

TROJAN™

STAMINA 315

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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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 Stamina 315 Treadmill may not be used by persons weighing more than 110 kg.

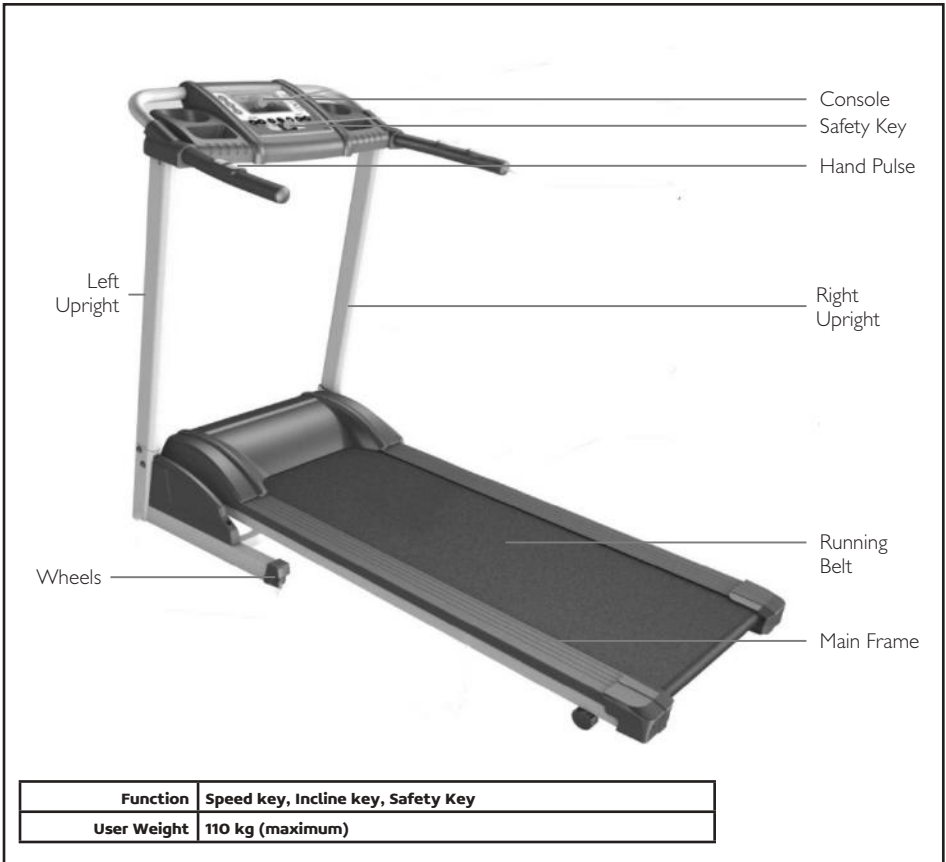
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

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 Stamina 315 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 Stamina 315 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.

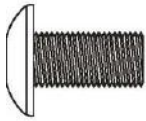
Read this manual carefully before using the Trojan Stamina 315 Treadmill.



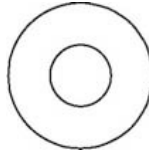
HARDWARE & TOOLS LIST

INSTRUCTIONS FOR ASSEMBLY

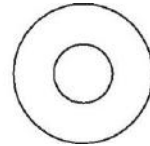
- Before you start to assemble, please check the hardware packaging to make sure all parts are included.
- Basic tools, such as spanners will be provided for assembly.



89. Button Head Socket Bolt
(5/16" x 16 x 15 mm)
(14 PCS)



90. Flat Washer
(5/16" x 18 x 1.5T)
(8 PCS)



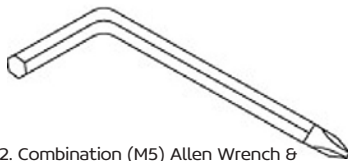
91. Curved Washer
(5/16" x 23 x 1.5T)
(6 PCS)



36. Safety Key
(1 PC)



94. Lubricant
(1 PC)



92. Combination (M5) Allen Wrench &
Phillips Head Screwdriver
(1 PC)

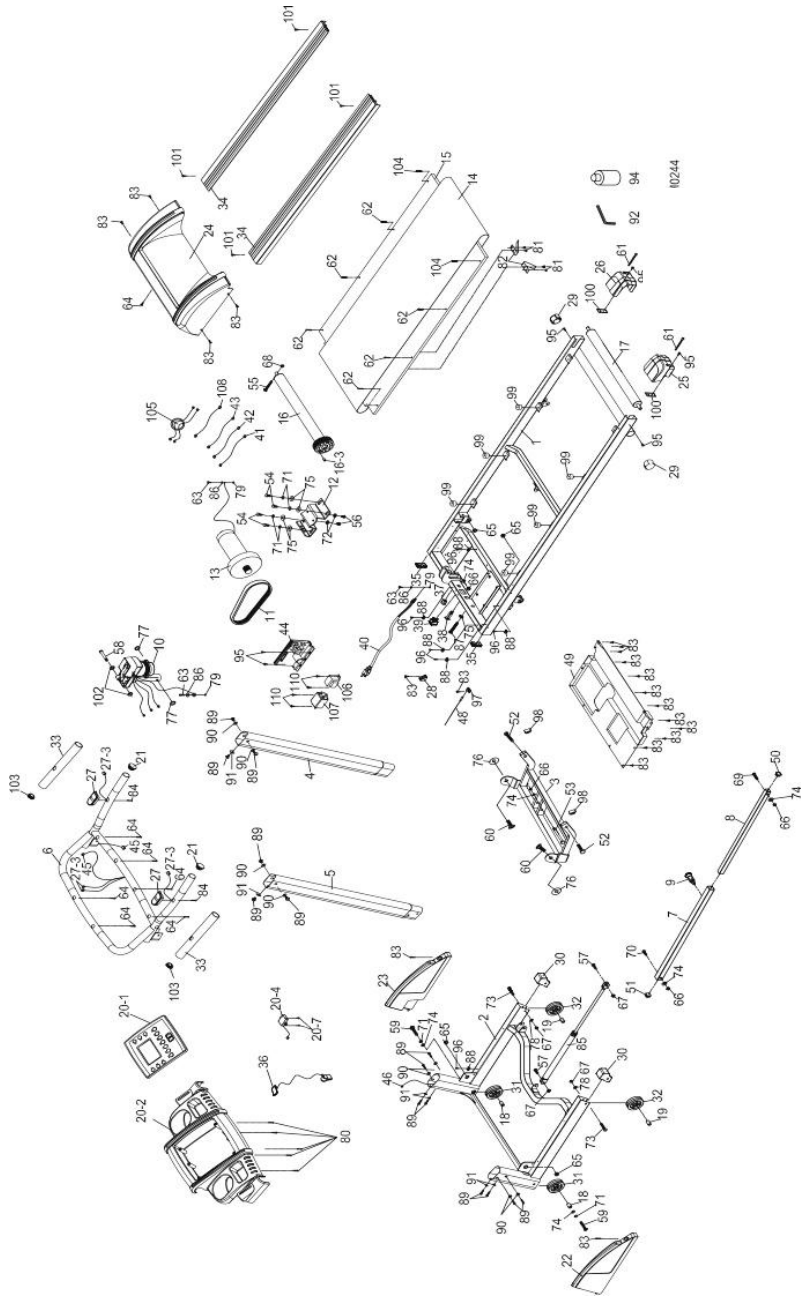
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	24	Motor Top Cover	1
2	Frame Base	1	25	Rear Adjustment Base (L)	1
3	Incline Bracket	1	26	Rear Adjustment Base (R)	1
4	Right Upright	1	27	Handpulse Assembly	2
5	Left Upright	1	27 - 3	Hand Pulse Sensor Assembly W/ Cable (1000 mm)	2
6	Console Support	1	28	Motor Cover Anchor	1
7	Outer Slide	1	29	Indentation End Cap	2
8	Inner Slide	1	30	Wheel Cover	2
9	Locking Knob	1	31	Frame Base Front Wheel	2
10	Incline Motor	1	32	Frame Base Rear Wheel	2
11	Drive Belt	1	33	Handgrip Foam	2
12	Motor Bracket	1	34	Foot Rail	2
13	Drive Motor	1	35	Square End Cap (25 × 50 mm)	2
14	Running Belt	1	36	Quadrate Safety Key (800 mm)	1
15	Running Deck	1	37	Grommet	1
16	Front Roller W/Pulley	1	38	Breaker	1
17	Rear Roller	1	39	On / Off Switch	1
18	Sleeve for Frame Base Front Wheel	2	40	Power Cord	1
19	Rear Wheel Sleeve	2	41	Connecting Wire (White) (350 mm)	1
20	Console	1	42	Connecting Wire (Black) (350 mm)	1
20 - 1	Console Top Cover	1	43	Connecting Wire (Black) (10 cm × 764 × 755)	1
20 - 2	Console Bottom Cover	1	44	Controller	1
20 - 3	Magnet Stop Plate	2	45	Upper Console Cable (900 mm 10P)	1
20 - 4	Safety Switch Module W/Cable (300 mm)	1	46	Lower Console Cable (1900 mm 10P)	1
20 - 5	Console Display Board	1	48	Sensor W/Cable (1000 mm)	1
20 - 7	Sheet Metal Screw (3 × 10 mm)	2	49	Frame Cover	1
21	Button Head Plug	2	50	Square End Cap (21.4 × 21.4 mm)	1
22	Frame Base Cover (L)	1	51	Square End Cap (25.4 × 25.4 mm)	1
23	Frame Base Cover (R)	1	52	Hex Head Bolt (1/2" × 1-1/4")	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
53	Hex Head Bolt (3/8" × 3-1/4")	1	81	Sheet Metal Screw (4 × 12 mm)	4
54	Hex Head Bolt (3/8" × 3/4")	4	82	Belt Guide	2
55	Hex Head Bolt (M8 × 60 mm)	1	83	Tapping Screw (5 × 16 mm)	20
56	Hex Head Bolt (M8 × 12 mm)	2	84	Sheet Metal Screw (4 × 25 mm)	2
57	Button Head Socket Bolt (5/16" × 1 mm)	2	85	Cylinder	1
58	Hex Head Bolt (3/8" × 1-3/4")	1	86	Split Washer (M5)	3
59	Flat Head Socket Bolt (3/8" × 2")	2	87	Hex Head Bolt (3/8" × 2-1/2")	1
60	Carriage Bolt (1/2" × 28 mm)	2	88	Wire Tie Mount	6
61	Socket Head Cap Bolt (1/4" × 60 mm)	2	89	Button Head Socket Bolt (5/16" × 15 mm)	14
62	Flat Head Socket Screw (M6 × 20 mm)	6	90	Flat Washer (5/16" × 18 × 1.5T)	8
63	Phillips Head Screw (M5 × 10 mm)	3	91	Curved Washer (5/16" × 23 × 1.5T)	6
64	Tapping Screw (5 × 16 mm)	7	92	Combination (M5) Allen Wrench & Phillips Head Screwdriver	1
65	Nyloc Nut (1/2" × 8T)	4	94	Lubricant	1
66	Nyloc Nut (3/8" × 7T)	4	95	Tapping Screw (5 × 19 mm)	6
67	Nyloc Nut (5/16" × 7T)	4	96	Tapping Screw (3.5 × 16 mm)	6
68	Nyloc Nut (M8 × 7T)	1	97	Sensor Rack	1
69	Hex Head Bolt (3/8" × 1-1/2")	1	98	Square End Cap (15 × 30 mm)	2
70	Hex Head Bolt (3/8" × 45 mm)	1	99	Rubber Foot	6
71	Split Washer (3/8" × 2T)	6	100	Rear Roller Cover	2
72	Split Washer (M8 × 1.5T)	2	101	Tapping Screw (5 × 25 mm)	4
73	Button Head Socket Bolt (5/16" × 1-3/4")	2	102	Nylon Washer (Ø10 × Ø25 × 0.8T)	2
74	Flat Washer (3/8" × 19 × 1.5T)	6	103	Round Cap	2
75	Flat Washer (3/8" × 25 × 2T)	5	104	Flat Head Socket Screw (M6 × 25 mm)	2
76	Nylon Washer (Ø50 × Ø13 × 3T)	2	105	Connecting Cable Of Motor (400 mm)	1
77	Nylon Washer (Ø10 × Ø25 × 3T)	2	106	Choke	1
78	Flat Washer (5/16" × 18 × 1.5T)	2	107	Filter	1
79	Star Washer (M5)	3	108	Connecting Wire (White) (200 mm)	1
80	Sheet Metal Screw (3.5 × 12 mm)	5	110	Tapping Screw (4 × 16 mm)	4

EXPLODED DRAWING

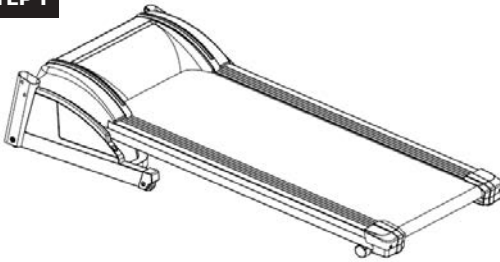


ASSEMBLY STEPS

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.

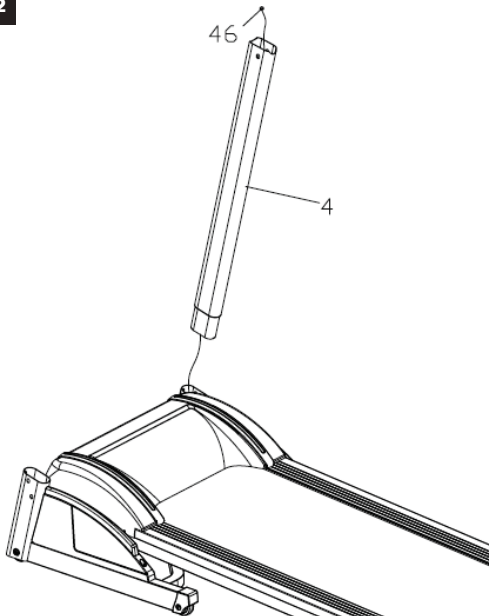
STEP 1



STEP 1: UNPACKING

Remove the Trojan Stamina 315 Treadmill from the carton and place it on a smooth flat surface.

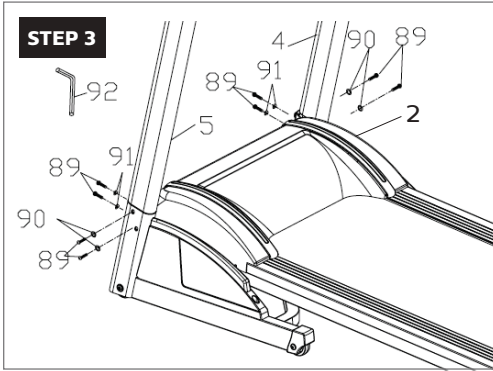
STEP 2



STEP 2: LOWER CONSOLE CABLE ASSEMBLY

Thread the Lower Console Cable (1900 mm 10P) (46) through the Right Upright (4).

ASSEMBLY STEPS



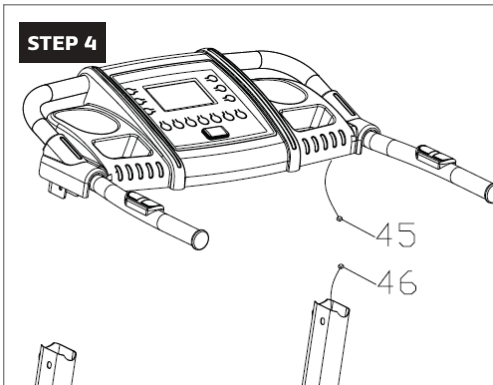
STEP 3: UPRIGHT ASSEMBLY

Insert the Right Upright (4) into the Frame Base (2) and secure with 2 Flat Washers (5/16" x 23 x 1.5T) (91), 2 Curved Washers (5/16" x 18 x 1.5T) (90) and 4 Button Head Socket Bolts (5/ 6" x 15 mm) (89).

Use the Combination (M5) Allen Wrench & Phillips Head Screwdriver (92) to secure all bolts.

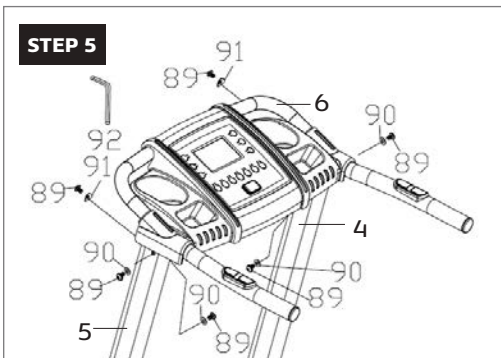
Note: Curved Washers (5/16" x 23 x 1.5T) (91) are used on the back of the Upright Frames (4 and 5) and the Flat Washers (5/16" x 18 x 1.5T) (90) are used on the sides of the Upright Frames (4 and 5).

Repeat the above procedure for the Left Upright (5).



STEP 4: UPPER CONSOLE CABLE ASSEMBLY

Connect the Upper Console Cable (900 mm 10P) (45) and the Lower Console Cable (1900 mm 10P) (46).



STEP 5: CONSOLE ASSEMBLY

Insert the Console Support (6) into the Right and Left Uprights (4 and 5). Secure the Console Support (6) to the Right and Left Uprights (4 and 5) with 6 Button Head Socket Bolts (5/16" x 15 mm) (89), 4 Flat Washers (5/16" x 18 x 1.5T) (90) and 2 Curved Washers (5/16" x 23 x 1.5T) (91). Use the Combination (M5) Allen Wrench & Phillips Head Screwdriver (92) to secure all bolts.

Note: Curved Washers (5/16" x 23 x 1.5T) (91) are used on the back of the Upright Frames (4 and 5) and the Flat Washers (5/16" x 18 x 1.5T) (90) are used on the sides of the Upright Frames (4 and 5).

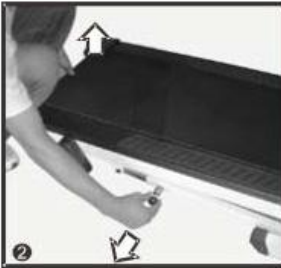
ASSEMBLY STEPS

UNFOLDING / FOLDING / TRANSPORT



UNFOLDING:

Hold the Running Board with your left hand. Pull the locking Knob with your right hand and slowly lower the Trojan Stamina 315 Treadmill running board. Remove your right hand as you slowly lower the running board to the floor. (Figure 1)



FOLDING:

Ensure the incline angle of the Trojan Stamina 315 Treadmill is at its lowest position. Pull the locking Knob until the running board can be lifted. Lift the running board up until the locking knob clicks securely into the hole. (Figure 2 and 3)



TRANSPORT:

Place your right foot onto the right base foot tube.

With 2 hands holding the left and right handgrip tubes, pull the Trojan Stamina 315 Treadmill toward you.

You can now easily move the Trojan Stamina 315 Treadmill to the desired position by pushing it on its wheels. (Figure 4)

CONSOLE FUNCTIONS



FUNCTION BUTTON:

MODE:

When all the figures are cleared, press the “mode” key to choose the running program. There are 12 pre-set programs that can be chosen from and each program lasts 30 minutes. The speed can be set to automatically change every minute, or it can be changed manually as required. A bell rings 3 times to warn the user just before the program ends.

START / STOP:

Press the “start/stop” key and the Trojan Stamina 315 Treadmill begins to run at a speed of 1.0 km/h. When the Trojan Stamina 315 Treadmill is running at a speed of more than 3.5 km/h, press the “start/stop” key and the Trojan Stamina 315 Treadmill stops slowly. During this operation, no other keys will function. If the speed is less than 3.5 km/h the Trojan Stamina 315 Treadmill stops immediately if the “start/stop” key is pushed.

CLEAR / SET:

When the Trojan Stamina 315 Treadmill stops, press the “clear/set” key and all the data will be cleared. Press the button again for 3 seconds and TIME, DISTANCE and CALORIES can be changed. Press “set +” or “set -” to set TIME, DISTANCE and CALORIES. Now press “start/stop” and the Trojan Stamina 315 Treadmill runs at the speed of 1 km/h and the set figures will start counting down. When the figures reach 0 the Trojan Stamina 315 Treadmill will stop.

SPEED:

Press this key, “+” or “-”, to adjust the running speed of the Trojan Stamina 315 Treadmill.

INCLINE:

Press this key, “+” or “-”, to adjust the incline of the Trojan Stamina 315 Treadmill.

SPEED SHORTCUT:

Press WALK, JOG or RUN, to move to the desired speed you want. The highest speed is 16 km/h.

INCLINE SHORTCUT:

Press INCLINE 3, 6, 9, to move to the desired incline you want. The highest incline level is 10.

CONSOLE FUNCTIONS

SAFETY:

The Trojan Stamina 315 Treadmill will not operate unless the safety key is inserted into the Console. In the event of an emergency, pull the safety key out and the Trojan Stamina 315 Treadmill will stop immediately.

FUNCTIONS AND OPERATIONS:

GETTING STARTED:

Power the Trojan Stamina 315 Treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located on the front of the Trojan Stamina 315 Treadmill below the motor cover. Ensure that the safety key is installed, as the Trojan Stamina 315 Treadmill will not power on without it. When the power is turned on, all the lights on the display will light up for a short time.

SELF-CHECKING:

When using the Trojan Stamina 315 Treadmill for the first time, it is necessary for the Trojan Stamina 315 Treadmill to carry out a self-check. Remove the safety key, press and hold MODE, and then insert the safety key. The Trojan Stamina 315 Treadmill now enters into the self-checking mode. During this mode, pressing START/STOP can terminate the self-checking, but this is not recommended.

- QUICK-START OPERATION:**
- Press and release START/STOP to activate the display (if it is not already on).
- Note:** Installing the safety key will also activate the console.
- Press and release START/STOP to begin belt movement at 1.0 km/h. Adjust to the desired speed using the '+' or '-'. You may also use the rapid speed keys (WALK, JOG, and RUN) to adjust the speed. The speed range is from 1.0 km/h to 16.0 km/h.
 - To slow the Trojan Stamina 315 Treadmill down, press and hold the '-' key until the desired speed is reached. You may also press the rapid speed adjust keys: WALK, JOG or RUN.
 - Whilst running press START/STOP and the running belt will gradually slow down if the speed is above 1.5 km/h. If the speed is under 1.5 km/h, then it will stop immediately.
 - Whilst running press CLEAR to reset all numbers except the speed. Then enter into manual mode.
 - To stop the tread-belt, press and release START/STOP.

INCLINE:

- Incline may be adjusted at any time after belt movement has started.
- The incline range is from 0 to 10 levels.
- Press the 'up' or 'down' to achieve desired level of incline. 3 Quick Access Incline keys of 3, 6 and 9 are also available to adjust the incline to these specific incline values.
- The display will indicate incline percent as adjustments are made.
- Incline will remain in its position when display is turned off.

PULSE GRIP:

The Pulse (Heart Rate) Console window will display your current heart rate in

CONSOLE FUNCTIONS

beats per minute during the workout. You must hold both stainless steel sensors to display your pulse. The Pulse value will display anytime the upper display is receiving a signal from the Grip Pulse sensor.

CALORIE DISPLAY:

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison between different exercise sessions. It cannot be used for medical purposes.

PROGRAMMABLE OPERATIONS:

- This Trojan Stamina 315 Treadmill offers 12 pre-set programs (P1, P2, and P3 P12). The first 9 preset programs (P1 to P9) are only for speed; the last 3 pre-set programs (P10 to P12) are a combination of speed and incline. Each pre-set program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

WARNING:

- Be careful when using the last 3 pre-set programs as they are designed for advanced users.
- It is recommended that children under 16 years of age do not use the last 3 pre-set programs.

TO SELECT A PROGRAM:

- Make sure the machine is in the stop position and press 'clear/set' to reset the Trojan Stamina 315 Treadmill. Press 'MODE' to choose the desired program (P1, P2 ... P12), then press and release 'START/STOP' to begin the program with its default values.
- The speed window will now be showing the pre-set speed of the selected program.
- Each program will continue for 30 minutes. After every minute the program and speed can be altered manually or automatically. 3 Seconds before the end of the program a buzzer will sound 3 times, then the running belt will come to a stop.

CONSOLE FUNCTIONS

P1

TIME (mins)	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
SPEED (Km/h)	1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1

P2

TIME (mins)	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
SPEED (Km/h)	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

P3

TIME (mins)	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
SPEED (Km/h)	3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2

P4

TIME (mins)	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
SPEED (Km/h)	4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2

P5

TIME (mins)	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
SPEED (Km/h)	5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2

P6

TIME (mins)	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
SPEED (Km/h)	6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

P7

TIME (mins)	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
SPEED (Km/h)	7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1

P8

TIME (mins)	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
SPEED (Km/h)	8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2

P9

TIME (mins)	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
SPEED (Km/h)	9	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2

P10

TIME (mins)	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
SPEED (Km/h)	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
INCLINE (%)	7	5	3	5	9	4	2	4	6	8	10	12	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0

P11

TIME (mins)	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
SPEED (Km/h)	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
INCLINE (%)	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0

P12

TIME (mins)	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
SPEED (Km/h)	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
INCLINE (%)	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3

EXERCISE INSTRUCTIONS

Using your Trojan Stamina 315 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



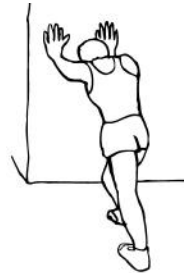
FORWARD BENDS



OUTER THIGH

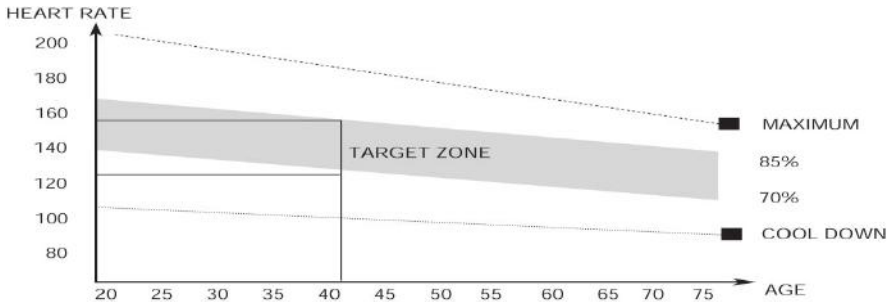


INNER THIGH



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 Stamina 315 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

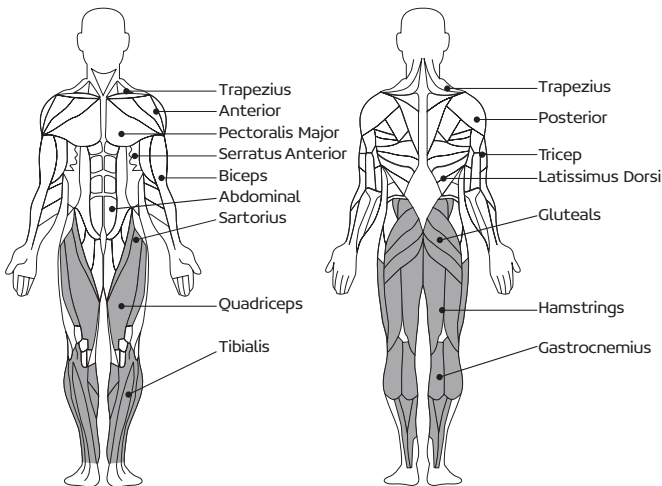
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body’s most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, 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 Stamina 315 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.

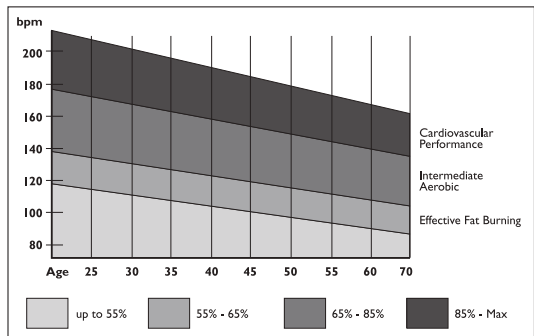
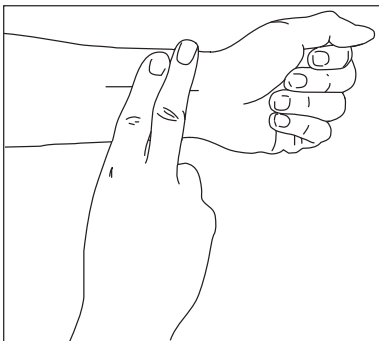
EXERCISE INTENSITY

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

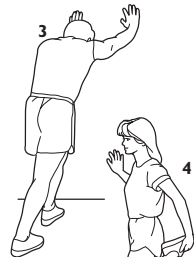
With 1 hand against a wall for balance, reach back and grasp 1 foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

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 Stamina 315 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 Stamina 315 Treadmill after each use.

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

STORAGE

Store the Trojan Stamina 315 Treadmill in a clean and dry environment away from children.

BELT ADJUSTMENT

Belt adjustment and tension performs 2 functions: adjustment for tension and centering. The running deck 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 cause damage. To adjust the belt back to its proper position please follow the directions below.

Your Trojan Stamina 315 Treadmill should require little maintenance other than to periodically apply lubricant. Move belt adjustment here and then follow with lubrication

Lubricating under the running deck will ensure superior performance and extend the Trojan Stamina 315 Treadmill's life expectancy.

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.

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 Stamina 315 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.

MAINTENANCE

LUBRICATION SCHEDULE

Check the treadboard lubrication during installation. If it's necessary, lubricate the running deck using one half of the lubricant provided, before using the Trojan Stamina 315 Treadmill for the first time.

If the Trojan Stamina 315 Treadmill is used on a regular basis, the running deck should be lubricated once a month.

If the Trojan Stamina 315 Treadmill is not used for 2 months or more, the running deck must be lubricated before use.

BELT TRACKING ADJUSTMENT

If during use you notice that the running belt either shifts to the right or the left of center, first remove the "Safety Key" and unplug equipment from AC power source. Using Hex Wrench provided, turn left rear roller adjustment clockwise, no more than 1/4" of a turn. Remove Hex Wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your Trojan Stamina 315 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.



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: dd / mm / yy	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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www.trojanhealth.co.za

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