

TROJAN™

STANDARD PEDOMETER

STEP
COUNTER

DISTANCE MONITOR

CARDIO



USER MANUAL



CAUTION

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

Visit facebook.com/trojanhealth
www.trojanhealth.co.za
www.instagram.com/trojanhealth

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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.



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.
- Do not attempt to adjust the seat or handlebars while you are on your Trojan equipment.
- Servicing other than the procedures in this manual should be performed by an authorised service representative only.
- Use equipment 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.



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.

IMPORTANT SAFETY INSTRUCTIONS



INSPECTION

- Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all Trojan equipment use only replacement parts supplied by Trojan.
- 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.

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 Standard Pedometer. 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 Standard Pedometer 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 Standard Pedometer.



Power Supply	2 x LR44 1.5V batteries or equivalent
Function	Step / Distance / Calories / Stopwatch
Set-up Size	64 mm (l) x 41 mm (w) x 33.5 mm (h)
Weight of Pedometer	35.6 g

CONSOLE FUNCTIONS



SPECIFICATIONS:

REAL TIME CLOCK	_____ 12 hour / 24 hour option with hour / minute / second
DISPLAY STEP	_____ 0 - 99999 steps
DISTANCE TRAVELLED	_____ 0 - 000.99km / mil
STOPWATCH	_____ 99 hrs, 59 mins, 59 secs (1/100 secs precision within 1 hour)
CALORIE	_____ 0.0 - 9999.9 Kcal
STRIDE LENGTH	_____ 30 - 150 cm (300 - 1500 mm)
WEIGHT RANGE	_____ 30 - 150 kg
TEMPERATURE RANGE	_____ -20 C to 50 C
OPERATION TEMPERATURE	_____ 0 C - 50 C
STORAGE TEMPERATURE	_____ -10 C - 60 C
POWER SUPPLY	_____ 2 x LR44 1.5 V batteries or equivalent

FUNCTION BUTTON:

START/STOP:

Press this button to start or stop the count up timer.

MODE:

Alternates display between the different modes.

RESET:

Resets display modes to 0. Increases the value settings when entering or changing data.

PRESET TIME, SPEED

DISTANCE:

Automatic display of the following functions in the order shown:
TIME > SPEED > DISTANCE.

OPERATION INSTRUCTIONS

FIGURE A

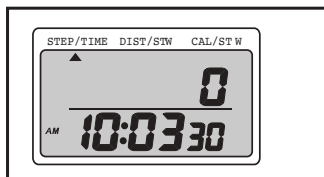


FIGURE B

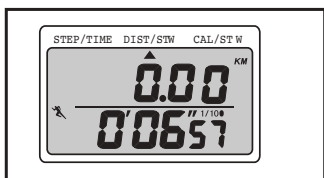


FIGURE C

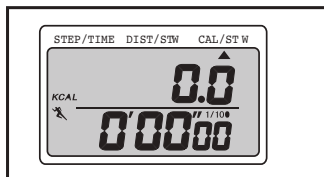


FIGURE D

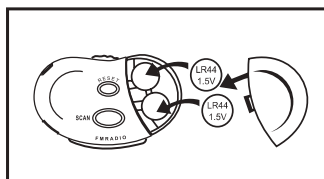
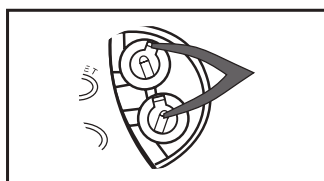


FIGURE E



DISPLAY MODE

1. STEP / TIME:

When the sign ▲ points to STEP/TIME, the upper row displays STEP and the lower row displays TIME (Figure A).

2. DIST / ST.W (DISTANCE / STOPWATCH):

When the sign ▲ points to DIST/ST.W, the upper row displays DISTANCE and the lower row displays STOPWATCH (Figure B).

3. CAL / ST.W (CALORIE / STOPWATCH):

When the sign ▲ points to CAL/ST.W, the upper row displays CALORIE, burnt and the lower row displays STOPWATCH (Figure C).

OPENING THE COVER

Hold the Trojan Standard Pedometer in an upright position. Grasp the clip with 1 hand and press the release button with the other hand.

BATTERY INSTALLATION

1. Gently press and pull the battery compartment open.

2. Insert 2 LR44 size 1.5 V batteries (or equivalent) into the battery slot (Figure D).

3. Close the battery compartment door.

NOTE:

- When the display becomes dim, replace the batteries.
- If there is no display or function interference after changing the batteries, remove the batteries and replace them after 15 seconds. Alternatively use a set of forceps to short circuit the batteries (Figure E), or replace the batteries.

OPERATION INSTRUCTIONS

FIGURE F

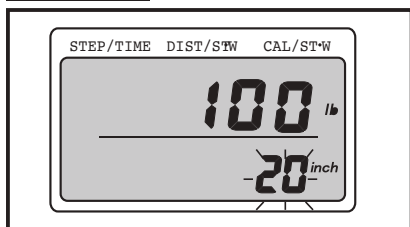
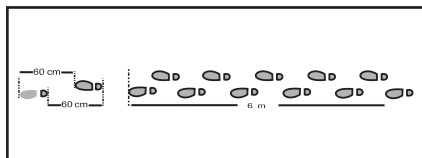


FIGURE G



FIGURE H



SETTING - METRIC/IMPERIAL SYSTEM, STRIDE, WEIGHT FUNCTIONS

1. Hold MODE, ST/SP, RESET (all 3) down together to enter into the Metric / Imperial system setting mode (after changing batteries resetting parameters may also be done in this mode).

2. The LCD will display "ib" and "inch", which means imperial system ("ib" is pounds for weight, "inch" is inches for length). Pressing the RESET button again will display KG and CM, which means the metric system (KG is weight unit, CM is length unit). Press RESET button again to switch between the metric system and the imperial system. Press MODE button to confirm the setting for weight and length, then the stride parameter will flash for setting (Figure F).

3. Press the RESET button to set stride, the MODE button will confirm this setting.

4. Weight parameter flashes for resetting (Figure G). Press RESET to adjust the weight and press the MODE button to confirm this setting and to quit from the setting mode.

NOTE:

- In metric system, the distance unit will be mile, but in imperial system the distance unit will be KM (kilometer).
- The stride data is a very important parameter to measure distance, and weight data is important for calorie measurement, so please set them accurately.
- The stride parameter range is 30 - 150 cm (or 11 - 60 inch), the default value is 50 cm (or 20 inch). Each time you press RESET you add 1 unit from low to high.
- The weight parameter range is 30 - 150 kg (65 - 340 pounds), with the default value 50 kg (or 100 pounds). Each time you press RESET you add 1 unit from low to high.
- If there is no activity for 30 seconds the unit will quit the setting mode automatically.
- Stride length and data changes from 1 user to the next, so you can use an average stride value (Figure H)

OPERATION INSTRUCTIONS

FIGURE I

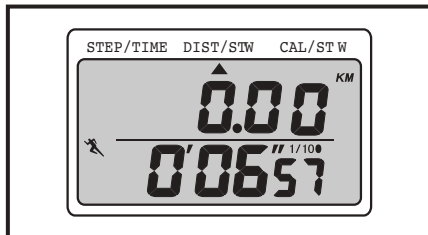


FIGURE J

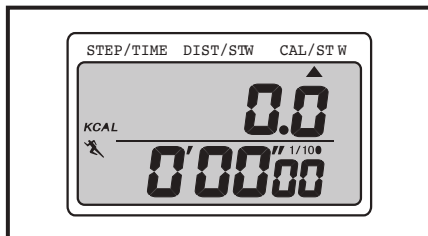
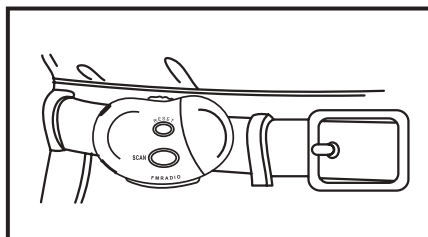


FIGURE K



HOW TO SET THE CLOCK

1. Press the MODE button to enter into STEP / TIME mode.

2. In TIME mode, press and hold the MODE button for 2 seconds to reset time. The 12 hour value will flash. Use the RESET button to make a selection between the 12 hour (12 HR) and 24 hour (24 HR) format. Press MODE to confirm setting and the “hour” parameter will be flashing on the LCD.

3. Press the RESET button to adjust the value and the MODE button to confirm. Now the “minute” parameter will be flashing on the LCD.

4. Press the RESET button to adjust the value and the MODE button to confirm. Now the “second” parameter will be flashing on the LCD.

HOW TO SET STRIDE AND WEIGHT

1. Press MODE to enter into Distance / Time mode (Figure I) or Calorie / Time mode (Figure J).

2. Hold MODE again for 2 seconds to enter into the setting mode.

3. The setting operation will be the same as above (Setting - Metric / Imperial System, Stride, Weight Functions).

HOW TO WEAR THE PEDOMETER

Attach the Trojan Standard Pedometer at waist level onto your belt, slacks or training attire. Maintain a horizontal position (Figure K) when attaching it securely. Open the cover, press RESET and hold for 3 seconds to clear the memory to 0 (except SUM), then close the cover and the Trojan Standard Pedometer is ready to start to count your steps.

NOTE: Improper position of the Trojan Standard Pedometer may result in incorrect measurements.

OPERATION INSTRUCTIONS

FIGURE L



HOW TO SET THE SENSITIVITY SENSOR

Set the sensitivity sensor prior to exercising for the first time.

1. Wear the Trojan Standard Pedometer appropriately, then set to "step counting mode".
2. Walk 20 to 50 paces, keeping count in your head the number of steps taken.
3. Compare your step count to the Trojan Standard Pedometer step count. If the Trojan Standard Pedometer is counting more steps than those actually taken, then reset the sensitivity (Figure L) by moving the button towards "-". If the Trojan Standard Pedometer is counting less steps then reset the sensitivity button towards "+".
4. Repeat the above steps until the actual steps taken and the Trojan Standard Pedometer count are equal.

NOTE: Once the sensitivity sensor is correctly set, try not to change the setting.

CHECK, DELETE STEPS / DISTANCE / CALORIE

1. Press MODE to switch between Steps / Time: Distance / Time / Calorie.
2. In step / time mode, press RESET button to clear all data (all steps, distance, and calorie memories) to 0.

OPERATION INSTRUCTIONS

FIGURE N

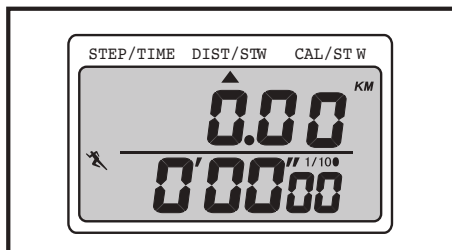
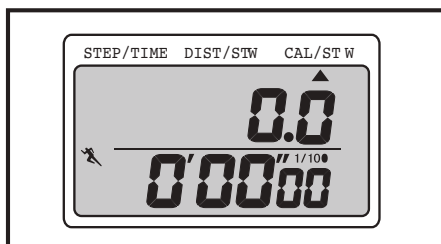


FIGURE O



HOW TO SET THE STOPWATCH FUNCTION

1. Press the MODE button to select DIST/ST.W (Figure N) or CAL / ST.W (Figure O) display mode.
2. To start the timer, press the ST/SP button.
3. To stop the timer, press the ST/SP button again.
4. To reset the timer to 0, press the RESET button.
5. Press the RESET button to adjust the value and the MODE button to confirm. Now the "second" parameter will be flashing on the LCD.

TEMPERATURE

The thermometer on the cover of the Trojan Standard Pedometer reads the temperature of the training environment

THE FOLLOWING INCORRECT USE MAY CAUSE INCORRECT STEP COUNTING

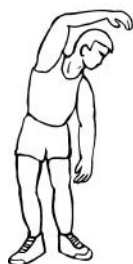
1. The user does not wear the unit in the right place, such as putting the Trojan Standard Pedometer in a pocket, attached to the edge of pocket, on the centre of the abdomen or the side of the body. (Figure K for correct placement).
2. Walking in a crowd, making your steps irregular in distance.
3. Jogging or running.
4. Swerving, going upstairs or downstairs.
5. Hard shock or damp on the appliance.
6. The Trojan Standard Pedometer is not vertical to the ground when walking.

EXERCISE INSTRUCTIONS

Using your Trojan Standard Pedometer 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



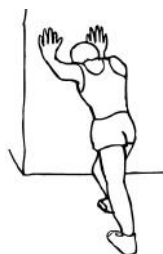
FORWARD BENDS



OUTER THIGH

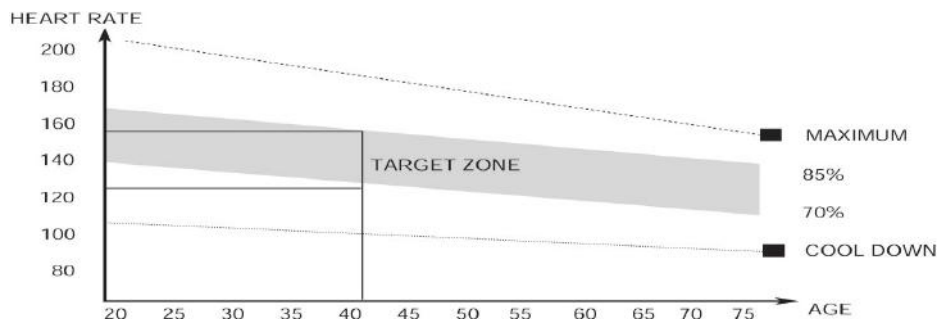


INNER THIGH



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.



EXERCISE INSTRUCTIONS

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.

MUSCLE TONING

To tone muscle while on your Trojan Standard Pedometer you will need to have the resistance set quite high. This will put more strain on our 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.

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.

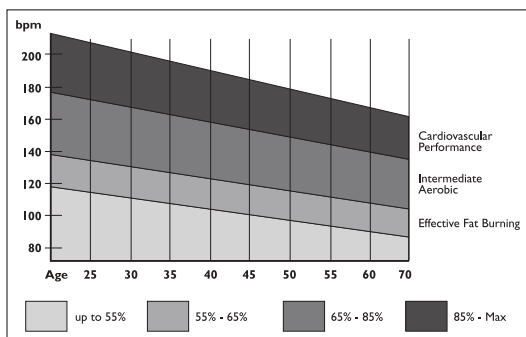
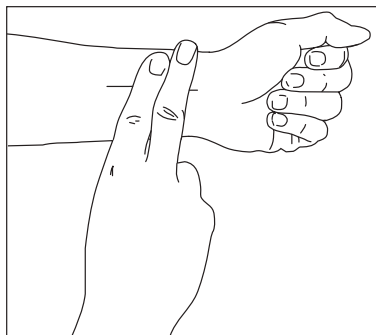
EXERCISE INTENSITY

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 one leg extended. Bring the sole of the opposite foot toward 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 Standard Pedometer 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 Standard Pedometer after each use.

STORAGE

Store the Trojan Standard Pedometer in a clean and dry environment away from children.

PLEASE FOLLOW THE STEPS INDICATED BELOW TO IMPROVE THE PEDOMETER'S LIFE SPAN:

1. Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not subject the unit to excessive force, shock, dust, temperature, or use the unit with damaged batteries, as this will shorten the life span.
3. Please take care to avoid dropping the unit, as this may damage the circuit board and result in malfunction.
4. Do not clean the unit with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
5. Only use new batteries as specified in this instruction manual.
6. Do not tamper with the unit's internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user serviceable parts.

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Calorie error	1. Incorrect weight	• Set correct user weight data
No display	1. Batteries installed incorrectly 2. Low batteries	• Install batteries correctly • Put in new batteries
Step error	1. Unit fitted incorrectly 2. Sensitivity adjustment incorrect	• Wear the unit correctly • Adjust the sensitivity correctly
Distance error	1. Not the same stride length 2. Wrong parameter for stride length	• Improve the consistency of your stride length • Set correct parameter for stride length.

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-authorised 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.



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

Manufactured for Masstores (Pty) Ltd.

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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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