



CONTENDER 325

EXERCISE BENCH



EXERCISE BENCH ASSEMBLY, CARE AND INSTRUCTION MANUAL



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

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I. SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of TROJAN products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. If any of these instructions or warnings are unclear, please contact TROJAN Customer Services on 0861 876526 (0861 Trojan), within the Republic of South Africa.

The equipment is only intended for HOME USE and is NOT intended FOR COMMERCIAL, INSTITUTIONAL AND/OR STUDIO FACILITIES USE.

Contact TROJAN with any questions regarding this classification. It is recommended that all users of TROJAN be informed of the following information prior to use.

HEALTH 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 or have never exercised, are pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

ACCESS CONTROL



TROJAN recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment. Parents or other supervising adults must provide close supervision of children, if the equipment is used in the presence of children.

INSTALLATION



TROJAN recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1m of space around the equipment where access is required to exercise.
- Be installed by our team of installers.

PROPER USAGE



- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that TROJAN equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your TROJAN equipment should only be used by one person at a time.
- Be careful to maintain your balance while using or assembling your TROJAN equipment to avoid injury.
- Do not attempt to adjust any seats / pads / pulleys etc. while you are on your TROJAN equipment.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster; make certain the adjusting pin is fully engaged in the hole to avoid injury.

I. SAFETY INSTRUCTIONS

INSPECTION



- Do not use or permit use of any equipment that is damaged or has worn or broken parts. For all TROJAN equipment use only replacement parts supplied by TROJAN.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your TROJAN equipment.
- Before any use, examine all accessories approved for use with the TROJAN equipment for damage or wear.
- Should your TROJAN equipment appear damaged or worn, do not attempt to use or repair the equipment yourself. Please contact our service department on 0861 876526 (0861 Trojan) to arrange a repair.

OPERATING WARNINGS



- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all TROJAN equipment.
- Keep children away from all moving parts and away from all strength equipment. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

USER WEIGHT LIMITATIONS



- This TROJAN CONTENDER 325 may not be used by persons weighing more than 90kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE

If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 876526 (0861 Trojan)**, within the Republic of South Africa or visit **www.trojanhealth.co.za**.

2. PRE ASSEMBLY CHECKLIST

Thank you for choosing the TROJAN CONTENDER 325 bench. 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.

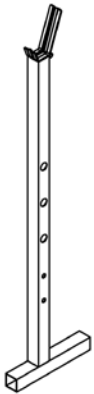
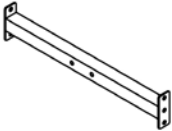
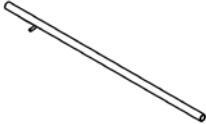
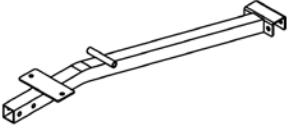
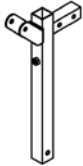
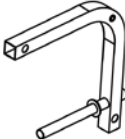
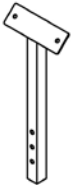
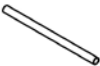
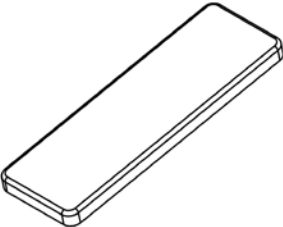
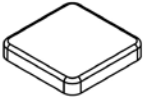
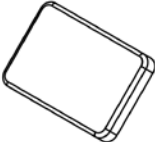
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The TROJAN CONTENDER 325 bench provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

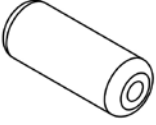
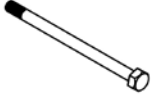
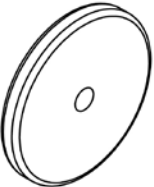
- Read this manual carefully before using the TROJAN CONTENDER 325 bench.



3. HARDWARE LIST

 01# REAR UPRIGHT TUBE 2PCS	 02# CONNECT TUBE 1PC	 03# BACK ADJUSTABLE TUBE 1PC	 04# MAIN CROSS TUBE 1 PC
 05# FRONT UPRIGHT TUBE 1PC	 06# FRONT FOOT TUBE 1PC	 07# BACK CUSHION TUBE 2PCS	 08# LEG CURL TUBE 1PC
 09# ARM CURL TUBE 1PC	 10# FOAM TUBE 2PCS	 11# CONNECT PLATE 2PCS	 12# BACK CUSHION 1PC
 13# SEAT CUSHION 1PC	 14# ARM CURL CUSHION 1PC		

3. HARDWARE LIST

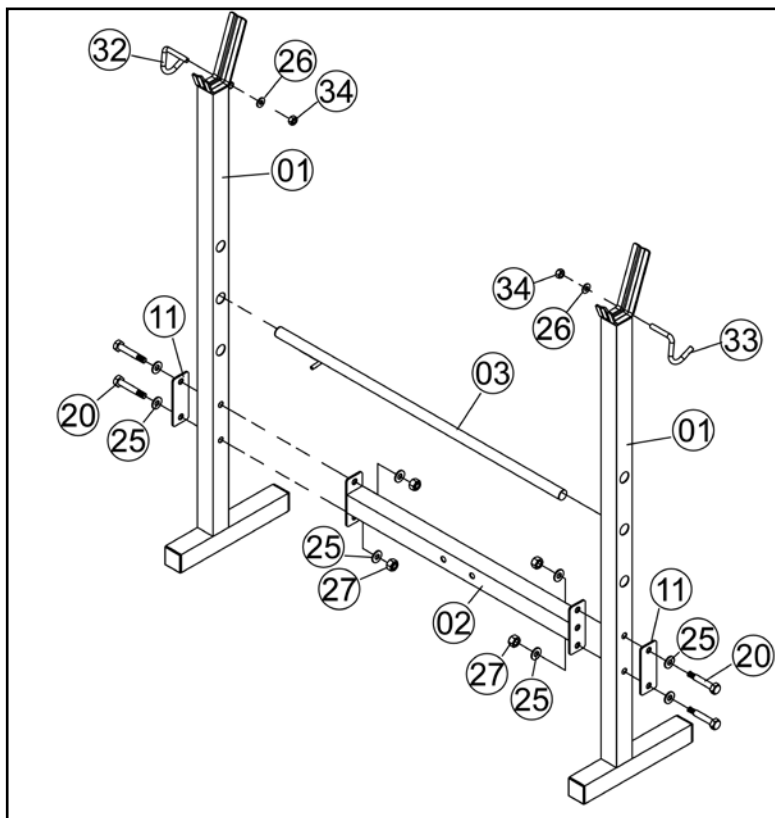
			
15# FOAM 4PCS	16# CLIP $\varnothing 25$ 1PC	17# KNOB M10 1PC	18# HEXBOLT M10*155mm 1PC
			
19# HEX BOLT M10*65mm 1PC	20# HEX BOLT M10*60mm 6PCS	21# HEX BOLT M10*50mm 2PCS	22# HEX BOLT M10*15mm 2PCS
			
23# HEX BOLT M8*40 4PCS	24# HEX BOLT M8*20 4PCS	25# WASHERS $\varnothing 10$ 22 PCS	26# WASHERS $\varnothing 8$ 10 PCS
			
27# NYLON LOCK NUT M10 10PCS	28# WEIGHT BAR 1PC		
			
29# WEIGHT PLATE 5KG 2PCS	30# WEIGHT PLATE 2KG 2PCS	31# SCREW 2PCS	32# RIGHT SAFE HOOK 1PC
			
33# LEFT SAFE HOOK 1PC	34# NYLON LOCK NUT M8 2PCS	35# SQUARE INNER CAP 38 8PCS	36# SQUARE INNER CAP 25 4PCS
			
37# SQUARE SLEEVE 38 1PC	38# ROUND INNER CAP $\varnothing 25$ 1PC	38# ROUND INNER CAP $\varnothing 19$ 6PCS	40# ROUND END CAP $\varnothing 25$ 1PC

4.ASSEMBLY STEPS

STEP 1

- Attach Connect Tube (02) to Rear Upright Tube (01) with 2 Connect Plates (11), 4 Hex Bolts M10 x 60 mm (20), 8 Washers Ø10 (25) and 4 Nylon Lock Nuts M10 (27).
- Slide the Back Adjustable Tube (03) into the Rear Upright Tube (01).
- Attach Right Safe Hook (32) and the Left Safe Hook (33) to the Rear Upright Tubes (01) using 2 Washers Ø8 (26) and 2 Nylon Lock Nuts M8 (34).

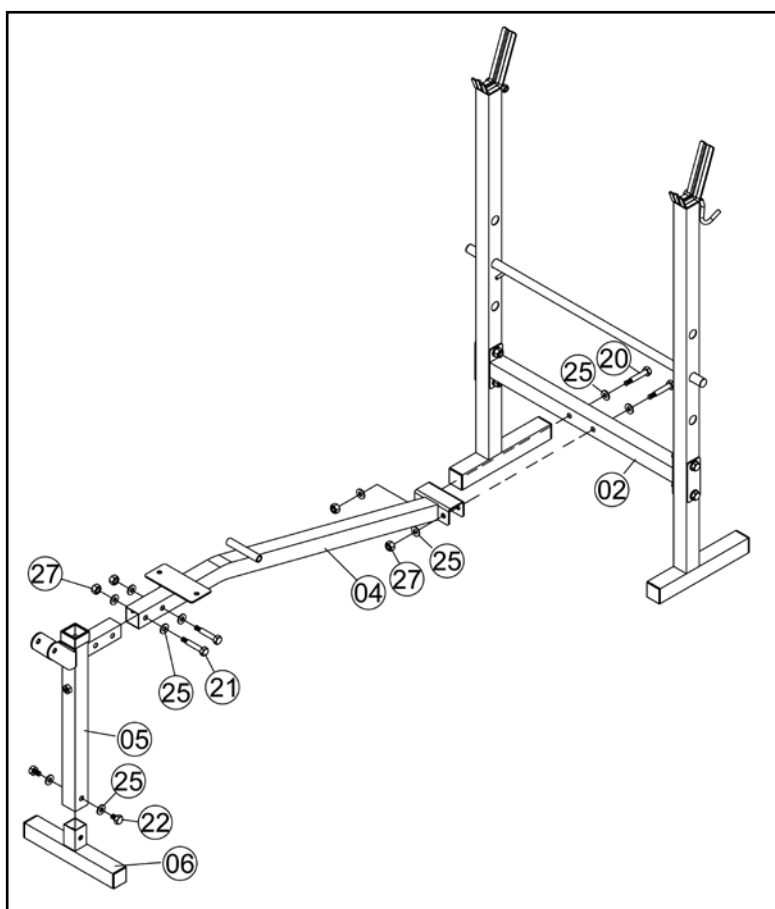
PART NO.	DESCRIPTION	Q'TY
20	Hex Bolt M10 x 60 mm	4
25	Washer Ø10	8
26	Washer Ø8	2
27	Nylon Lock Nut M10	4
32	Right Safe Hook	1
33	Left Safe Hook	1
34	Nylon Lock Nut M8	2



STEP 2

- Attach the Front Foot Tube (06) to the Front Upright Tube (05) using 2 Hex Bolts M10 x 15 mm (22) and 2 Washers Ø10 (25).
- Attach the Main Cross Tube (04) to the Connect Tube (02) using 2 Hex Bolts M10 x 60 mm (20), 4 Washers Ø10 (25) and 2 Nylon Lock Nuts M10 (27).
- Attach the Front Upright Tube (05) to the Main Cross (04) using 2 Hex bolts M10 x 50 mm (21), 4 Washers Ø10 (25) and 2 Nylon Lock Nuts M10 (27).

PART NO.	DESCRIPTION	Q'TY
20	Hex Bolt M10 x 60 mm	2
21	Hex Bolt M10 x 50 mm	2
22	Hex Bolt M10 x 15 mm	2
25	Washer Ø10	10
27	Nylon Lock Nut M10	4

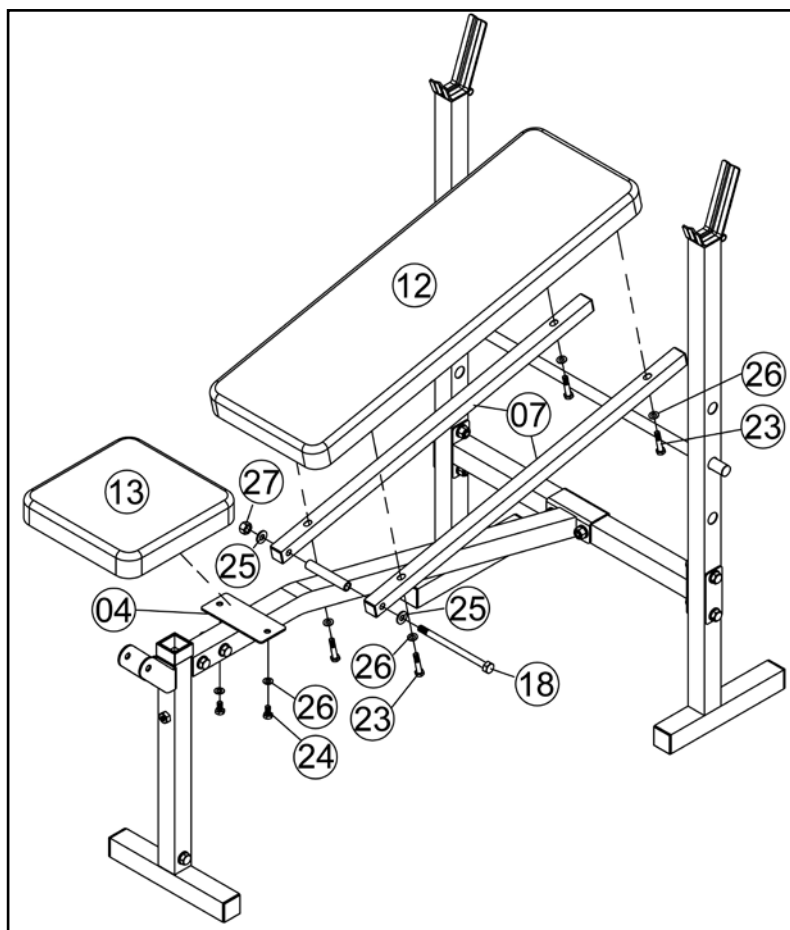


4.ASSEMBLY STEPS

STEP 3

- Attach 2 Back Cushion Tubes (07) to the Main Cross Tube (04) using 1 Hex Bolt M10 x 155 mm (18), 2 Washers Ø10 (25) and 1 Nylon Lock Nut M10 (27).
- Attach the Back Cushion (12) to the Back Cushion Tube (07) using 4 Hex Bolts M8 x 40 mm (23) and 4 Washers Ø8 (26).
- Attach the Seat Cushion (13) to the Main Cross Tube (04) using 2 Hex Bolts M8 x 20 mm (24) and 2 Washers Ø8 (26).

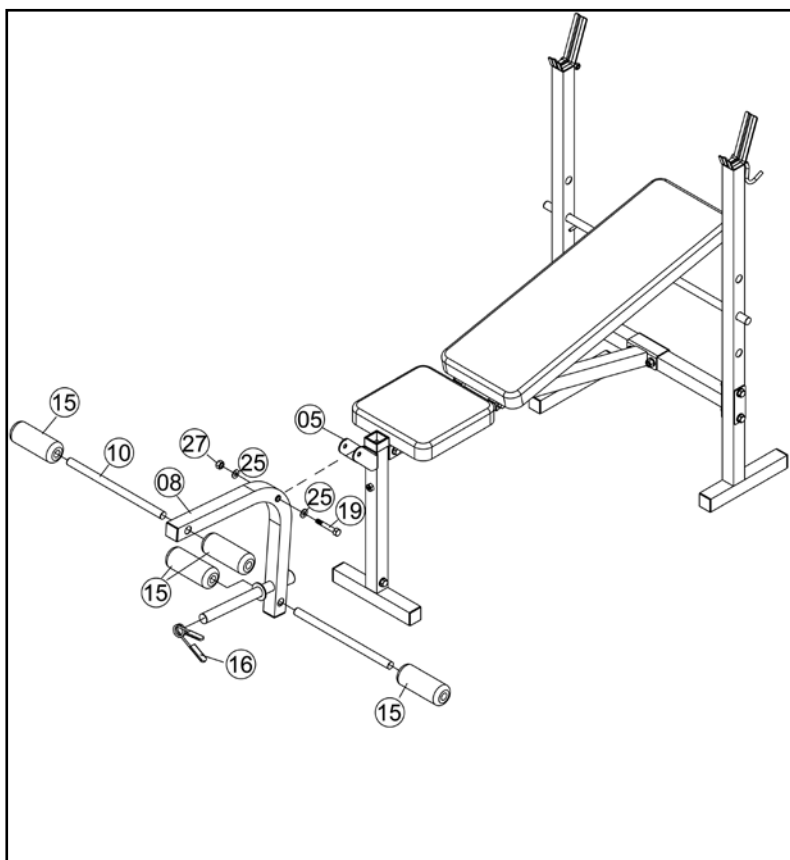
PART NO.	DESCRIPTION	Q'TY
18	Hex Bolt M10 x 155 mm	1
23	Hex Bolt M8 x 40 mm	4
24	Hex Bolt M8 x 20 mm	2
25	Washer Ø10	2
26	Washer Ø8	6
27	Nylon Lock Nut M10	1



STEP 4

- Attach the Leg Curl Tube (08) to the Front Upright Tube (05) using 1 Hex Bolt M10 x 65 mm (19), 2 Washers Ø10 (25) and 1 Nylon Lock Nut M10 (27).
- Attach 2 Foam Tubes (10) to the Leg Curl Tube (08).
- Slide 4 Foam Rolls (15) on to the Foam Tubes (10).
- Slide Clip Ø25 (16) to the Leg Curl Tube (08).

PART NO.	DESCRIPTION	Q'TY
19	Hex Bolt M10 x 65 mm	1
25	Washer Ø10	2
27	Nylon Lock Nut M10	1

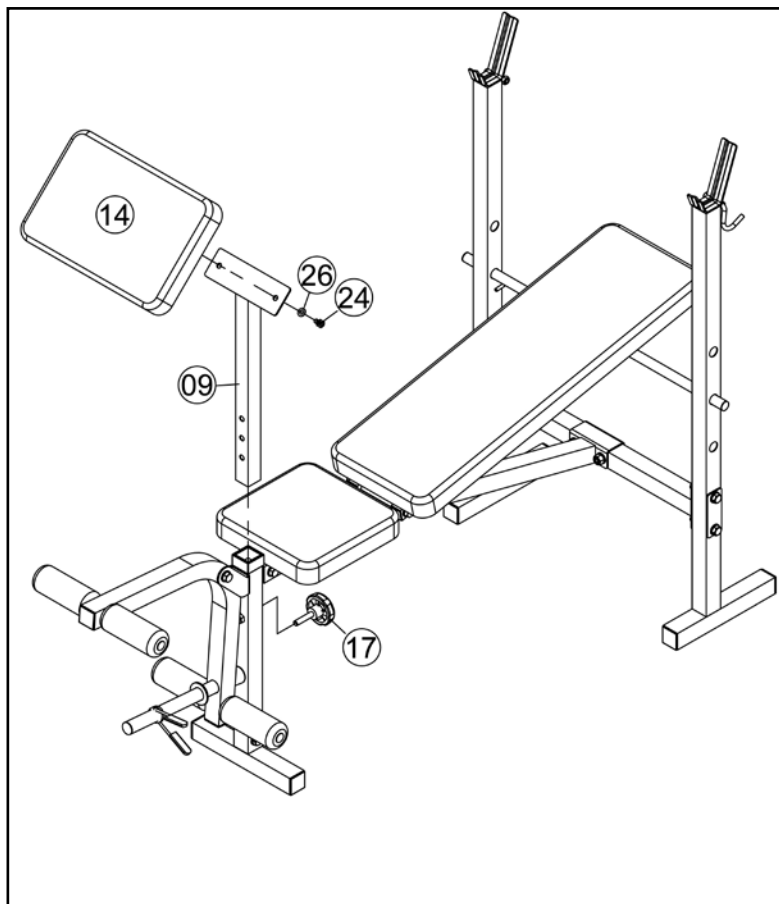


4.ASSEMBLY STEPS

STEP 5

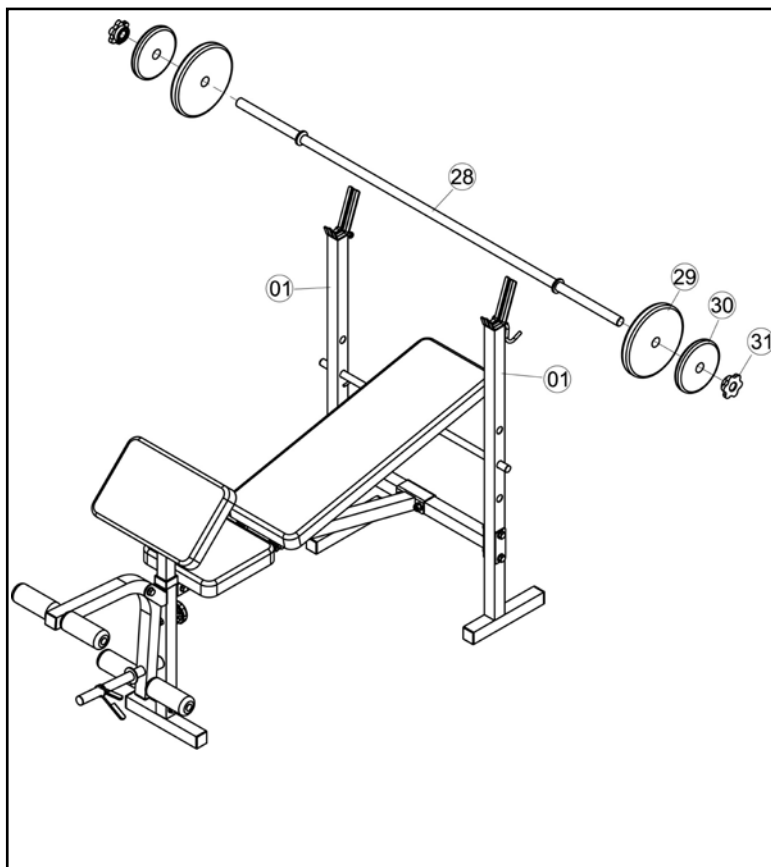
- Attach the Arm Curl Cushion (14) to the Arm Curl Tube (09) using 2 Hex Bolts M8 x 20 mm (24) and 2 Washers Ø8 (26).
- Attach the Arm Curl Tube (09) to the Front Upright Tube (05) using Knob M10 (17).

PART NO.	DESCRIPTION	Q'TY
24	Hex Bolt M8 x 20mm	2
26	Washer Ø8	2



STEP 6

- Attach two 5 kg Weight Plates (29) and two 2 kg Weight Plates (30) to the Weight Bar (28) using 2 Screw Collars (31).
- Place the Weight Bar (28) on the Rear Upright Tubes (01).



5. 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.

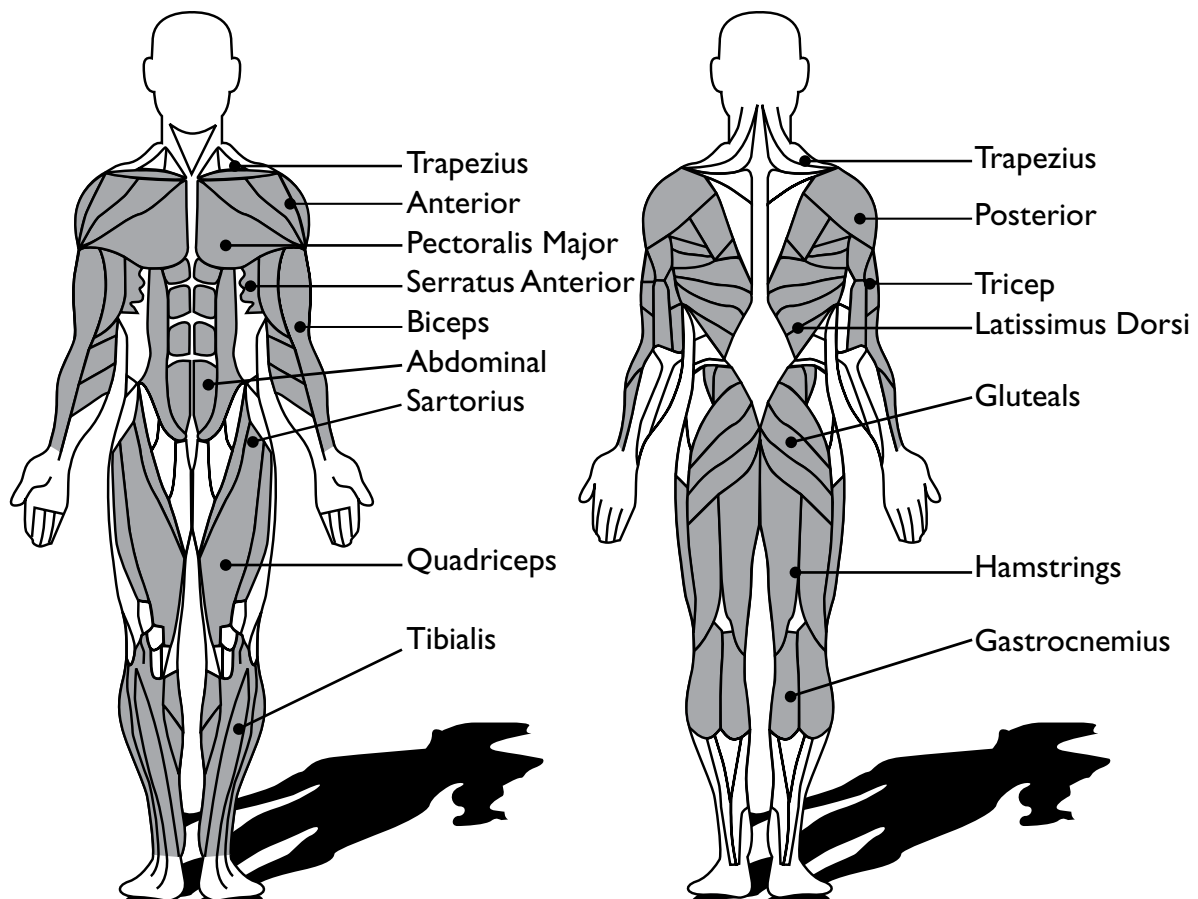
WEIGHT TRAINING

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

CONTENDER 325 exercise bench

The exercise routine that is performed with the TROJAN CONTENDER 325 exercise bench will develop the whole body. These muscle groups are highlighted on the muscle chart below.



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

Trojan and the Heart and Stroke Foundation have joined forces to KEEP SOUTH AFRICA MOVING. The Heart and Stroke Foundation South Africa encourages all South Africans to make heart-healthy choices that include daily physical activity, exercise and a balanced diet. Use Trojan, SA's No. 1 selling Home Fitness brand to give you the ability to boost your fitness level and lower your risk of cardiovascular disease.

Visit www.trojanhealth.co.za for equipment choices and exercise programs, and www.heartfoundation.co.za for information on how to adopt a healthy lifestyle.

6. 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.

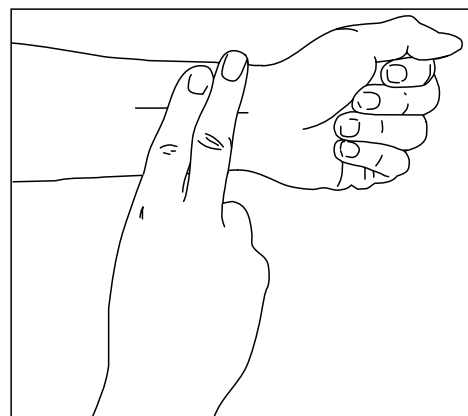
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

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.

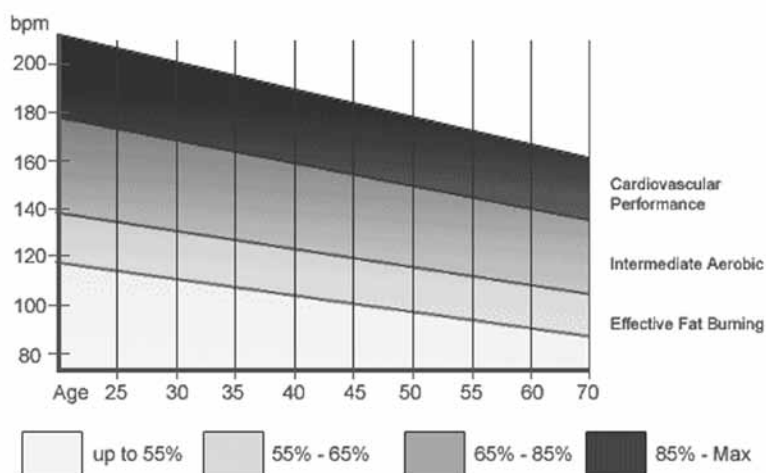


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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 seconds 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 visit www.trojanhealth.co.za



7. 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.

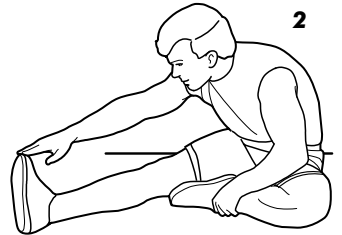
1. Toe Touch Stretch

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 visit www.trojanhealth.co.za

8. EXERCISE PROGRAM

DEVELOPING AN EXERCISE PROGRAM

For the first month of training you should allow your body to adjust to its new workload. For 2 to 4 weeks you should only perform one work set of each exercise, only increasing the number of sets you perform after this adjustment period.

Develop your workout according to the time available to you and remember; the more effort you put in, the greater the benefits and the quicker you will see results.

DIET

Diet is a very important aspect of any fitness programme. A balanced diet will help you get to your goal weight.

For tips on diet, check out our website www.trojanhealth.co.za

EXERCISE TECHNIQUE

Hand Grips

There are two styles of handgrips that can be used when exercising:

- Overhand Grip

The bar is gripped with the hands reaching over the top of the bar and the palms facing in towards the body

- Underhand Grip

The bar is gripped with the hands reaching under the bar and the palms facing away from the body.

Breathing

Breathing at the correct time is an important part of weight training. Breathe out while you are putting the effort into the movement, i.e. when you are lifting or pushing the weight. Breathe in on the return movement or the part of the movement that requires the least effort. Never hold your breath during an exercise.

Exercise Style

All exercises should be done in a controlled manner. Do not jerk the weight around as this can lead to injury as well as limiting the benefit of the exercise.

THE WORKOUT

The Warm Up

Always warm up thoroughly before each workout session to help minimise the risk of injury. Warm up on any Trojan exercise bike or treadmill or any other similar machine.

Weekly Routine

Perform a weight training routine 3 times per week, ensuring a day of rest and recovery between sessions.

8. EXERCISE PROGRAM

Reps and Sets

Repetitions (Reps) is the term used to denote the number of consecutive times a certain movement is repeated without a break, while Sets denotes how many times you should repeat that exercise in a training session e.g. 3 sets of 10 reps means you should perform 10 reps for 1 set, have a break and then repeat another 2 sets.

Recommended Rep Ranges

6-8 reps Functional strength and hypertrophy (increase in muscle size)

8-12 reps Total hypertrophy (increase in muscles size)

12-15 reps Muscle-strength endurance

SAFE USE OF YOUR EQUIPMENT

When using a barbell always ensure that there is someone to help you if you get into any difficulty on an exercise specifically when bench pressing, shoulder pressing or squatting. As you start using heavier weights, it is advised that you train with someone as you can help each other out while training and motivate one another to achieve your goals.

Do's and Don'ts

- Do make sure that your weights are firmly clamped to the bar.
- Do seek medical advice before starting any exercise programme.
- Do start off slowly to avoid unnecessary soreness and stiffness.
- Do remember to bend at the knees when lifting heavy weights from the floor.
- Do maintain a firm, straight back when lifting weights.
- Do remember to breathe properly.
- Do warm up thoroughly before exercising.
- Don't exercise within 2 hours of eating a large meal.
- Do ensure that there is someone to help you when you lift heavy weights.

9. FREQUENTLY ASKED QUESTIONS

Q 1: How often and how long should I exercise?

Continuous training is most important. If you start your training with TROJAN CONTENDER 325, you should start with 6 - 10 repetitions of the exercises you have selected. After a couple of weeks you can increase the repetitions slowly. Use the 'Recommended Rep Range' on page 15 as a guideline. Thereafter follow a training program: 3 days exercising, one day break, 2 days exercising, one day break. Continuous training with the TROJAN CONTENDER 325 builds up your muscles strength and size and increases your endurance. It is good for the blood circulation and helps your body to get oxygen.

Q 2: Who can exercise?

- Generally every healthy person, young or old, can start to exercise.
- Remember to consult a doctor before starting a new exercise program.
- Start slowly, gradually increasing your reps and sets as you build more strength.

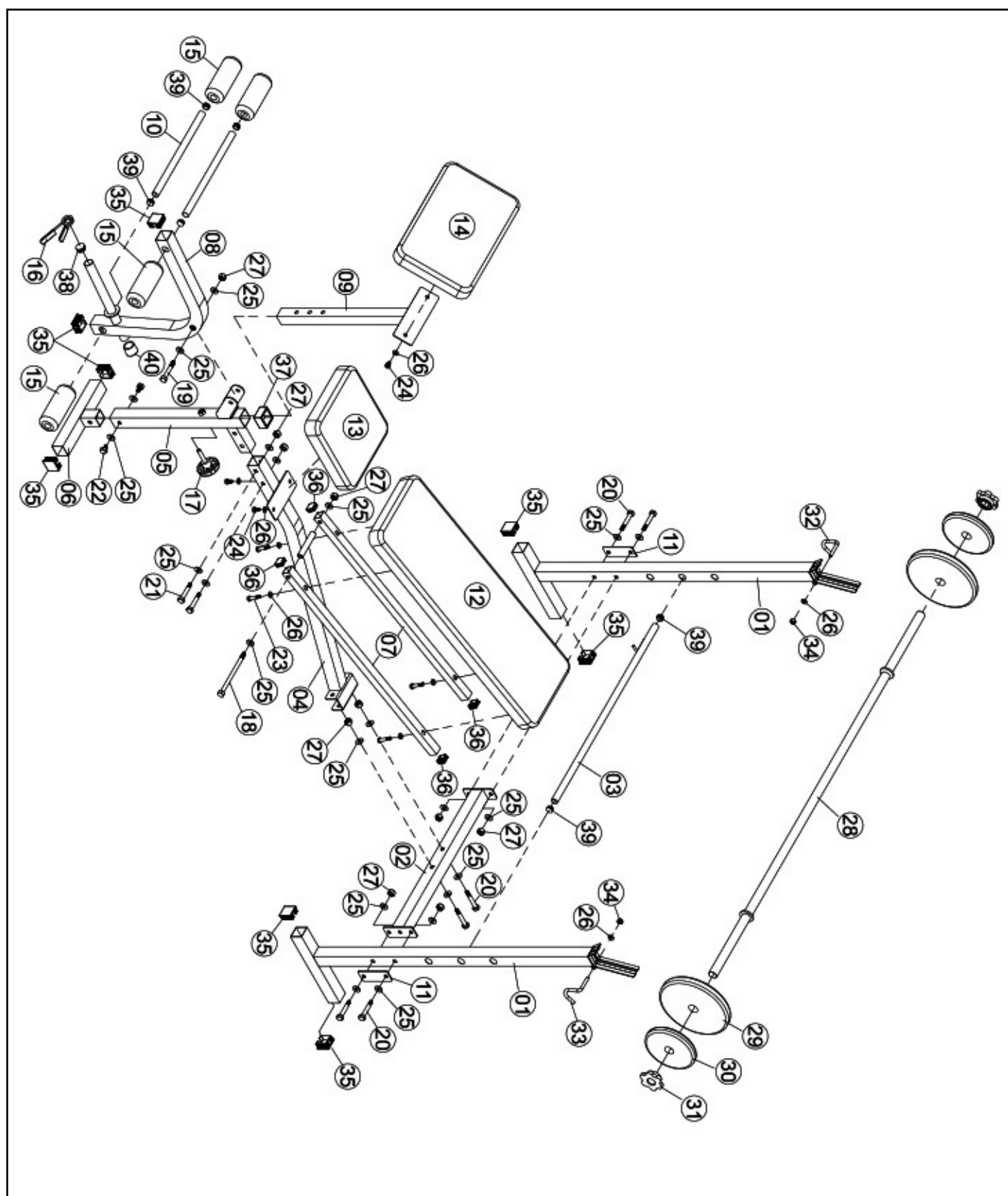
Q 3: How do I maintain my equipment?

- After exercising wipe down the equipment with a soft cloth to remove any sweat, which over time will damage the equipment.
- Do not drop the barbell on the floor, as this could damage the product and your floor.
- It is recommended that the barbell is removed from the equipment and stored on the floor after each workout.

10. PARTS LIST

PART NO	DESCRIPTION	Q'TY	PART NO	DESCRIPTION	Q'TY
01	Rear Upright Tube	2	21	Hex Bolt M10 x 50 mm	2
02	Connect Tube	1	22	Hex Bolt M10 x 15 mm	2
03	Back Adjustable Tube	1	23	Hex Bolt M8 x 40 mm	4
04	Main Cross Tube	1	24	Hex Bolt M8 x 20 mm	4
05	Front Upright Tube	1	25	Washer Ø10	22
06	Front Foot Tube	1	26	Washer Ø8	10
07	Back Cushion Tube	2	27	Nylon Lock Nut M10	10
08	Leg Curl Tube	1	28	Weight Bar	1
09	Arm Curl Tube	1	29	Weight Plate 5 kg	2
10	Foam Tube	2	30	Weight Plate 2 kg	2
11	Connect Plate	2	31	Screw	2
12	Back Cushion	1	32	Right Safe Hook	1
13	Seat Cushion	1	33	Left Safe Hook	1
14	Arm Curl Cushion	1	34	Nylon Lock Nut M8	2
15	Foam	4	35	Square Inner Cap 38	8
16	Clip Ø25	1	36	Square Inner Cap 25	4
17	Knob M10	1	37	Square Sleeve 38	1
18	Hex Bolt M10 x 155mm	1	38	Round Inner Cap Ø25	1
19	Hex Bolt M10 x 65mm	1	39	Round Inner Cap Ø19	6
20	Hex Bolt M10 x 60mm	6	40	Round End Cap Ø25	1

II. EXPLODED DRAWING



12.TROJAN 1 YEAR LIMITED WARRANTY

The Manufacturer hereby provides a 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 1 year 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 within the written instructions included with the product; abuse and/or any non-authorized modification of the product, incorrect installation of the product or normal wear and tear.

WAIVER

The warranty and the obligations of the manufacturer provided herein are in lieu of, and the consumer, waives all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the manufacturer 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 manufacturer's negligence or any act or omission on its part.

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 876526 (0861 Trojan), 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.

During the warranty period the product may only be serviced and/or repaired by the manufacturer'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: _____
DESCRIPTION OF PRODUCT _____			

BRANCH PURCHASED AT			

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

13. 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 will try identify the fault, and will book a service team call out.
- The service team will call you to agree a date and time to collect the faulty product.
- 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.

QUALITY GUARANTEE

1 YEAR WARRANTY

If this product proves to be faulty during normal use due to defective materials or workmanship. Refer to user manual or website for terms and conditions.



0861 876526
0861 TROJAN

Please call us for any product queries, after sales support, repairs or installations.

www.trojanhealth.co.za

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#11M1T012