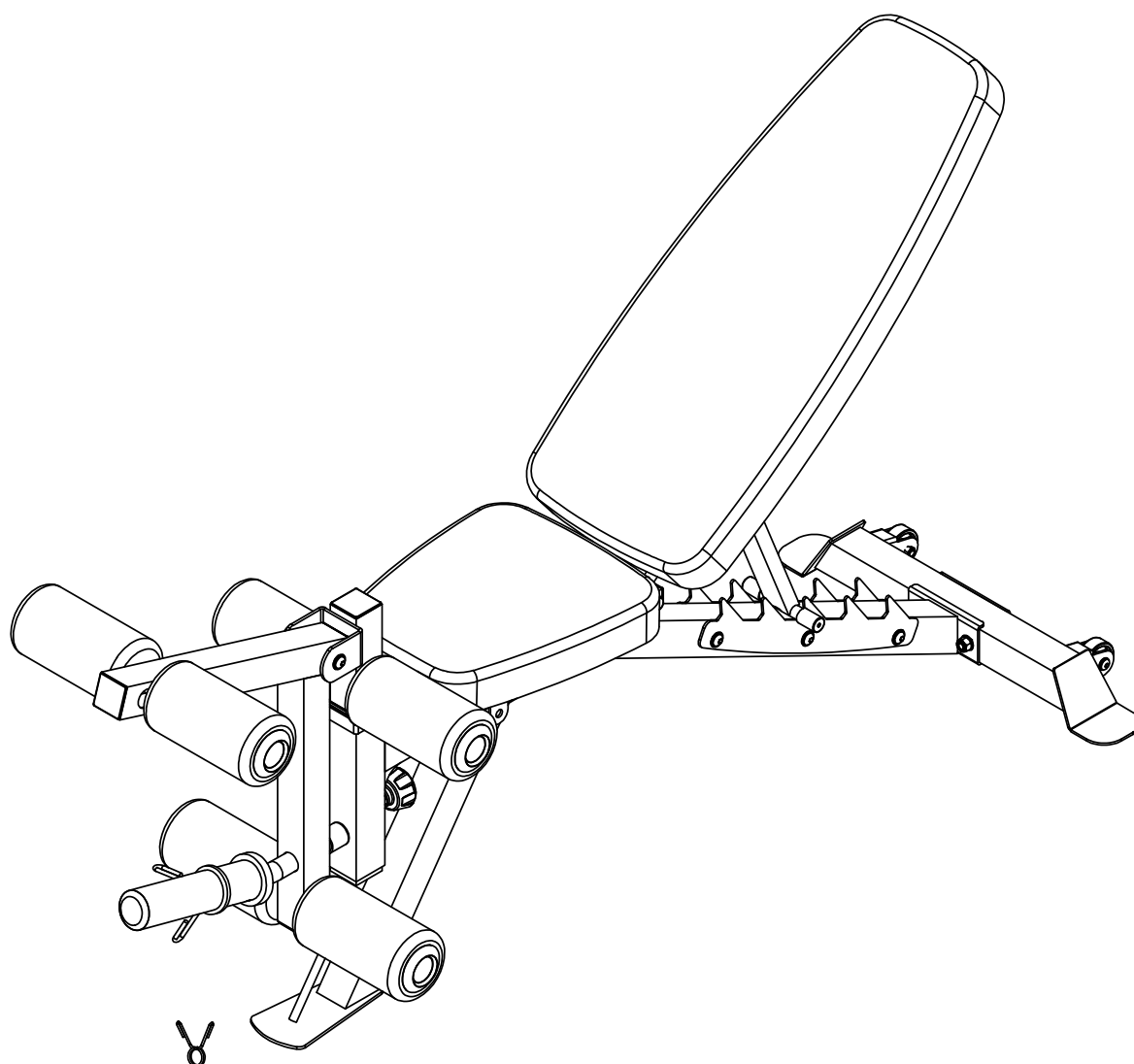




OWNER'S MANUAL

TRFIDB350



CARE INSTRUCTIONS AND ASSEMBLY MANUAL

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



www.trojanfitness.com.au

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BEFORE YOU BEGIN

Thank you for selecting the TRFIDB350. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

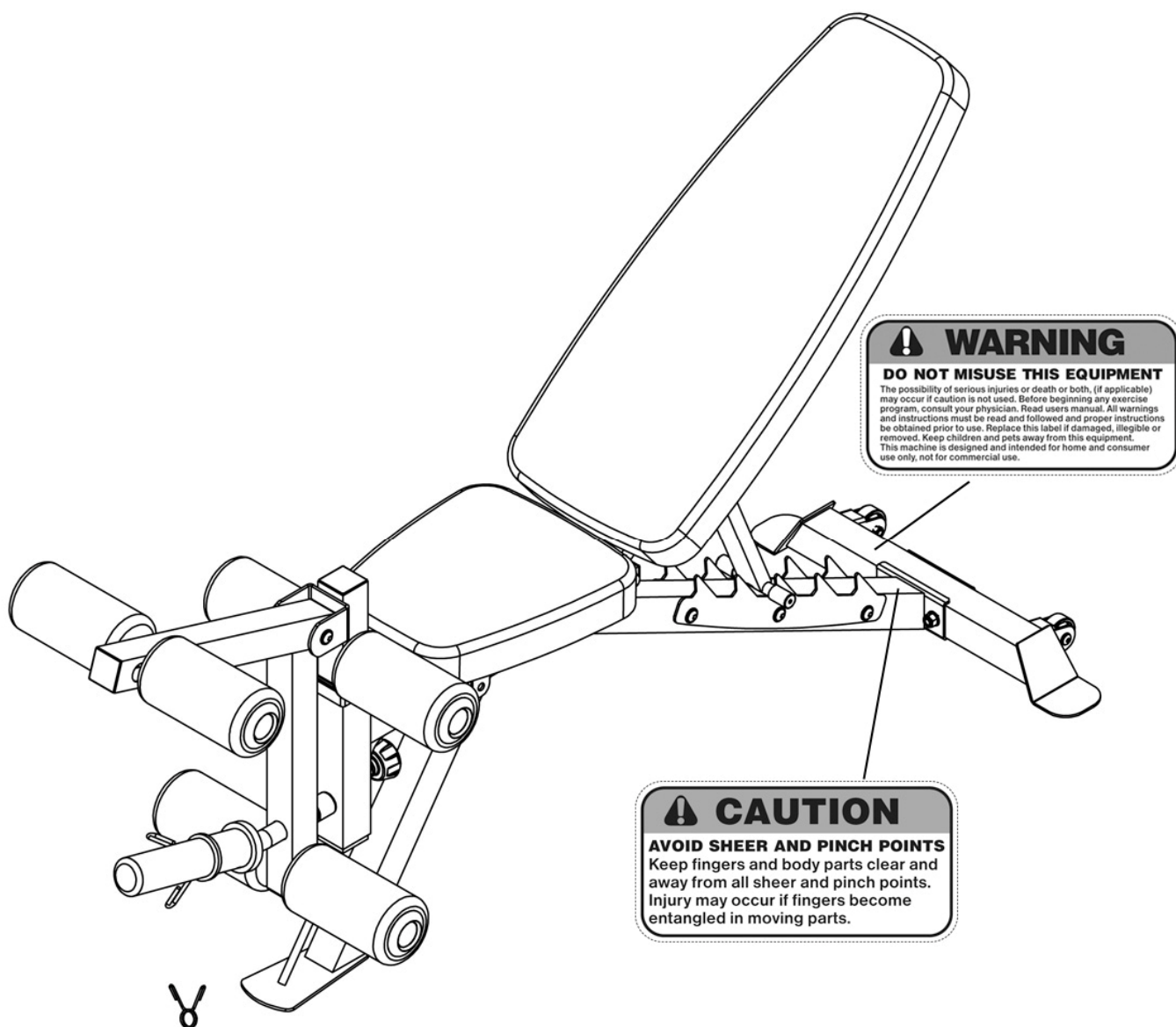
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT



CARE AND MAINTENANCE

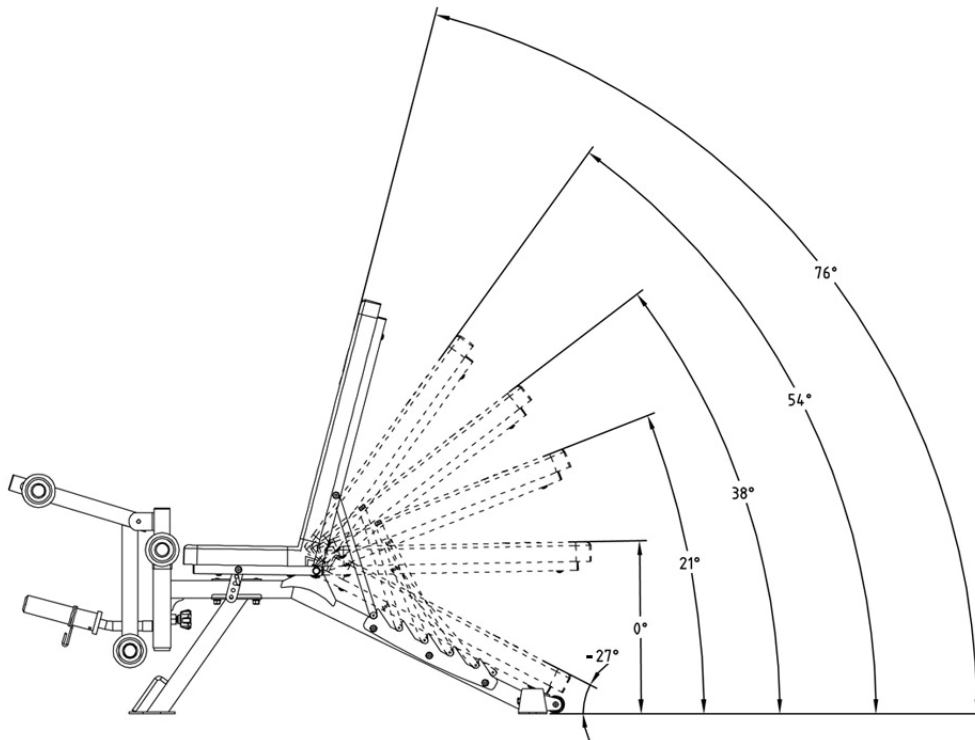
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.
4. Examine the equipment regularly for signs of damages or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. **Failure to examine regularly may affect the safety level of the equipment.**

WEIGHT CAPACITY AND DIMENSION

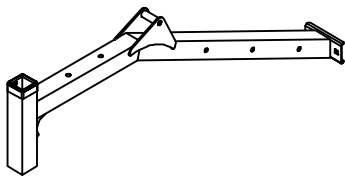
1. Maximum user weight: 300 lbs.
2. Maximum weight capacity (including user weight): 600 lbs.
3. Assembled Dimension: 65" x 23" x 46.5"

BACKREST ADJUSTMENT ANGLES

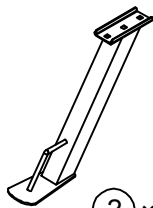
Backrest adjustment angle ranges from -27° to 76° .



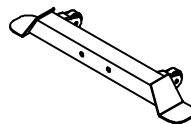
HARDWARE PACK



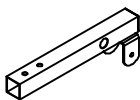
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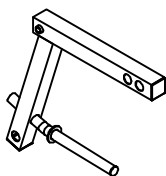
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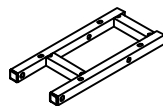
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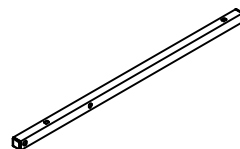
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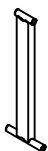
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⑥ ×1



⑦ ×2



⑧ ×1



⑨ ×1



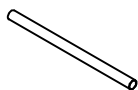
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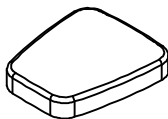
⑪ ×2



⑫ ×1



⑬ ×3



⑭ ×1



⑮ ×1



⑯ ×6



⑰ ×6



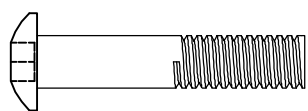
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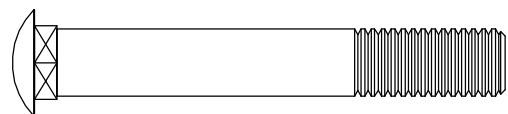
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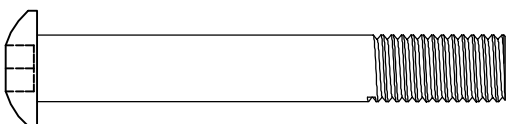
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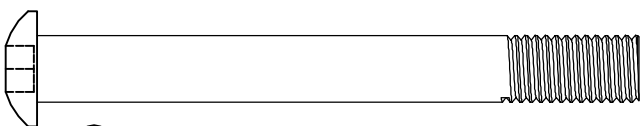
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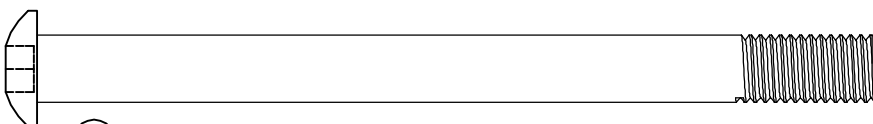
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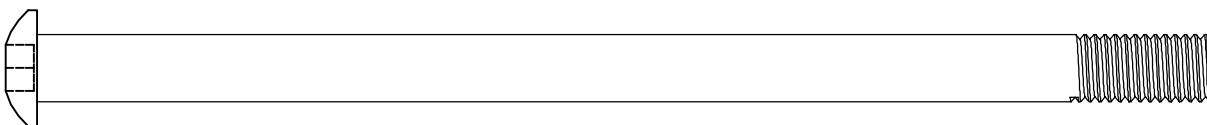
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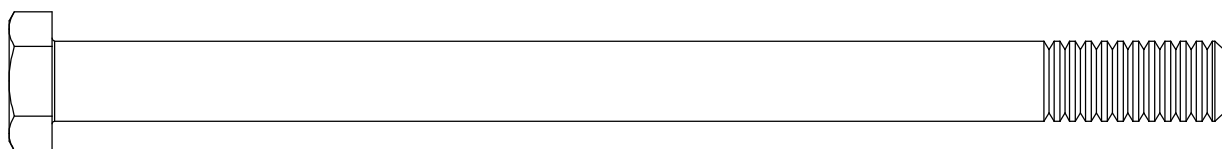
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③④×1

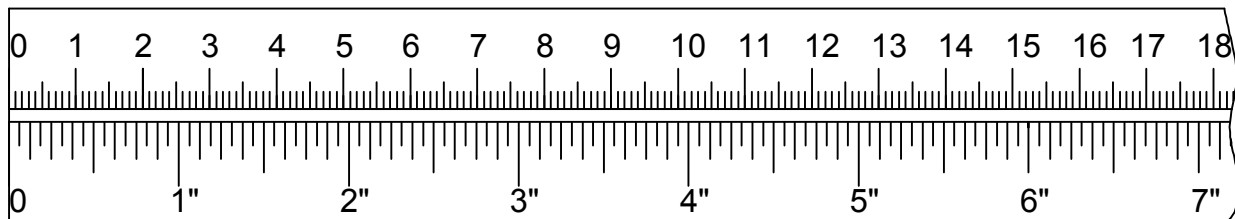


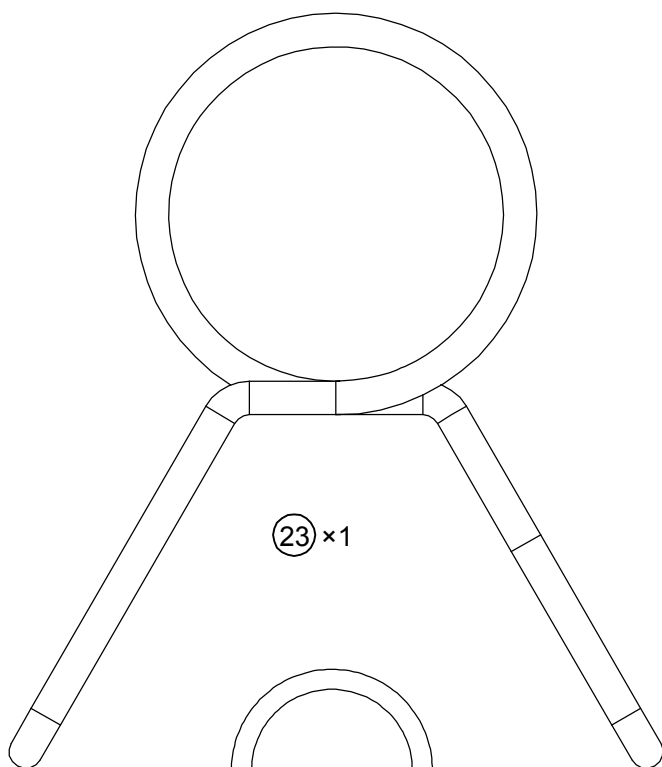
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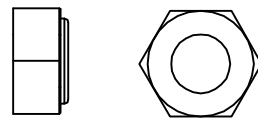
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mm

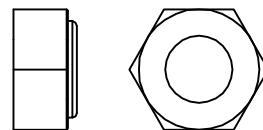




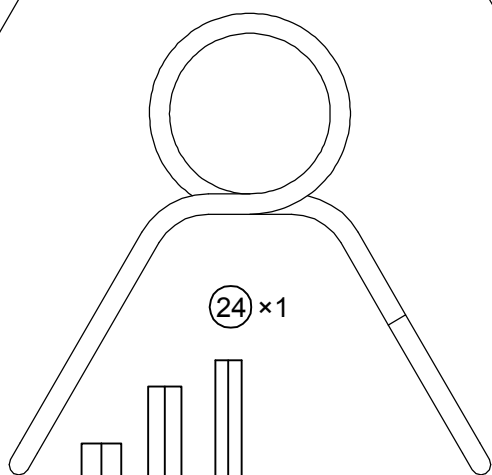
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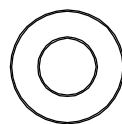
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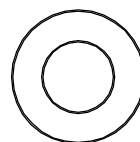
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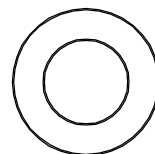
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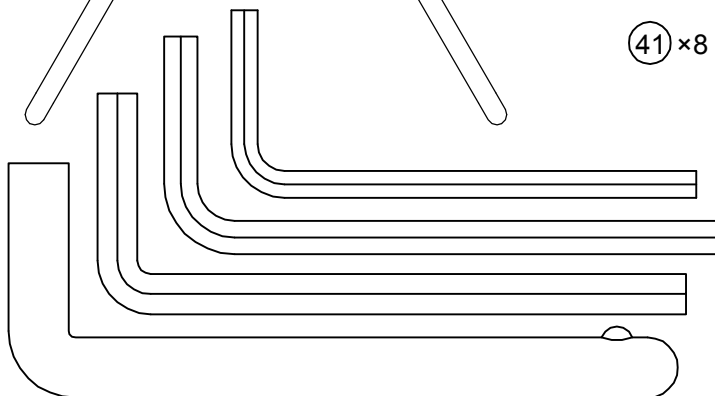
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④④ × 16



③⑨ × 2



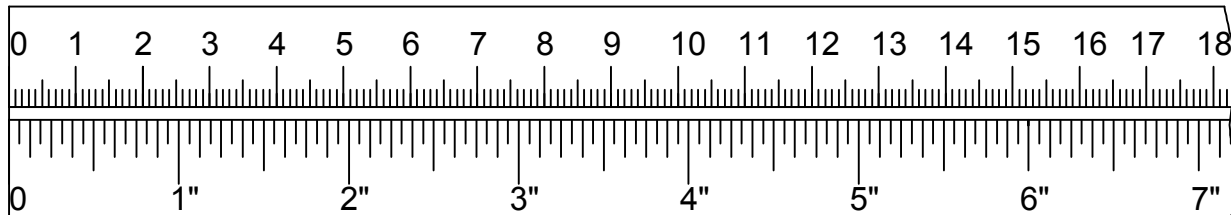
#4 × 1

#5 × 1

#6 × 1

③⑩ × 1

mm

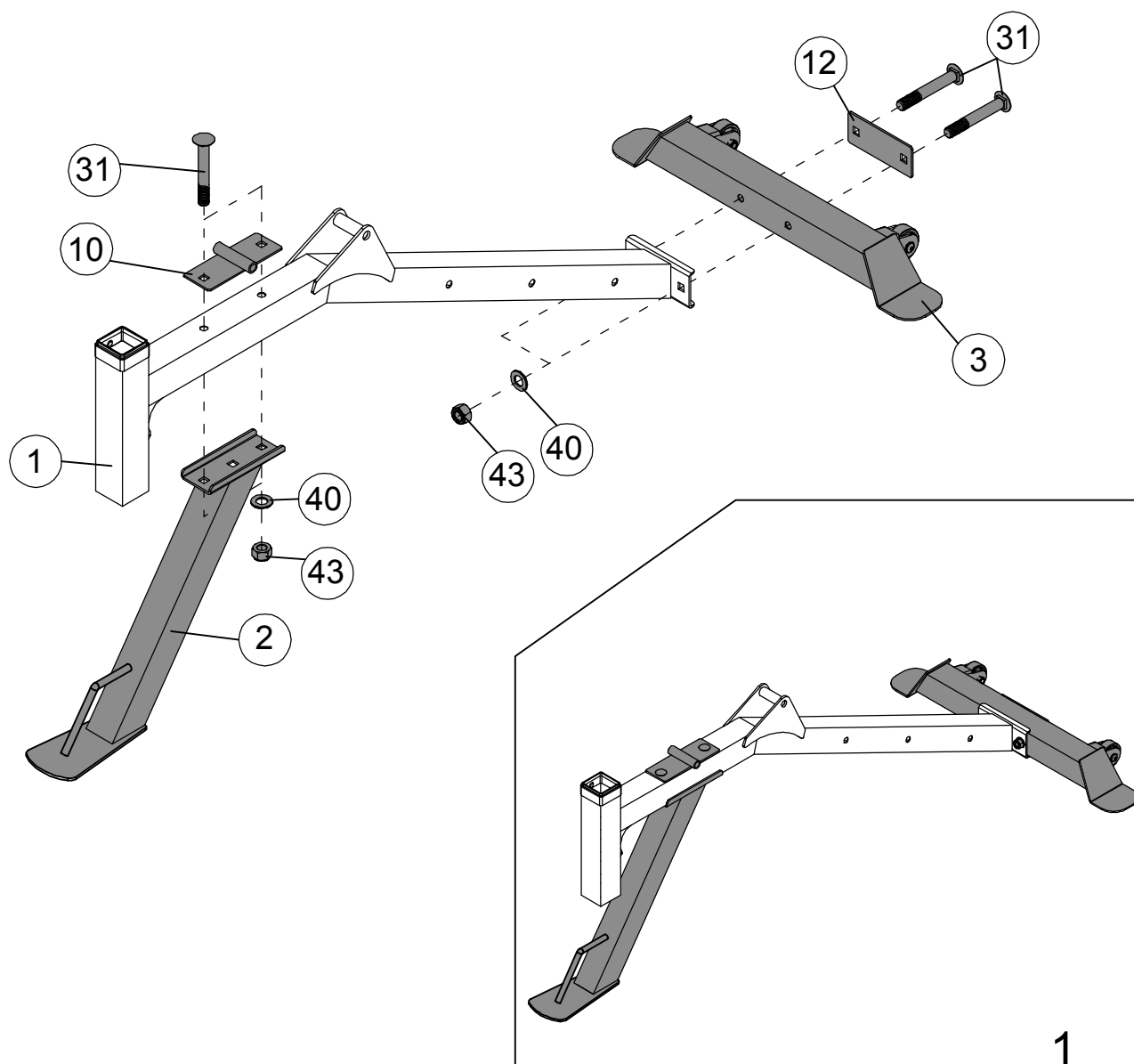
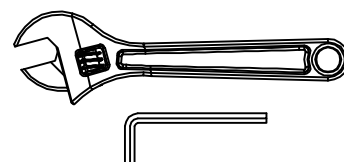


ASSEMBLY INSTRUCTIONS


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(40)  ×4 $\varnothing 3/4"$

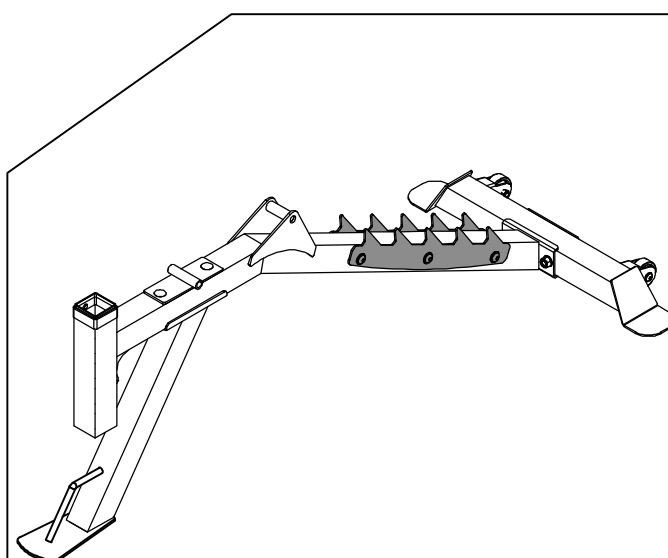
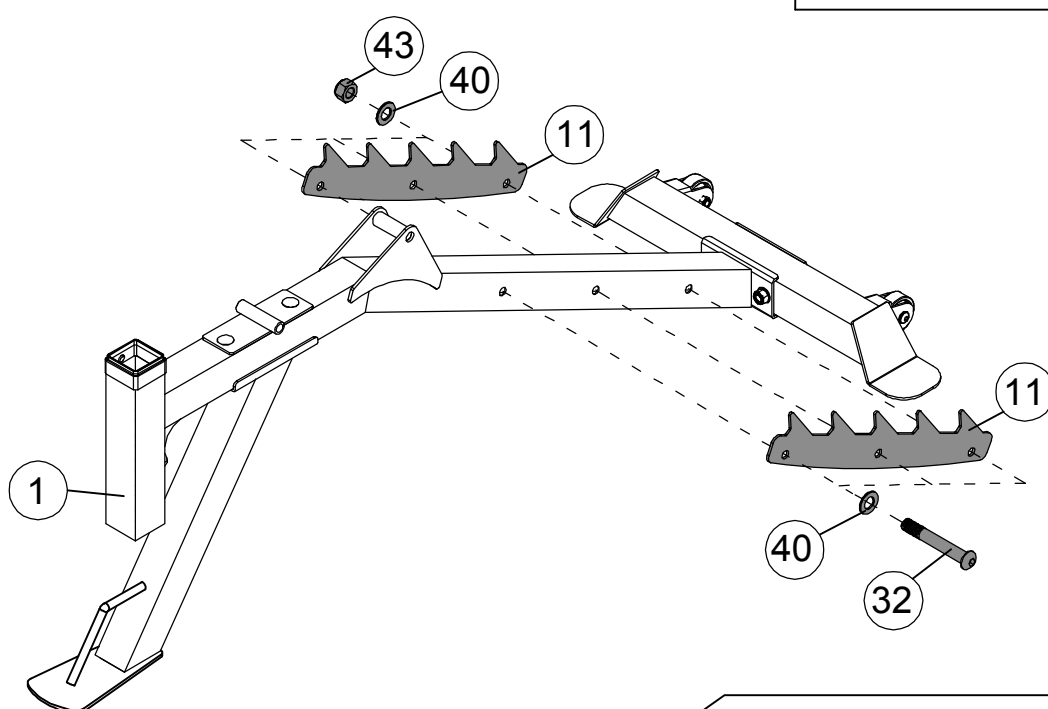
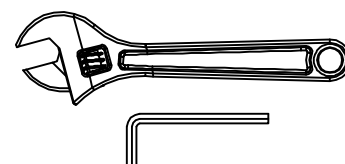
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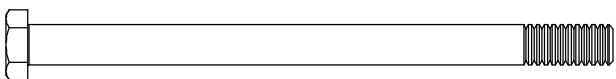
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
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④③  ×3 M10

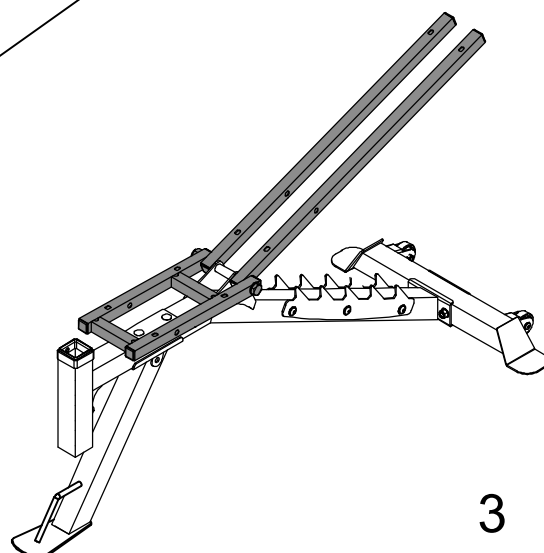
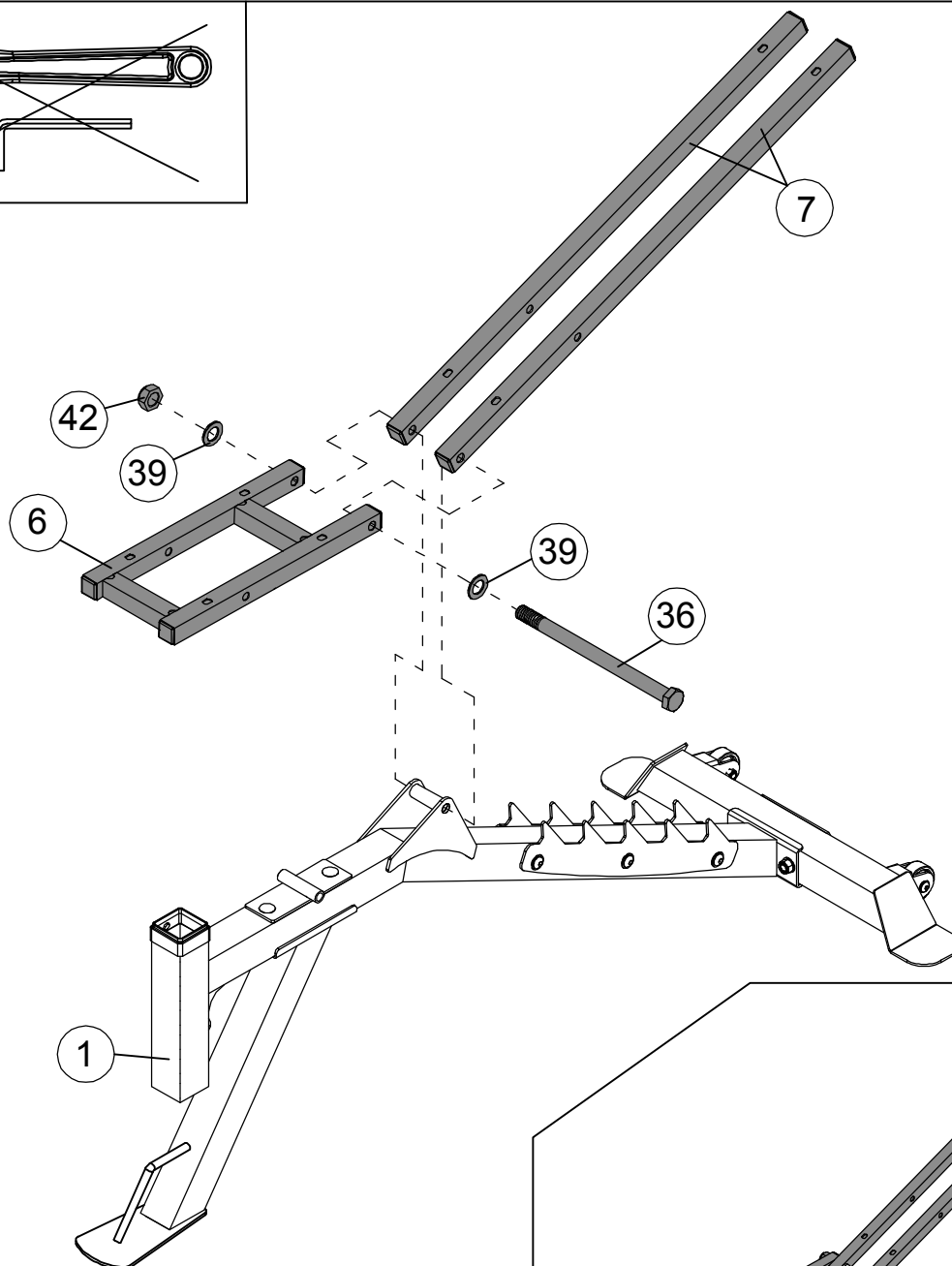
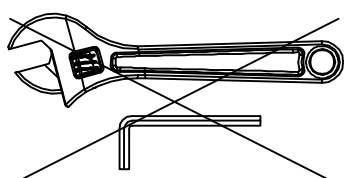


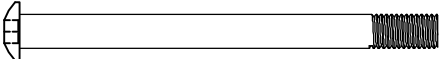
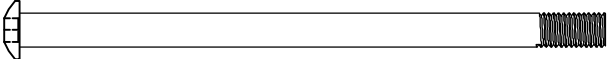


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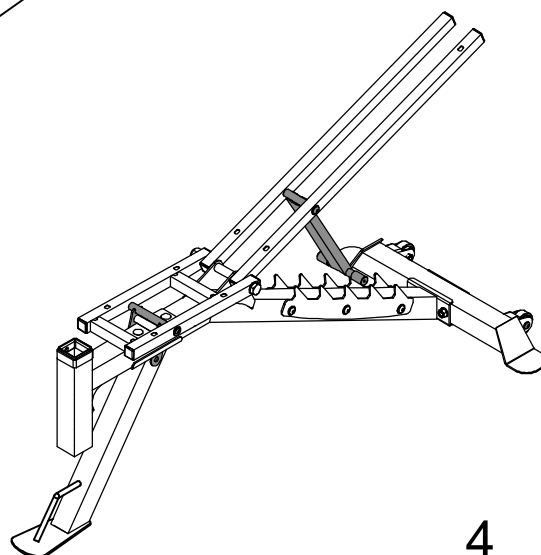
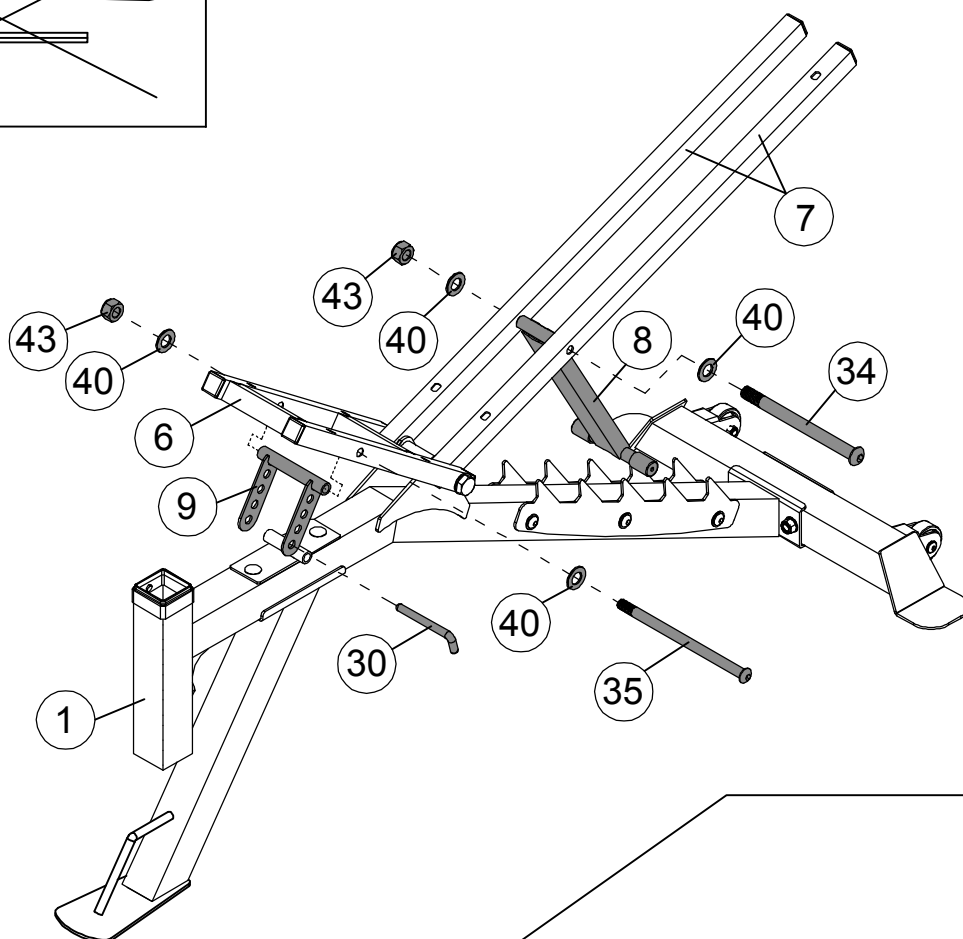
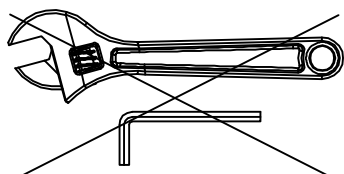
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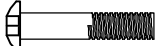
③⑨  ×2 φ1"

④②  × 1 M12

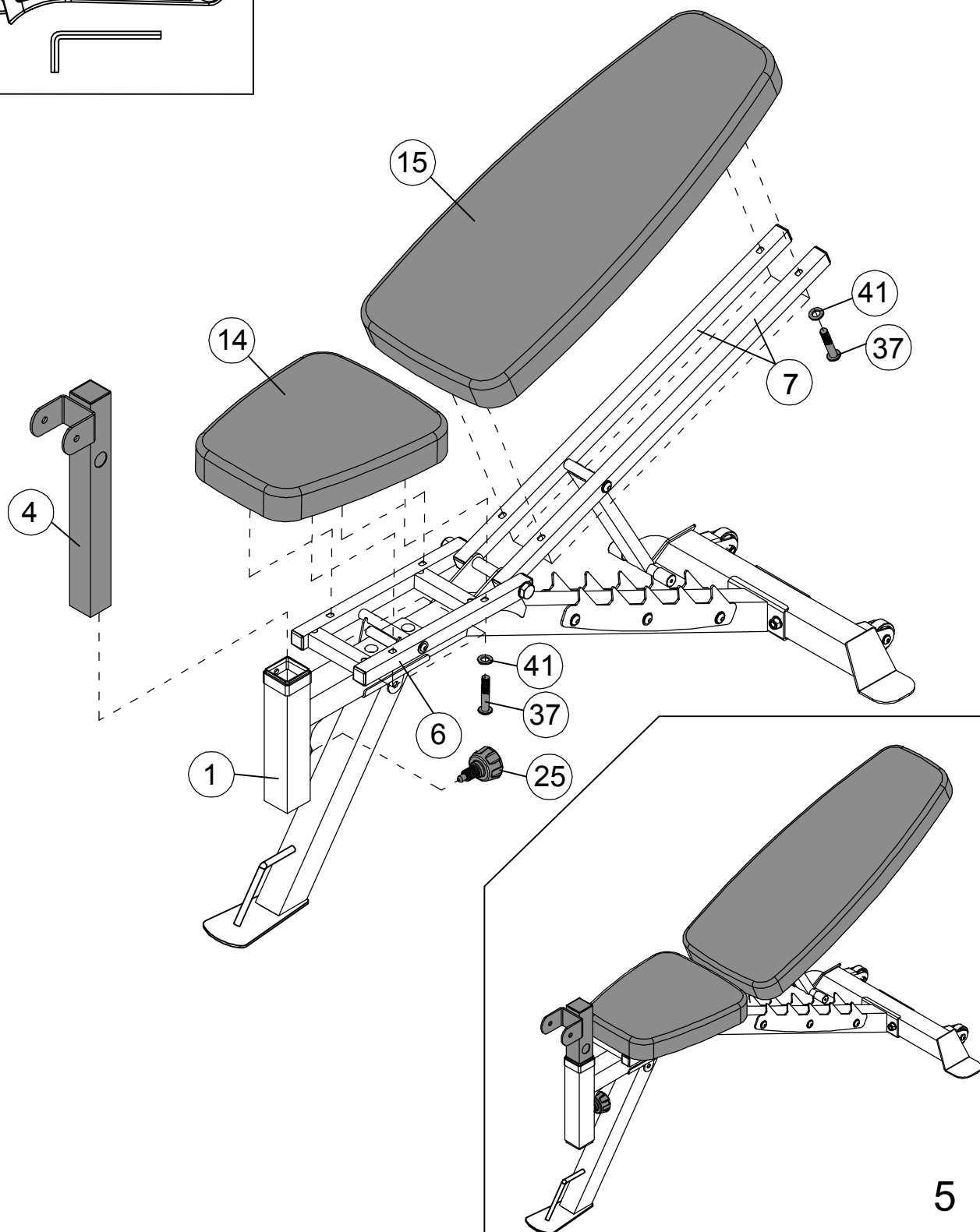
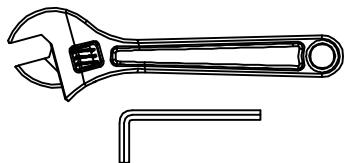


- (34)  ×1 M10×4 7/8"
 (35)  ×1 M10×6 7/8"
 (40)  ×4 $\phi 3/4"$
 (43)  ×2 M10




(37)  ×8 M8×1 5/8"

(41)  ×8 φ5/8"

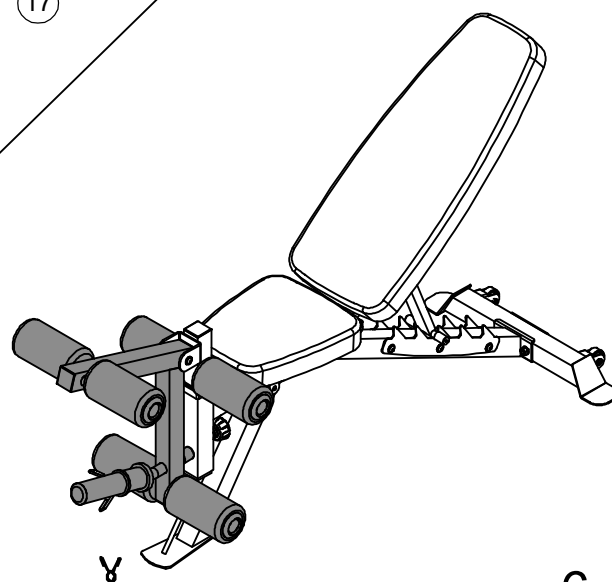
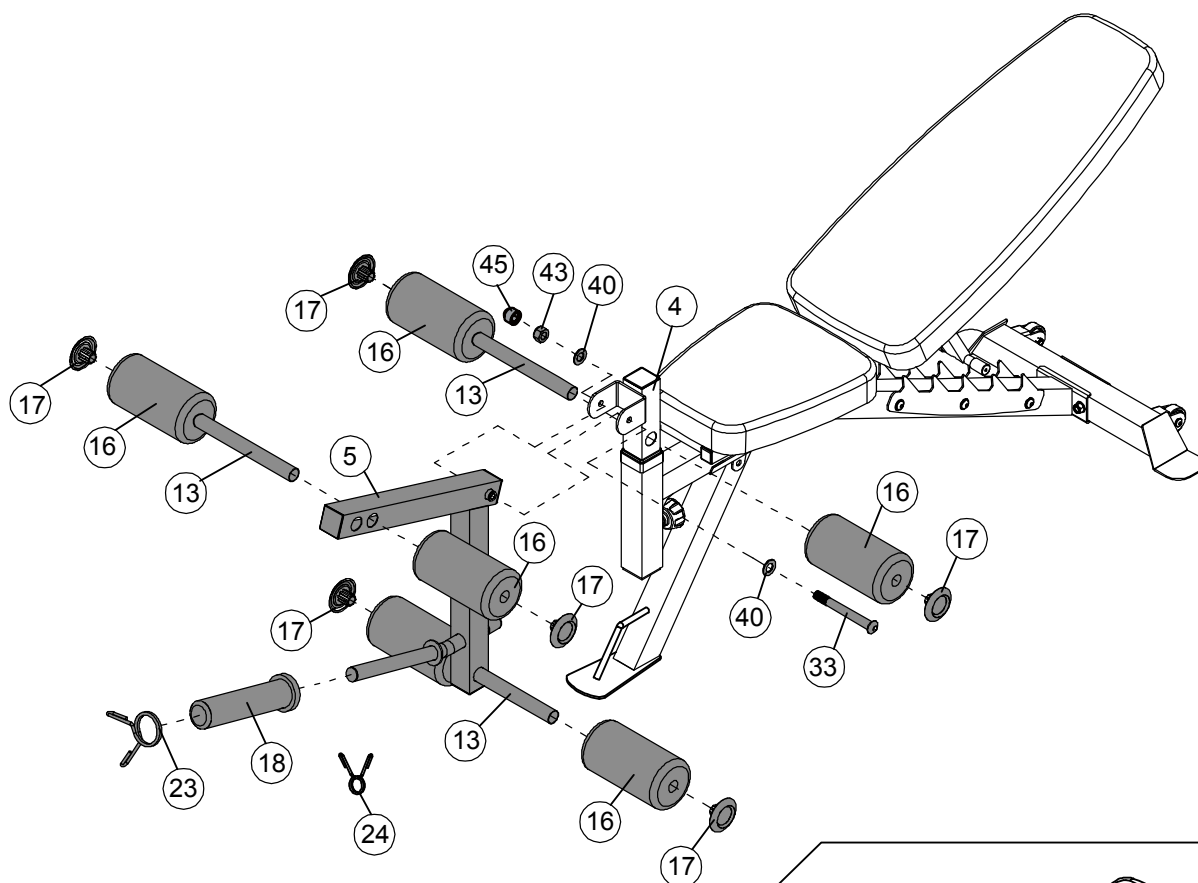
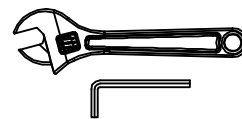


③③  ×1 M10×3 1/2"

④①  ×2 $\varnothing 3/4"$

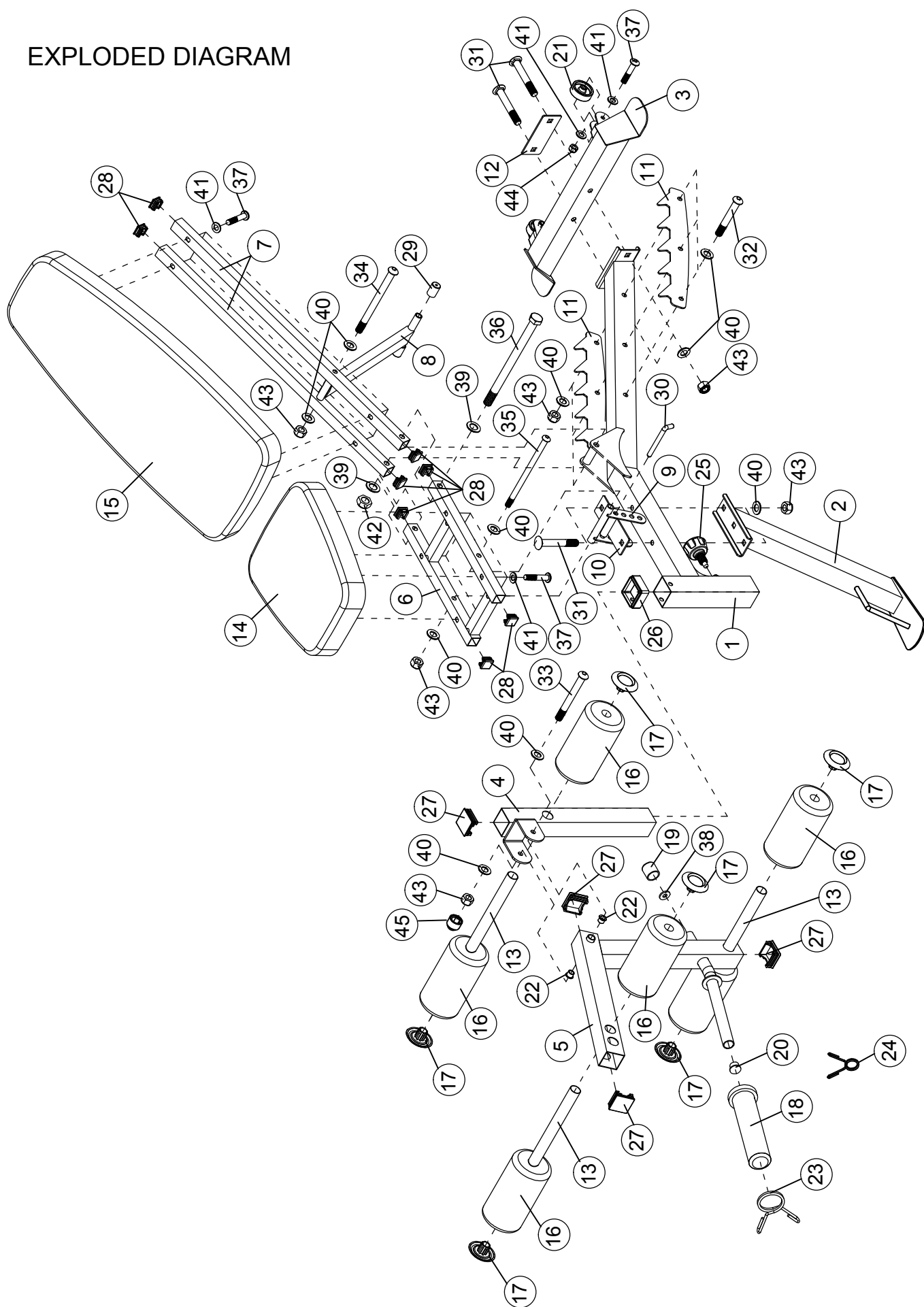
④③  ×1 M10

④⑤  ×1 M10



6

EXPLODED DIAGRAM



PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Main Frame		1
2	Front Post		1
3	Rear Base		1
4	Leg Developer Holder		1
5	Leg Developer		1
6	Seat Bracket		1
7	Backrest Support		2
8	Backrest Incline Support		1
9	Seat Incline Support		1
10	Front Post Bracket		1
11	Incline Adjustment Base		2
12	Bracket	4 3/4" x 2"	1
13	Foam Tube		3
14	Seat Pad		1
15	Backrest Board		1
16	Foam Roll		6
17	Foam Roll End Cap		6
18	Olympic Sleeve		1
19	Rubber Bumper	Ø1 1/8" x 1 1/8"	1
20	End Cap	Ø 1"	1
21	Roller Wheel		2
22	Leg Developer Bushing		2
23	Spring Clip	Ø 1 7/8"	1
24	Spring Clip	Ø 7/8"	1
25	Lock Knob	M18	1
26	Sleeve	2" x 1 3/4"	1
27	End Cap	1 3/4" x 1 3/4"	4
28	End Cap	1" x 1"	8
29	Rubber Bumper	Ø 3/4" x 1 1/8"	2
30	L-shaped Lock Pin		1
31	Carriage Bolt	M10 x 2 3/4"	4
32	Allen Bolt	M10 x 2 3/4"	3
33	Allen Bolt	M10 x 3 1/2"	1
34	Allen Bolt	M10 x 4 7/8"	1
35	Allen Bolt	M10 x 6 7/8"	1
36	Hex Bolt	M12 x 6 7/8"	1
37	Allen Bolt	M8 x 1 5/8"	10

38	Spacer	Ø 1" x Ø 3/8"	1
39	Washer	Ø 1"	2
40	Washer	Ø 3/4"	16
41	Washer	Ø 5/8"	12
42	Aircraft Nut	M12	1
43	Aircraft Nut	M10	10
44	Aircraft Nut	M8	2
45	Bolt Cover Cap	M10	1
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

FITNESS TIPS AND 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 be part of your entire exercise routine.

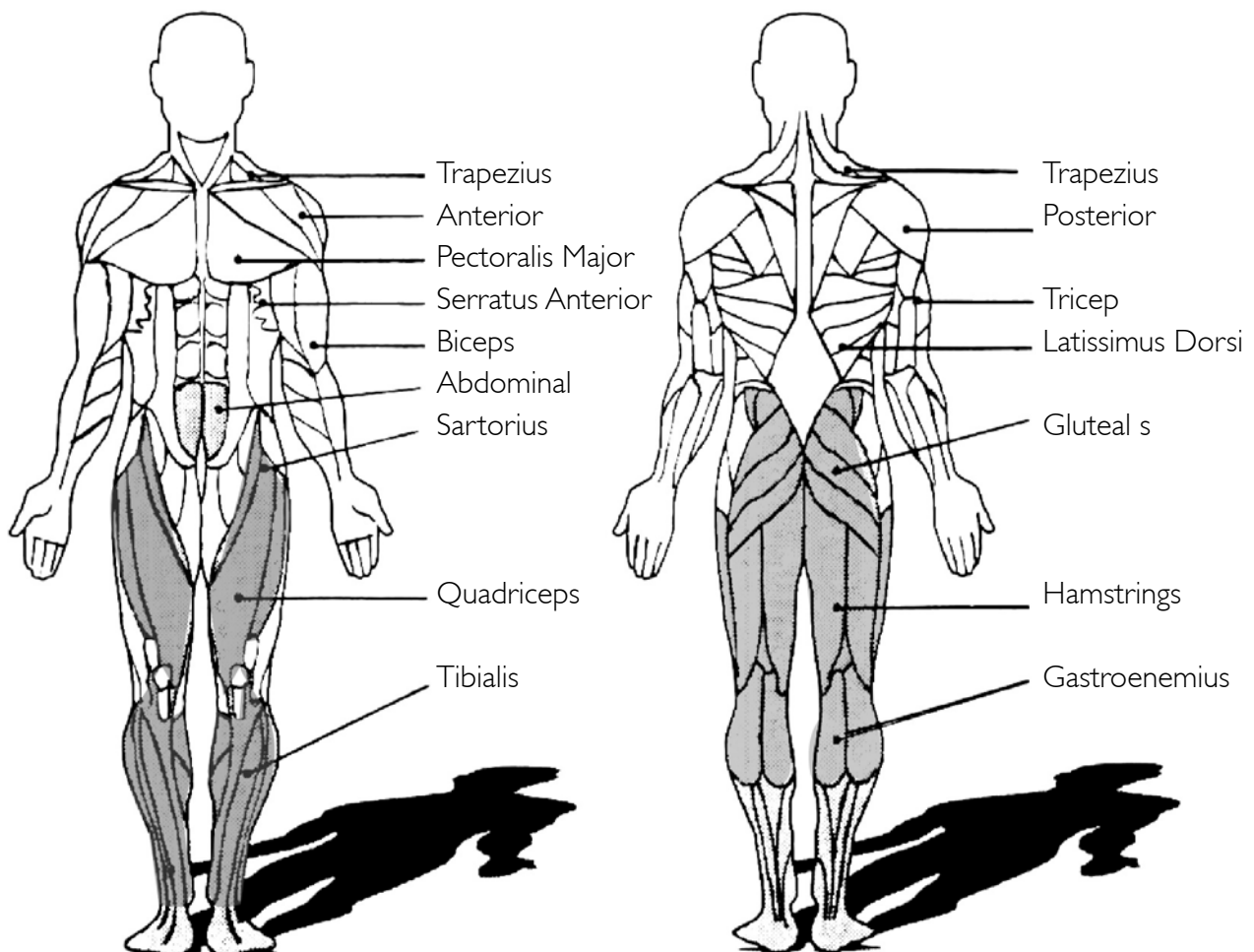
WEIGHT TRAINING

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 less amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle 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.



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 :

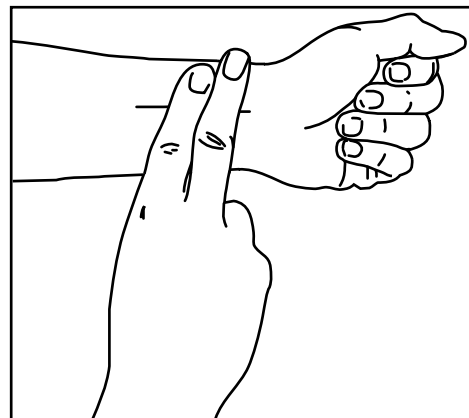
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize 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 70% 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. Target zones are listed for both unconditioned and conditioned persons according to age.

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 heart-beat 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.



AGE	UNCONDITIONED TARGET ZONE (BEATS/MINS)	CONDITIONED TARGET ZONE (BEATS/MINS)
20	138-167	133-162
25	136-166	132-132
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

WARM-UP AND COOL-DOWN

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 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.

Training zone exercise, consisting of 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.)

A cool-down, with 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.

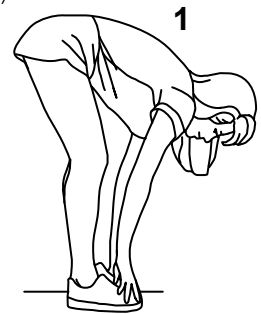
Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

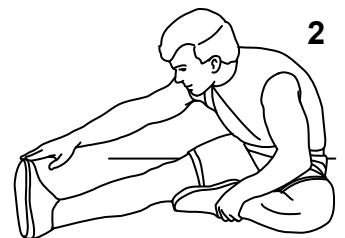
1. Toe Touch Stretch

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, 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, 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, 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.



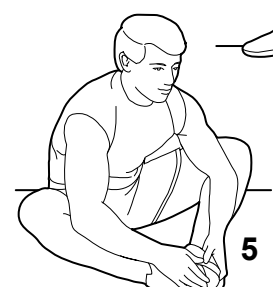
4. Quadriceps Stretch

With 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, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



TROJAN 1 YEAR LIMITED WARRANTY

Trojan Fitness Pty Ltd ("the Supplier") hereby provides a limited 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 following stipulated periods 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; use not in accordance with the written instructions included with the product; abuse; and/or any non-authorized modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier 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 Supplier's negligence or any act or omission on its part.

Claims under 1 Year Limited Warranty | Frame Lifetime of 5 Years, indoor use ONLY . Upholstery 3 Months from date of purchase

Within 7 days of purchase:

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

TROJAN REPAIRS PROCEDURE

I. Procedure for repairs

Should you experience any faults or breakdowns on your TRFIDB350, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store*
- Call 08 9301 5557 to log the faulty product (under warranty or out of warranty)
- 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 center.
- Items repaired in our service center will be returned to your home on an agreed date and time.

* Note:

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

2. Cost of Repairs

2.1 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.

2.2 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.


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 call centre on 08 9301 5557 or online at www.trojanfitness.com.au. If such proof is not available, then not with standing 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 shall phone the Trojan hotline on 08 9301 5557 and the Supplier's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).

		ATTACH RECEIPT <hr/>
CLIENT DETAILS		TEL : 08 9301 5557 / FAX : 08 9301 4551 / www.trojanfitness.com.au
NAME EMAIL CELL TEL (H) TEL (W) FAX	ADDRESS 	
PRODUCT DETAILS		
DATE OF PURCHASE dd / mm / yy SERIAL NUMBER TILL SLIP NUMBER	DISCRIPTION PRODUCT 	
STORE PURCHASED AT		



Trojan Fitness Pty Ltd
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Perth - Western Australia