



# STAMINA 300 TREADMILL



## TREADMILL 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 at the store (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	
<b>CLIENT DETAILS</b>			
NAME: _____			
EMAIL: _____		CELL: _____	
TEL(H): _____		TEL(W): _____	FAX: _____
ADDRESS: _____			
_____			
<b>PRODUCT DETAILS</b>			
DATE OF PURCHASE: dd / mm / yy		SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DISCRIPTION OF PRODUCT			
_____			
<b>BRANCH PURCHASED AT</b>			
_____			
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 STAMINA 300 TREADMILL. 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 STAMINA 300 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 familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the TROJAN STAMINA 300 TREADMILL.



# SAFETY INSTRUCTION

## WARNING :

Safety Instruction before using the TROJAN STAMINA 300 TREADMILL.

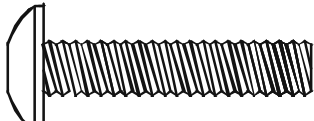
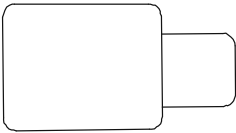
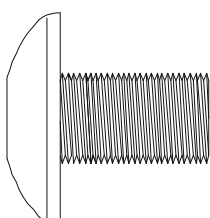
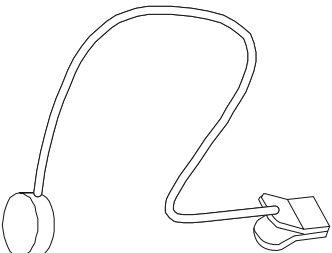
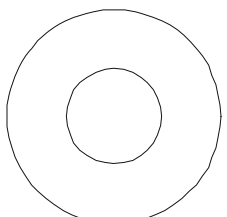
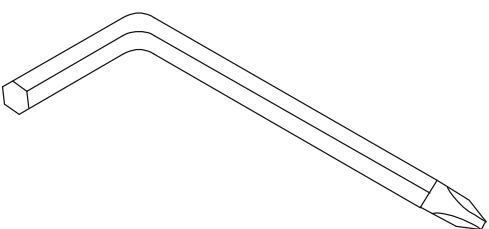
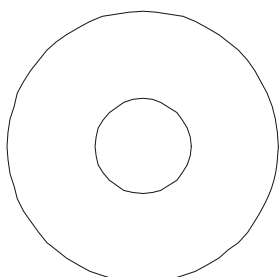
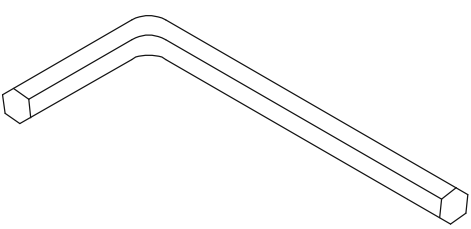
To reduce the risk of serious injury, read the following.

1. Use the TROJAN STAMINA 300 TREADMILL only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN STAMINA 300 TREADMILL should not be used by persons weighing more than 110kgs.
4. The TROJAN STAMINA 300 TREADMILL 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 STAMINA 300 TREADMILL, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN STAMINA 300 TREADMILL 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 CHECK LIST

No.	Description	Qty	No.	Description	Qty
111	 Phillips Head Screw (M3x18m/m)	3	104	 Lubricant	1
99	 Button Head Socket Screw (5/16"x15m/m)	12	44	 Safety Key	1
100	 Flat Washer (ø5/16"x ø18 x 1.5T)	4	102	 Combination Allen Wrench & Phillips Head Screw driver (M5)	1
101	 Curved Washer (ø5/16" x ø23 x 1.5T)	4	103	 AllenWrench (M6)	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

Two persons are required to finish the assembly steps.

(Caution!! Please follow exactly the assembly steps below to avoid injury .)

## STEP 1

Connect Computer Cable (Lower) (53) with Computer Cable (Middle) (54).

## STEP 2

Tightly fasten the Right and Left Handrails (4,5) into the Frame Base (2) with eight (5/16" x 15m/m) Button Head Socket Screws (99), four (5/16" x 18 x 1.5T) Flat Washers (100) and four (5/16" x 23 x 1.5T) Curve Washers (101) by using the Combination (M5) Allen Wrench & Phillips Head Screwdriver (102).

## STEP 3

Connect Computer Cable (Middle) (54) with Computer cable (Upper) (55).

## STEP 4

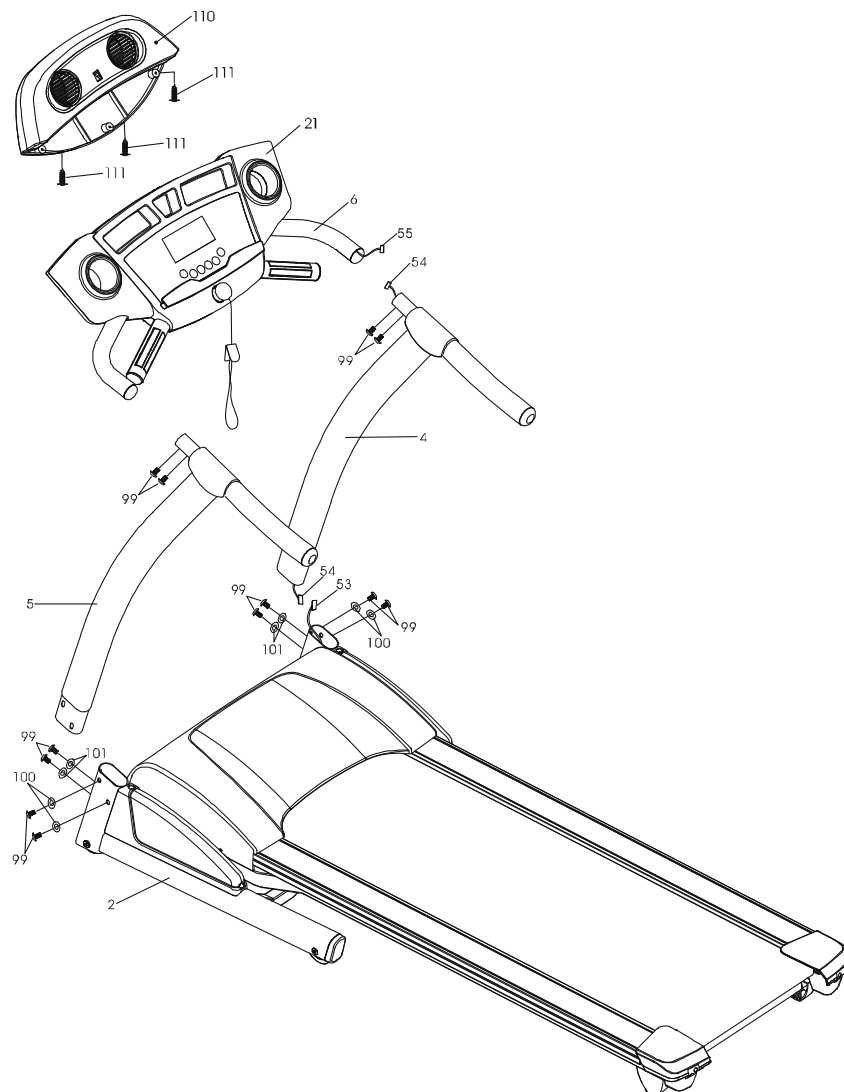
Install the Console Support (6) into the Right and Left Handrails (4,5) with four (5/16" x 15m/m) Button Head Socket Screws (99) by using Combination (M5) Allen Wrench & Phillips Head Screwdriver (102).

## STEP 5

Connect the Computer Cable of Fan Assembly (110) with Console.

Install the Fan Assembly (110) onto Console (21) with three (M3 x 18m/m) Phillips Head Screws (111) by the Combination (M5) Allen Wrench & Phillips Head Screwdriver (102).

**PLEASE LOCK ALL COMPONENTS UP AFTER THE ACCESSORIES HAVE BEEN ASSEMBLED.**





# GROUNDING INSTRUCTIONS

The products must be grounded first. If a malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

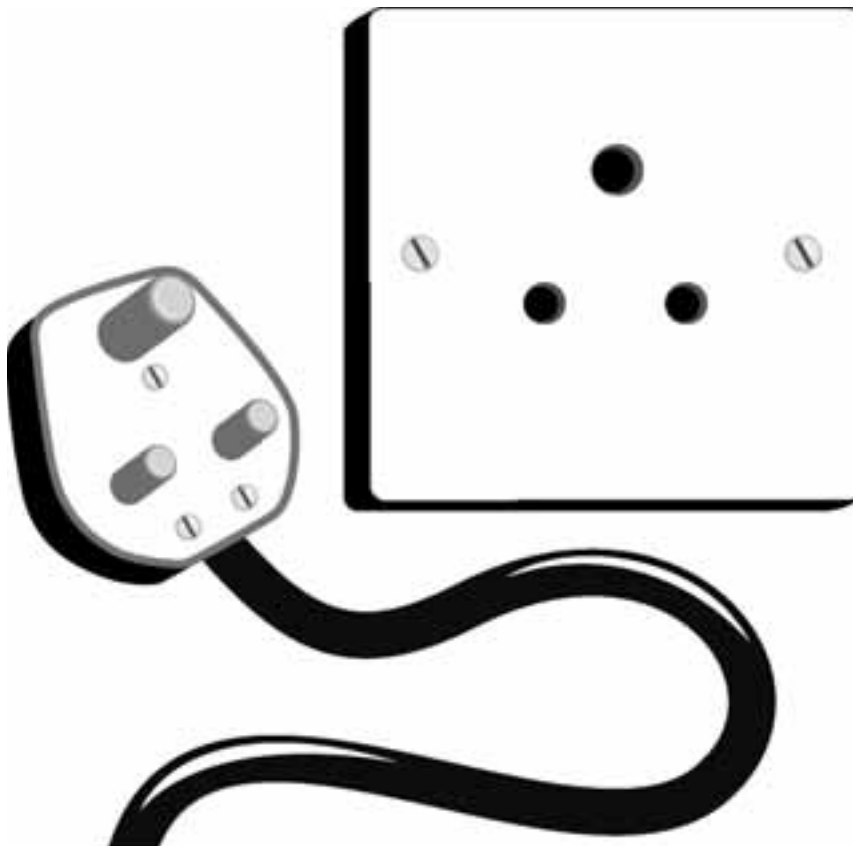
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**Danger** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock.

Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure below . Make sure that the product is connected to an outlet having the same configuration as the plug.

There is no need to use any adapter for this product.



# COMPUTER FUNCTION



## GETTING STARTED :

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it.

## WINDOW DISPLAY

SPEED	Displays the current running speed from 1Kmh- 16Kmh (1Mph-16Mph).
TIME	Accumulates total workout time from 00:00 to 99:59.
DISTANCE	Accumulates total workout distance from 0.00 to 99.99Kmh (Mph).
CALORIES	Accumulates the user's calorie consumption during exercise. Max.Value is 999.9 calories. <i>Note:</i> <i>This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.</i>
PULSE/INCLINE	Display your current heart rate in beats per minute during workout from 40 to 240 or displays your current workout elevation from 0 to 10.

## FUNCTION BUTTON

UP	Press UP button to increase elevation position.
DOWN	Press DOWN button to decrease elevation position.
MODE	Press MODE button to display single parameter or all parameters.The latter rotates exercising data every 5 seconds
ST/SP	Press ST/SP button to start or stop training.
FAST	Press FAST button to increase your speed, each increment is 0.1 km (0.1Mph).
SLOW	Press SLOW button to decrease your speed, each decrement is 0.1 km (0.1 Mph).
SAFETY KEY	Attach the safety key in its position to power on the computer. When safety key is pulled away from its position, the computer will shut down automatically.

# COMPUTER FUNCTION

## OPERATION

### **STEP 1 (MANUAL OPERATION)**

Attach the Safety key to wake display up (if not already on), the upper big window will display P0 (Manual). You can press the ST/SP button to begin belt movement, at 1.0 km(1Mph), The console will start a 3 seconds final count down. During training, all parameters will be accumulating.

**OR**

### **STEP 1 (PRESET PROGRAMMES)**

Attach the Safety key to wake display up (if not already on). Press and hold Fast/Slow buttons to adjust desired preset program from P1 to P5. You can press the ST/SP button to start training, the preset count down time is 20 minutes in no adjusted condition. Or press MODE button to set the count down time which will flash, adjust the value by using Fast/Slow buttons from 00:00 to 99:00. You can press MODE button to go back to idle mode, or press ST/SP to start. If time set to 00:00, time will execute by accumulating, otherwise it will execute by count down.

### **STEP 2**

After training, press MODE button to display single parameters which includes speed, time, distance, calories, pulse/incline or choose SCAN mode at the left top area which will display SCAN character and all parameters will take turns to display the data every 5 seconds.

### **STEP 3**

To slow tread-belt press and hold the Slow key (console) to the desired speed.

### **STEP 4**

To stop the tread-belt press ST/SP button.

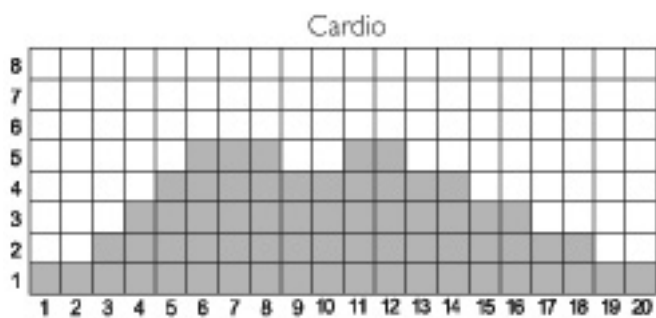
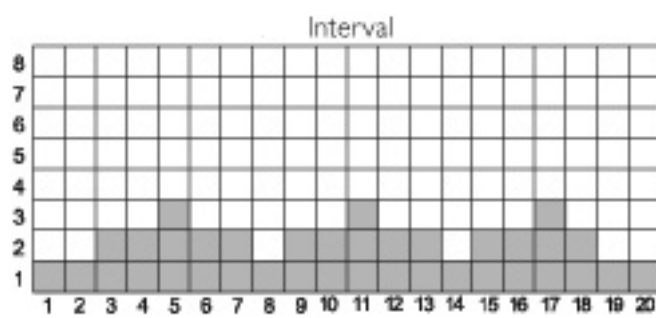
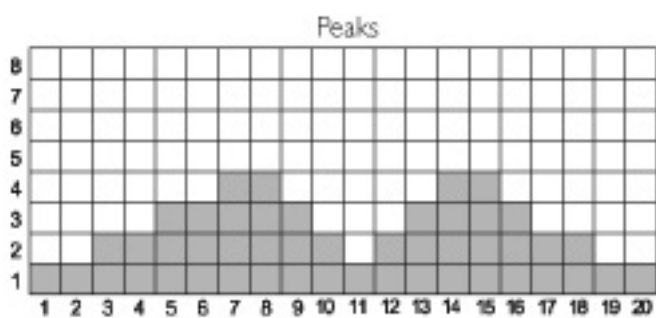
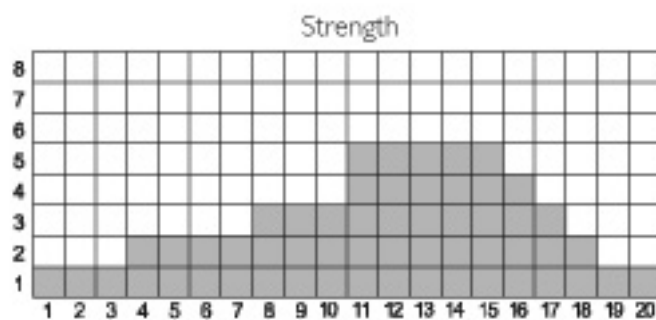
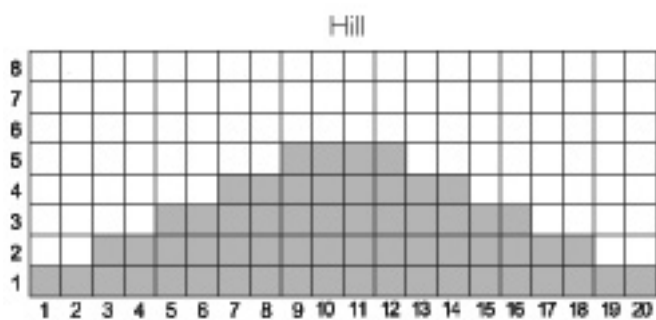
## **PULSE GRIP FEATURE**

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse on the PULSE/INCLINE window. Pulse value displays anytime the upper display is receiving a Grip Pulse signal. Note: Pulse and incline use a common window. When upper display is receiving a Grip Pulse signal, pulse has a preferential right to display the value. But while the incline has variation, the console will display the incline position for a short time, then go back to display the Pulse value.

## **INCLINE FEATURE**

Incline may be adjusted anytime after belt movement. Press and hold the UP/DOWN buttons (console) to achieve desired level of effort from 0 to 10 or from 10 to 0. Make sure the value of incline has changed to the desired level, then stop pressing, console will execute it at that time or else console will not execute the adjustment. The display will indicate incline percent as adjustments are made. Incline will remain in its position when display is turned off.

# COMPUTER FUNCTION



## HILL:

Gradual increase in elevation to a peak, followed by a gradual decline in elevation.

Intensity of programme is determined by you.

## STRENGTH:

Programme specifically designed to build lower body strength. Intensity of programme is determined by you.

## PEAKS:

Gradual increase in elevation to a peak, followed by a gradual decline in elevation, multiple times in one workout session.

Intensity of programme is determined by you.

## INTERVAL:

Constant changes in speed and elevation gives an intense workout. Intensity of programme is determined by you.

## CARDIO:

Programme specifically designed to increase overall cardio fitness. Intensity of programme is determined by you.

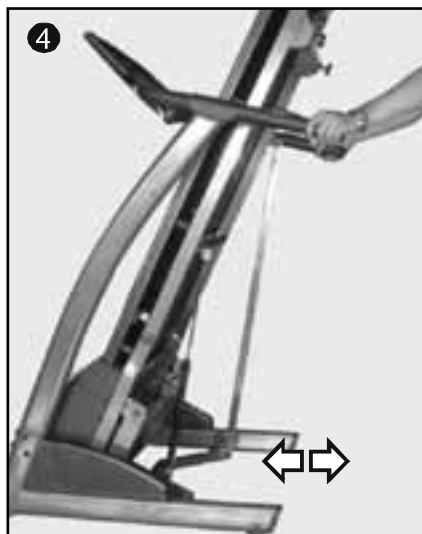
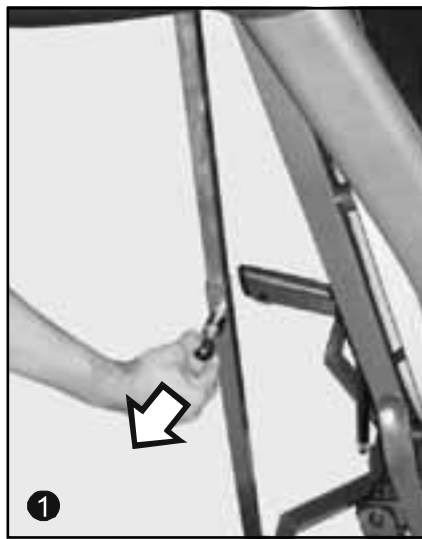
# MAINTENANCE

## BELT TRACKING ADJUSTMENT



- If during use you notice the walking belt shifts to the right or left of center, the rear roller needs to be adjusted to re-center it.
- Switch the treadmill on and let it run at the slowest speed (0,8 – 1,0 km/h).
- Using the M6 Allen wrench provided, turn left/right rear roller adjustment clockwise, as indicated above, no more than 1/4 of a turn.
- Observe the position of the mat and the new position it moves to.
- When observed from over the rear roller, if the mat lies too far left, adjust the left side and if too far right, adjust the right side.
- Using 1/4 turn adjustments at a time; bring the mat back to central position.

# FOLDING AND UNFOLDING



## UNFOLDING

Hold the treadmill running board with left hand. Pull the locking knob with your right hand and slowly lower the treadmill running board. \*Remove your right hand as you slowly lower the running board to the floor. (As shown Figure 1.)

## FOLDING

Ensure the incline angle of the treadmill is at its lowest position. Lift the treadmill running board up until locking knob clicks into the hole. (As shown in Figure 2 and 3)

## TRANSPORT

First, right foot steps on right base foot tube. Then with two hands hold both left and right handgrip tubes and tilt machine toward user's side. User can now easily transport machine to desired position. (As shown in Fig. 4.)

# TREADMILL LUBRICATION



Your treadmill should require little maintenance other than periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

## HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?

Lift one side of the treadbelt and feel the top surface of the treadboard. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

## HOW TO APPLY LUBRICANT?

1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

*NOTE : DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.*

## IMPORTANT

***ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION LUBRICATION SCHEDULE.***

1. It's better to lubricate with half a bottle when operating for the first time.
2. If user doesn't apply lubricant before first usage, apply half a bottle of lubricant, after the first 25 hours of use (2-3 months)
3. Thereafter lubricate with half a bottle every 180 hours or 1000km of use.

# FITNESS TIPS AND TECHNIQUES

## AEROBIC EXERCISE

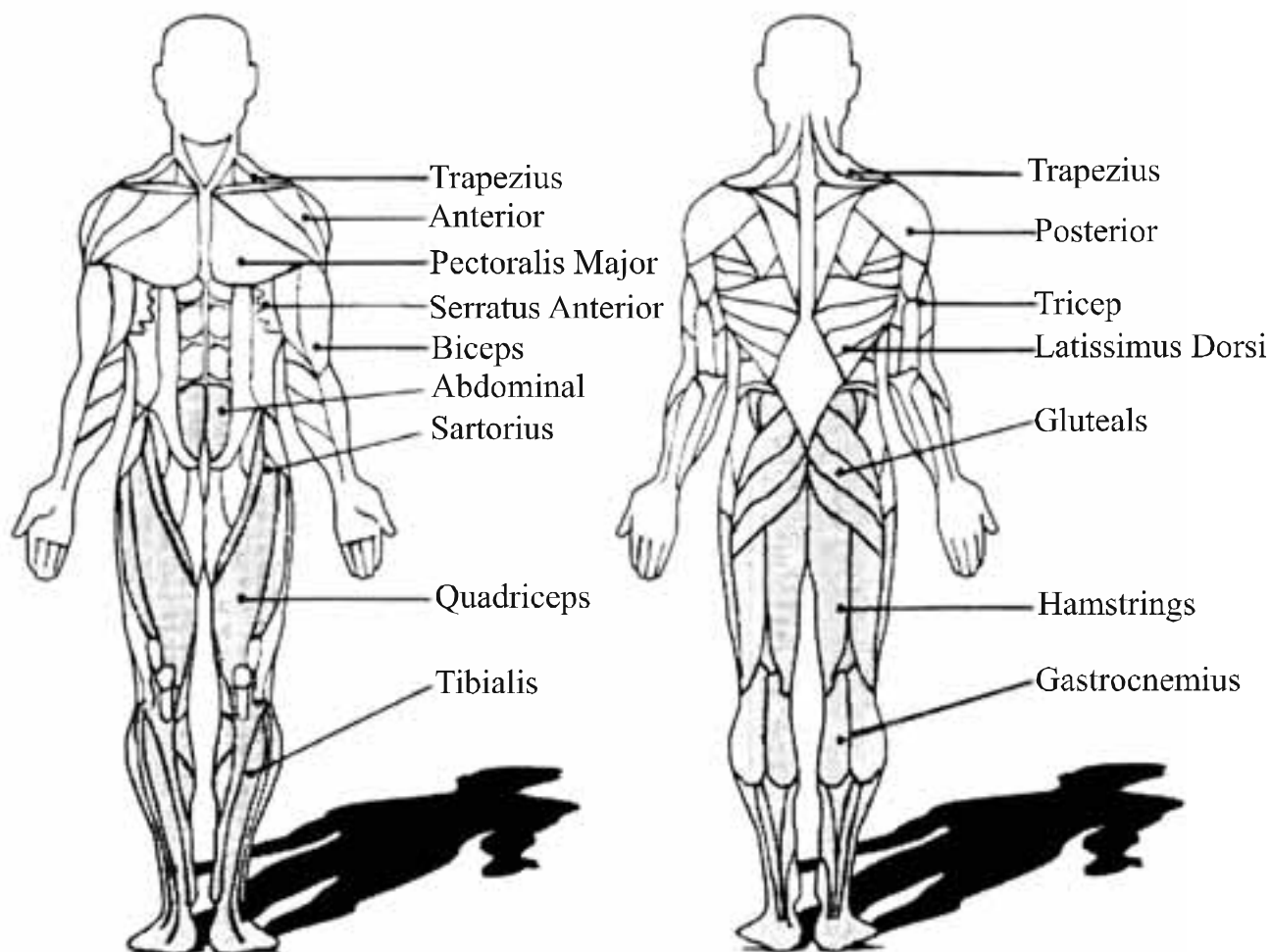
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles -arms, legs, or buttock, 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 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.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

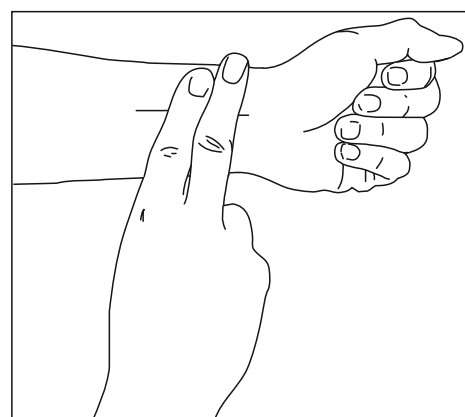
## EXERCISE INTENSITY

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 heart-beat count and multiply the results by 10 to find your heart rate.

For example, if your six-second heart beat 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.

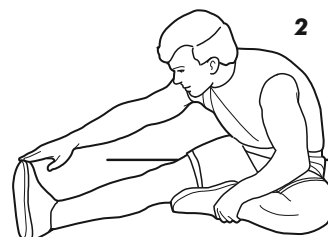
### 1. Toe Touch Stretch

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.



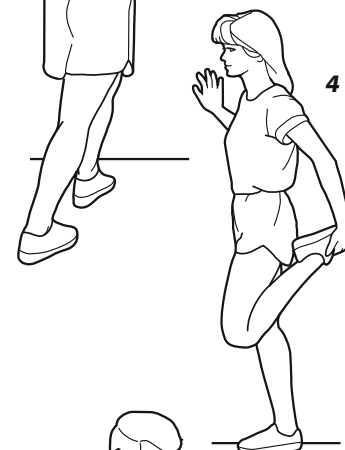
### 3. Calf/Achilles Stretch

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.



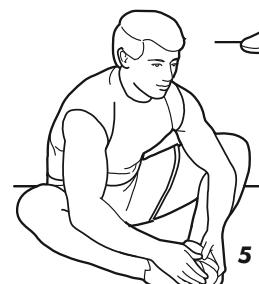
### 4. Quadriceps Stretch

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

Errors:

## **My treadmill will not start up?**

Ensure the safety key is attached to the console.

## **E1 – Treadmill has stopped caused by the motor's abnormality.**

Restart the treadmill and check that the running belt is well lubricated and that the motor wasn't overloaded because of insufficient lubrication. If the error continues please contact your local Trojan Service Centre on 0861 876526

## **E4 – Body fat function failure (if the treadmill has this function)**

Please re-start the treadmill, and make sure that both hands are holding the grip pulse sensor

## **E6/E7 – Incline function abnormality code.**

E6 indicates that the actual incline position is beyond both the upper and lower pre-set range.

Restart the treadmill and check if the treadmill can then be operated normally. If the problem persists please contact your local Trojan Service Centre on 0861 876526

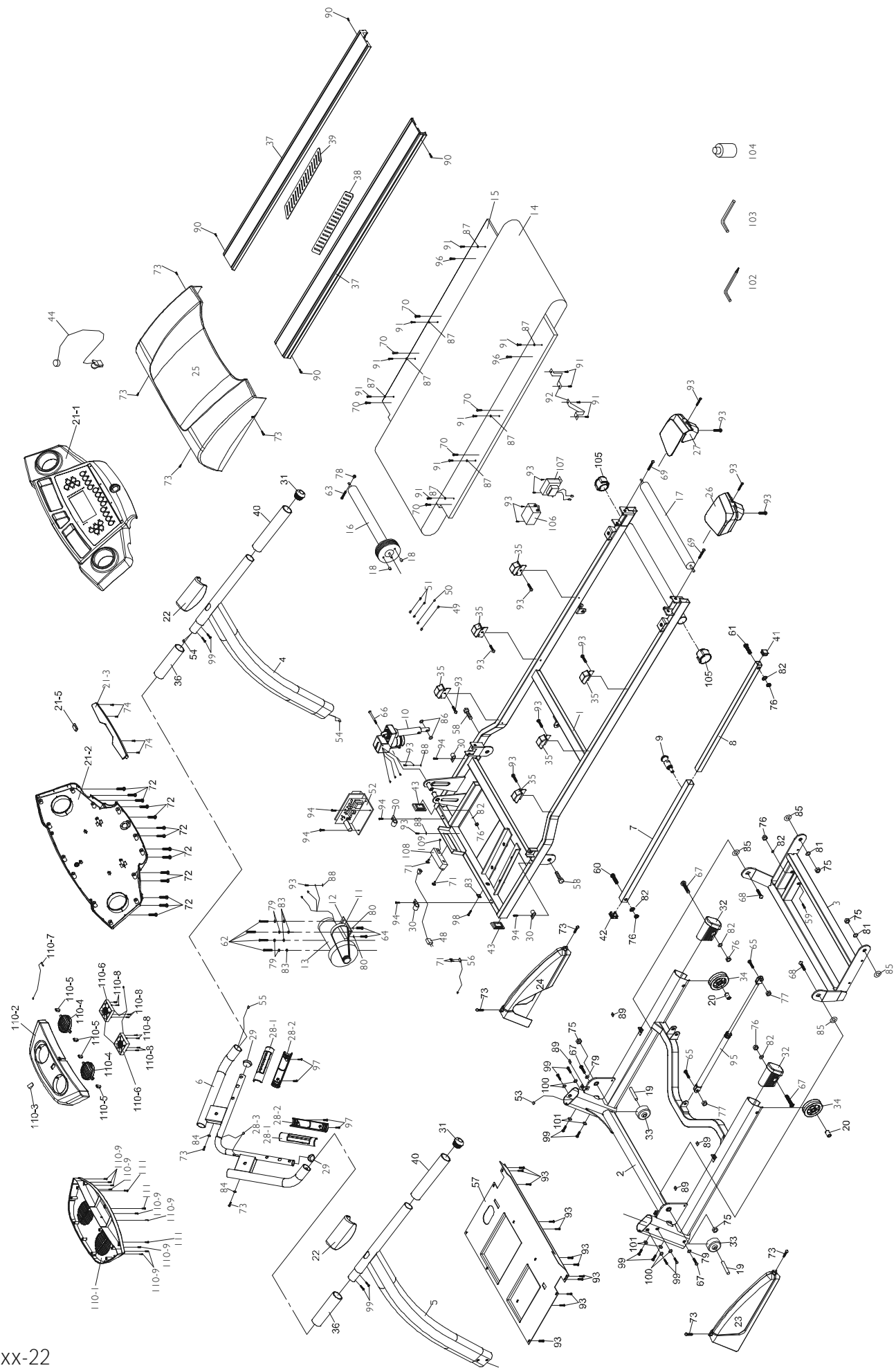
## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
11457-1	Main Frame	1	11457-28-2	Handpulse Assembly Bottom	2
11457-2	Frame Base	1	11457-28-3	Handpulse Cable (4 Pin 500mm)	1
11457-3	Incline Bracket	1	11457-29	Handpulse Bar End Cap	2
11457-4	Right Handrail	1	11457-30	Motor Cover Anchor(C)	4
11457-5	Left Handrail	1	11457-31	Button Head End Cap (ø38)	2
11457-6	Console Support	1	11457-32	Frame Base End Cap	2
11457-7	Outer Slide	1	11457-33	Front Wheel	2
11457-8	Inner Slide	1	11457-34	Rear Wheel	2
11457-9	Locking Pin	1	11457-35	Cushion (50 x 20 x 21T)	6
11457-10	Incline Motor	1	11457-36	Console Support Foam	2
11457-11	Drive Belt	1	11457-37	Foot Rail	2
11457-12	Motor Bracket	1	11457-38	Non-slip Rubber (L)	1
11457-13	Motor	1	11457-39	Non-slip Rubber(R)	1
11457-14	Running Belt	1	11457-40	Handgrip Foam	2
11457-15	Running Deck	1	11457-41	Square End Cap (ø21.4 x 21.4)	1
11457-16	Front Roller W/ Pulley	1	11457-42	Square End Cap (ø25.4 x 25.4)	1
11457-17	Rear Roller	1	11457-43	Square End Cap (ø20 x 40mm)	2
11457-18	Magnet	2	11457-44	Safety Key	1
11457-19	Sleeve (ø10 x ø14 x 35.5lmm)	2	11457-48	Power Cord	1
11457-20	Sleeve (ø10 x ø14 x 22.51 mm)	2	11457-49	Connecting Cable (White) (15cm x 764mm x 764mm)	1
11457-21	Console Assembly	1	11457-50	Connecting Cable (White) (10cm x 764mm x 764mm)	1
11457-21-1	Top Console Cover	1	11457-51	Connecting Cable(Black) (10cm x 764mm x 764mm)	2
11457-21-2	Bottom Console Cover	1	11457-52	Controller	1
11457-21-3	Book Rack	1	11457-53	Computer Cable (Lower) (12 Pin 1150m/m)	1
11457-21-5	Console Stopper	1	11457-54	Computer Cable (Middle) (12 Pin 1200m/m)	1
11457-22	Handgrip Cap	2	11457-55	Computer Cable (Upper) (12 Pin 800m/m)	1
11457-23	Frame Base Cap (L)	1	11457-56	Sensor W/cable	1
11457-24	Frame Base Cap (R)	1	11457-57	Bottom Moter Plate	1
11457-25	Top Motor Cover	1	11457-58	Hex Head Screw (1/2" x 1")	2
11457-26	Rear Adjustment Base (L)	1	11457-59	Button Head Socket Screw (3/8" x 3-3/4")	1
11457-27	Rear Adjustment Base (R)	1			
11457-28	Handpulse	2			
11457-28~1	Handpulse Assembly Top	2			

## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
11457-60	Hex Head Screw (3/8" x 1-3/4" )	1	11457-92	Belt Guide	2
11457-61	Hex Head Screw (3/8" x 1-1/2")	1	11457-93	Tapping Screw (M5 x 16mm)	29
11457-62	Hex Head Screw (3/8" x 3/4")	4	11457-94	Tapping Screw (M5 x 19mm)	6
11457-63	Hex Head Screw (M8 x 60 m/m)	1	11457-95	Cylinder	1
11457-64	Hex Head Screw (M8 x 12 m/m)	2	11457-96	Flat Head Countersink Screw (M8 x 1")	2
11457-65	Button Head Socket Screw (5/16" x 1")	2	11457-97	Tapping Screw (M3 x 10m/m)	4
11457-66	Button Head Socket Screw (3/8" x 4")	1	11457-98	Hex Head Screw (M3/8" x 3")	1
11457-67	Flat Head Socket Screw (3/8" x 2")	4	11457-99	Button Head Socket Screw (5/16" x 15m/m)	12
11457-68	Carriage Bolt (1/2" x 28m/m)	2	11457-100	Flat Washer (5/16" x 18 x 1.5T)	4
11457-69	Socket Head Cap Screw (M8 x 3")	2	11457-101	Curve Washer (5/16" x 23 x 1.5T)	4
11457-70	Flat Head Countersink Screw (1/4" x 1")	6	11457-102	Combination Allen Wrench & Phillips Head Screw Driver (M5)	1
11457-71	Self Tapping Screw (3 x 12 m/m)	4	11457-103	Allen Wrench M6 (66x88)	1
11457-72	Self Tapping Screw (4 x 19 m/m)	14	11457-104	Lubricant	1
11457-73	Tapping Screw (5 x 16mm)	10	11457-105	Indentation End Cap	2
11457-74	Self Tapping Screw (3.5 x 12 m/m)	4	11457-106	Filter	1
11457-75	Nylon Nut (1/2" x 8T)	4	11457-107	Choke	1
11457-76	Nylon Nut (3/8" x 7T)	6	11457-108	Electronic Module	1
11457-77	Nylon Nut (5/16" x 7T)	2	11457-109	Ground Wire	1
11457-78	Nylon Nut (M8 x 7T )	1	11457-110	Fan Assembly	1
11457-79	Spring Washer (3/8" x 2T)	6	11457-110-1	Bottom Fan Cover	1
11457-80	Spring Washer (M8 x 1.5T)	2	11457-110-2	Top Fan Cover	1
11457-81	Flat Washer (1/2" x 26 x 2T)	2	11457-110-3	Fan Switch	1
11457-82	Flat Washer (3/8"x 19 x 1.5T)	7	11457-110-4	Deflector Fan Grill	2
11457-83	Flat Washer (3/8" x 25 x 2T)	5	11457-110-5	Fan Grill Anchor	4
11457-84	Flat Washer (5 x 13 x 1.0T)	2	11457-110-6	Fan	2
11457-85	Spacer (ø50 x ø13 x 3T)	4	11457-111	Phillips Head Screw (M3 x 18m/m)	3
11457-86	Nylon Washer (ø10 x ø25 x 3T)	2			
11457-87	Concave Washer (ø6.5x ø25 x 1.5T)	8			
11457-88	Raised Washer (M5)	3			
11457-89	Iron Plate Nut (5 x 2T)	4			
11457-90	Self Tapping Screw (4 x 19mm)	4			
11457-91	Self Tapping Screw (4 x 12mm)	12			

# EXPLODED DRAWING



# 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](http://WWW.TROJANHEALTH.CO.ZA)

