



EXECUTIVE 600 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

1521

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1 YEAR
warranty



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1. SAFETY INSTRUCTIONS

WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the TROJAN EXECUTIVE 600 TREADMILL.

1. Use the TROJAN EXECUTIVE 600 TREADMILL only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. TROJAN EXECUTIVE 600 TREADMILL should not be used by persons weighing more than 120kgs.
4. The TROJAN EXECUTIVE 600 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 EXECUTIVE 600 TREADMILL, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN EXECUTIVE 600 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.



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 EXECUTIVE 600 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 EXECUTIVE 600 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.

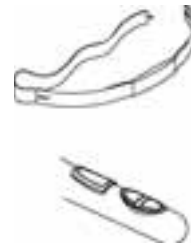
- Read this manual carefully before using the TROJAN EXECUTIVE 600 TREADMILL.



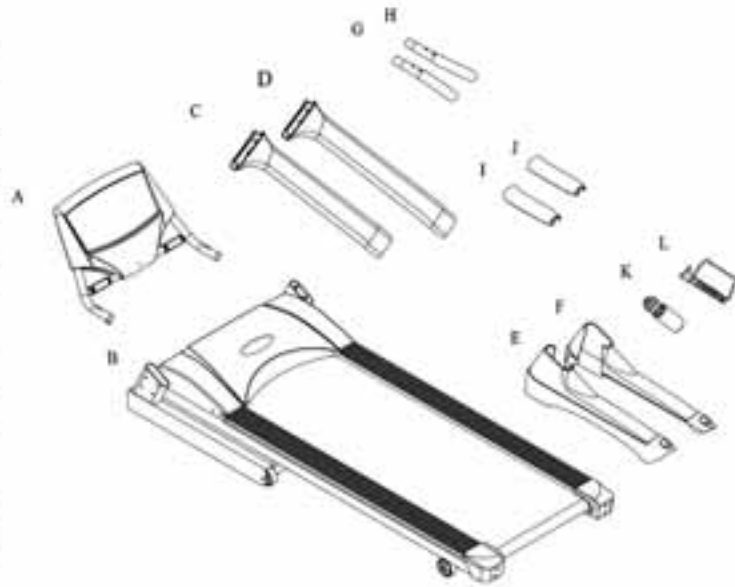
3. HARDWARE LIST

Handrail control button and heart rate strap are included in this package.

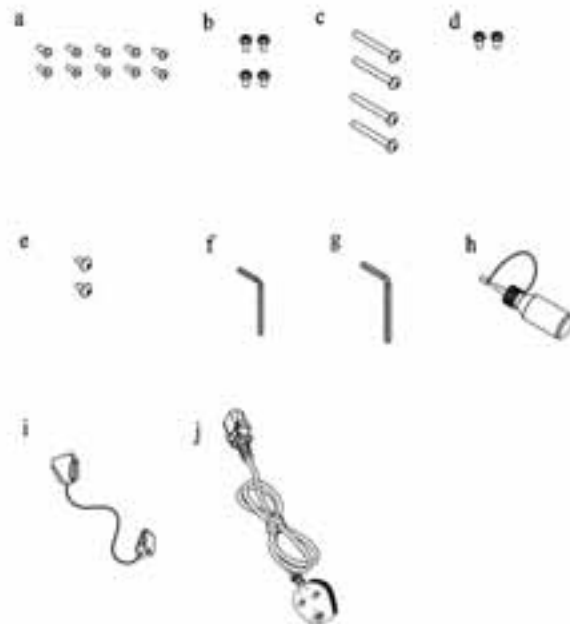
1. Heart rate can be measured on this treadmill. Attach the strap to your chest during exercise, the heart rate value will display on the PULSE window.
2. The control button on the handrail can also be used to adjust speed and elevation. The control button on the left handrail is for elevation while the right handrail button is for speed adjustment.



ITEM	Description	Qty
A	Computer Set	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Left Upright Cover	1
F	Right Upright Cover	1
G	Left Handrail	1
H	Right Handrail	1
I	Left Handrail Cover	1
J	Right Handrail Cover	1
K	Bottle	1
L	Cup/Bottle Holder	1



ITEM	Description	Qty
a	Bolt M8xP1.25x15	10
b	Bolt M5xP0.8x10	4
c	Bolt M8xP1.25x60	4
d	Bolt M5xP0.8x15	2
e	Bolt ϕ 5x25	2
f	Allen Wrench 5mm	1
g	Allen Wrench 6mm	1
h	SILICON	1
i	Safety Key/Clip	1
j	Power Cord	1



4. ASSEMBLY STEPS

Two persons are required to finish the assembly steps.
(Caution!! Please follow the assembly steps below to avoid injury).

STEP 1

- First attach the bottom Control Wire to the Plastic Wire protection sleeve by pulling the Guide Wire inside the Right Upright Tube (D). Position it through the round hole on the side of the right upright tube, then insert both Upright Tubes (C, D) into the two locations (as shown in the drawing) on the frame.
- Secure them with Bolts (a) and Wrench provided.

NOTE

In order to prevent any injury, two persons are required to assemble the product. Please be aware that one person must hold the upright tubes during the assembly process, to prevent the tubes from falling.

CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.

STEP 2

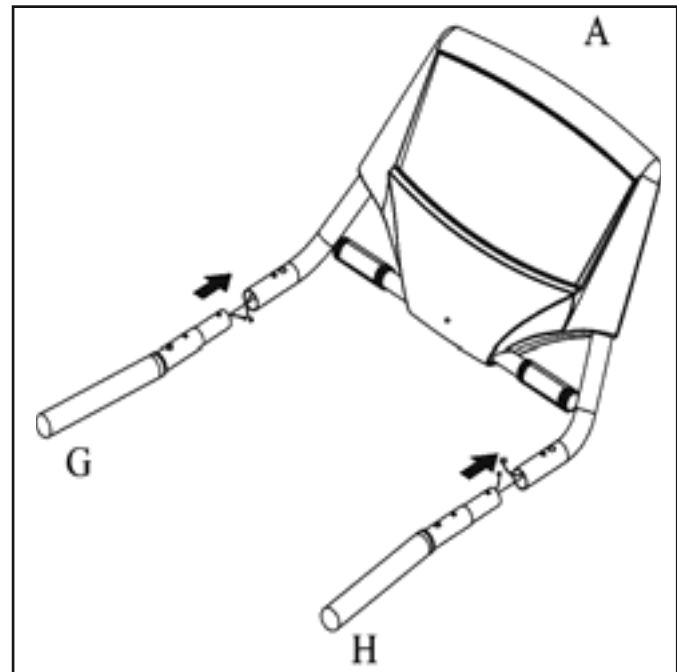
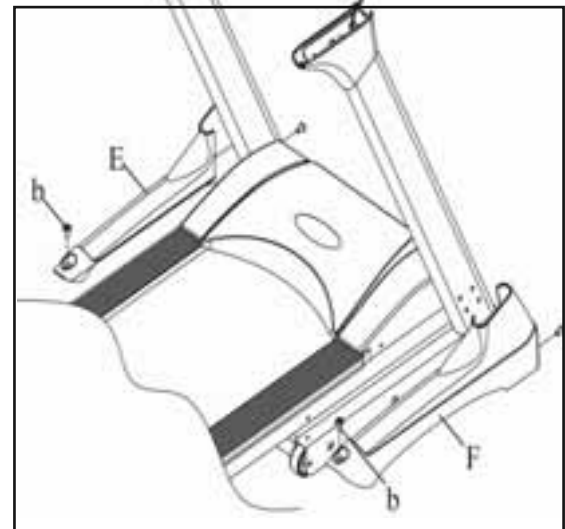
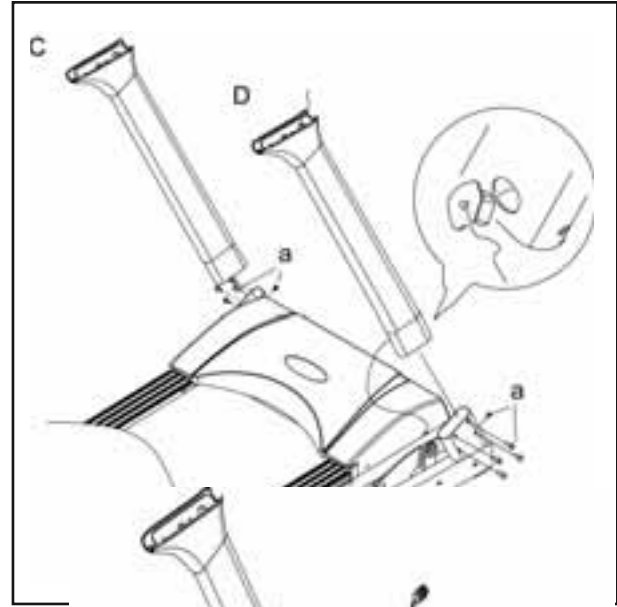
- Attach the Side Covers (E, F) to the Body Frame, as shown in the drawing. Tighten them with Bolts (b) provided.

STEP 3

- Pull out the Wires within both Handrails from the Upper Hole of the Console with the guide wire in the Console Base (A). Attach to Wires in Hand Rails (G,H) Then insert both handrails (G,H) into the console base illustrated.

CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.



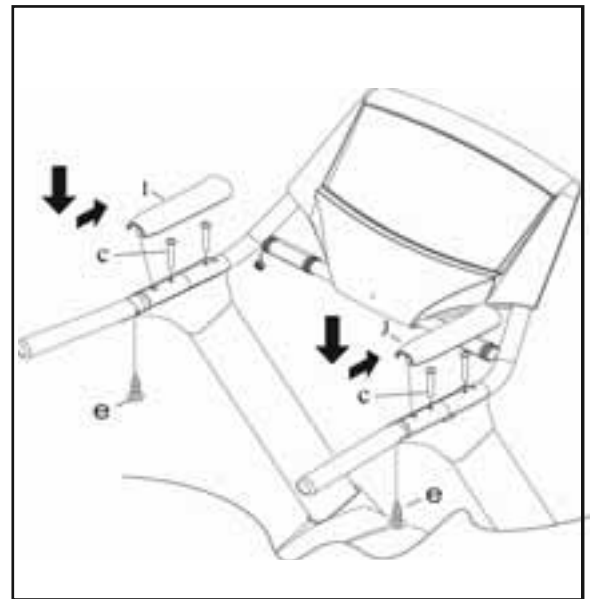
ASSEMBLY STEPS

STEP 4

- Place the Computer Rack assembly onto the assembled Frame.
- Connect the Control Wire from the Upright Tubes to the Control Wire on the Computer.
- The Computer Rack can now be fastened on the Frame with Bolts (c)
- Attach the right and left Hand Rail Covers (I,J) with Bolt (e).

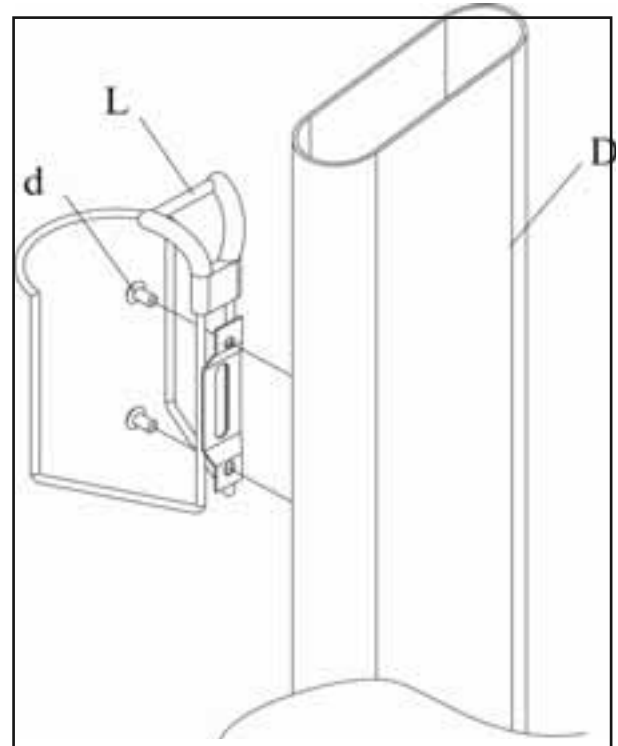
CAUTION:

Ensure that cables are not damaged during assembly or when tightening screws.



STEP 5

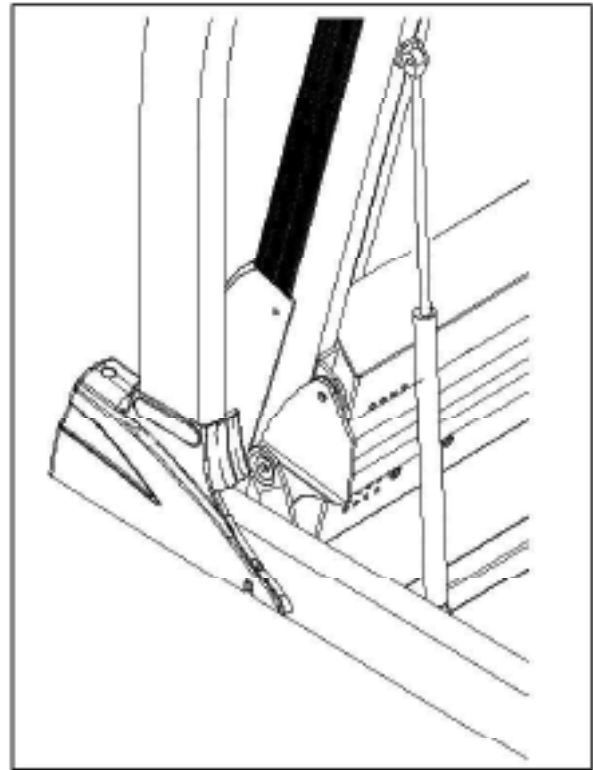
- Attach the holder (L) on the Upright Bar (D) and secure with Bolt (d)



5. FOLDING INSTRUCTIONS

FOLDING DECK CYLINDER

Note: The Cylinder is pressurised, so extra care must be taken to avoid contact with other objects. Note: If you damage the Cylinder, usage could be affected.

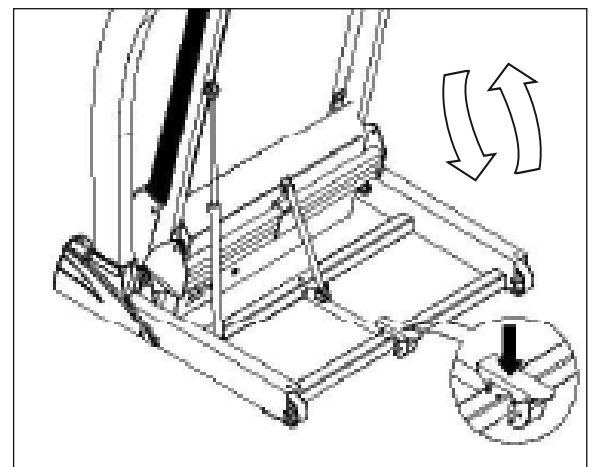


FOLDING MECHANISM

- This treadmill can be folded away for storage. When storing the treadmill, all power must be off. Fold the running deck towards the console.
- Ensure that the footplate locks onto the tube of the frame.
- To open, step on the footplate to release the tube. Slowly pull down the running deck and allow it to automatically move in the direction shown.
- Never stand underneath the deck.

Warnings

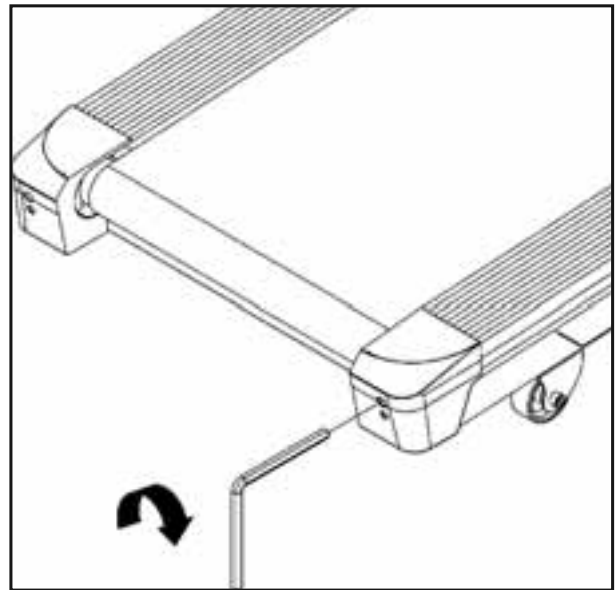
1. To prevent any injuries, ensure that no children are near to the machine when storing or unpacking the machine.
2. Should you want to move the machine, ensure it is locked in its storage position, hold machine on rear adjustment boxes, and tilt slowly onto its roller wheels



6. MAINTENANCE

RUNNING BELT NOT CENTERED

- If the running belt is not centered on the tail roller and it's either too far left or right, please turn off the treadmill first.
 - Use 6mm Allen Wrench shaped wrench to loosen bolts within rear adjusting boxes.
 - If the running belt is tracking to the left, adjust belt to track to the right. Tighten the left tail roller Allen screw by turning quarter clockwise. The same procedure applies if the belt is pulling right i.e. tighten right tail roller. Power on the treadmill after the adjustment. If it has no obvious effect, just repeat the steps above.
 - Do not use the treadmill until the running belt returns to the center position. Should tracking occur please use the above mentioned steps to rectify the issue.
- Please note: The running belt might not stay precisely in the center, but might move slightly to either the right or left side.*
- When aligned properly the belt wont scratch the side rails.*

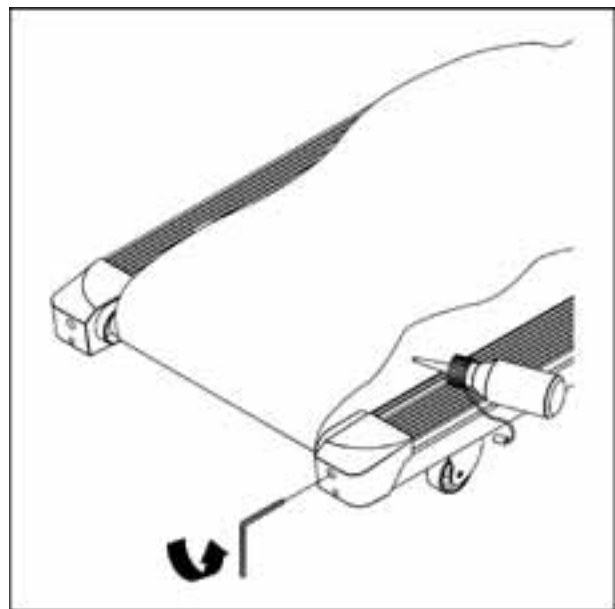


LUBRICATION

- It is strongly suggested that you follow the timetable below to apply lubrication to the running deck.
- Firstly use the 6mm wrench to loosen the bolts within the rear adjusting boxes, pull up the running belt and evenly apply lubrication on the center deck.
- Then adjust the belt to the center of deck and following the above step to tighten the belt.
- Please run treadmill at low speed, after all bolts are secure, to allow equal distribution of the lubricating oil.
- Please follow the above steps to lubricate the belt if you experience any skid phenomena.

LUBRICATION TIMETABLE

Speed	Suggested Time
1~6 km	1 year
6~12 km	6 months
12~16 km	3 months

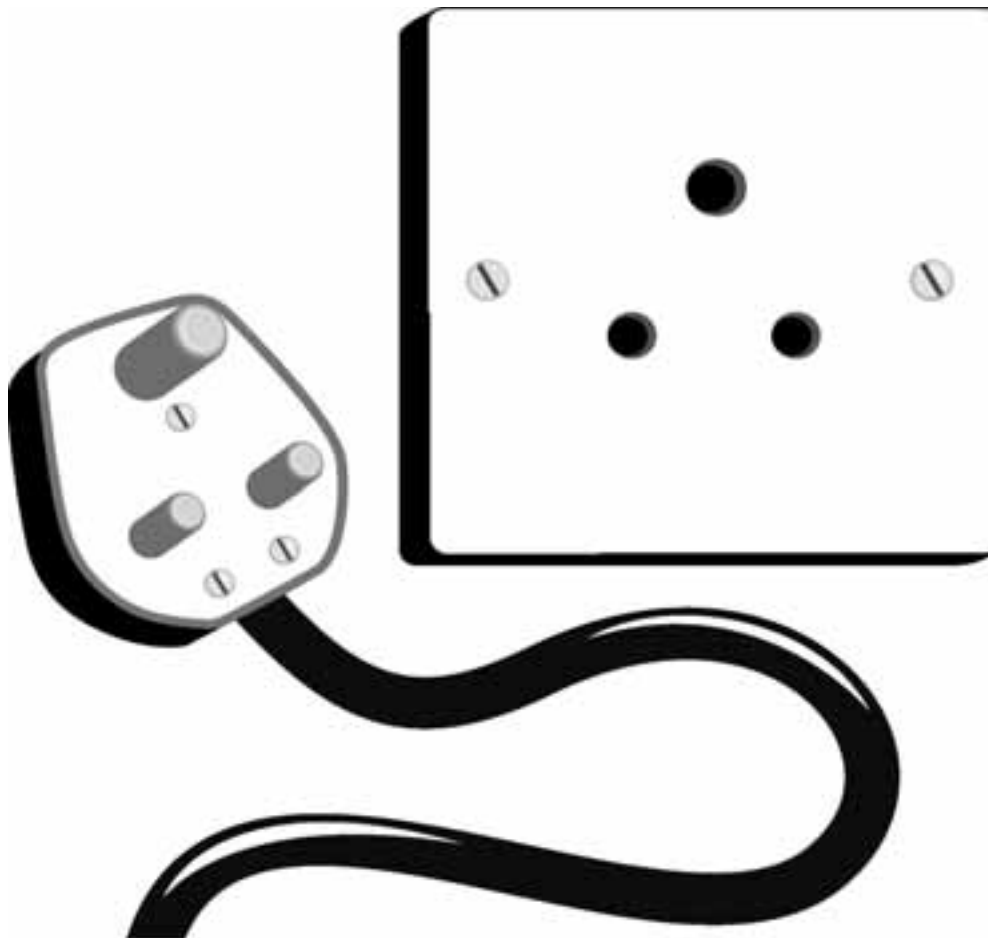


7. GROUNDING INSTRUCTIONS

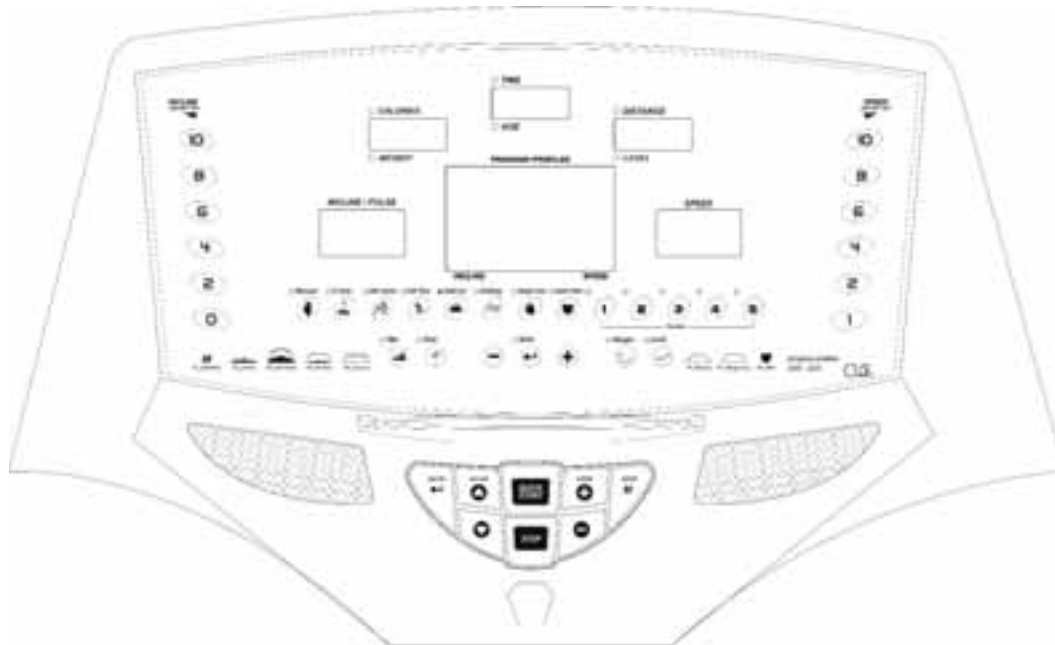
This product must be grounded. If malfunction or breakdown occurs, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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 product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet; have a proper outlet installed by a qualified electrician.











This product is for use on a nominal 220~240-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.













8. COMPUTER FUNCTIONS



A. PROGRAM MODE:

1. Under Quick Start mode select a program  by pressing   and press 
2. Level indicator will display L I-L IO. Adjust using   key and press  to select.
3. Pre-set time 30 mins. Use the   keys to adjust and press  to select or press the "Start" key to begin.
4. Equipped with both "Warm Up" and "Cool Down" functions.
 - During "Warm Up" or Program Status, changing the Speed or Inclination will reflect in next phase.
 - "Cool Down" - Speed and inclination function can't be secured during "Cool Down". "Stop" is the only function that can be carried out.
5. Speed and Inclination will display on their respective LED screens while the Console will show the Program layout.




B. CUSTOM MODE:

1. Select a Custom Program  by pressing   Press  to confirm.
2. Select time using the   keys and press  to select. Time will automatically adjust to fit the 30 stages.
3. Use the   keys to adjust the speed and inclination for each of the 30 stages in a Custom Program. Press  after each value is entered.
4. LED will display "Calories / Incline / Speed / Distance". LED will also display "Pulse" when available.







General

1. There are 30 stages per program. Each stage is 1 minute long on the default setting. Should you adjust the time on a Program, the time spent on each stage will be spread evenly across all 30 stages.

C. MANUAL:

1. Press the "Start" key. Console will count down from 3 seconds, after which the motor will switch on to a speed of 0.8KPH.
2. To adjust the speed press the  speed keys or use the instant speed keys 2;4;6;8;10;12. Please note: these numbers reflect the speed of the treadmill. Range 0.8KPH ~ 20KPH.
3. To adjust the incline press the  incline keys or use the instant incline keys 1;2;4;6;8;10. Please note: these numbers reflect the incline of the treadmill. Range 0 ~ 12%.
4. To adjust the time press  keys. Range is 20 - 99 min. If no time is set, the clock will count up to 99:00 before the motor stops and returns inclination to zero. Should a time be set, the clock will count down to 0:00 before switching the motor off and returning the inclination to zero.
5. If you press the "Stop" key during exercise the motor will stop as will the inclination motor. Should you then press the "Start" key, the motor will start again after a 3 second countdown and the speed will return to what it was before the "Stop" button was pressed. The same applies to the elevation which will return to the level it was at prior to the "Stop" button being pressed.
6. To stop your workout, press the "Stop" button for 3 seconds and return all settings to their default.

D. PROGRAM: Press the individual PROGRAM key to set up.

P1 Manual	Time 30min; range 20~99min
P2 9 Hole	LEVEL: pre-set program 1, levels 1~10, account distance 3500 meter.
P3 Hill Climb	LEVEL: pre-set program 1, levels 1~10. Time 30min, area 20~99min,
P4 Hill Run	LEVEL: pre-set program 1, levels 1~10. Time 30min, range 20~99min,
P5 HRC*	<p>1. HRC (Heart Rate Control) Program allows you to train in a specific heart-rate range. The treadmill will automatically adjust its speed and inclination to keep the heart-rate in a specific range.</p> <p>2. To adjust your age use the  keys. Press  to select.. Pre-set value is 30; range 13 - 80.</p> <p>3. "Pulse" indicator will flash on the LED screen. Pre-set value is determined by your age. Use the  keys to adjust, followed by the  key to select.</p> <p>4. "Time" indicator will flash on the LED screen. Use the  keys to adjust, press  to select. Pre-set value is 30 min, range is 20 - 99 min.</p>
P6 Interval	LEVEL: pre-set program 1, levels 1~10, Time 30min, range 20~99min,
P7 Rolling	LEVEL: pre-set program 1, levels 1~10, Time 30min, range 20~99min,
P8 Weight Loss	LEVEL: pre-set program 1, levels 1~10, Time 30min, range 20~99min,
P9,P10,P11,P12	All CUSTOM Time 30min, range 20~99min,

COMPUTER FUNCTIONS

* HRC (Heart Rate Control) Pre-set values and High (H) and Low (L) values

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Pre-set program	L		H	Pre-set program	L		H	Pre-set program	L		H	Pre-set program	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

9. REFERENCE TABLES

- To select either the Metric (KPH) or the English (MPH), press the “ENTER” key for 10 seconds, and the display will show either 0 (English) or 1 (Metric):
- Select either system by using the “+” or “-” buttons.
- Press “ENTER” to confirm the system.

The following tables reflect the detailed breakdown of each pre-set programme in the Trojan Executive 600 Treadmill

P2 - Nine Hole (Simulates walking 9 Holes of Golf)

																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	
Level 2	incline		0.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 3	incline		0.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 4	incline		0.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 5	incline		0.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 6	incline		0.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 7	incline		0.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0																																
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 8	incline		0.0	1.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0																															
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 9	incline		0.0	1.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0																															
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 10	incline		0.0	1.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	6.0	7.0	2.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0																															
																																mile speed(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
																																km speed(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6

REFERENCE TABLES

P3 - Hill Climb - Programme designed to simulate walking through hills

SPEED AND ELEVATION CHANGES		STAGES																															
HILL CLIMB		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Level 1	incline	0.0	0.0	0.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0		
	mile speed(MPH)	1.5	2.0	2.5	3.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	3.5	3.0	2.5	2.0	1.5		
	km speed(KPH)	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4		
Level 2	incline	0.0	0.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	3.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	0.0	0.0		
	mile speed(MPH)	1.5	2.0	2.5	4.0	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3.0	4.5	3.0	4.5	3.5	4.5	3.0	4.5	2.5	4.5	2.5	4.5	2.5	4.0	3.5	2.5	2.0	1.5		
	km speed(KPH)	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4		
Level 3	incline	0.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0			
	mile speed(MPH)	1.5	2.0	2.5	4.5	2.5	4.0	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.0	5.0	3.0	5.0	3.0	4.5	3.5	2.5	2.0	1.5		
	km speed(KPH)	2.4	3.2	4.0	7.2	4.0	6.4	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	4.8	8.0	4.8	8.0	4.8	7.2	5.6	4.0	3.2	2.4		
Level 4	incline	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0		
	mile speed(MPH)	2.0	2.5	3.0	5.0	3.0	5.0	3.0	5.5	3.5	5.5	3.5	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	3.5	5.5	3.5	5.5	3.5	5.0	4.0	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.8	5.6	8.8	5.6	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	5.6	8.8	5.6	8.8	5.6	8.0	6.4	4.8	4.0	3.2
Level 5	incline	1.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0		
	mile speed(MPH)	2.0	2.5	3.0	5.5	3.5	5.5	3.5	6.0	4.0	6.0	4.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.0	6.0	4.0	6.0	4.0	3.5	5.5	4.5	3.0	2.5	2.0	
	km speed(KPH)	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	6.4	8.8	7.2	5.6	4.8	4.0	3.2	
Level 6	incline	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0		
	mile speed(MPH)	2.0	2.5	3.0	6.0	4.0	6.0	4.0	6.5	4.5	6.5	4.5	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	4.5	6.5	4.5	6.5	4.0	6.0	5.0	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	9.6	6.4	9.6	6.4	10.4	7.2	10.4	7.2	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2
Level 7	incline	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	
	mile speed(MPH)	2.0	2.5	3.0	6.5	4.5	6.5	5.0	7.0	5.0	7.0	5.0	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.0	7.0	5.0	7.0	5.0	4.5	7.0	5.0	3.5	3.0	2.5	
	km speed(KPH)	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0
Level 8	incline	2.0	3.0	3.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	2.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	5.0	7.0	5.0	7.5	5.5	7.5	5.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	5.5	7.5	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	8.0	11.2	8.0	12.0	8.8	12.0	8.8	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	8.8	12.0	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0
Level 9	incline	2.0	3.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	3.0	2.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	5.5	7.5	5.5	8.0	6.0	8.0	6.0	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.0	8.0	6.0	8.0	6.0	7.5	5.5	7.5	5.0	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	8.8	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.8	12.0	8.0	5.6	4.8	4.0
Level 10	incline	2.0	3.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	2.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	6.0	8.0	6.0	8.0	6.5	8.5	6.5	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	6.5	8.5	6.5	8.5	6.0	7.5	6.5	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0

REFERENCE TABLES

P4 - Hill Run - Programme designed to simulate running through hills

SPEED AND ELEVATION CHANGES		STAGES																															
HILL RUN		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Level 1	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	mile speed(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.0	2.5	2.0	1.5		
	km speed(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	4.8	4.0	3.2	2.4		
Level 2	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	mile speed(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	3.5	3.0	2.5	2.0	1.5	
	km speed(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	5.6	4.8	4.0	3.2	2.4	
Level 3	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	mile speed(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.0	3.5	2.5	2.0	1.5	
	km speed(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	6.4	5.6	4.0	3.2	2.4	
Level 4	incline	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0		
	mile speed(MPH)	2.0	2.5	3.0	4.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	7.2	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	7.2	6.4	4.8	4.0	3.2	
Level 5	incline	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	5.0	4.0	4.0	3.0	2.0	
	mile speed(MPH)	2.0	2.5	3.0	5.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.5	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	8.0	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.0	7.2	4.8	4.0	3.2	
Level 6	incline	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	
	mile speed(MPH)	2.0	2.5	3.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.5	5.0	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.8	8.0	4.8	4.0	3.2
Level 7	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	mile speed(MPH)	2.0	2.5	3.0	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	6.0	5.5	3.0	2.5	2.0
	km speed(KPH)	3.2	4.0	4.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	9.6	8.8	4.8	4.0	3.2
Level 8	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	6.5	6.0	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	10.4	9.6	5.6	4.8	4.0
Level 9	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	7.0	6.5	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	11.2	10.4	5.6	4.8	4.0
Level 10	incline	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	3.0	3.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	
	mile speed(MPH)	2.5	3.0	3.5	6.5	7.5	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.5	6.5	3.5	3.0	2.5
	km speed(KPH)	4.0	4.8	5.6	10.4	12.0	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	12.0	10.4	5.6	4.8	4.0

REFERENCE TABLES

P8 - Weight Loss programme specifically designed for weight loss

WEIGHT LOSS STAGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Level 1 mile speed(MPH)	0.5	1.0	1.5	2.0	2.0	2.0	2.5	2.5	2.5	3.0	3.0	3.0	3.0	3.5	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5	1.0	0.5	
km speed(KPH)	0.8	1.6	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	4.8	5.6	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	3.2	3.2	2.4	2.4	1.6	0.8	
Level 2 mile speed(MPH)	0.5	1.0	1.5	2.5	2.5	2.5	3.0	3.0	3.0	3.5	3.5	3.5	3.5	4.0	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5	
km speed(KPH)	0.8	1.6	2.4	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	5.6	5.6	6.4	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8	
Level 3 mile speed(MPH)	0.5	1.0	1.5	2.5	3.0	3.0	3.5	3.5	3.5	4.0	4.0	4.0	4.0	4.5	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	1.5	1.0	0.5	
km speed(KPH)	0.8	1.6	2.4	4.0	4.8	4.8	5.6	5.6	5.6	6.4	6.4	6.4	6.4	7.2	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	2.4	1.6	0.8	
Level 4 mile speed(MPH)	1.0	1.5	2.0	3.0	3.5	3.5	4.0	4.0	4.0	4.5	4.5	4.5	4.5	5.0	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0	
km speed(KPH)	1.6	2.4	3.2	4.8	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	7.2	8.0	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6	
Level 5 mile speed(MPH)	1.0	1.5	2.0	3.0	3.5	4.0	4.5	4.5	4.5	5.0	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	2.0	1.5	1.0	
km speed(KPH)	1.6	2.4	3.2	4.8	5.6	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.0	8.8	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	3.2	2.4	1.6	
Level 6 mile speed(MPH)	1.0	1.5	2.0	3.5	4.0	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	6.0	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	2.0	1.5	1.0	
km speed(KPH)	1.6	2.4	3.2	5.6	6.4	7.2	8.0	8.0	8.0	8.8	8.8	8.8	8.8	9.6	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	3.2	2.4	1.6	
Level 7 mile speed(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	2.5	2.0	1.5	
km speed(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	8.8	8.8	8.8	9.6	9.6	9.6	9.6	10.4	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	4.0	3.2	2.4	
Level 8 mile speed(MPH)	1.5	2.0	2.5	4.0	5.0	5.5	6.0	6.0	6.0	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	6.0	6.0	6.0	5.5	5.5	4.5	2.5	2.0	1.5
km speed(KPH)	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	9.6	10.4	10.4	10.4	10.4	11.2	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	9.6	9.6	8.8	8.8	7.2	4.0	3.2	2.4	
Level 9 mile speed(MPH)	1.5	2.0	2.5	4.0	5.5	6.0	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	5.5	5.0	2.5	2.0	1.5	
km speed(KPH)	2.4	3.2	4.0	6.4	8.8	9.6	10.4	10.4	10.4	11.2	11.2	11.2	11.2	12.0	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	8.8	8.0	4.0	3.2	2.4	
Level 10 mile speed(MPH)	1.5	2.0	2.5	4.0	5.5	6.5	7.0	7.0	7.0	7.5	7.5	7.5	7.5	8.0	8.0	8.0	8.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.0	5.5	2.5	2.0	1.5	
km speed(KPH)	2.4	3.2	4.0	6.4	8.8	10.4	11.2	11.2	11.2	12.0	12.0	12.0	12.0	12.8	12.8	12.8	12.8	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	9.6	8.8	4.0	3.2	2.4	

10. 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

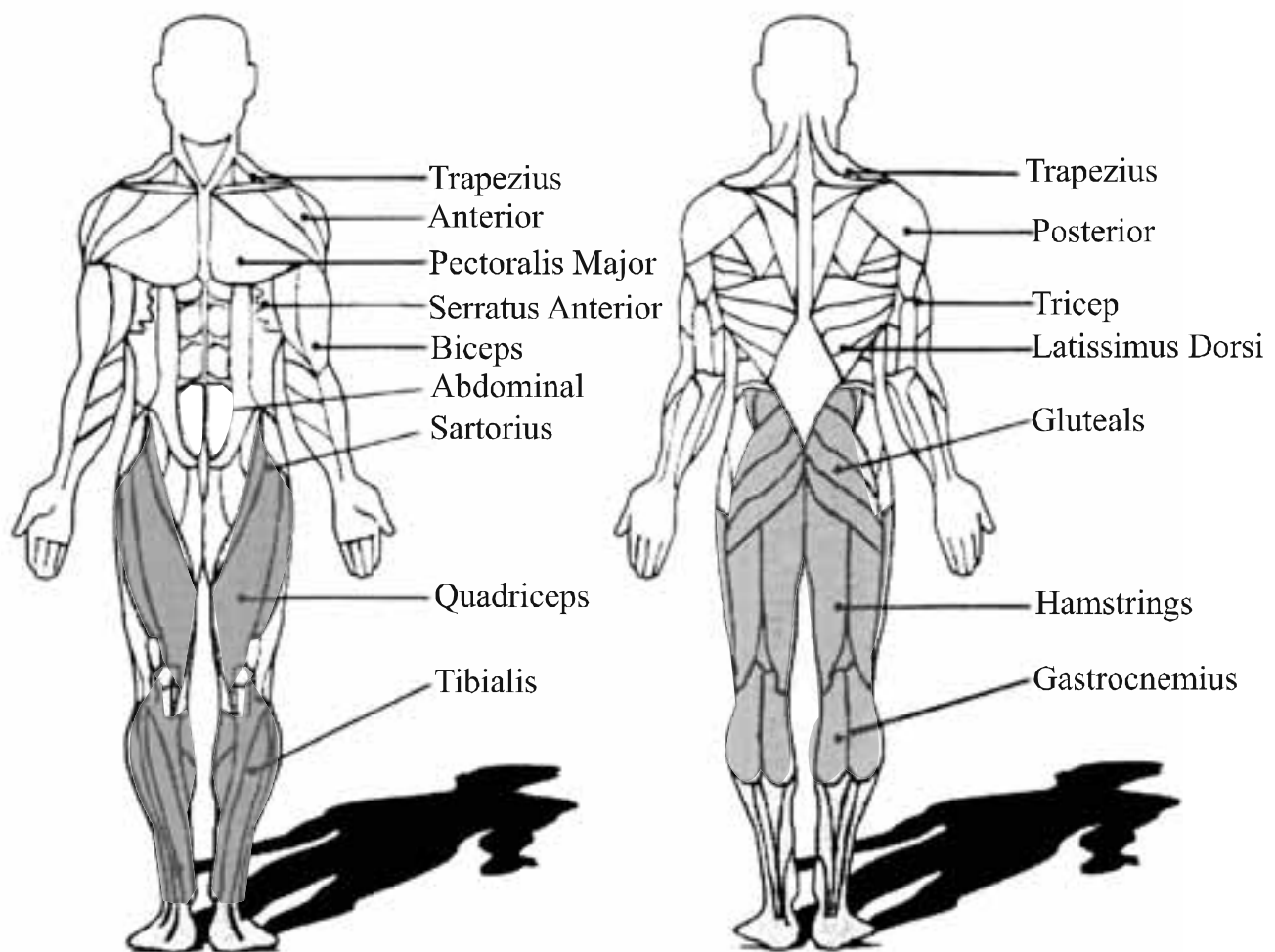
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps.

And as always consult your physician before beginning any exercise program.

MUSCLE CHART

TREADMILL

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.



11. CONDITIONING GUIDELINES

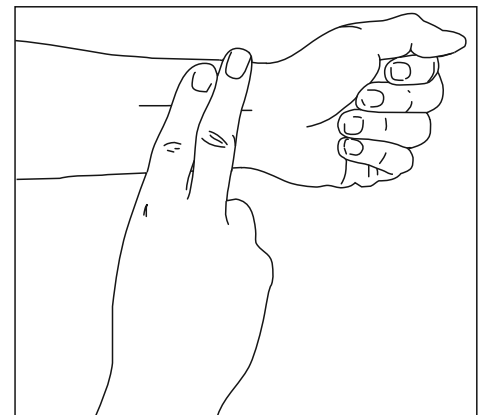
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

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.

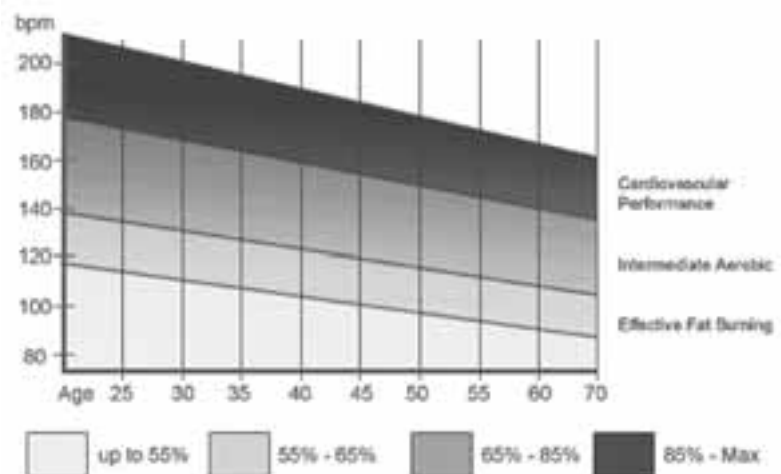


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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



12. 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

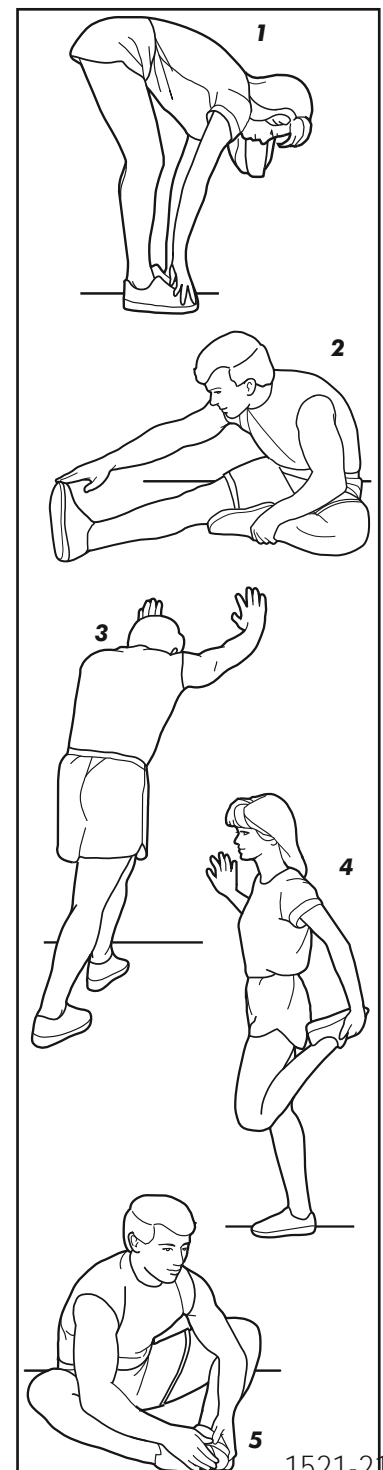
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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

13. FREQUENTLY ASKED QUESTIONS

Q1. My treadmill will not start up?

- Is the power cord connected to the power outlet, and turned on?
- Is your treadmill power button turned on?
- Do you have power supply to your home?
- Is your safety key attached to the console?

Q2. My treadmill has stopped working and is showing an E1 error

- This occurs when the motor is under strain
- Restart the treadmill and check that the running belt is well lubricated so the motor is not overloaded.
- If the error continues, please contact the Trojan service centre on **0861 876526 (0861 TROJAN)**

Q3. My treadmill is showing an E4 error

- This occurs when there is a body fat function failure
- Restart the treadmill and make sure that both hands are holding the grip pulse sensor

Q4. My treadmill is showing an E6/E7 error

- This occurs when there is an abnormality in the incline function
- Restart the treadmill and see if the error is rectified and the treadmill can be operated normally
- If the error continues, please contact the Trojan service centre on **0861 876526 (0861 TROJAN)**

Q5. How important is it to do maintenance on the treadmill?

Very important, most motor failures are directly attributed to the additional stress placed on it by virtue of:

- a) Not lubricating the running deck,
- b) Incorrect mat alignment causing drag and
- c) Incorrect mat tension causing slipping on the drive rollers.

Q6. Should I bring back my treadmill to zero incline once I have finished my workout?

- Yes.

Q7. How often should I lubricate my running deck?

- Refer to recommendation on page 9

Q8. Should I always unplug my unit from my wall socket when not in use?

- Yes.

Q9. My belt is making a rubbing sound. How do I rectify this problem?

- Ensure the deck is well lubricated and that it is well aligned.

Q10. My display panel is very faint?

- Ensure the unit is not in direct sunlight. Remove the plastic film on monitor. If the problem persists, please contact your local Trojan Service Centre on 0861 876526.

Q11. Is it wise to extend my power cable?

- No, as any modifications to the unit could affect it and your warranty.

Q12. Can I stop halfway through my workout and then resume from where I stopped?

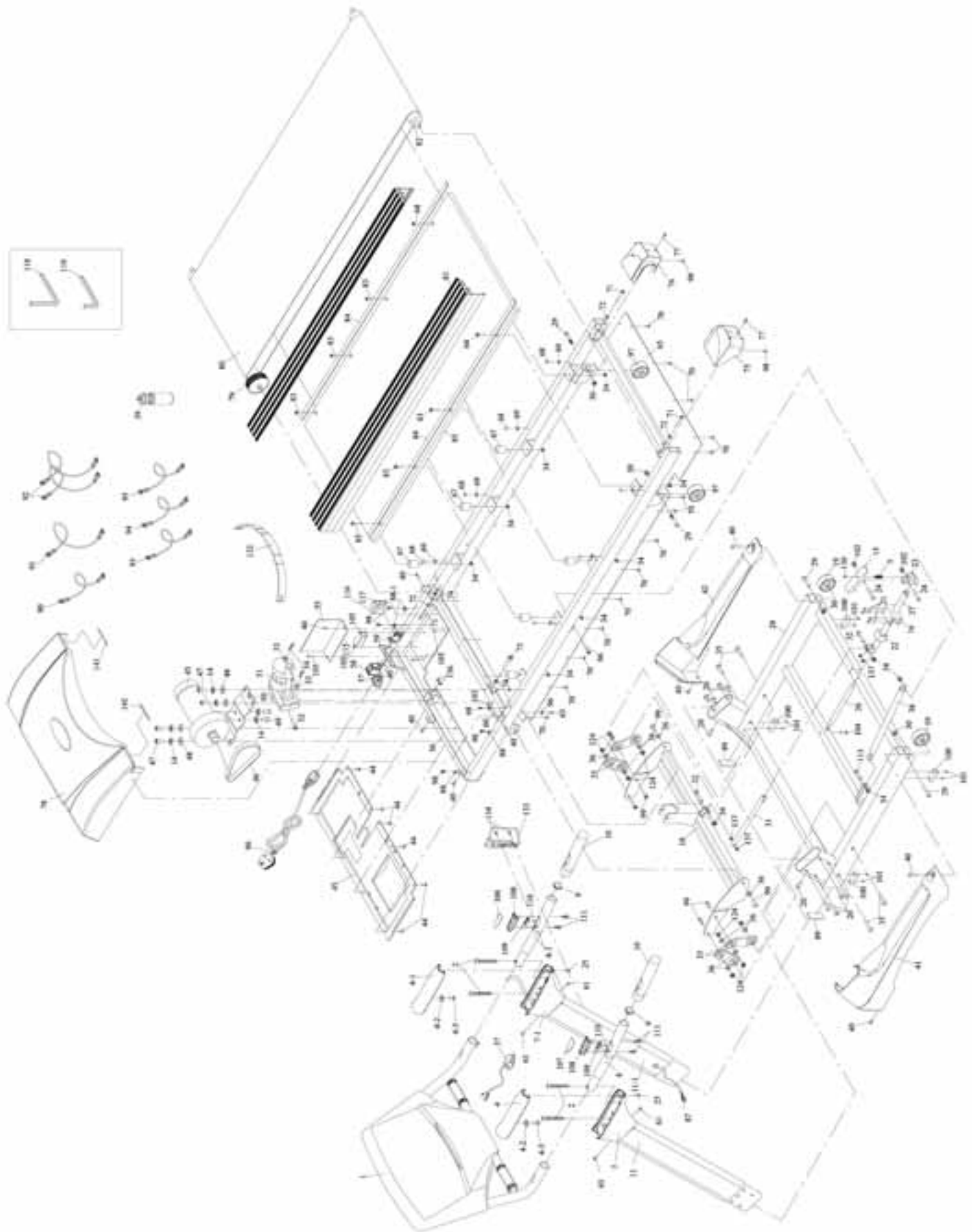
- Yes, with the new Platinum Range, pressing stop during a program will pause the program. To resume again, press start.

14. PARTS LIST

No.	Description	Qty
1	Computer console	1
2	Bolt K-299	4
3	Spring	1
4	Handrail upper cover(L)	1
4-1	Handrail upper cover(R)	1
4-2	Handrail upper cover plate	2
4-3	Bolt ϕ 4x10	2
5		
6		
7	Handrail(L)	1
7-1	Handrail(R)	1
8	Handle pipe(L)	1
8-1	Handle pipe(R)	1
9	Cape ϕ 1-1/2"x1.5t	2
10	PVC foam tube	2
11	Upright pipe(L)	1
11-1	Upright pipe(R)	1
12		
13		
14	Spring washer M8	6
15	deck	1
16	Folding fixture	1
17		
18	Lifter weld	1
19	Wheels P-320	2
20	Bolt M8xP1. 25x15	10
21	Bolt M6xP1. 0x45	4
22	Washer	1
23	Rail	1
24	Bolt M5xP0. 8x40	2
25	Bolt ϕ 5x25	2
26	Bushing axle	1
27	Bushing	1
28	Base weld	1
29	Bolt K-288	4
30	Nut M10xP1. 5	4
31	Positioning axle	1
32	Screw K-416	2
33	Incline connecting bracket	4
34	Nut M8xP1. 25	12
35	Screw K-432	4
36	Washer K-431	10
37	Safety Key	1
38	Cylinder	1
39	Bottle	1
40	Bolt M5xP0. 8x10	10
41	Cover(L)	1
42	Cover(R)	1
43	Motor lower cover	1
44	Bolt M6xP1. 0x10	9
45	Motor	1
46	Motor belt	1
47	Bolt M8xP1. 25x20	4
48	Washer ϕ 8x ϕ 19x3. 0t	4
49	Bolt M8xP1. 25x15	2
50	Motor fixed plate	1
51	Incline motor	1
52	Bolt K-439	1
53	U shape pin	2
54	Rpin ϕ 10x ϕ 2. 0	2
55	Controller	1
56	Frame	1
57	Power socket	1
58	Power switch	1
59	Circuit breaker	1
60	Sensor	1
61	Bolt M5xP0. 8x12	4
62		
63	Bolt M6xP1. 0x8	4
64	Bolt M8xP1. 25x35	6
65	Base cover	1
66	Bolt K-413	1
67	Rubber absorbor	6
68	Bolt M4xP0. 7x10	9

No.	Description	Qty
69	Plastic deck fixture	8
70	Bolt ϕ 4x12	24
71	Bolt M8xP1. 25x55	3
72	Washer ϕ 8x ϕ 16x1. 5t	3
73	Bolt M8xP1. 25x45	1
74	Nut M8xP1. 25	2
75	Rear end cap (L)	1
76	Rear end cap (R)	1
77	Bolt M4xP0. 7x20	2
78	Upper cover	1
79	Front Roller set	1
80	Belt	1
81	Plastic deck	2
82	Rear roller set	1
83A	Bolt M8xP1. 25x40	2
84	Foam,cushion	2
85	Runnina board	1
86	Power cable	1
87	Control cable (lower)	1
88	Cable guide UC-0	2
88-1	Cable guide UC-1	2
89	Side cover plastic fixture	2
90	Cable--green 14AWGx130mmx1T1R	1
91	Cable-- white 14AWGx90mmx2T	1
92	Cable--black 14AWGx90mmx2T	2
93	Cable-- white 14AWGx170mmx2T	1
94	Cable--black 14AWGx170mmx2T	1
95	Cable-- white 14AWGx200mmx2T	1
96	Washer ϕ 6x ϕ 13x1. 0t	4
97	Wheel P-1145	2
98	Bolt M4xP0. 7x16	6
99	Bolt K-430	6
100	Pad	4
101	Bolt ϕ 4x20	8
102	Nut M5xP0. 8	2
103	Sensor fixture	1
104	Bolt M6xP1. 0x25	1
105	Bolt M5xP0. 8x8	5
106	Handrail switches sticker-speed	1
107	Handrail switches sticker-elevation	1
108	Plastic handrail switches	2
109	Handrail switches wire	2
110	Bolt ϕ 3x8	2
111	Nut ϕ 3x20	4
112		
113	Bolt K-436	1
114		
115	Filter	1
116	Chork	1
117	Bolt M5xP0. 8x12	2
118	Lug wrench 6mm (80mmx80mm)	1
119	Lug wrench 5mm	1
120		
121		
122		
123		
124	Nut M10xP1. 5x8t	10
125		
126		
127		
128		
129		
130	Bolt M6xP1. 0x8	1
131		
132	Chest Belt	1
133	Bottle Holder	1
134	Bolt M5xP0. 8x15	2
135		
136	Washer	2
137	Washer	4
138		
139		
140		
141	Mute Pad	2
142		

15. EXPLODED DRAWING



16. 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

1 YEAR
warranty

Proof of Purchase


Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number.

Warranty numbers can be issued through contacting our call centre on **0861 Trojan (0861 876 526)**, or online at www.trojanhealth.co.za. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Trojan hotline on **0861 Trojan (0861 876 526)** and the Supplier's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

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

	ATTACH RECEIPT	
CLIENT DETAILS		
NAME: _____		
EMAIL: _____	CELL: _____	
TEL(H): _____	TEL(W) _____ FAX _____	
ADDRESS: _____		

PRODUCT DETAILS		
DATE OF PURCHASE: dd / mm / yy	SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DISCRIPTION OF PRODUCT		

BRANCH PURCHASED AT		

0861 TROJAN (0861 876526)		WWW.TROJANHEALTH.CO.ZA



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

17. 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

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

WWW.TROJANHEALTH.CO.ZA

