

TROJAN™

INSPIRE FITNESS TRACKER

MONITOR YOUR DAILY
ACTIVITY AND SLEEP

MULTIPLE
SPORTS MODE

FITNESS
ACCESSORY



USER MANUAL



PASSIVE HEART
RATE MONITOR



BUILT-IN SEDENTARY
REMINDER



MULTIPLE
SPORTS MODES



SMART LIGHT
SENSOR



USB
CHARGING



COLOUR
TOUCHSCREEN



CAUTION

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

Visit [facebook.com/trojanhealth](https://www.facebook.com/trojanhealth)
www.trojanhealth.co.za
www.instagram.com/trojanhealth

FEATURES

- Heart Rate Monitor
- Pedometer
- Message & Call Notification
- 3 Day Battery Life



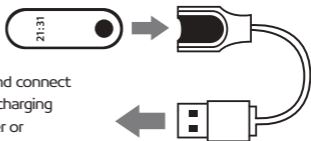
SPECIFICATIONS

- | | |
|---------------------------------|--------------------|
| • Heart Rate Monitor: | Built-in |
| • Pedometer: | Built-in |
| • Alarm Clock: | Yes |
| • Notification: | Yes via Smartphone |
| • Call Reminder: | Yes |
| • Screen Type: | Colour LCD |
| • App: | Trojan Health |
| • RAM: | 16 Kb |
| • ROM: | 256 Kb |
| • Screen Resolution: | 160 x 80 |
| • Screen Size: | 0.96" |
| • Bluetooth Version: | 4.0 |
| • Bluetooth Operating Distance: | 10 m |
| • Chipset: | BK |
| • Battery Capacity: | 90 mAh |
| • Battery Type: | Lithium Polymer |
| • Standby Battery Life: | 7 days |
| • Battery Life in use: | 3 days |
| • Charge Time: | 2 hrs |

INSTRUCTIONS FOR USE

CHARGING

Remove the Trojan Inspire Fitness Tracker from its strap and connect the charge cable. Plug the USB charging cable into a powered AC adapter or computer USB port.



POWER OFF

Long Press the "Virtual Key", select "Off" from the "More" menu.

INSTALLING THE TROJAN HEALTH APP

To download the Trojan Health App..... [instructions to follow]

QR CODE

PAIRING TO A SMARTPHONE

1. Enable Bluetooth on your Smartphone.
2. Pair your Smartphone with the Trojan Inspire Fitness Tracker (see "Locating the Bluetooth Menu" for more details).
3. Open "Trojan Health App" on your Smartphone, set your profile from the Settings menu in the "My Profile" tab.
4. Tap "Connect the smart Trojan Inspire Fitness Tracker" in the Settings Menu.
5. Select "Trojan Inspire Fitness Tracker" from the list of devices.
6. A success prompt will appear on-screen. Tap "Next" to navigate to the App's dashboard.

INSTRUCTIONS FOR USE

LOCATING THE BLUETOOTH MENU

APPLE iPhone

1. On your iPhone device, go to “Settings”.
2. Select “Bluetooth”. If Bluetooth is not on, turn it on.
3. Open the Trojan Health App. Go to “Settings”, click “Connect the Trojan Inspire Fitness Tracker”. You will see different options.

ANDROID SMARTPHONES

1. On your Android phone, go to “Settings”.
2. Select “Bluetooth” (on older Android devices Bluetooth is found in the Wireless & Networks menu). If Bluetooth is not on, turn it on.
3. Open the Trojan Health App. Go to “Settings”, click “Connect the Trojan Inspire Fitness Tracker”. You will see different options.

CONNECTING WITH PAIRED DEVICES

Once the Trojan Inspire Fitness Tracker is turned on, it will automatically connect with the last paired Bluetooth device that is on and within range. If the Trojan Inspire does not connect automatically, open the Bluetooth menu on your device and select “Trojan Inspire Fitness Tracker” from the Bluetooth device list.

CONTROLS

1. Press the “Virtual Key” to switch the main menu interface.
2. Long press the “Virtual Key” to “Confirm”.
3. Long hold the “Virtual Key” to switch on the Trojan Inspire Fitness Tracker from its powered-off state.

UNBIND FROM A MOBILE PHONE

1. Open “Trojan Health App” on your Smartphone.
2. Tap “Disconnect Trojan Inspire Fitness Tracker” on Settings.
3. Forget your device on your Smartphone’s Bluetooth settings. To do this, please refer to your Smartphone’s instruction manual.

FUNCTIONS

TROJAN INSPIRE FITNESS TRACKER FACE

Long press the “Virtual Key” to change the way in which the Trojan Inspire Fitness Tracker’s dashboard is displayed, and press the “Virtual Key” again to confirm your selection.



PEDOMETER

The Trojan Inspire Fitness Tracker will record your daily activity automatically. After synchronizing with the Trojan Health App, you can check your steps, calories and distance data on your Smartphone.

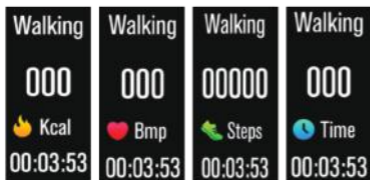



MULTI-SPORT



Long press the “Virtual Key” to enter the Multi-sports function once it is selected. The Trojan Inspire Fitness Tracker has nine multi-sports modes: Walking, Running, Biking, Run Indoor, Basketball, Swimming, Table Tennis, Badminton and Climbing. Choose your desired mode by long pressing the “Virtual Key”. The Trojan Inspire Fitness Tracker will record the data of the selected sport mode and send it to the Trojan Health App.

FUNCTIONS



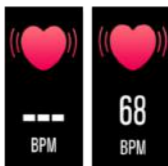
To exit the Sports function, long press the “Virtual Key” then select  to stop your movement and save it. After synchronizing with the Trojan Health App, you can check your sport record.

Note: If the sport time is less than one minute, the data will not be saved.

HEART RATE

Long press the “Virtual Key” to monitor your heart rate once it is selected and long press to exit the heart rate monitor.

After syncing with the Trojan Inspire App, you can check your heart rate data on your Smartphone.



SLEEP MONITOR

The Trojan Inspire will monitor your sleep automatically. When sleep is ended, the Trojan Inspire Fitness Tracker will show your sleep report with the times of total sleep, light sleep and deep sleep. After synchronizing with the Trojan Inspire App, you can check a more detailed sleep report.



ALARM

Long press the “Virtual Key” to check an alarm which you set on the Trojan Health App. When the alarm is on, its icon will be animated and the Trojan Inspire Fitness Tracker will vibrate.



FUNCTIONS

MESSAGE

Long press the “Virtual Key” to view the notification contents including incoming call, SMS, WeChat, WhatsApp, Facebook and Twitter message notifications.



MOVEMENT

Long press the “Virtual Key” to enter the “Movement” settings menu. Short press the “Virtual Key” to switch this mode “On” or “Off”. Long press the “Virtual Key” to exit. You can set more conditions in the App, including the start to the end of period, time interval (minutes), threshold value (steps) and repeat setting (weeks). The device will vibrate to remind the wearer to move after the set conditions are met.



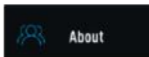
FIND PHONE

To find your phone, long press the “Virtual Key” after the Trojan Inspire Fitness Tracker is connected with the Trojan Health App, your Smartphone will ring. If you use an iPhone, you must keep your Trojan Health App displaying on the screen.



ABOUT

Long press the “Virtual Key” to check the Bluetooth Mac Address, Device name and Firmware Version of your Trojan Inspire.



POWER OFF

Long pressing the “Virtual Key” will turn your Trojan Inspire Fitness Tracker off.



TROJAN HEALTH APP DASHBOARD

The dashboard displays performance indicators of the day including weight, sleep and heart rate.

SHARE

This button allows you to share your progress through social media.

ENTRY WEIGHT

This page allows you to enter your current weight, set an ideal weight and the date you want to reach the ideal weight.

CALENDAR

This button displays the calendar.

ACTIVITY

This page displays a log of all the activities recorded while wearing the Trojan Inspire Fitness Tracker.

REMINDER

This page allows you to toggle and set reminders.

SETTINGS

MY PROFILE

This page allows you to change your profile information.

GOALS

This page allows you to change and set goals for Steps, Distance, Calories and Sleep. Once you have made changes, tap the save button.

NOTIFICATIONS

This page allows you to toggle which application notifications that appear on the Trojan Inspire Fitness Tracker.

ADVANCED SETTINGS

This page allows you to toggle settings related to weather, movement, heart rate, drinking water, do not disturb and gesture control.

FIND THE SMART TROJAN INSPIRE FITNESS TRACKER

Tapping this makes the Trojan Inspire vibrate to allow you to locate it.

GOOGLE FIT

Toggling this setting "On" will allow the Trojan Inspire App to send your performance data to Google fit.

THEME

The theme of the Trojan Health App can be changed from this page.

SETTINGS

FIRMWARE UPDATE

From this page the firmware of the Trojan Inspire Fitness Tracker can be updated. Remember to keep the App running using a stable Internet connection.

RESET

Tapping this clears all the stored performance data from the App.

ABOUT

This page displays the Trojan Health App's version information.

SAFETY PRECAUTIONS

1. The product should only be used with the parts provided by the manufacturer.
2. The Trojan Inspire Fitness Tracker is intended for personal use only. Commercial use invalidates the warranty and the supplier cannot be held responsible for injury or damage caused when using the device for any other purpose than that which it was intended for.
3. The Trojan Inspire Fitness Tracker is not intended for use by young children, or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the device by a person responsible for their safety. Extreme caution must be exercised.
4. Children should be supervised to ensure that they do not play with the Trojan Inspire Fitness Tracker. Packaging must never be left within reach of children, since it is potentially dangerous.

CLEANING & CARE INSTRUCTIONS

1. Ensure that your Trojan Inspire Fitness Tracker is not plugged into any device before cleaning or maintaining it. Switch it off before cleaning.
2. Wipe down the surface of your Trojan Inspire Fitness Tracker using a soft, slightly damp cloth.
3. Do not use any harsh or abrasive cleaning chemicals or materials on your Trojan Inspire Fitness Tracker as doing so may damage or scratch the surface finish.
4. Do not expose your Trojan Inspire Fitness Tracker to high temperatures for extended periods of time.
5. Do not store in temperatures over 60°C.

ENVIRONMENTALLY FRIENDLY DISPOSAL

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact your local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

DISCLAIMER

While our heart rate monitor technology is very advanced and has been tested by a medical professional, there are limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances. This may include the user's physical characteristics, the fit of the device and the type and intensity of user activity. The heart rate monitor is NOT intended to be used for medical purposes, nor is it intended to diagnose, treat, cure or prevent any disease or condition. You should not rely on the information on the device as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on this device.

REPAIR PROCEDURE

Should you experience any faults with your Trojan Inspire, please adhere to the following procedure to have the fault rectified speedily and professionally. Do not return the product to the store. Call the Trojan Call Centre on 0861 Trojan (0861 876526) to log the faulty product (under warranty or out of warranty). Customers residing outside South Africa can contact us on +27 10 206 4405.

Note: Should you live in an outlying area or outside South Africa, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

COST OF REPAIRS 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.

COST OF REPAIRS 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.

**1 YEAR
WARRANTY**

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



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

Manufactured for Masstores (Pty) Ltd.

16 Peltier Drive, Sunninghill, Ext 6, Sandton, 2146, South Africa

MADE IN CHINA

Always consult a physician before starting a new exercise routine

Use in conjunction with a healthy eating plan

Only use product for its intended purpose to prevent injury

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