



## 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

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# 1. SAFETY INSTRUCTIONS

## WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the TROJAN TWIST AND SHAPE.

1. Use the TROJAN TWIST AND SHAPE only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN TWIST AND SHAPE should not be used by persons weighing more than 110kgs.
4. The TROJAN TWIST AND SHAPE 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 TWIST AND SHAPE, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN TWIST AND SHAPE only as described in the manual.
7. Before using this equipment to exercise, always do stretching exercises to properly warm up.



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 TWIST AND SHAPE 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 TWIST AND SHAPE 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 TWIST AND SHAPE STEPPER.



## 3. ASSEMBLY STEPS

### (1) Assembly instructions

- IMPORTANT :**
- The Twist & Shape Multi Directional Stepper and the resistance bands are supplied ready to use.
  - It is not necessary to further assemble the two parts.
  - Please inspect these parts for signs of damage.
  - Check the resistance bands before every use.
  - The resistance bands **SHOULD NOT BE USED** if any cracks or cuts are evident, if they come apart, become frayed, have porous or cracked areas in them or are damaged in any other way.
  - If this advice is ignored injury during exercise may result.

There is a collapsible snaplink at the end of each resistance band. Click these snaplinks into their respective hooks, which are mounted on both ends of the front stabilisation rods of the Twist & Shape Multi-Directional Stepper. Please ensure that the snaplink has snapped shut.

### (2) Before beginning

You may also use the resistance bands for additional exercises for your upper body, thus increasing the benefits of using your Twist & Shape Multi-Directional Stepper.

**WARNING :** It is important that you are able to carry out all upper body exercises on this machine with complete freedom of movement and in a controlled fashion before you increase the level of resistance.

### (3) Adjusting the resistance and height of the resistance bands

You can make appropriate adjustments for your upper body in altering the height of the handles or the amount of resistance felt, by adjusting the length of the resistance band.

To adjust the resistance of the bands, simply push the resistance adjustor up or down until you reach the required position. If you shorten the resistance bands, this increases the resistance. If you lengthen the resistance bands, this decreases the resistance.

#### (3.1) Beginners:

- If you are using the resistance bands for the upper body for the first time, you should adjust the length of the bands so that the resistance is low.
- Attach the resistance bands securely to the machine and take hold of the handles.
- Put your feet on the pedals and bend your elbows. Keep your elbows close to the waist with your arms outstretched at waist height.
- In this position you should feel a slight amount of tension in the bands.
- If the band is too loose, step down from the Twist & Shape Multi Directional Stepper and shorten the bands by pushing the plastic clip on the band a little lower.
- If the tension in the bands is too great, then simply push the plastic clip further up in the direction of the handle, thus lengthening the band.

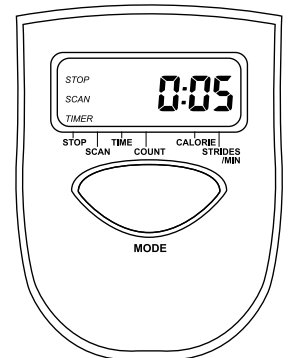
#### (3.2) Advanced users:

- As you become stronger you can gradually increase the amount of resistance and shorten the bands in stages by moving the plastic clip down the band centimetre by centimetre.
- In this way the muscles of your upper body will be further developed- producing a firmer, better body with more muscle power.

## 5. COMPUTER FUNCTIONS

### Electronic display function

Displays the total number of steps (count), steps per minute (steps/min.), time and calories. Press the "Mode" button (choice selector) to choose a function, as listed under the LCD display window. In order to display a function continuously for a period of time, please press the "mode" button until this function is displayed in the display window.



Scan Mode	In the Scan Mode the time, number of steps, calories and steps/min are automatically alternately displayed.
Reset	(Change in the selection mode). In order to reset the machine, press the reset knob for 2 seconds.
Auto Shut Off	If the machine is not in use for a period of 4 minutes the electronic display will automatically shut off.

The exercise computer requires the use of 2 standard size AAA batteries.

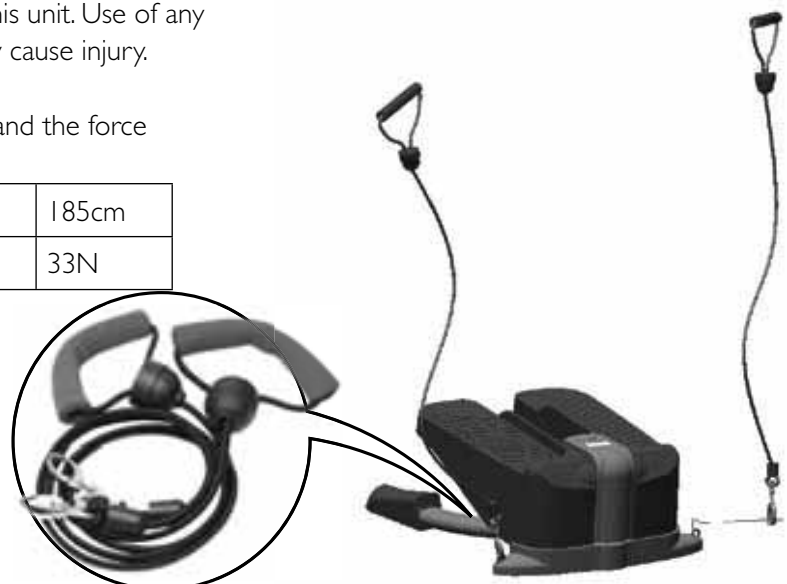
## 6. RESISTANCE BANDS

Use only the original accessories supplied with this unit. Use of any other attachment will void the warranty and may cause injury.

Table showing the length of the resistance band and the force needed to be exerted on it :

Length (cm)	120cm	140cm	160cm	185cm
Force (N)	60N	49.5N	42N	33N

Maximum length of the resistance band 185cm.



# 7. 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.

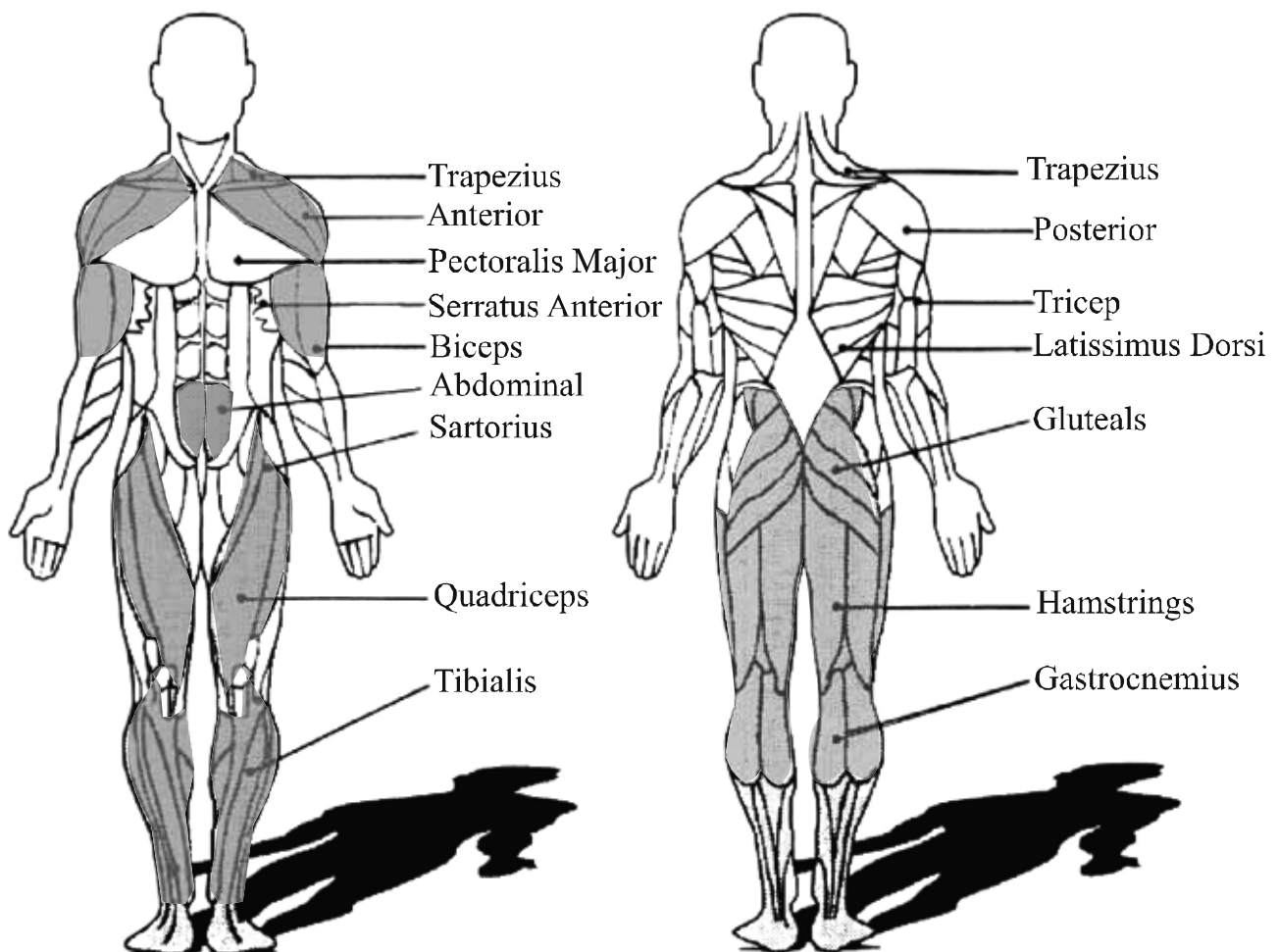
## WEIGHT TRAINING

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

### TWIST AND SHAPE

The exercise routine that is performed on the stepper will develop the lupper and over 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.



## 8. EXERCISE PROGRAM

### Getting started

Always warm-up your muscles before exercising. Start your exercise program conservatively. Select a goal or pace for each exercise that is easily performed. Alternating your daily workouts every other day reduces lactic acid build-up and consequently reduces muscle soreness.

Begin and end each exercise session by stretching your muscles for 7-10 minutes.



### Free Stepping

Carefully step onto the Twist & Shape stepper. Swing arms from side to side. Add intensity to your workout by swinging arms higher.



### Alternate Shoulder Press

Carefully step onto the Twist & Shape stepper. Grip the resistance bands and extend one arm up, pressing over your head. While stepping down, press the opposite arm over your head, alternating lifting your arms back and forth with each step.



### Squat

Carefully step onto the Twist & Shape stepper. Squat or lower your buttocks by bending at the hips. Do not allow your knees to extend beyond your toes. Keep this position as long as comfortable then return to the normal stepping position.



### Deltoid Raises

Carefully step onto the Twist & Shape stepper. Grip the resistance bands and extend arms down to waist height, at the front of your body. With palms facing down and arms slightly bent, raise your arm from your shoulder. While stepping down, alternate lifting your arms back and forth with each step.



### Alternate Bicep Curls

Carefully step onto the Twist & Shape stepper. Grip the resistance bands and extend arms down with palms facing up. While stepping down, curl the opposite arm up towards your chest, alternating lifting your arms back and forth with each step.



### Side Deltoid Raises

Carefully step onto the Twist & Shape stepper. Grip the resistance bands and extend arms down to waist height, at the sides of your body with palms facing down and arms slightly bent at the elbow, raise your arm from your shoulder. While stepping down, raise and lower the both arms at the same time with each step.

## 9. CONDITIONING GUIDELINES

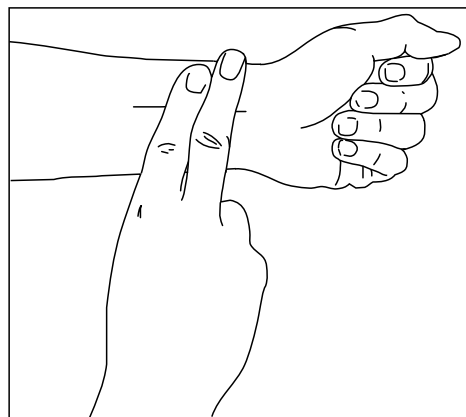
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

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.

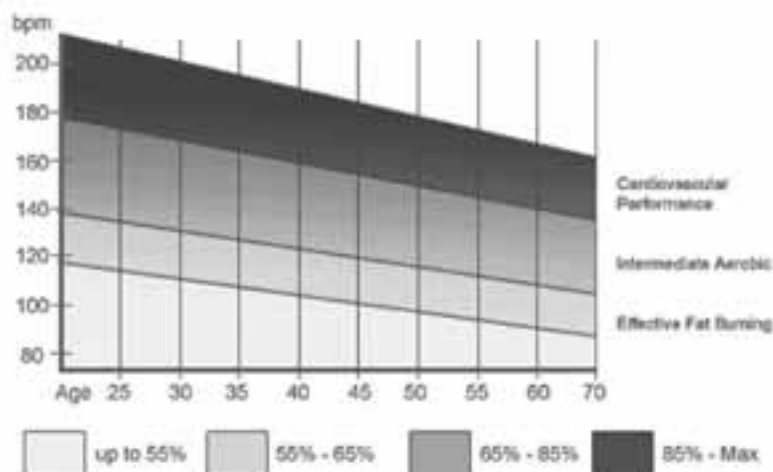


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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)





# 10. 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.

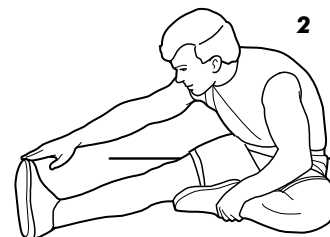
### 1. Toe Touch Stretch

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.



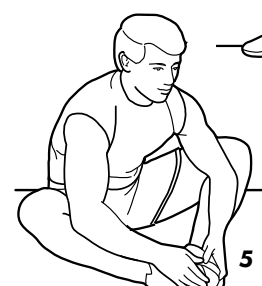
### 4. Quadriceps Stretch

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)

# 11. FREQUENTLY ASKED QUESTIONS

## **Q1. How do I take care of the resistance bands?**

1. The resistance bands require no special care
2. Remove dirt with a damp cloth
3. Do not use any abrasive cleaning products or sharp objects on the resistance bands

## **Q2. My computer screen is not working**

1. Check that your batteries are securely in place
2. Check if batteries are inserted in the correct direction
3. Replace batteries

## **Q3. How do I increase the resistance on the resistance bands?**

1. The shorter the bands, the more force required to stretch the band
  - refer to adjusting resistance bands on page 5
  - refer to resistance bands chart on page 5

## 12. 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 Twist & Shape 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.

## 13. PARTS LIST

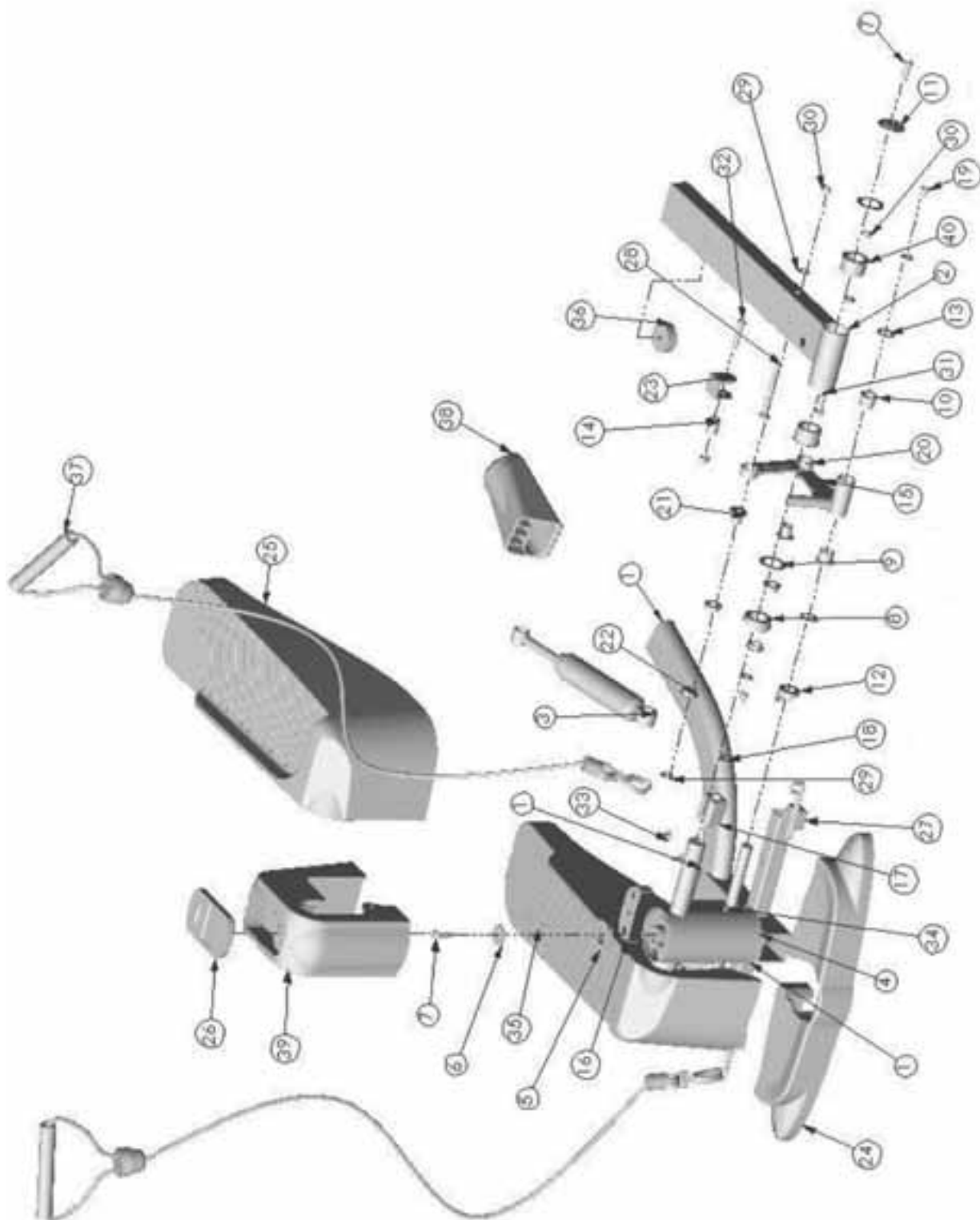
No.	Description	Q'ty	No.	Description	Qty
1143-1	Main Stand	1	1143-21	Thrust Unit (M8)	4
1143-2	Struts For Pedals	2	1143-22	Thrust Unit (M14.8)	8
1143-3	Cylinder	2	1143-23	Cylinder Mounting	2
1143-4	Large Thrust Unit.	1	1143-24	Lower Cover	1
1143-5	Small Thrust Unit	1	1143-25	Pedal Cover	
1143-6	Thick Washer	1	1143-26	Monitor	1
1143-7	Bolt (M8 x 01.25 x 25mm)	3	1143-27	Front Supporting Leg	2
1143-8	Thrust Unit 1	2	1143-28	Bolt (M8 x 01.25 x 80mm)	2
1143-9	Large Washer	4	1143-29	Narrow Washer (M8)	10
1143-10	Thrust Unit 2	4	1143-30	Nut (M8)	6
1143-11	Anti-slip Washer	2	1143-31	Bolt (M8 x ø1.25 x 40mm)	2
1143-12	Thrust Unit 3	2	1143-32	Screw (M8 x ø1.25 x 40mm)	2
1143-13	Washer	4	1143-33	Screw (M6 x 16mm)	6
1143-14	Thrust Unit 4	4	1143-34	Screw (M4 x 10mm)	2
1143-15	Suspension Arm	2	1143-35	Screw (M4 x 10-10C)	1
1143-16	Magnets	1	1143-36	Damping Block	2
1143-17	Plastic Tubing	2	1143-37	Resistance Band	2
1143-18	Washer 1	2	1143-38	Rear Supporting Leg	2
1143-19	Screw (M8 x ø1.25 x 10mm)	4	1143-39	Plastic Monitor Housing	1
1143-20	Dished Washer	2	1143-40	Thrust Unit 5	4

### 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.

# 14. EXPLODED DRAWING



## 15. 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	
<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

# 16. TROJAN REPAIRS PROCEDURE

## I. 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.



**CALL**  
**0861 876526**  
**0861 TROJAN**

**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