

TROJAN™

MOTION 360

TREADMILL

LEG WORKOUT

CARDIO



USER MANUAL



CAUTION

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

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www.trojanhealth.co.za
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IMPORTANT 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 TROJAN (0861 876526)**, within the Republic of South Africa. Customers residing outside South Africa can contact us on +27 10 206 4405.

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 inactive, 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.



INSTALLATION

Trojan recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilise 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 1 m of space around the equipment where access is required to exercise.



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 1 person at a time.
- Be careful to maintain your balance while using, mounting, dismounting or assembling your Trojan equipment to avoid injury.
- Servicing other than the procedures in this manual should be performed by an authorised service representative only.

IMPORTANT SAFETY INSTRUCTIONS



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.



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.
- 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 TROJAN (0861 876526)** to arrange a repair. Customers residing outside South Africa can contact us on +27 10 206 4405.



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. 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 Motion 360 Treadmill may not be used by persons weighing more than 120 kg.

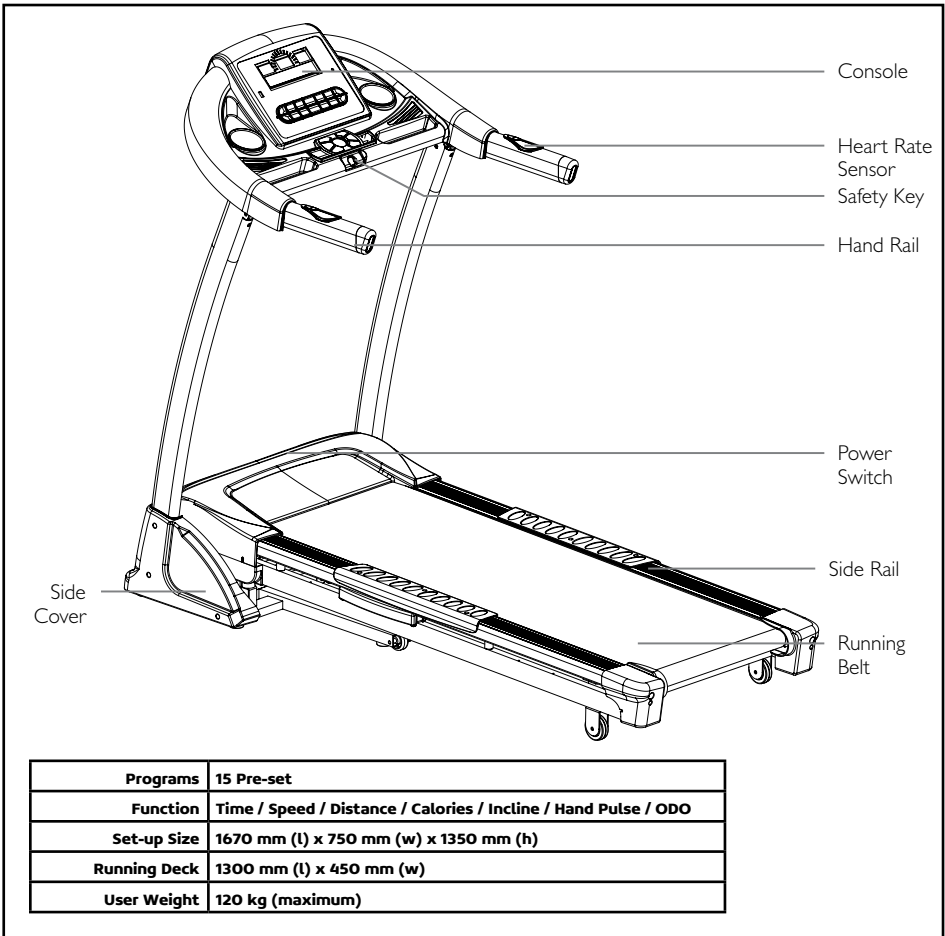
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 TROJAN (0861 876526)** within the Republic of South Africa or visit **www.trojanhealth.co.za**. Customers residing outside South Africa can contact us on +27 10 206 4405.

PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan Motion 360 Treadmill. We take great pride in producing this 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 Motion 360 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 familiarise yourself with the parts that are labelled.










Read this manual carefully before using the Trojan Motion 360 Treadmill.



HARDWARE & TOOLS LIST

INSTRUCTIONS FOR ASSEMBLY

- Before you start to assemble, please check the hardware packaging to make sure all parts are included.
- Basic tools, such as spanners will be provided for assembly.

 <p>1. Main Frame</p>	 <p>23. Left Upright Tube Cover</p>	 <p>24. Right Upright Tube Cover</p>	 <p>36. Water Bottle Holder</p>
 <p>65. Allen Wrench (5 mm)</p>	 <p>66. Wrench / Screw Driver (S=13,14,15)</p>	 <p>70. Bolt (M8 x 15 mm)</p>	 <p>86. Bolt (M5 x 12 mm)</p>
 <p>95. Lock Washer (Ø8)</p>			

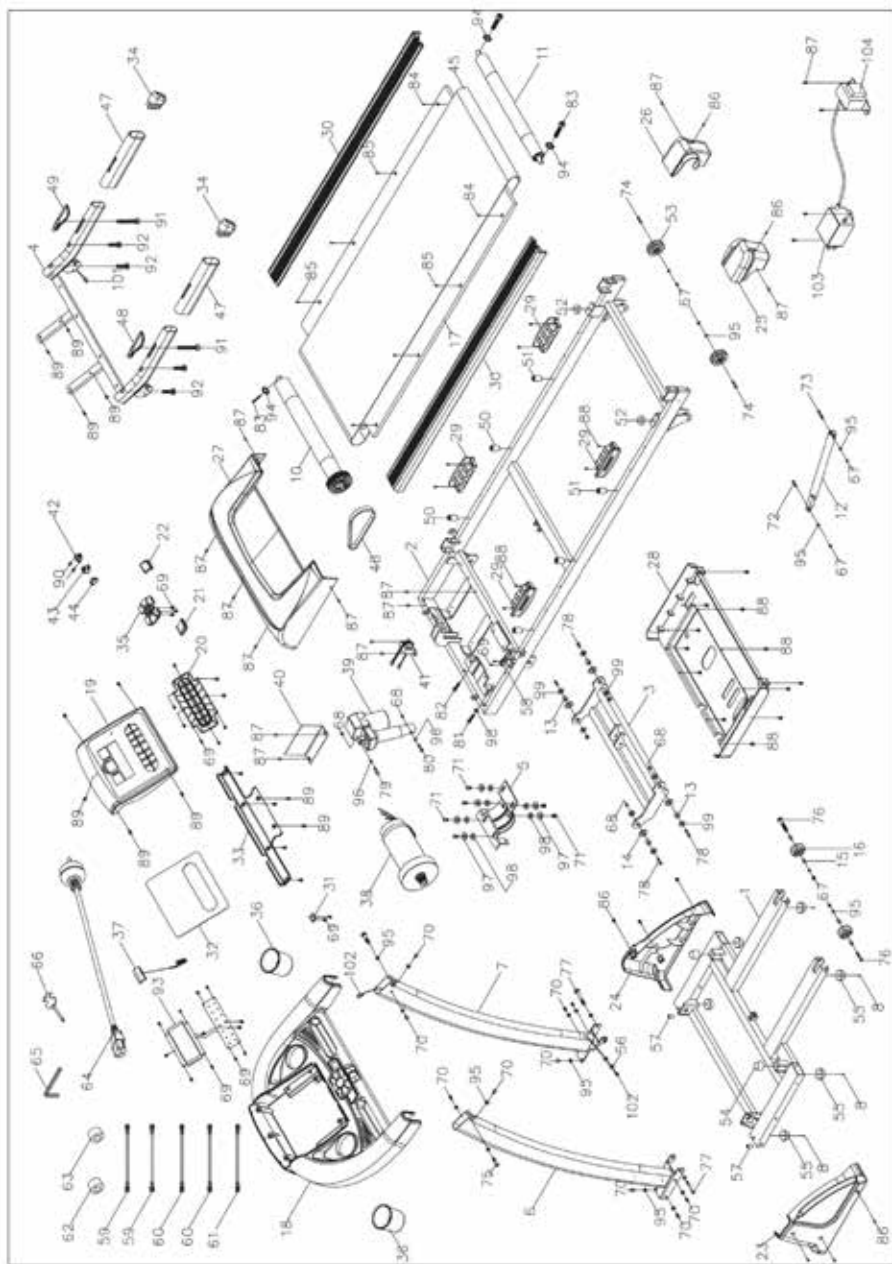
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Base Frame	1	30	Side Rail	2
2	Main Frame	1	31	Safety Key	1
3	Incline Frame	1	32	Console Acrylic	1
4	Console Frame	1	33	Console Bottom Cover	1
5	Motor Bracket	1	34	Pipe End Cap	2
6	Left Upright Tube	1	35	Function Button	1
7	Right Upright Tube	1	36	Water Bottle Holder	2
8	Bolt (M5 x 16 mm)	6	37	Safety Key	1
10	Front Roller	1	38	DC Motor	1
11	Back Roller	1	39	Incline Motor	1
12	Cylinder	1	40	MCB Board	1
13	Bushing	4	41	Transformer	1
14	Plastic Pad	4	42	Power Outlet	1
15	Transport Wheel Plug	4	43	Square Switch	1
16	Transport Wheel	2	44	Overload Protector	1
17	Running Board	1	45	Running Belt	1
18	Console Top Cover	1	46	Motor Belt	1
19	Console Panel	1	47	Foam Cover	2
20	Quick Button	1	48	Handpulse With Incline	1
21	Start Button	1	49	Handpulse With Speed	1
22	Stop Button	1	50	Black Rubber Cushion	4
23	Left Upright Tube Cover	1	51	Blue Rubber Cushion	2
24	Right Upright Tube Cover	1	52	Blue Rubber Cushion	2
25	Left Back End Cover	1	53	Adjustable Wheel	2
26	Right Back End Cover	1	54	Cone - Shape Cushion	2
27	Motor Top Cover	1	55	Flat Foot Pad	6
28	Motor Button Cover	1	56	Wire Protector	2
29	Air Cushion	2	57	Thread Axle	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
58	Speed Sensor	1	81	Screw (M8 x 45 mm)	1
59	AC Single Wire	2	82	Screw (M8 x 35 mm)	1
60	AC Single Wire	2	83	Screw (M6 x 55 mm)	3
61	Grounding Wire	1	84	Screw (M6 x 35 mm)	2
62	Magnet Ring	1	85	Screw (M6 x 25 mm)	6
63	Magnet Core	1	86	Screw (M5 x 12 mm)	8
64	Power Wire	1	87	Screw (M5 x 8 mm)	17
65	Allen Wrench (5 mm)	1	88	Screw (ST4.2 x 12 mm)	8
66	Wrench W/Screw Driver (S=13, 14, 15)	1	89	Screw (ST4.2 x 12 mm)	15
67	Bolt (M8)	6	90	Screw (ST2.9 x 8 mm)	2
68	Bolt (M10)	6	91	Screw (ST4.2 x 50 mm)	2
69	Bolt (T2.9 x 6.5 mm)	27	92	Screw (ST4.2 x 30 mm)	4
70	Screw (M8 x 15 mm)	10	93	PCB Board	1
71	Screw (M8 x 20 mm)	6	94	Washer 6	3
72	Screw (M8 x 30 mm)	1	95	Lock Washer	20
73	Screw (M8 x 42 mm)	1	96	Washer 10	2
74	Screw (M8 x 40 mm)	2	97	Washer 8	6
75	Screw (M8 x 40 mm)	2	98	Flat Washer 8	7
76	Screw (M8 x 70 mm)	2	99	Big Washer (Ø10 x Ø26 x 2.0 mm)	8
77	Screw (M8 x 80 mm)	2	101	Top Signal Wire	1
78	Screw (M10 x 30 mm)	4	102	Bottom Signal Wire	1
79	Screw (M10 x 45 mm)	1	103	Filter	1
80	Screw (M10 x 60 mm)	1	104	Inductance	1

EXPLODED DRAWING



ASSEMBLY STEPS

1. PREPARATION

- Before assembling make sure that you will have enough space around the item.
- Use the supplied parts and hardware for the assembly.
- Before assembling, please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.



STEP 1:

Lift up the Console Display (A) and Upright Tube (B) as indicated in the diagram.

NOTE: When lifting the Console Display (A) and Upright Tube (B), make sure not to pinch the wires inside the Upright Tubes (B).

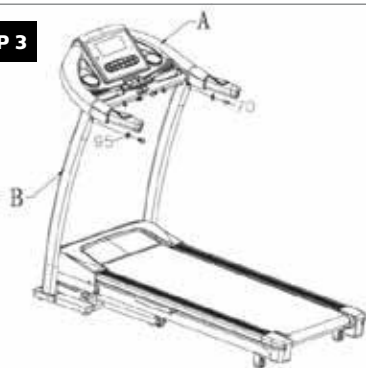


STEP 2:

Tighten the Upright Tube (B) to the Main Frame (1) with the 6 Bolts (M8 x 15 mm) (70) and the 6 Lock Washers (95) with the provided Allen Wrench (5 mm) (65).

ASSEMBLY STEPS

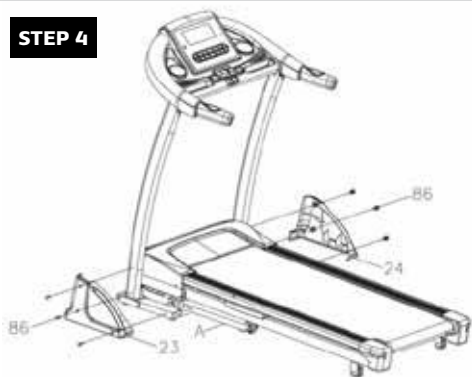
STEP 3



STEP 3:

Tighten the Console Display (A) on the Left and Right Upright Tube (B), using 4 Screws (M8 x 15 mm) (70) and 4 Lock Washers (95) with the provided Allen Wrench (5 mm) (65).

STEP 4



STEP 4:

Tighten the Left and Right Upright Tube Covers (23, 24) to the Base Frame (1) with the 6 Screws (M5 x 12 mm) (86) using the Wrench / Screw Driver (S = 13, 14, 15) (66).

STEP 5



STEP 5:

Place the Water Bottle Holder (36) into the Console Display (A) slot.

CONSOLE FUNCTIONS



DISPLAY WINDOW:

SPEED DISPLAY WINDOW: During a workout the Speed will be displayed. The speed ranges between 0.8 - 14 km/h.
During Program Setting, the program profiles will be displayed. The programs range from P1 to P9.
During the Mode Setting, the mode will be displayed. The Modes range from H1 to H3.

TIME WINDOW: The time duration ranges from 0:00 to 99:59.
Once it reaches 99:59, the running deck will stop slowly and display "END", then return to the standby state after 5 seconds.

During a countdown mode, the time will countdown from the set time to 0:00. Once it has reached 0:00, the running deck will stop slowly and display "END", then return to the standby state after 5 seconds.

DISTANCE WINDOW: During a workout this will display the distance travelled. It will count from 0.00 to 99.9 km. Once it has reached 99.9 km it will start counting from "0" again. Should a set distance be set, the Trojan Motion 360 Treadmill will countdown from the set distance until it reaches 0.00 km, the running deck will stop slowly and display "END", then return to the standby state after 5 seconds.

CALORIES WINDOW: This displays the calories burnt during the workout. It will count up from 0 to 999 cal. Once it has reached 999 cal it will start counting from "0" again. During countdown mode, the calories will countdown from the set calories to 0 cal. Once it has reached 0:00, the running deck will stop slowly and display "END", then return to the standby state after 5 seconds.

PULSE WINDOW: This displays the heart rate during the workout. Both hands need to be firmly placed on the heart rate pulse handles. The range displayed is between 50 - 200 beats/min.

Note: This data is just for reference, and cannot be taken as the medical data.

REAL TIME WINDOW: This will display the actual time.

ODOMETER DISPLAY WINDOW: This will display the total running distance of the Trojan Motion 360 Treadmill.

CONSOLE FUNCTIONS

MATRIX WINDOW:

This matrix window will show a virtual example of a 400 m running track. Once you finish running 1 lap, it will beep and highlight the laps that have been done.

FUNCTIONS AND OPERATIONS:

PROGRAM:

Before starting a workout, pressing "PROGRAM" will scroll through the programs from 0.0 - P1 - P2 - P3 - P4 - P5 - P6 - P7 - P8 - P9 - P10 - P11 - P12 - P13 - P14 - P15, U1, U2, U3 and FAT. There are 15 Pre-set Programs, 3 User Programs and 1 Body Fat Test.

MODE:

Used to select between the Manual, Time, Countdown, Distance Countdown, or Calorie Countdown modes. You are able to adjust the default setting by using the "SPEED+/-" buttons. Press the "START" button to begin the workout.

START:

Press the "START" button to start the machine. Ensure the safety key is connected.

STOP:

While the Trojan Motion 360 Treadmill is in the Manual or Program mode, pressing the "STOP" button will stop the current workout session and cancel any pre-set programs.

SPEED +:

Press "SPEED +" to increase the speed by 0.1 km/h while the walking belt is moving. Holding down "SPEED +" will increase the speed by 0.5 km/h. Release the button once the desired value has been reached.

SPEED -:

Press "SPEED -" to decrease the speed by 0.1 km/h while the walking belt is moving. Holding down "SPEED -" will decrease the speed by 0.5 km/h. Release the button once the desired value has been reached.

INSTANT INCLINE:

Press the 2, 4, 6, 8, 10, 12 or 14 "INSTANT INCLINE" buttons for to set an instant incline setting.

INSTANT SPEED:

Press the 2, 4, 6, 8, 10, 12 or 14 "INSTANT SPEED" buttons to set an instant incline setting.

CLOCK SETTING:

While the Trojan Motion 360 Treadmill is in standby mode, press "SPEED +" and "SPEED -" together to enter in to clock setting mode.

Press "SPEED +", "SPEED -", "INCLINE +" and "INCLINE -" to adjust the time.

Press the "MODE" button to transfer from the hour and minute. Once done, press "PROGRAM" to confirm.

START-UP QUICKLY: (MANUAL MODE)

Insert the safety key and turn on the Trojan Motion 360 Treadmill.

Press the "START" button and the system will begin a 3 second countdown

CONSOLE FUNCTIONS

and begin the running deck at a speed of 0.8 km/h.
After start-up, you can adjust the speed by using the “SPEED +/-” or “INSTANT SPEED +/-”.

FUNCTIONS AND OPERATIONS:

- MANUAL MODE:** If you press the “START” button, the Trojan Motion 360 Treadmill will start automatically at a speed of 0.8 km/h. You are able to use the “SPEED +/-” or “INSTANT SPEED +/-” to adjust the speed setting.
- TIME MODE:** To set up the Time Workout, press the “MODE” button until you see H1 in the display window. The default time displayed will be 10:00. Press “SPEED +/-” to adjust the time to your desired setting. This setting ranges from 5:00 - 99:00.
- DISTANCE MODE:** To set up the Distance Workout, press the “MODE” button until you see H2 in the display window. The default distance displayed will be 10:00. Press “SPEED +/-” to adjust the distance to your desired setting. This setting ranges from 0,5 - 99,9 km.
- CALORIE MODE:** To set up the Calorie Workout, press the “MODE” button until you see H3 in the display window. The default calorie displayed will be 50. Press “SPEED +/-” to adjust the calorie to your desired setting. This setting ranges from 10-999.

Press the “START” button to begin the desired program. The program will begin after 3 seconds.
Press “SPEED +/-” to adjust your speed. Press the “STOP” button to stop the workout

- PRE-SET PROGRAM:** Press the “PROGRAM” button to choose between the P1 - P15 programs. The default Time setting is 10:00.
Press “SPEED +/-” to adjust your desired workout time.
Press the “START” button to begin the pre-set program. The program is divided into 10 sections. Each exercise split makes up 1/10th of the total exercise time. When the system enters into the next exercise split, the Console will beep and the speed will change. Press “SPEED +/-” to adjust your speed.

NOTE: The speed will return back to program speed at each split. Once you have completed the workout program, the Console will beep 3 times and will slow down and stop completely.

PRE-SET PROGRAMS

		TIME INTERVAL = SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	5	5	7	7	5	5	3	3
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED	10	3	5	7	3	7	5	7	5	3
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED	3	3	5	7	7	9	7	5	5	1
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED	3	5	3	7	1	5	7	5	3	1
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED	5	5	5	7	9	11	9	7	7	5
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED	3	5	9	11	7	12	9	11	5	3
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED	3	7	9	11	9	9	9	7	5	5
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED	5	5	9	9	11	5	11	11	5	3
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED	2	5	5	8	8	4	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED	2	3	4	6	7	5	5	6	7	3
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED	3	4	5	9	5	9	5	5	6	3
	INCLINE	3	6	5	3	5	3	5	5	4	2
P12	SPEED	1	2	3	10	7	7	10	5	4	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED	1	1	3	5	5	5	9	3	1	1
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED	3	4	7	3	4	6	3	4	5	3
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED	2	3	5	5	7	7	7	6	4	3
	INCLINE	3	3	5	5	5	5	2	2	1	0

PRE-SET PROGRAMS

USER DEFINED PROGRAMS: There are 3 user programs that can be used as well: U1, U2, U3.

To set a User Defined Program, press "PROGRAM" repeatedly until U1, U2, U3 is displayed.

Each of these programs are divided into 10 splits with each of the splits worked out to 1/10th of the total workout time.

The default time for these programs is 10:00. Press "SPEED +/-" to set the desired running time and then press "MODE" to set the parameters of the workout. Press "SPEED +/-" or "INSTANT SPEED" to set the speed in the split of the workout. Press "INCLINE +/-" or "INSTANT INCLINE" to set the incline for this split. Press "MODE" to set this split and move on to the next split. You will need to do this for all of the different splits to complete setting the User Defined Program. This setting will be saved even if the power is turned off.

Once you have selected the User Defined Program, pressing "START" will begin this workout.

	DEFAULT START	DEFAULT TARGET	SET UP RANGE	DISPLAY RANGE
TIME (MIN:SECOND)	0:00	15:00	5:00 - 99:00	0:00 - 99:59
INCLINE (SECTION)	0	0	0 - 16	0 - 16
SPEED (KM/H)	0	1.0	1.0 - 18	0 - 18
DISTANCE (KM)	0	1.0	0.5 - 99.9	0.00 - 99.9
PULSE (HYPO/MIN)	P	N/A	N/A	50 - 200
CALORIE (THERM)	0	50	10 - 999	0 - 999

PRE-SET PROGRAMS

BODY FAT MODE:

To begin the Body Fat Mode, press “PROGRAM” to scroll through the Pre-Set Programs until you find the Body Fat Test.

Press “MODE” to enter your settings for each of the necessary requirements. F-1, F-2, F-3, F-4, F-5 (F-1/SEX, F-2/AGE, F-3/HEIGHT, F-4/WEIGHT, F-5/BEGIN THE TEST).

Press “SPEED +/-” to adjust your F-1 - F-4 (refer to the below chart).

Once you have completed F-4, press “MODE” to set F-5 and begin the test. Grasp both the hand pulse sensors, and your reading will be displayed in 3 seconds. Your BMI (Body Mass Index) will be displayed. This reading will show a reading that is relative to your height and weight.

The ideal BMI reading should be 20-25.

19 is considered underweight

26-29 is considered overweight.

30 plus is considered as obese.

NOTE: This data is just for reference and should not be used as medical data.

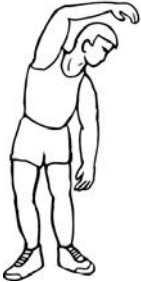
F-1	Sex	01 male	02 female
F-2	Age	10 ----- 99	
F-3	Height	100 ---- 200	
F-4	Weight	20 ----- 150	
F-5	FAT	≤19	Underweight
	FAT	= (20---25)	Normal weight
	FAT	= (26---29)	Overweight
	FAT	≥30	Obesity

EXERCISE INSTRUCTIONS

Using your Trojan Motion 360 Treadmill provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet, help you lose weight.

THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, **STOP**.



SIDE BENDS



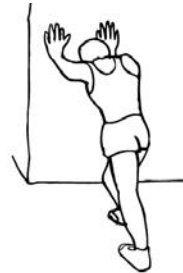
FORWARD BENDS



OUTER THIGH

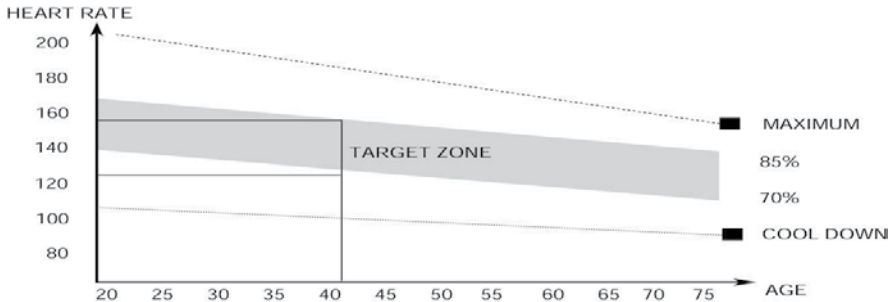


INNER THIGH



CALF STRETCH

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work at your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise i.e. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least 3 times a week, and if possible space your workouts evenly throughout the week.

EXERCISE INSTRUCTIONS

MUSCLE TONING

To tone muscle while on your Trojan Motion 360 Treadmill you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness, you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn.

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

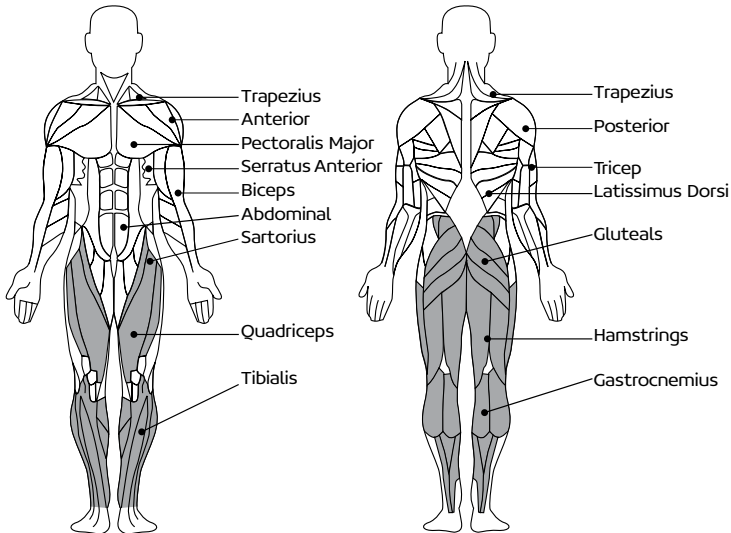
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body’s most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form 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 lesser amount of reps. Always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the Trojan Motion 360 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.



VISIT:
www.trojanhealth.co.za for equipment choices and exercise programs.

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 6 to 8 weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. 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.

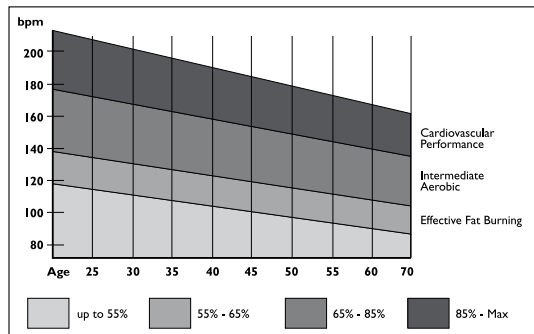
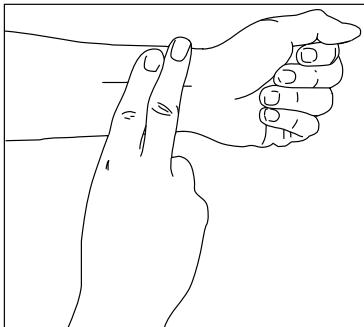
EXERCISE INTENSITY

To maximise 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 2 fingers on your wrist. Take a 6 second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your 6 second heartbeat count is 14, your heart rate is 140 beats per minute. (A 6 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.



WARM UP & COOL DOWN

WORKOUT GUIDELINES

Each workout should include the following 3 parts:

- 1. A WARM-UP:** 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.
- 2. TRAINING ZONE EXERCISE:** 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).
- 3. COOL-DOWN:** 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 3 workouts each week, with at least 1 day of rest between workouts. After a few months of regular exercise, you may complete up to 5 workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches are shown on the right. Move slowly as you stretch, hold the position and 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, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. HAMSTRING STRETCH

Sit with 1 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, and then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. CALF/ACHILLES STRETCH

With 1 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, and 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 1 hand against a wall for balance, reach back and grasp 1 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, and then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



MAINTENANCE

CLEANING

The Trojan Motion 360 Treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the Trojan Motion 360 Treadmill after each use.

Please inspect all assembly bolts and pedals on the machine for proper tightness before use.

STORAGE

Store the Trojan Motion 360 Treadmill in a clean and dry environment away from children.

BELT ADJUSTMENT

Belt adjustment and tension performs 2 functions: adjustment for tension and centring. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off centre resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to its proper position please follow the directions below.

Your Trojan Motion 360 Treadmill should require little maintenance other than to periodically apply lubricant.

Lubricating under the treadbelt will ensure superior performance and extend the Trojan Motion 360 Treadmill's life expectancy.

BELT TRACKING ADJUSTMENT

If during use you notice that the running belt either shifts to the right or the left of centre, switch off the Trojan Motion 360 Treadmill, remove the "Safety Key" and unplug the equipment from the AC power source.

If the running belt shifts left, using Allen wrench provided, turn the left rear roller adjustment clockwise no more than 1/4" of a turn (if the running belt shifts right, adjust the right rear roller).

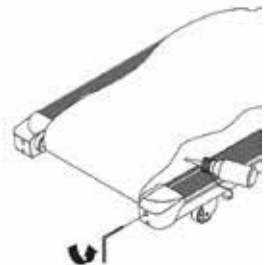
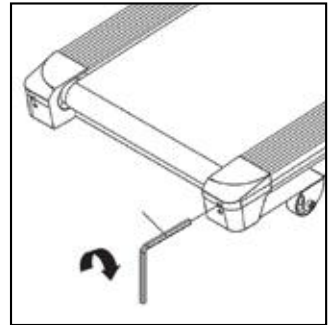
Remove the Allen Key, insert the "Safety Key" and insert the AC power cord into the AC outlet. Turn on your Trojan Motion 360 Treadmill and observe after running for a few minutes to see if the problem has been corrected.

This may take several adjustments, so repeat the above procedure.

HOW TO CHECK RUNNING DECK FOR PROPER LUBRICATION

Lift one side of the running deck and feel the top surface of the treadboard.

If the surface is slick to the touch, then no further lubrication is required.



MAINTENANCE

If the surface is dry to the touch, apply 1 packet of lubricant or half of the bottle of lubricant.

HOW TO APPLY LUBRICANT

Lift one side of the running deck.

Pour one half of the lubricant bottle under the centre of the running deck on the top surface of the treadboard.

Walk on the Trojan Motion 360 Treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

NOTE: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION.

NOTE: If your lubricant is finished, the treadbelt can be lubricated with Dubbin.

LUBRICATION SCHEDULE

Check the treadboard lubrication during installation. If it's necessary, lubricate the running deck using half of the lubricant provided, before using the Trojan Motion 360 Treadmill for the first time.

If the Trojan Motion 360 Treadmill is used on a regular basis, the running deck should be lubricated once a month.

If the Trojan Motion 360 Treadmill is not used for 2 months or more, the running deck must be lubricated before use.

2 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 2 years 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, 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.
- All demo models carry a 3 month warranty.

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 Trojan Call Centre on 0861 Trojan (0861 876526) or online at www.trojanhealth.co.za. Customers residing outside South Africa can contact us on +27 10 206 4405. 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 should call the Trojan Call Centre on 0861 Trojan (0861 876526). Customers residing outside South Africa can contact us on +27 10 206 4405 and the call centre will advise of the procedure. During the warranty period the product may only be serviced and/or repaired by the Manufacturer's duly authorised agent(s).

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

PRODUCT DETAILS		
DATE OF PURCHASE: <i>dd / mm / yy</i>	SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DESCRIPTION OF PURCHASE: _____		

BRANCH PURCHASED AT		

0861 TROJAN (0861 876526) / +27 10 206 4405		WWW.TROJANHEALTH.CO.ZA

REPAIRS PROCEDURE

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 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.

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 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.

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.

2 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.



0861 876 525

0861 TROJAN

+27 10 206 4405

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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