



# STRIDER 100 ELLIPTICAL TRAINER



## ELLIPTICAL TRAINER 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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# 1. SAFETY INSTRUCTIONS

## WARNING :

To reduce the risk of serious injury, read the following safety instruction before using the TROJAN STRIDER 100 ELLIPTICAL.

1. Use the TROJAN STRIDER 100 ELLIPTICAL only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN STRIDER 100 ELLIPTICAL should not be used by persons weighing more than 100kgs.
4. The TROJAN STRIDER 100 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 STRIDER 100 ELLIPTICAL, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN STRIDER 100 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.



## 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.

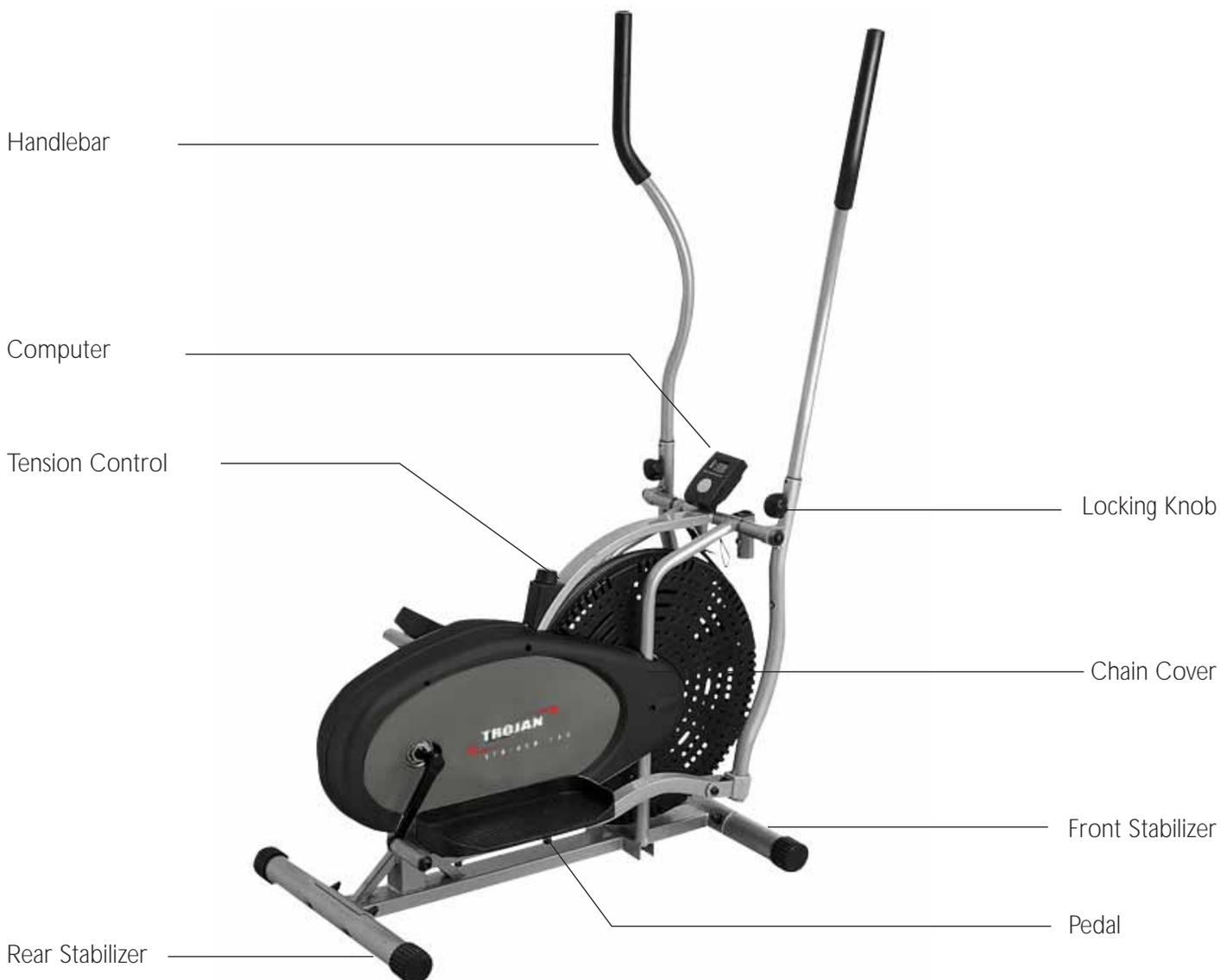
## 2. PRE-ASSEMBLY CHECK LIST

Thank you for choosing the TROJAN STRIDER 100 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.

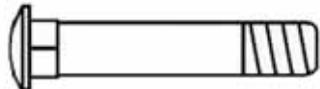
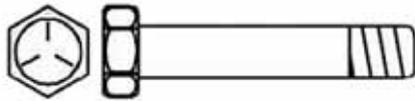
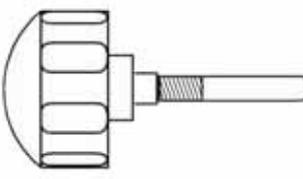
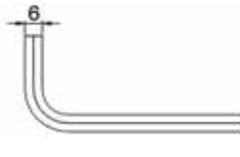
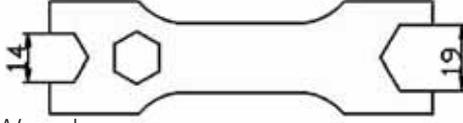
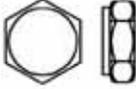
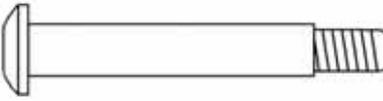
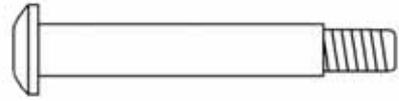
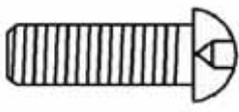
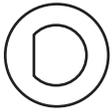
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. TROJAN STRIDER 100 ELLIPTICAL provides a convenient and simple method to begin your assault on getting your body in shape and 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 STRIDER 100 ELLIPTICAL.



### 3. HARDWARE LIST

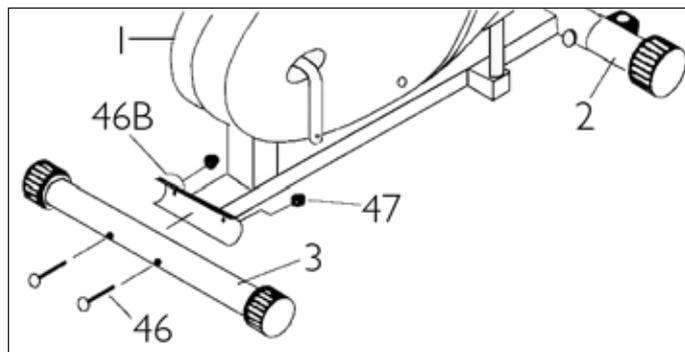
Set No.	No.	Description	Q'ty	No.	Description	Q'ty
1#	46	 Bolt (3/8" x 2-3/8")	4	44	 Bolt (3/8" x 50mm)	4
	47	 Nut Cap (3/8")	4	45	 Nylon Nut (3/8")	4
	17	 Locking Knob	2	46B	 Curve Washer (3/8")	4
		 Allen Key (M8)	1		 Allen Key (M6)	2
		 Wrench	1			
2#	51	 Spring Washer (1/2")	2	48-R 48-L	 Nylon Nut (1/2")	2
	12B-L	 Hinge Bolt (1/2")	1	12B-R	 Hinge Bolt (1/2")	1
3#	58	 Hinge Screw (3/8" x 20mm)	2	49R 49L	 D Shape Washer (ø28 x 5mm)	1pc 1pc
	12A	 Handle Bar Shaft	1	52-R 52-L	 Spring Washer (M10)	1pc 1pc

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.

## 4. ASSEMBLY STEP

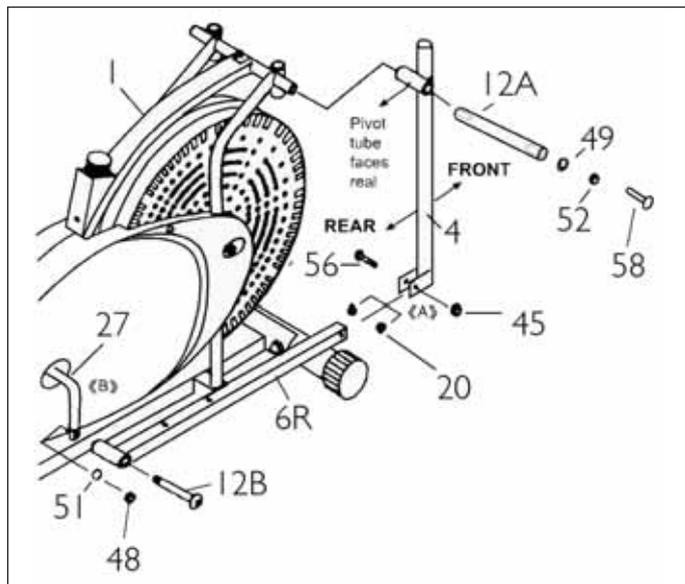
### STEP 01

- Attach the Back Stabilizer (3) to Main Frame (1) with the Carriage Bolt (46), Curve Washer (46B) and Nut Caps (47)
- Attach the Front Stabilizer (2) to Main Frame (1) with the Carriage Bolts (46), Curve Washer (46B) and Nut Caps (47)



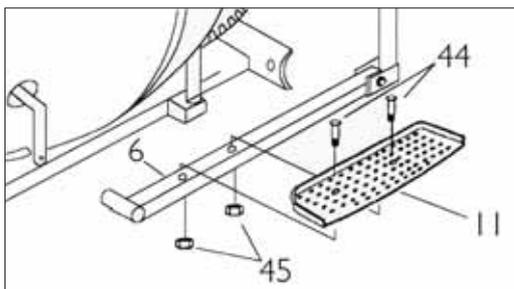
### STEP 02

- Attach the right Coupler Bar (4) to the right Pedal Tube (6R) with Bolts (56), Steel Bushings (20) and Nylon Nuts (45)
- Attach the Handle Bar Shaft (12A) through the hole on right Couple Bar (4) to the Main Frame (1) with D Shape Washer (49), Spring Washer (52) and Hinge Screw (58)
- Attach the right Pedal Tube (6R) to the Crank (27) with Spring Washer (51), Nylon Nut (48) and Pedal Hinge Bolt 1/2" (12B)
- Repeat the above steps for the left side.



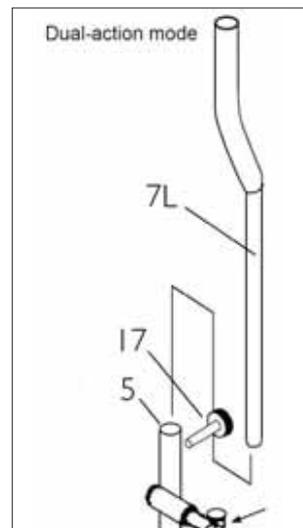
### STEP 03

- Attach the Pedal (11) to the Pedal Tube (6) with two 3/8"x50mm Bolts (44) and two 3/8" Nylon Nuts (45)
- Repeat the above step for the left pedal assembly



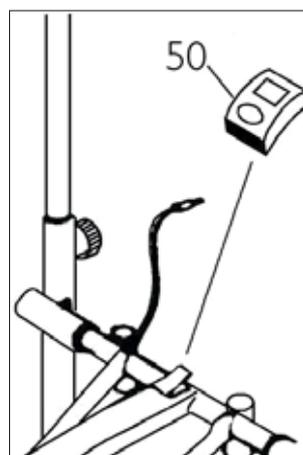
### STEP 04

- Insert the left handlebar (7L) into the hole on left coupler bar (5) on desired height tightly with locking knob (17).
- Repeat the above steps for the right side.



### STEP 05

- Connect the sensor wire to the Computer (50)
- Attach the Computer (50) to the Main Frame (1)



## Recheck

all bolts and nuts are  
tightened securely  
before using the machine

## 5. COMPUTER FUNCTIONS

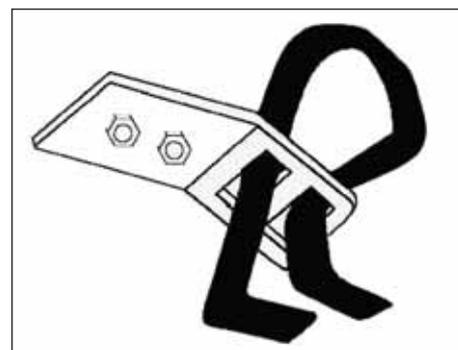
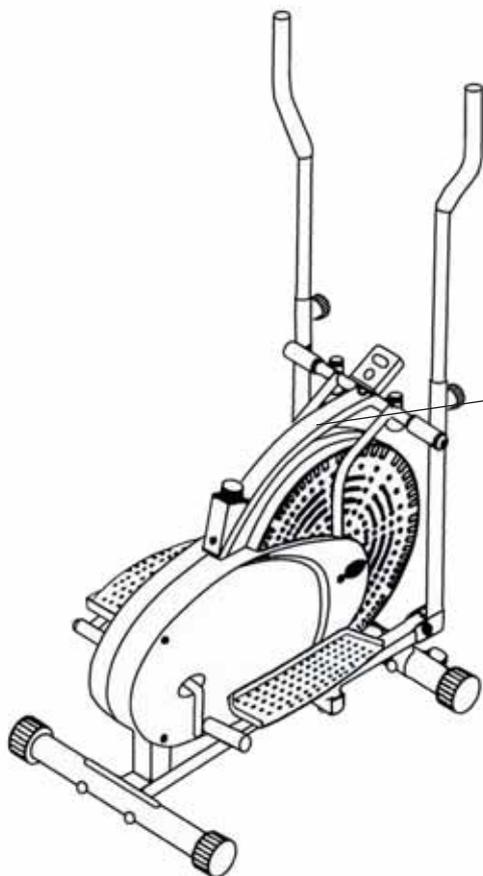
Time	Time spent training
Speed	Speed while training
Distance	Distance covered while training
Calorie	Calories burnt while training

- The SCAN mode lets the monitor automatically alternate the four readouts in short intervals, so you don't have to stop and press a button to check different information.
- The monitor comes with two AA batteries, and turns itself off when not in use. Replace batteries every four months, (depending on frequency of use).

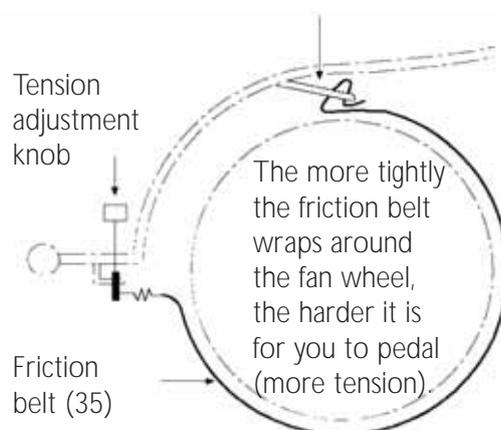
## 6. TENSION ADJUSTMENT

The assembly of your STRIDER 100 is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full workout.

- For minor tension adjustment, simply use the tension adjustment knob found at the top center. Tension level can be manipulated this way to vary intensity of workout as you exercise.
- For greater tension adjustment, you may loosen or tighten the friction belt (#35) by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.



Friction belt buckle (under center beam)



### REVERSIBLE MOVEMENT

Remember, your Cross Trainer has REVERSIBLE movement! Forward pedaling emphasizes your quadriceps muscles, while backward pedaling emphasizes your hamstrings. Take advantage of this fact to make your workout less fatiguing, and more fun.

# 7. FITNESS TIPS AND TRCHNIQUES

## 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.

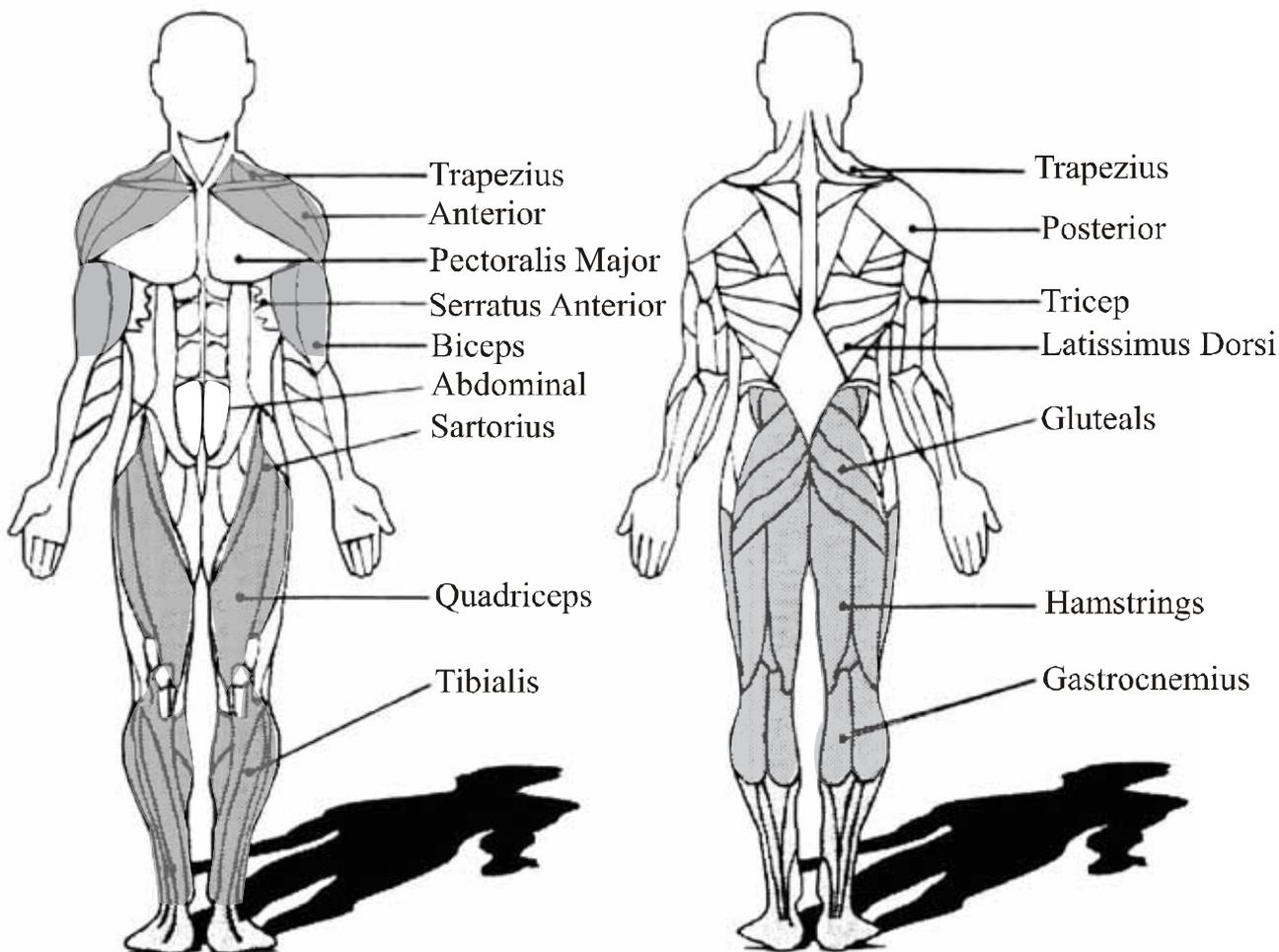
## WEIGHT TRAINING

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

### ELLIPTICAL

The exercise routine that is performed on the elliptical will develop the lower and upper 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.



## 8. CONDITIONING GUIDELINES

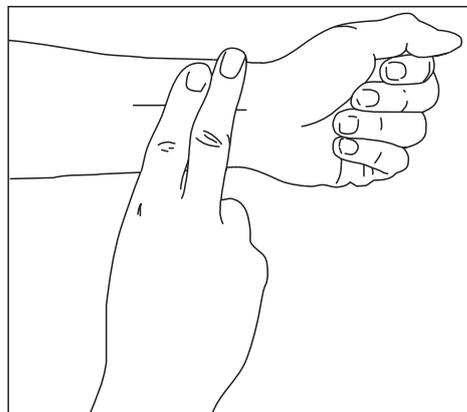
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

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.

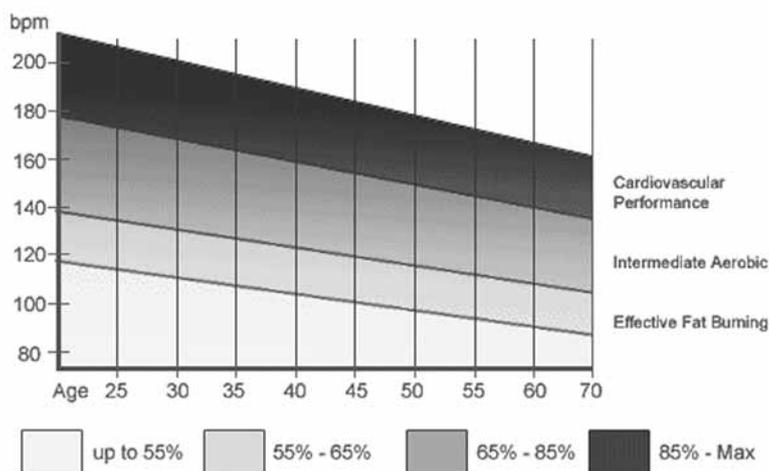


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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](http://www.trojanhealth.co.za)



# 9. 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](http://www.trojanhealth.co.za)

## 10. FREQUENTLY ASKED QUESTIONS

Q1. My elliptical does not move as easily as indicated in manual

1. Ensure you have placed the front stabilizer in the front of the unit.

Q2. My consol does not work?

1. Make sure you have connected it correctly and have placed the batteries in the consol.

Q3. My consol is not clear and appears faded?

1. Ensure your unit is not in direct sunlight and you have removed the plastic cover from the screen.

If display does not improve, please contact 0861 876 526

Q4. My tension control is not working?

1. Ensure the friction belt has been connected correctly, and is set to the desired level (see page 7)

Q5. My pedals are not **fitting** properly?

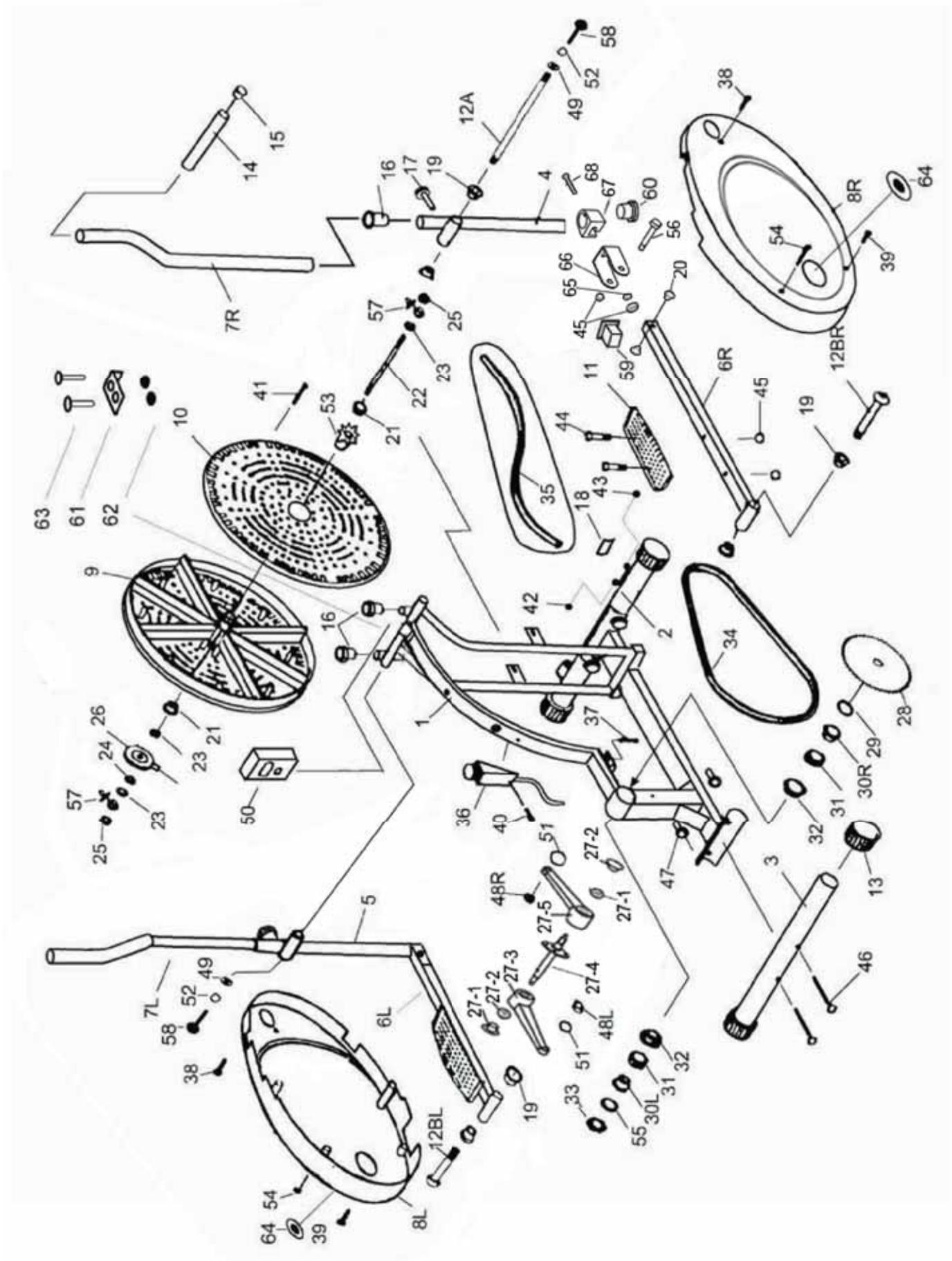
1. Make sure you have inserted them on the correct side of the unit.

The side of the pedal with the clip on it, must be up against the flywheel cover

# 11. PART LIST

No	Description	Q'ty	No	Description	Q'ty
1567-01	Main Frame	1	1567-33	Nut	1
1567-02	Front Stabilizer	1	1567-34	Chain (25h*220)	1
1567-03	Back Stabilizer	1	1567-35	Tension Belt	1
1567-04	Right Couple Bar	1	1567-36	Tension Control	1
1567-05	Left Couple Bar	1	1567-37	Tension Spring	1
1567-06-R	Right Pedal Tube	1	1567-38	Chain Cover Screw(M5*15mm)	2
1567-06-L	Left Pedal Tube	1	1567-39	Chain Cover Screw(M5*45mm)	2
1567-07-R	Right Handle Bar	1	1567-40	Tension Fix Screw(M5)	1
1567-07-L	Left Handle Bar	1	1567-41	Fan Wheel Fix Screw(M5)	16
1567-08-R	Right Chain Cover	1	1567-42	Bolt( $\Phi$ 1/4"*2")	2
1567-08-L	Left Chain Cover	1	1567-43	Nut 1/4"	2
1567-09	Fan Wheel	1	1567-44	Bolt( $\Phi$ 3/8"*50mm)	4
1567-10	Fan Wheel Cover	1	1567-45	Nylon Nut (3/8")	6
1567-11	Pedal	2	1567-46	Carriage Bolt (3/8"*60)	4
1567-12A	Handle Bar Shaft	1	1567-46B	Washer ( $\Phi$ 3/8)	4
1567-12B	Pedal Hinge Bolt (1/2")	2	1567-47	Nut Cap (3/8")	4
1567-13	End Cap( $\Phi$ 50.8)	4	1567-48	Nylon Nut (1/2")	2
1567-14	Foam Grips	2	1567-49R	D Shape Washer ( $\Phi$ 28*5)	1
1567-15	End Cap( $\Phi$ 25)	4	1567-49L	D Shape Washer ( $\Phi$ 28*5)	1
1567-16	Plastic Bushing ( $\Phi$ 1-1/4")	4	1567-50	Computer	1
1567-17	Locking Knob	2	1567-51	Spring Washer (1/2")	2
1567-18	Plastic Roller	2	1567-52R	Spring Washer M10	1
1567-19	Steel Bushing( $\Phi$ 5/8)	10	1567-52L	Spring Washer M10	1
1567-20	Steel Bushion( $\Phi$ 3/8)	4	1567-53	Small Pipe	1
1567-21	Brass Bushing( $\Phi$ 10)	2	1567-54	Chain Cover Screw	2
1567-22	Fan Wheel Axle	1	1567-55	Washer	1
1567-23	Nut (3/8")	3	1567-56	Bolt	2
1567-24	Washer	1	1567-57	Adjusting Bolt	2
1567-25	Nut (3/8")	2	1567-58R	Hinge Screw(3/8"*20mm)	1
1567-26	Sensor	1	1567-58L	Hinge Screw(3/8"*20mm)	1
1567-27-1	Crank Board	2	1567-59	End Cap	2
1567-27-2	M10 Nut	2	1567-60	End Cap	2
1567-27-3	Left Crank Linked Pole	1	1567-61	Friction Belt Buckle	1
1567-27-4	Crank Middle Shaft	1	1567-62	Nut	2
1567-27-5	Right Crank Linked Pole	1	1567-63	Bolt	2
1567-28	Chain Wheel	1	1567-64	Elliptical Plate	2
1567-29	Big Washer	1	1567-65	M10 Flat Washer	2
1567-30R	Collar Housing	1	1567-66	U-shape Seat	2
1567-30L	Collar Housing	1	1567-67	Linked Block	2
1567-31	Collar Ball	2	1567-68	3/8"*48mm Bolt	2
1567-32	Collar Housing	2			

# 12. EXPLODED DRAWING



## 13. 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 / Benches:** 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](http://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
<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

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

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