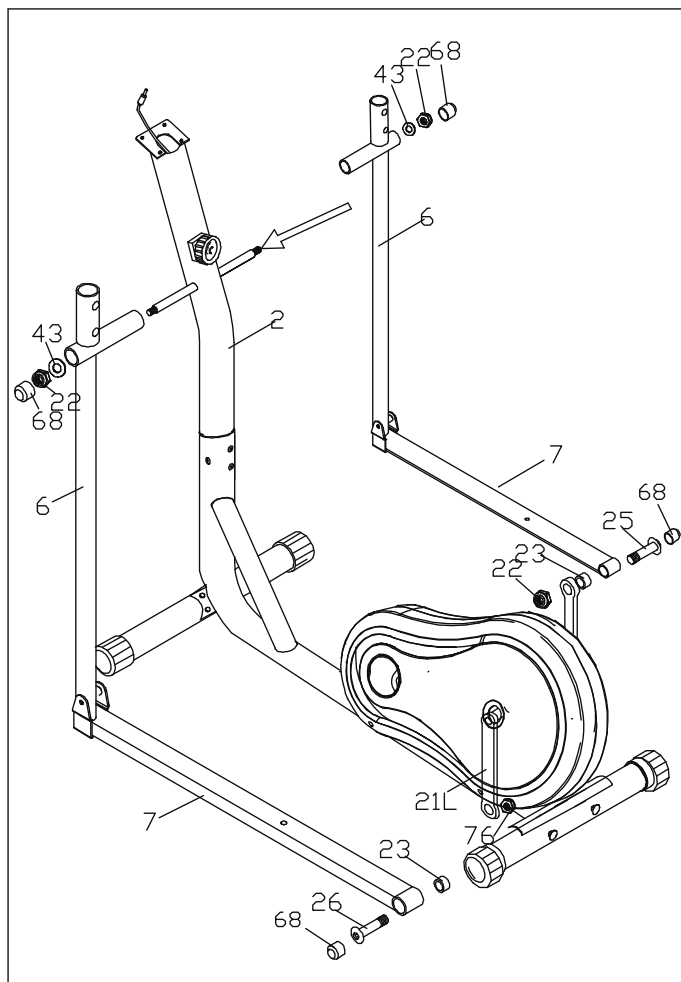
- Tension is increased by turning the knob clockwise.
- Insert the UPRIGHT TUBE (2) into the MAIN FRAME and fix it by SCREWS (11) and arc WASHERS (15)



ASSEMBLY STEP

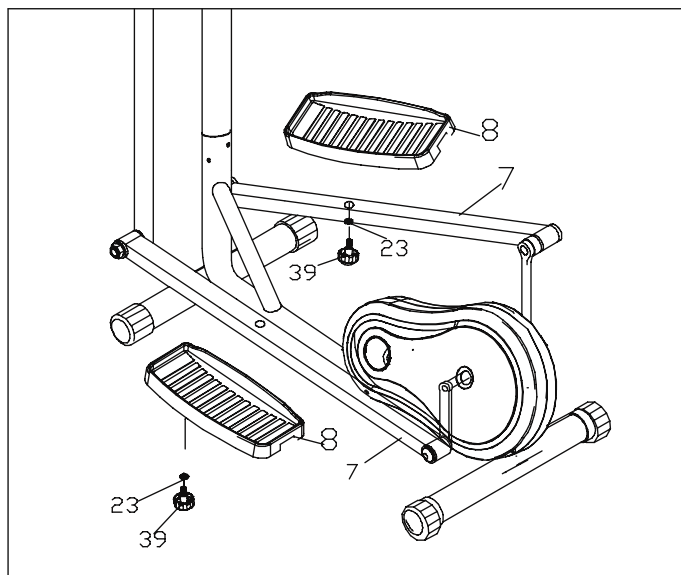
STEP 03

- Take off the NUT CAPS (68), NYLON NUTS (22) and WASHERS (43). Attach the STEEVES (6) to the UP RIGHT TUBE (2) with the WASHERS (43) and NYLON NUTS(22).
- Take off the NYLOCK NUTS (76), and attach the other one end of the PEDLA TUBES (7) onto the CRANK (21)with the NYLOCK NUTS (76) and screw driver:



STEP 04

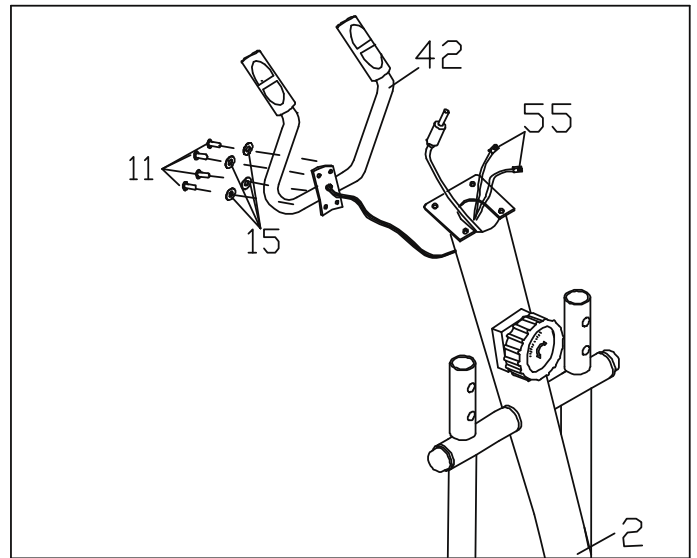
- Connect the PEDALS (8) onto the PEDAL TUBE (7) with the KNOB (39) and WASHERS (23),
- Each pedal is marked "L" for left, "R" for right.



ASSEMBLY STEP

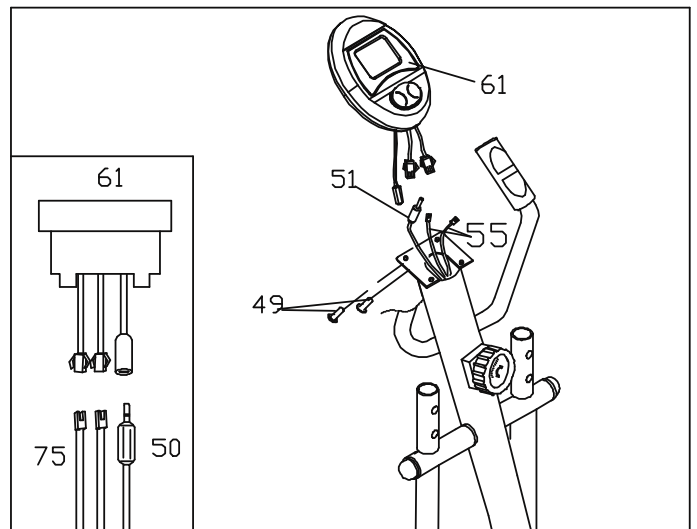
STEP 05

- Insert the PULSE WIRE (55) into the bigger hole and pull out from the top of the top of handlebar post.
- Attach the pulse HANDLEBAR (42) onto the HANDLEBAR POST (2) with the SCREWS (11) and ARC WASHERS (15).



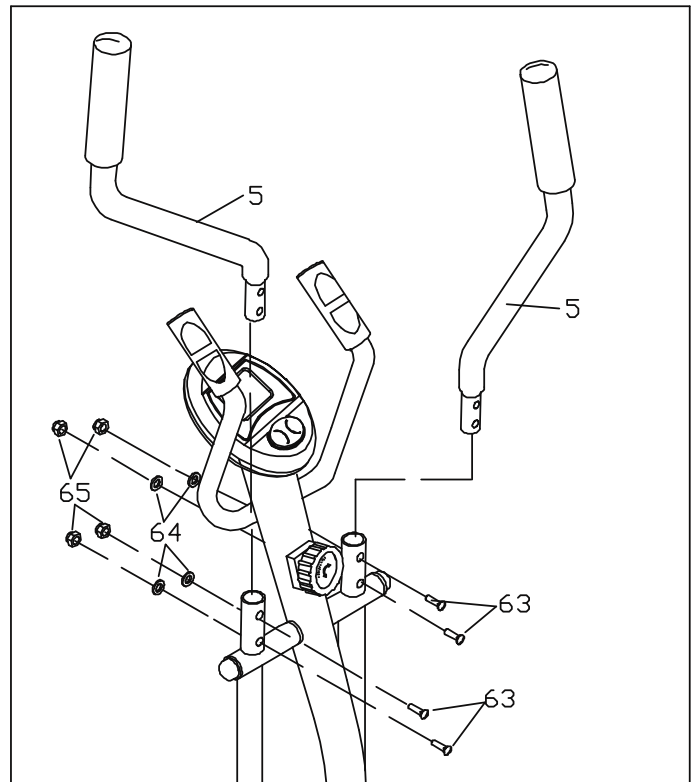
STEP 06

- Connect the SENSOR WIRE (1) that protrudes from the HANDLEBAR ROD and PULSE WIRES (55) into the jack of the COMPUTER (61). Attach the COMPUTER (61) to the HANDLE ROD using the SCREWS (49).



STEP 07

- Attach two HANDLEBARS (5) onto the axles of the handlebar post respectively with the CARRIAGE BOLT (63), WASHERS (64) and CAP NUTS (65).



COMPUTER INSTRUCTIONS

FUNCTION BUTTON

Mode	1. Press MODE to select each function display on the main screen. (Simultaneously the same function will blink on the bottom field) 2. Press MODE and hold for 2 seconds to reset all function figures.
Set	To set function of Time, Distance, Calorie, Pulse The user may use RESET key for single reset of each function: Time, Distance, Calorie and Pulse. Or hold for 4 seconds to reset all function values while pre-setting. (When the user replace batteries, all function values may also be reset to zero.)
Recovery	Press the button to have recovery function work after exercising for a while.



FUNCTIONS

Scan	Automatically scan through each mode in sequence every 6 seconds. The display loop is Scan - Speed - Rpm (If Have) - Time - Distance - Calorie - Pulse - Scan on the main screen.
Speed	Displays current training speed, the maximum is 99.9Km/hr
Rpm (if have)	Displays current rotation per minute. Rpm and speed will switch to another display, every 6 seconds after exercise starts.
Time	Accumulates total working time from 00:00 up to 99:59. You may also preset the target Time before training by pressing "up" and "down" buttons. Each setting is 1:00 minute. As soon as the target time is achieved, time starts to count up immediately and the monitor sounds alarm for 8 seconds.
Distance	Accumulates training distance from 0.00 to the maximum 99.99Km with each increment 0.01 Km. You may also preset the target distance before training by pressing "up" and "down" buttons. Each setting is 0.5Km. As soon as the target distance is achieved, distance starts counting up immediately and the monitor sounds alarm for 8 seconds.
Calories	Accumulates calories consumption during training from 0 to the maximum 9999 cal with each increment 1 cal. You may also preset calories before training, by pressing "up" and "down" buttons. Each setting is 10 cal. As soon as the target calorie is achieved, calorie starts counting up immediately and the monitor sounds alarm for 8 seconds. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment)
Pulse	The monitor will display the user's heart rate while exercising.
Gripped sensor pulse function description	
	You will see your current heart rate (bpm) display on the LCD during exercising. When you start to exercise, you have to hold onto the grips with both hands, for 30 seconds to 1 minute. The pulse figure will display on the LCD. If you hold on the grip with one hand only, the pulse figure display will not read correctly. For accuracy reasons, we suggest you hold on with both hands during exercising. You may also preset target pulse to assist training. As soon as your current heart rate exceeds the target set, the monitor sounds alarm, to warn the user to train at the target heart rate.
Recovery	After exercising for a period of time, keep holding on grips and press recovery" button". The monitor will stop all the function display except "time" which will keep counting from 00:60 - 00:59 - 00:58-. Down to 00:00. As soon as 00:00 is achieved, the bottom area of LCD will show your heart rate status with grade F1, F2. to F6. F1 is the best, and F6 is the worst. The user may keep exercising to improve the heart rate status (recovery result) day by day from F6 up to F1. " Press the "recovery" button again to return to the main display.

Note

1. Without any signal being transmitted into the monitor for 4 minutes, the LCD display will shut off automatically. All function values will be kept. You may press mode or start pedalling to have the monitor power on again.
2. Replace batteries if display shown unusaul data.
3. Battery spec : 1.5V UM-3 or AA (2pcs).

FITNESS TIPS AND TECHNIQUES

AEROBIC EXERCISE

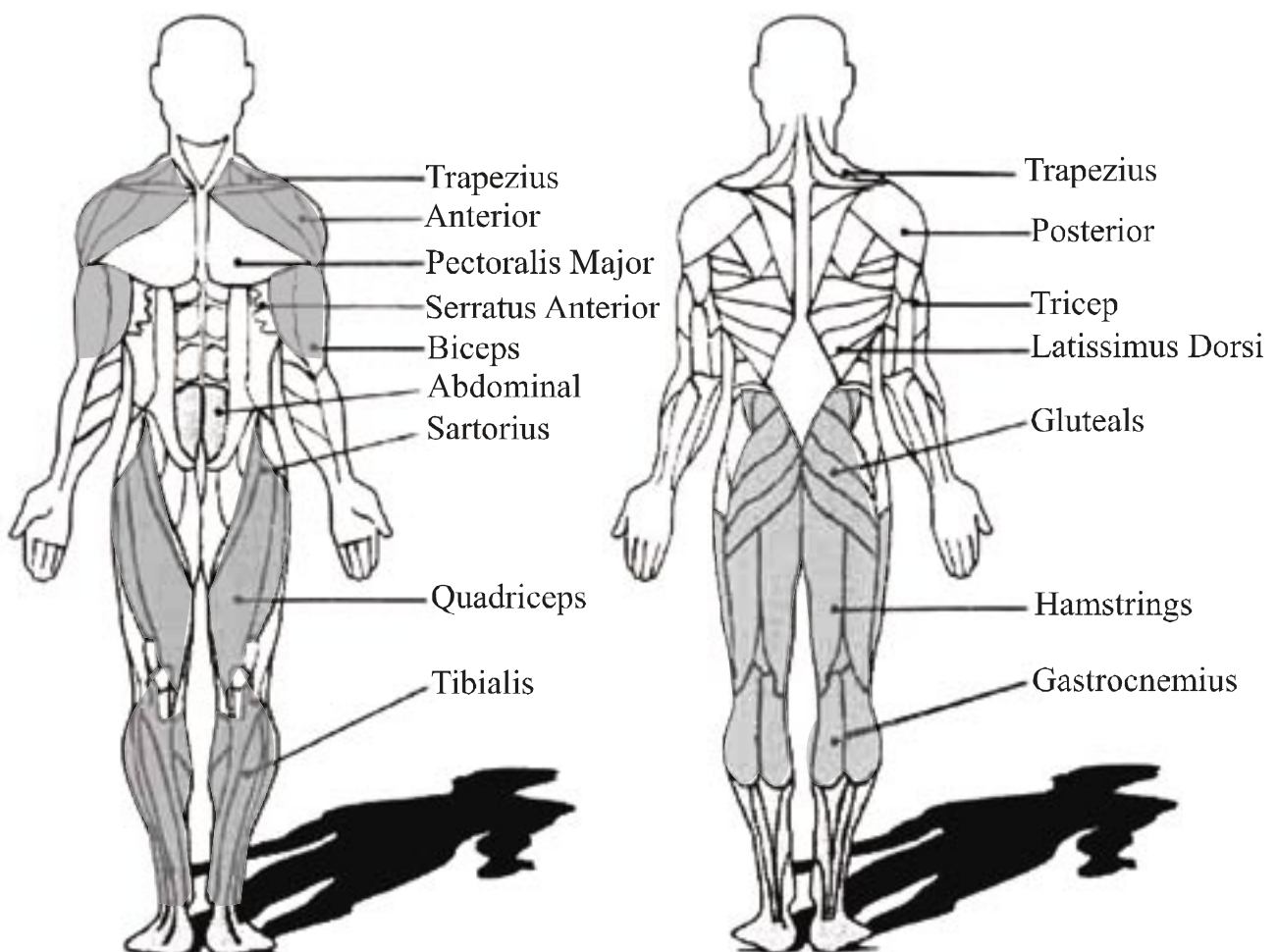
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles - arms, legs, or 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 less reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the elliptical trainer will develop both the lower and upper body muscle groups, 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 :

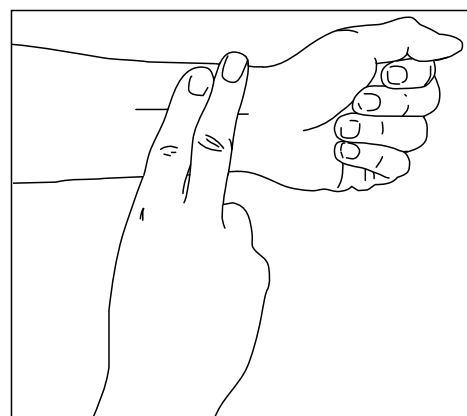
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- 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 70% 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. Target zones are listed for both unconditioned and conditioned persons according to age.

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.



AGE	UNCONDITIONED TARGET ZONE (BEATS/MINS)	CONDITIONED TARGET ZONE (BEATS/MINS)
20	138-167	133-162
25	136-166	132-132
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

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.

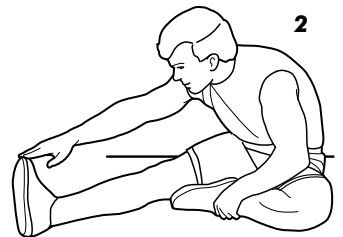
1. Toe Touch Stretch

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.



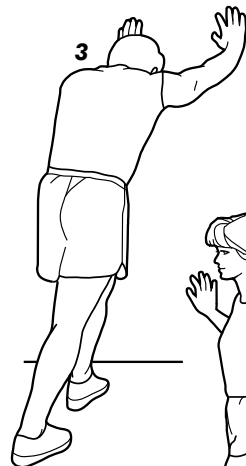
2. Hamstring Stretch

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.



FREQUENTLY ASKED QUESTIONS

Tips:

1. **Manual Elliptical Trainer** – ensure your console batteries are in working condition
2. **Electronic Elliptical Trainer** – ensure that your electrical adaptor is plugged in and that there are batteries in the console

Errors:

- E1** Ensure that the console computer cables have been connected properly in the neckpiece when assembling the unit.

PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
1529-01	Main Frame	1	1529-40	Idler Spacer	1
1529-02	Upright Post	1	1529-41	Idler Wheel (ø48 x ø26 x 24)	1
1529-03	Front Stabilizer (ø60 x 500mm)	1	1529-42	U-bar	1
1529-04	Rear Stabilizer (ø60 x 500mm)	1	1529-43	Washer (ø13 x ø26 x 2.0)	4
1529-05	Upper Handlebar (ø28.6)	2	1529-44	Nylock Nut (M10)	1
1529-06	Lower Handlebar	2	1529-45	Idler Spring	1
1529-07	Pedal Tube	2	1529-46	Magnetic Plate	1
1529-08	Pedal	2	1529-47	Plate Spring	1
1529-09	Wheel Cap (ø60)	2	1529-48	Hex Head Bolt (M8 x 60mm)	2
1529-10	End Cap (ø60)	2	1529-49	Round Bolt (M5 x 10mm)	2
1529-11	Bolt (M8 x 15mm)	8	1529-50	Sensor Wire	1
1529-12	Carriage Bolt (M8 x 70mm)	4	1529-51	Extension Wire	1
1529-13	Washer (ø8 x ø19 x T1.5)	3	1529-52	Nut (M8)	2
1529-14	Nut Cap (M8)	4	1529-53	Plastic Cap	2
1529-15	Arc Washer (ø8 x ø19 x T1.5)	12	1529-54	Belt	1
1529-16	C Clip (S-17)	1	1529-55	Pulse Wire	2
1529-17	Bearing (6004zz)	2	1529-56	Washer (ø20 x 38mm)	4
1529-18	Magnet (ø12.5 x 5mm)	1	1529-57	Bolt	1
1529-19	Pulley (ø270)	1	1529-58	Tension Cable	1
1529-20	Pedal Axle	1	1529-59	Tension Knob (8-Level)	1
1529-21L	Left Crank (1/2")	1	1529-60	Round Cap	2
1529-21R	Right Crank	1	1529-61	Computer	1
1529-22	Nylock Nut (1/2")	5	1529-62	Spring Washer	4
1529-23	Washer (M10 x 26mm)	4	1529-63	Carriage Bolt (M6 x 40mm)	4
1529-24	Plastic Roll (19 x 38 x 28)	12	1529-64	Washer (ø6 x ø13 x 1.0mm)	4
1529-25	Rear Axle (Right)	1	1529-65	Nut Cap (M6)	4
1529-26	Rear Axle (Left)	1	1529-66	Foam Grip (ø28.6)	2
1529-27	Flywheel (8kgs)	1	1529-67	Handlebar Cap (ø28.6)	2
1529-28	Bearing (6000zz)	3	1529-68	Plastic Cap (19)	4
1529-29	Flywheel Spacer (ø10 x ø13 x ø4)	1	1529-69	Plastic Cap	4
1529-30	BC Nut (3/8")	1	1529-70	Bolt (M4 x 16mm)	10
1529-31	Washer (ø10 x ø19 x T1.5)	1	1529-71	Bolt (M4 x 76mm)	4
1529-32	Nut (3/8")	1	1529-72	Plastic Cover (Left)	1
1529-33	Greased Bearing (ø8 x ø13 x T6)	1	1529-73	Plastic Cover (Right)	1
1529-34	Flywheel Axle (ø9.98 x 126)	1	1529-74	Outside Bearing Collar	1
1529-35	Nut (M10)	2	1529-75	Nylock Nut (M8)	4
1529-36	Hex Head Bolt (3/8" x 26mm)	1	1529-76	Nylock Nut (1/2")	1
1529-37	Axle Roll	2	1529-77	Bolt (M8)	2
1529-38	Idler Arm	1	1529-78	Nylock Nut (3/8")	1
1529-39	Adjust Knob	2			

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 center.
- Items repaired in our service center 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

