

TROJAN™

SPIN 100

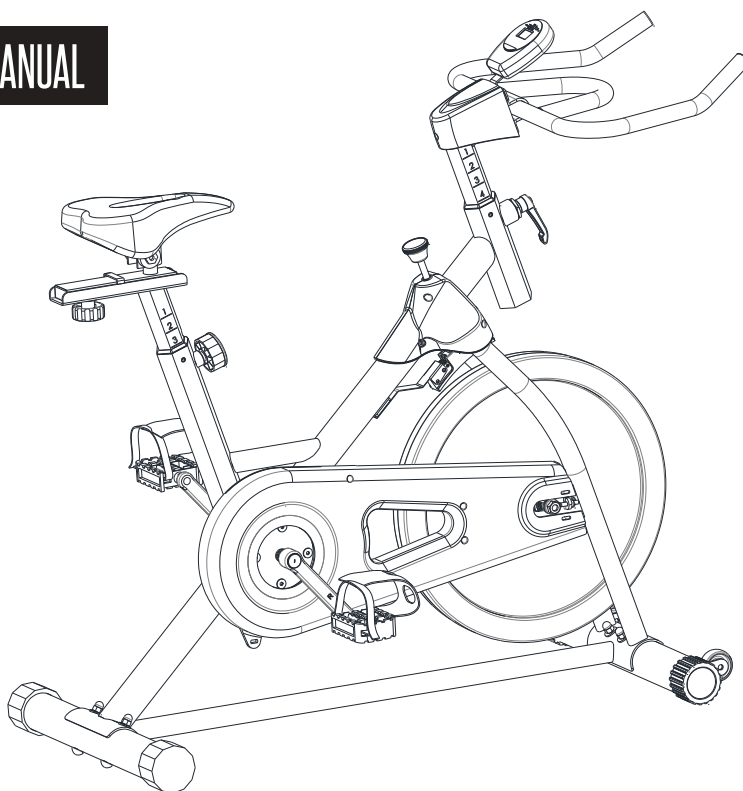
SPINNING
BIKE

10 KG
FLYWHEEL

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 one 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.

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 others 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 Spin 100 Spinning Bike 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

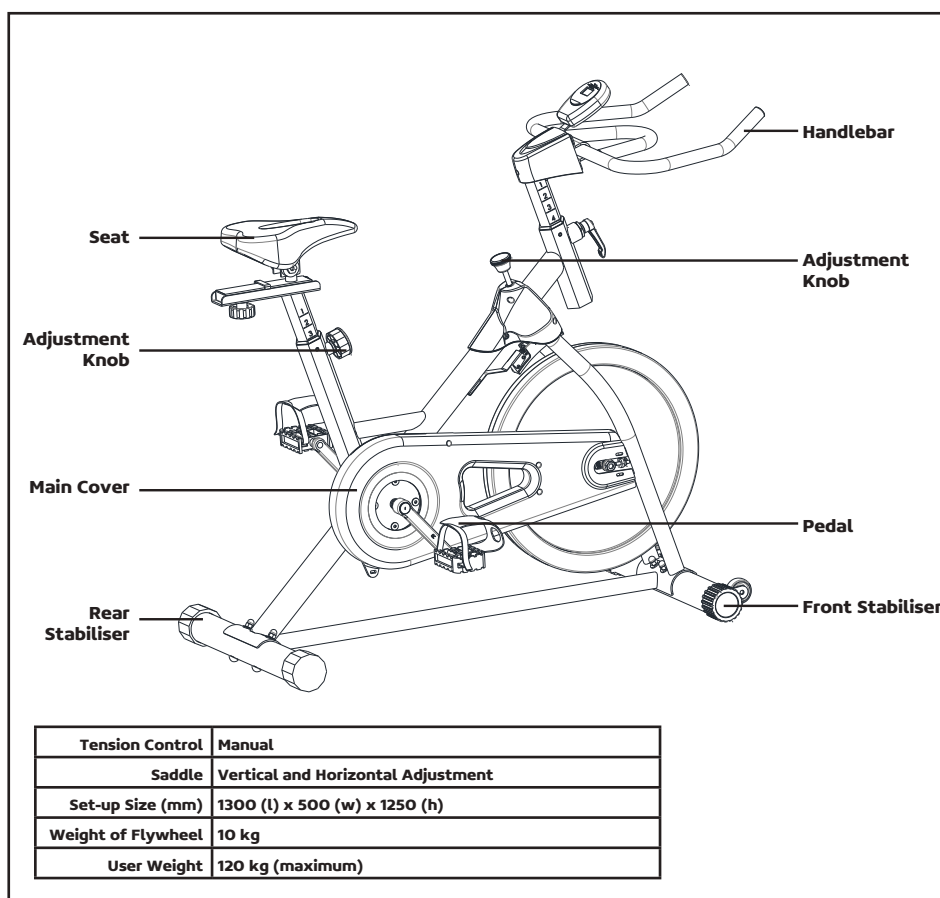
0861 TROJAN (0861 876526) within the Republic of South Africa or **visit www.trojanhealth.co.za**.

Customers residing outside South Africa can contact us on +27 10 206 4405.

PRE ASSEMBLY CHECK LIST

Thank you for choosing the Trojan Spin 100 Spinning Bike. 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 Spin 100 Spinning Bike 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.

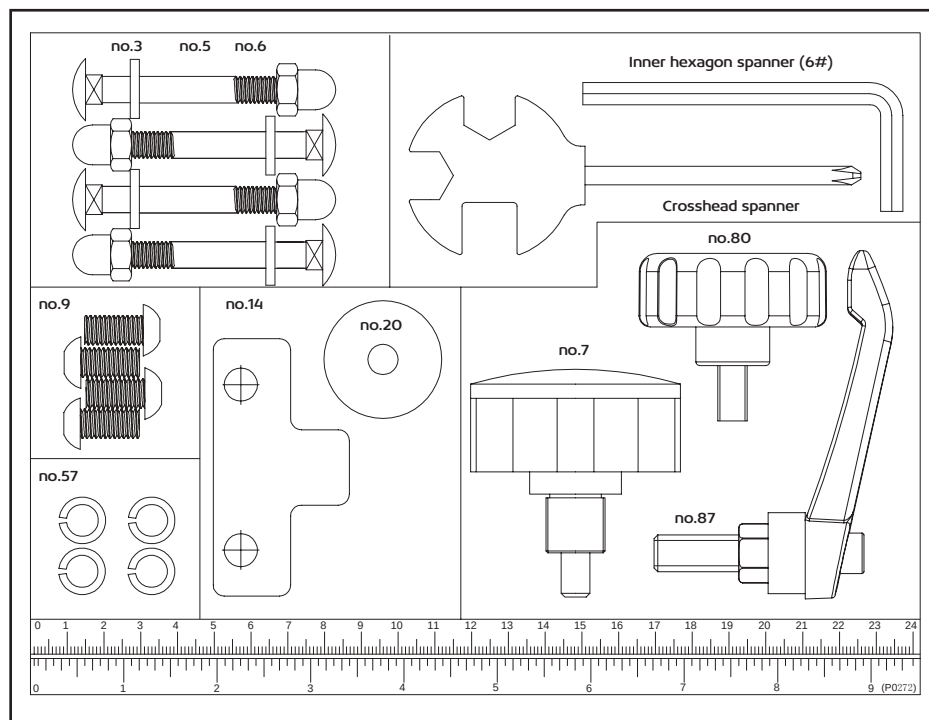
Read this manual carefully before using the Trojan Spin 100 Spinning Bike.



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.



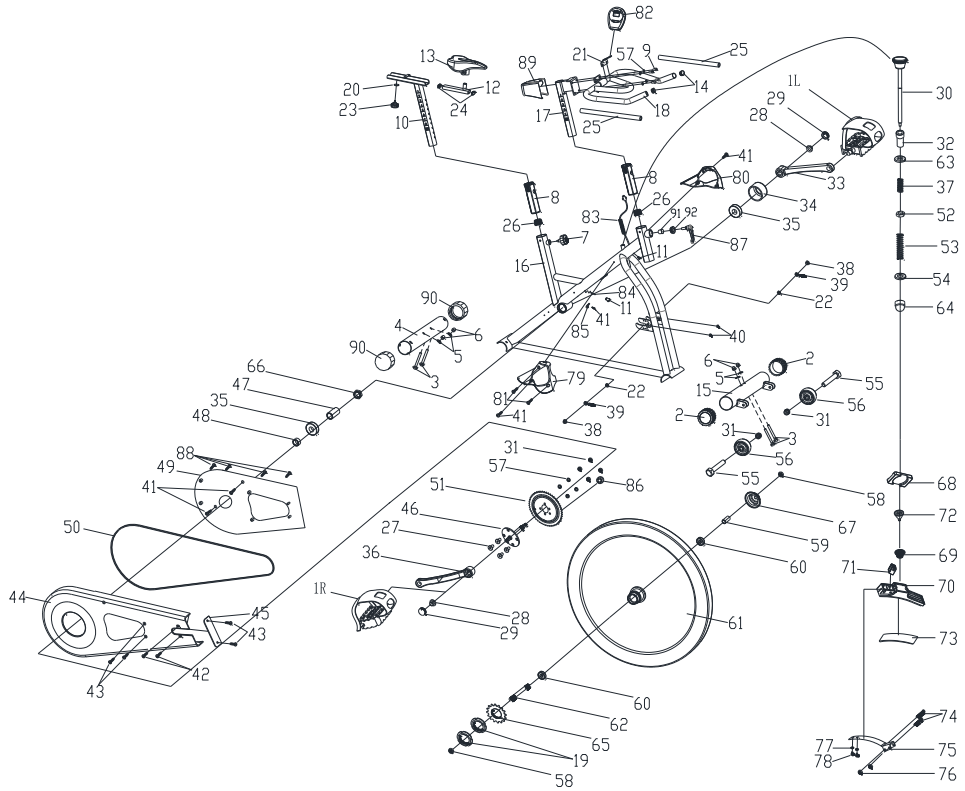
PARTS LIST

No.	Description	No.	Description
1	Pedal JD - 301 (9/16")	30	Brake Knob M10 X 175
2	Tube Plug 1 $\Phi 69 \times 43$	31	Lock Nut GB/T 889.1 - 2000 M8
3	Carriage Bolt GB/T 12 - 1988 M8 X 75	32	Plastic Bushing 3 $\Phi 21.1 \times \Phi 18 \times \Phi 10.2 \times 27.5$
4	Rear Stabilizer L = 500	33	Left Crank 170 X 27
5	Flat Washer GB/T 95 - 2002 8	34	Crank Cover $\Phi 56 \times 28$
6	Domed Nut GB/T 802-1988 M8 (H = 16Mm)	35	Bearing 16004 ZZ
7	Adjustment Knob 1 $\Phi 57 \times 62$ (M16 X 1.5)	36	Right Crank 170 X 27
8	Plastic Bushing 1 PP	37	Spring 1 16.0 x 16.0 x $\Phi 8$ (M10)
9	Bolt GB/T 70.2 - 2000 M8 X 15	38	Fixing Nut 2 M12 X 1.25
10	Vertical Seat Post Weldment	39	Fixing Bolt M6 X 57 $\Phi 12$
11	Plastic Plug 1 $\Phi 14 \times 14$	40	Nut GB/T 41 - 2000 M6
12	Seat Post Weldment	41	Screw 1 GB/T 15856.1 - 2002 ST4.2 x 19
13	Seat DD - 2681	42	Screw 2 GB/T 15856.1 - 2002 ST 4.2 x 13
14	Plastic Plug 2 Match $\Phi 25 \times 1.5$ Tube	43	Screw 3 GB/T 845 - 85 ST4.2 X 9.5F
15	Front Stabiliser Weldment	44	Outer Chain Cover 636 X 265 X 40 511.4G
16	Main Frame Weldment	45	Little Chain Cover 108 X 37 X 3.5
17	Handlebar Post Weldment	46	Axis $\Phi 20 \times 166$
18	Handlebar Weldment	47	Long Fixing Tube $\Phi 25 \times \Phi \times 20.05 \times 41.1$
19	Lock Nut M33 X 1 X 4	48	Short Fixing Tube $\Phi 25 \times \Phi \times 20.05 \times 9$
20	Flat Washer 1 $\Phi 32 \times \Phi 8.2 \times 2$	49	Inner Chain Cover 448 X 258 X 12 230G
21	Computer Holder $\Phi 2.5$	50	Chain P = 12.7, Z = 106
22	Flat Washer 4 GB/T 95 - 2002 12 T1.5	51	Chain Plate P = 12.7, Z = 52
23	Adjustment Knob 2 $\Phi 52 \times 47$ (M8 x 15)	52	Adjusting Nut 16.0 x 16.0 x $\Phi 8$ (M10)
24	Tube Plug 2 Match 40 X 20 X 1.5 Tube	53	Long Plastic Tube $\Phi 14 \times 25.5$
25	Sponge Sleeve $\Phi 23 \times \Phi 29 \times 465$	54	Flat Washer 2 $\Phi 16 \times \Phi 6 \times T2.5$
26	Tube Plug 3 Match Inside 40 X T2 Tube	55	Bolt 1 GB/T 5780 - 2000 M8 X 40
27	Bolt 2 GB/T 70.3 - 2000 M8 X 18	56	Wheel $\Phi 50 \times 23$
28	Fixing Nut 1 GB/T 6177.2 - 2000 M10 X 1.25	57	Elastic Washer 1 GB/T 859 - 1987 8
29	Crank Cap $\Phi 23 \times 7.5$	58	Fixing Nut 3 M12 x 1.25 H = 7

PARTS LIST

No.	Description	No.	Description
59	Fixing Tube $\Phi 16 \times \Phi 12.1 \times 36$	76	Lock Nut GB/T 889.1 - 2000 M5
60	Bearing 26001 ZZ	77	Elastic Washer 2 GB/T 889 - 1987 5
61	Flywheel 10kg	78	Bolt 5 GB/T 5780 - 2000 M5 $\times 10$
62	Flywheel Shaft $\Phi 12 \times 155$	79	Right Brake Cover 174 $\times 86 \times 118$
63	Flat Washer 3 $\Phi 16 \times \Phi 10.2 \times T1.5$	80	Left Brake Cover 174 $\times 85.5 \times 118$
64	Domed Nut 2 GB/T 802 - 1988 M6	81	Screw 4 ST2.9 $\times 9.5$
65	Chain Wheel A7k - 16 1/2' $\times 1/8$ ' 16T (1.37')	82	Computer HS - 6065
66	Fixing Nut 28 $\times M20 \times 1$	83	Sensing Line L = 1400
67	Flywheel Cover 2 $\Phi 59 \times 35$	84	Sensor SR - 202, L = 250
68	Spring Cover 32 $\times 23 \times 2$	85	Sensor Holder LTF8163
69	Spring 2 $\Phi 2.2$	86	Magnet C - 02Z
70	Plastic Frame 200 $\times 47 \times 30$	87	Adjustment Knob 2 M10 $\times 25$
71	Brake Plug 114 $\times 9 \times 14$	88	Screw 5 GB/T 845 - 1985 ST4.2 $\times 19$
72	Brake Plug 2 $\Phi 16.4 \times 16$	89	Decorative Cover 115 $\times 89 \times 76$
73	Woolly Block 113 $\times 25 \times 5$	90	Tube Plug 4PP
74	Bolt 4 GB/T 5780 - 2000 M5 $\times 30$	91	V-Block $\Phi 22 \times 20$
75	Brake Sheet Metal $\Phi 1.0$	92	Hexagon Nut 32 $\times 12$

EXPLODED DRAWING

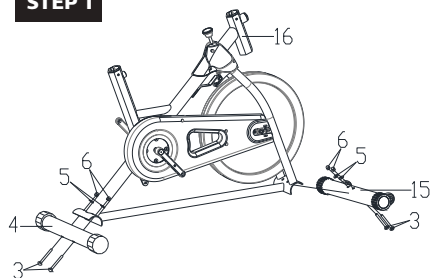


ASSEMBLY STEPS

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

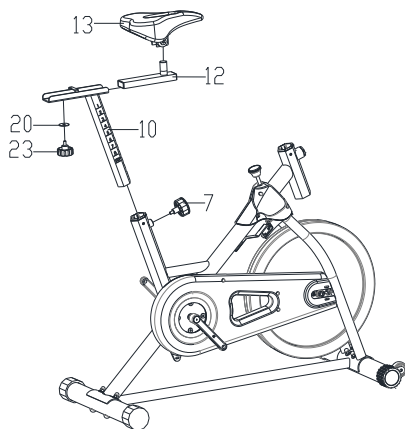


STEP 1: FRONT AND REAR STABILISERS

Attach the Front Stabiliser (15) to the Main Frame (16) with two sets of Ø8 Arc Washer (5), M8 Domed Nut (6) and M8 x 75 Carriage Bolt (3).

Attach the Rear Stabiliser (4) to the Main Frame (16) with two sets of Ø8 Arc Washer (5), M8 Domed Nut (6) and M8 x 75 Carriage Bolt (3).

STEP 2



STEP 2: SEAT ASSEMBLY

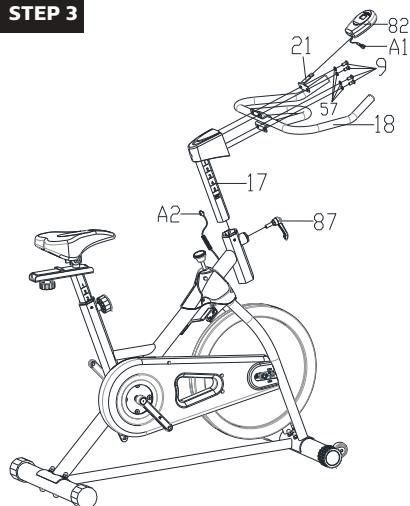
Insert the Vertical Seat Post (10) into the seat post tube of the Main Frame. You will have to slacken the Knob (7) and pull the Knob back. Then select the desired height. Release the Knob and retighten.

The Seat Post (12) is fixed on the Vertical Seat Post (10) with the Knob (23) and the Flat Washer (20).

The Seat (13) is fixed on the Seat Post (12) with the nuts of the seat.

ASSEMBLY STEPS

STEP 3



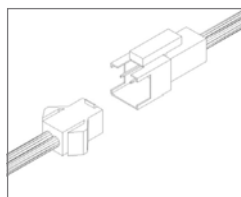
STEP 3: HANDLEBAR AND HANDLEBAR POST

Insert the Handlebar Post (17) into the handlebar post tube of the main frame. You will have to slacken the Knob (87) and pull the Knob back. Then select the desired height. Release the Knob and retighten it.

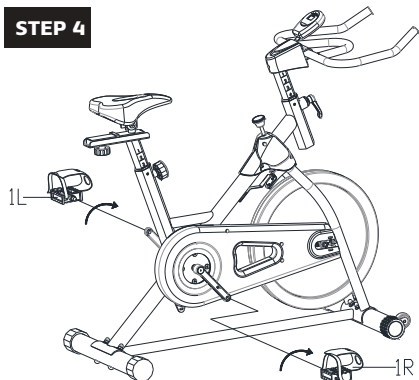
The Handlebar (18) and the Computer Holder (21) are fixed on the Handlebar Post (17) with four sets of the Bolt (9) and the Elastic Washer (57).

The Computer (82) is fixed on the Computer Holder (21).

ATTENTION: CONNECT THE COMPUTER LINE, TO GAP (A1) CORRESPONDING TO THE CONVEX POINT (A2) TO INSERT LINK



STEP 4



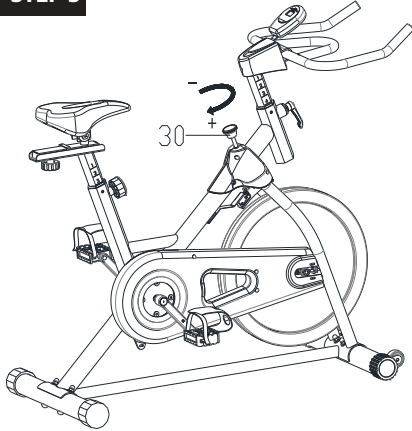
STEP 4: PEDAL ASSEMBLY

The Pedals (1L & R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it.

Note: The Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

ASSEMBLY STEPS

STEP 5

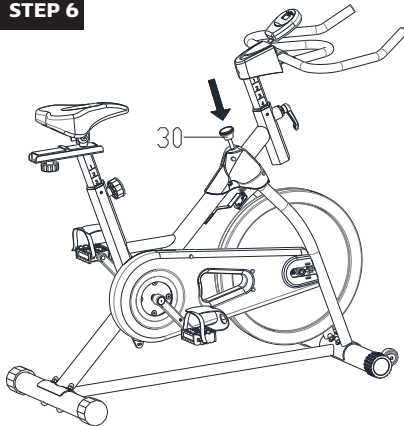


STEP 5: ADJUSTING THE TENSION

To increase resistance (requiring more strength to pedal), turn the Emergency Brake & Resistance Control Knob (30) to the right.

To decrease resistance (requiring less strength to pedal), turn the Emergency Brake & Resistance Control Knob (30) to the left.

STEP 6



STEP 6: USING THE EMERGENCY BRAKE FUNCTION

The Emergency Brake & Resistance Control Knob can be used as the Emergency Brake. When you want the flywheel to stop turning, you must firmly press down the Emergency Brake & Resistance Control Knob (30).

SEAT ADJUSTMENT

SEAT ADJUSTMENT (UP AND DOWN)

To adjust the seat height, slacken the spring Knob on the Vertical Post Stem on the main frame and pull back the Knob. Position the Vertical Seat Post for the desired height so that holes are aligned, then release the Knob and retighten it.

SEAT ADJUSTMENT (BACKWARDS AND FORWARDS)

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting Knob and washer and pull the Knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting Knob.

HANDLEBAR HEIGHT ADJUSTMENT

To adjust the handlebar height, slacken the spring Knob and secondary Knob and pull both Knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting Knob and then the secondary Knob.

CONSOLE FUNCTIONS



FUNCTIONS AND OPERATIONS:

- POWER ON:** If the button is pushed, the unit will turn on and display the parameters of the last exercise.
- SCAN:** Push the button and the unit will display 5 parameters one by one. Push the mode key until the arrow signal shows on the bottom right hand side. The unit will scan through Time, Speed, Distance, Calories and Pulse each for 4 seconds.
- ODOMETER:** Push the mode key again and the scan will stop and the "SCAN" signal will disappear. If you push the button until the arrow points to "ODO", the display will show the Odometer on the meter. The reading of the odometer will be reset to zero after replacing the batteries.
- SPEED:** Push the mode key until the arrow points to "SPD" to display the speed value.
Unit: km/h.
- TIME:** Push the mode key until the arrow points to "Time" to display the exercise time.
If the bike stops moving, the unit will stop counting time also.
- DISTANCE:** Push the mode key until the arrow points to "Dist" to display the distance value.
Unit: km.
- CALORIES:** Push the mode key until the arrow points to "CAL" to display the calories value.
Unit: K Cal.
- RESET:** Push the mode key for 3 seconds until the unit shows a zero value.
- AUTO OFF:** The unit will automatically turn off if there is no movement for 4 minutes.

SPINNING BIKE SET-UP

SPINNING BIKE SET-UP

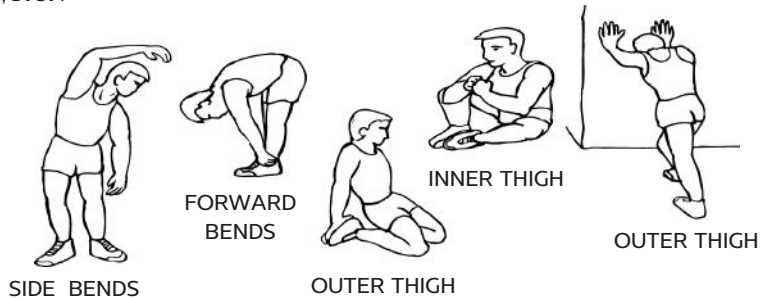
- Stand next to the Spinning Bike's seat (also known as the saddle). The seat height should be about level with your hips when you are standing next to it.
- Turn the seat height adjustment Knob counter-clockwise. Pull the handle out to release the pin from the hole so you can adjust the seat height. Lower or raise the seat so it is approximately level with your hips as you stand next to the bike.
- Insert the pin into the correct seat height hole and turn the handle clockwise to lock it in place.
- Get on the bike.
- Take one pedal all the way down to the bottom of your pedal stroke. You should have a full extension in your leg without locking out your knee. The full extension should allow for a soft knee or even a very slight bend.
- Bring one pedal forward and one pedal back so they are in a straight line (the front pedal should be in the 3 o'clock position and the back in the 9 o'clock position). If you drop a straight line down from your forward knee, it should fall directly over the centre of your front foot. If this does not happen, you need to move the seat either forward or backward. The forward knee should be at a 90 degree angle. You should also be able to comfortably rest your hands on the handlebars. If you feel you are really stretching to reach the handlebars, you need to move your seat or handlebars backwards or forwards until you are in your most comfortable riding position.
- Dismount the bike and adjust the forward/backward seat or handlebars position. Again, turn the handle counter-clockwise, pull the pin out and move the seat to the desired position. Place the pin in the chosen hole and turn the handle clockwise to secure the position.
- Move to the front of the bike and adjust the handlebar height. The height of the handlebars is more a matter of preference. Comfort should be the main key. Some experienced riders choose to keep the handlebars low to replicate outdoor riding. Many riders choose a higher handlebar height for more comfort.

EXERCISE INSTRUCTIONS

Using your Spinning Bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

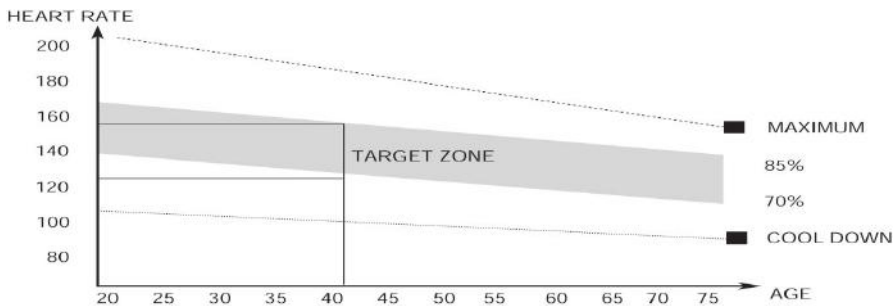
THE WARM UP PHASE

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**.



THE EXERCISE PHASE

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 e.g. 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 three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your Spinning Bike 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.

USE

The tension control Knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

MAINTENANCE

CLEANING

The Trojan Spin 100 Spinning Bike 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 Spin 100 Spinning Bike after each use.

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

STORAGE

Store the Trojan Spin 100 Spinning Bike in a clean and dry environment away from children.

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 buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

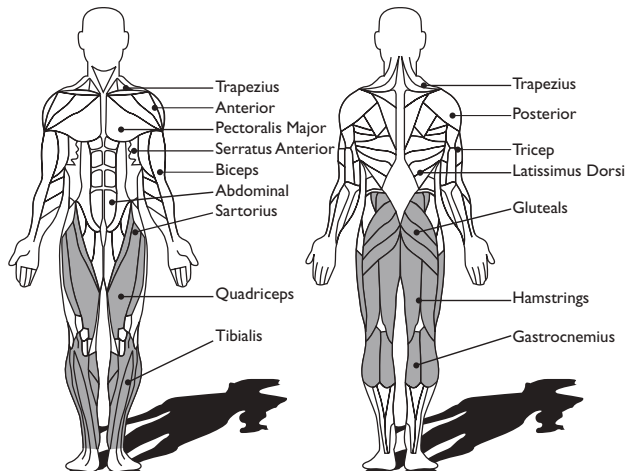
WEIGHT TRAINING

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

TROJAN SPIN 100 SPINNING BIKE

The exercise routine that is performed on the Trojan Spin 100 Spinning Bike 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, and

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment, a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition.

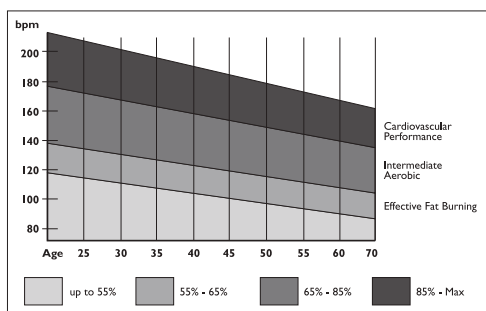
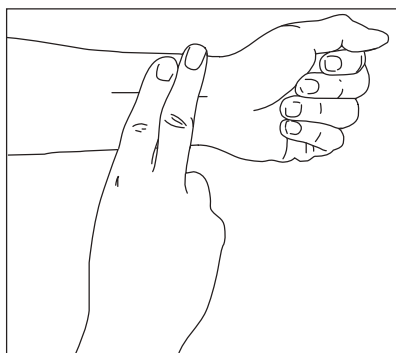
EXERCISE INTENSITY

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



For more information visit:
www.trojanhealth.co.za

WARM UP & COOL DOWN

WORKOUT GUIDELINES CLEANING

Each workout should include the following three 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 three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch, 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 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 one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, and then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend you back leg as well.

Stretches: Calves, Achilles tendons and ankles.

4. QUADRICEPS STRETCH

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

Stretches: Quadriceps and hip muscles.

5. INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



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 year from the date of purchase.

EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, 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: _____
DESCRIPTION OF PURCHASE: _____		TILL SLIP NUMBER: _____
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 876 526
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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#18M03T004

NOTES

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