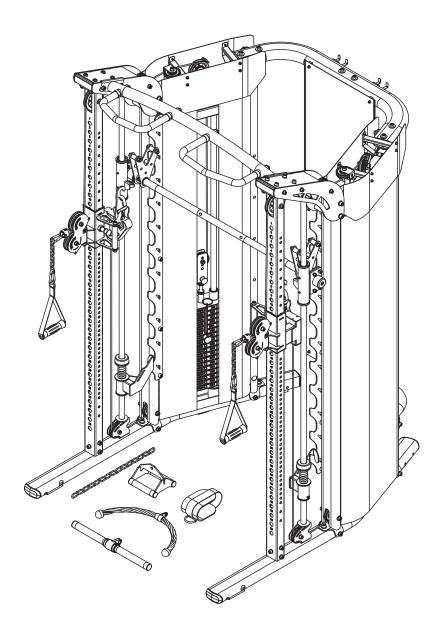


OWNER'S MANUAL

TRSMFT900



CARE INSTRUCTIONS AND ASSEMBLY MANUAL

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





TABLE OF CONTENTS

BEFORE YOU BEGIN	. 1
IMPORTANT SAFETY NOTICES	. 2
HARDWARE PACK	6
ASSEMBLY INSTRUCTIONS	9
EXPLODED DIAGRAM	30
PARTS LIST	31

BEFORE YOU BEGIN

Thank you for selecting the TRSMFT900 . 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

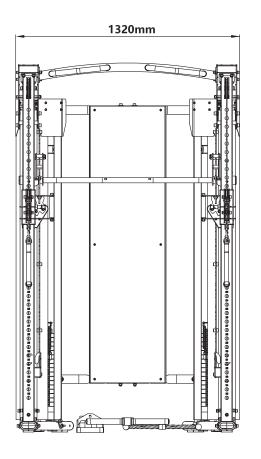
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

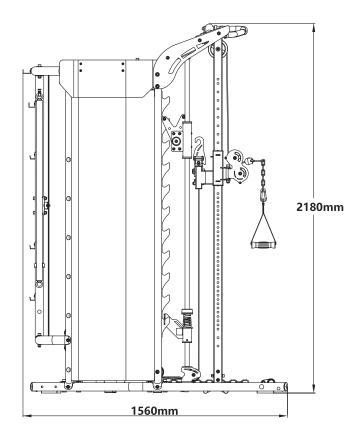
- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- 2. Only one person at a time should use the machine.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

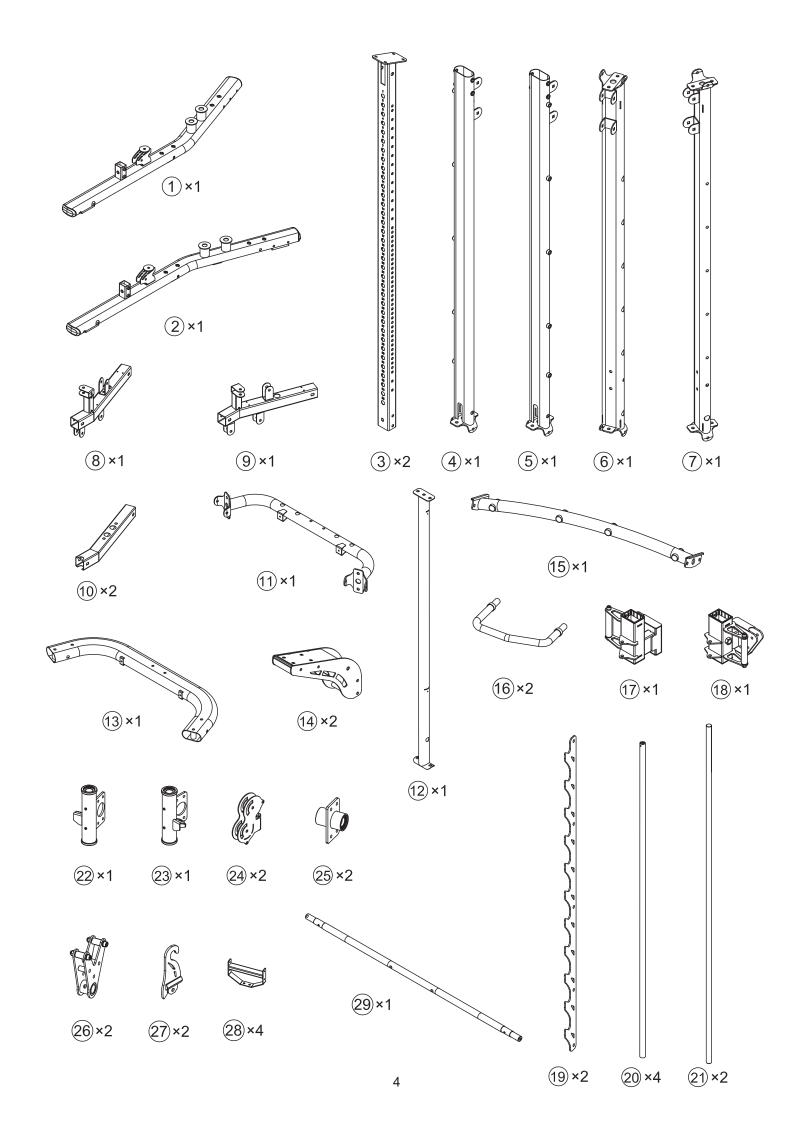
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

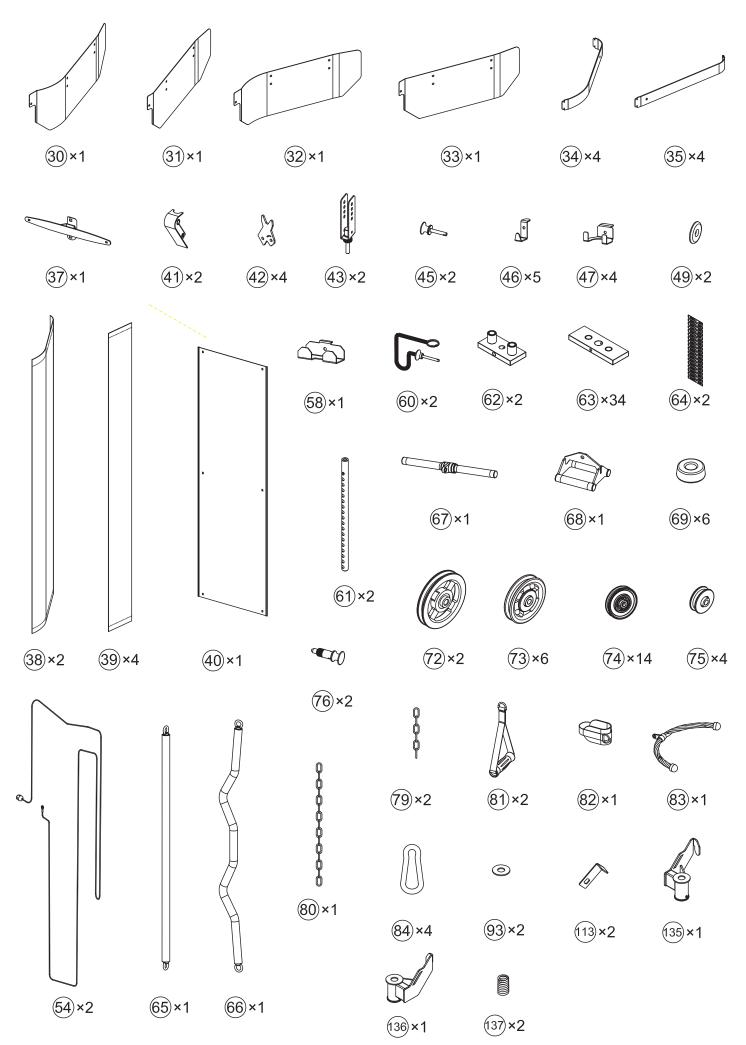
SAVE THESE INSTRUCTIONS.

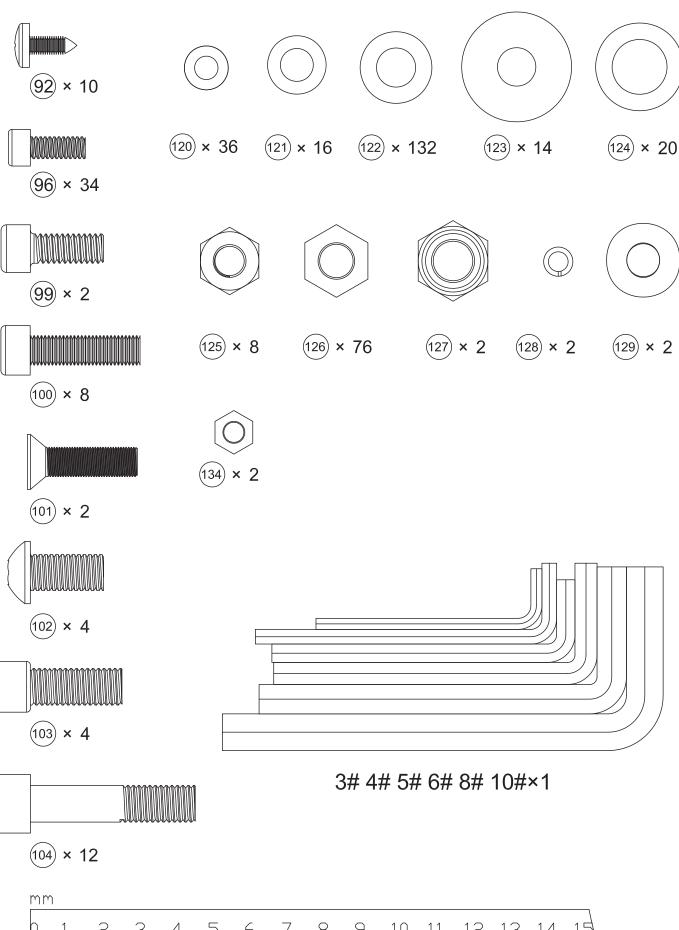
Assembled Dimension: 1320mm x 1560mm x2180mm

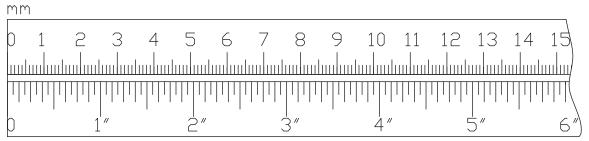


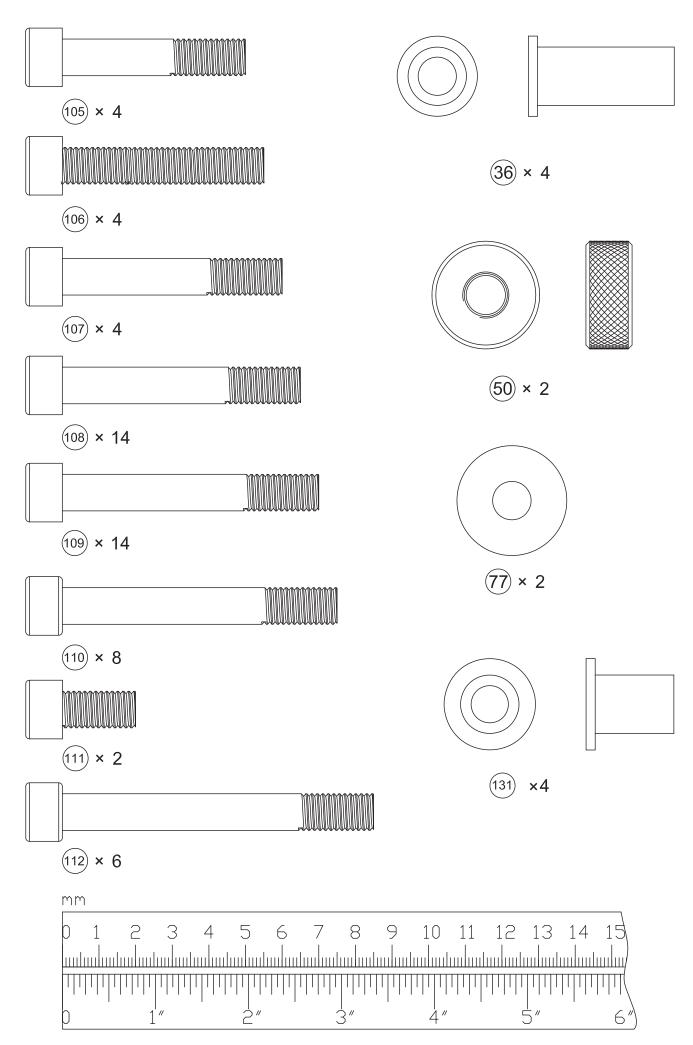


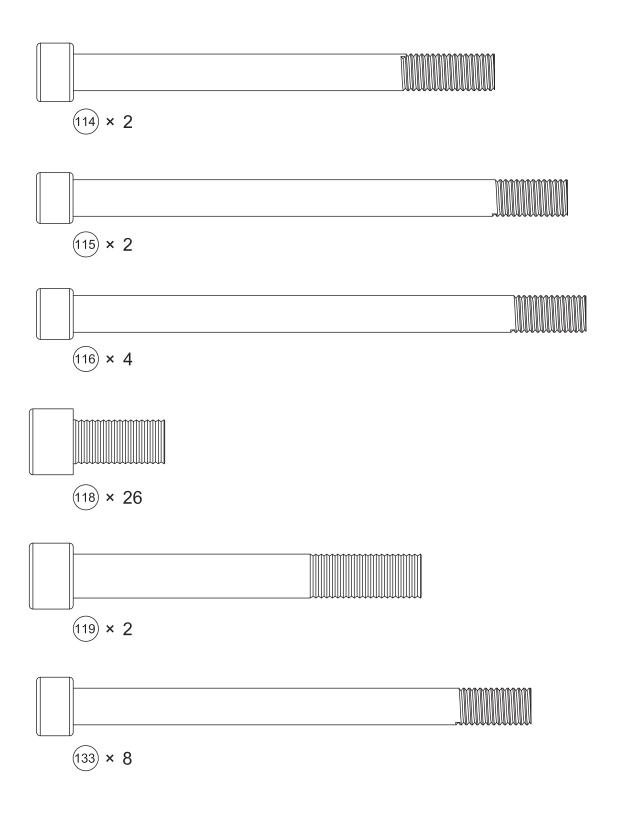


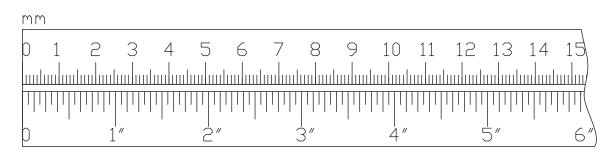


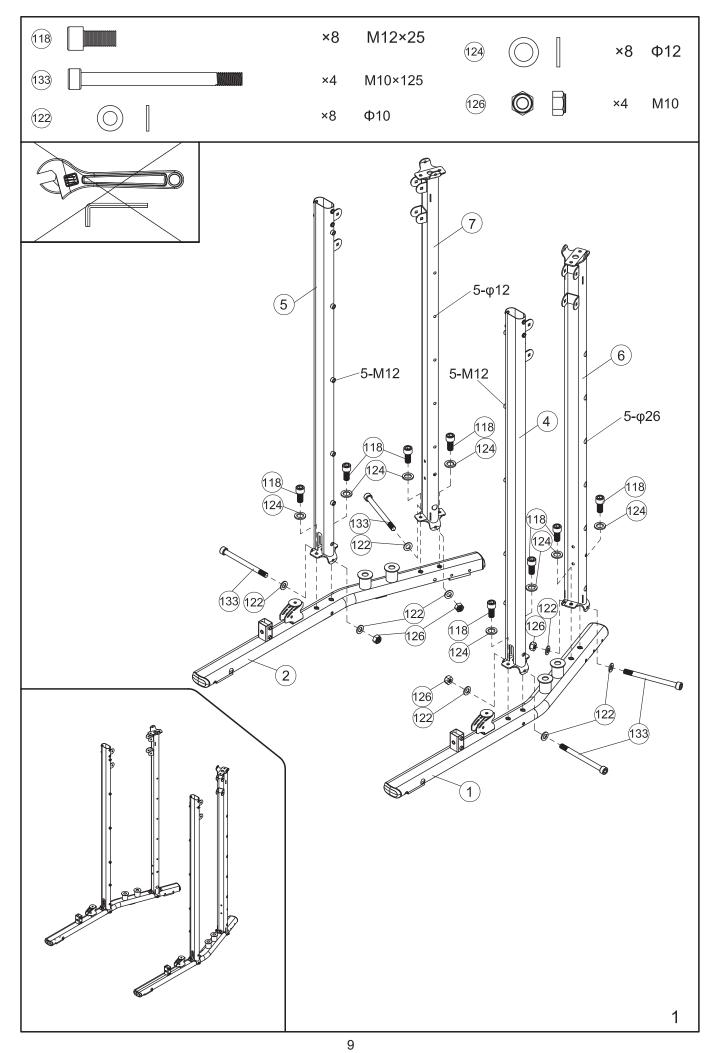


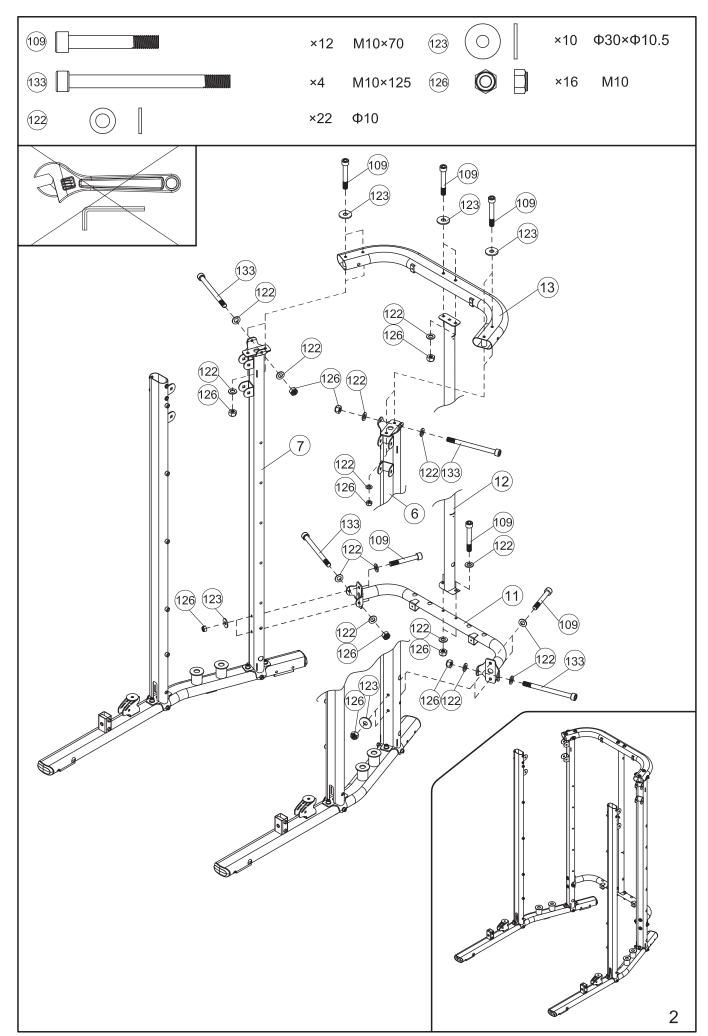


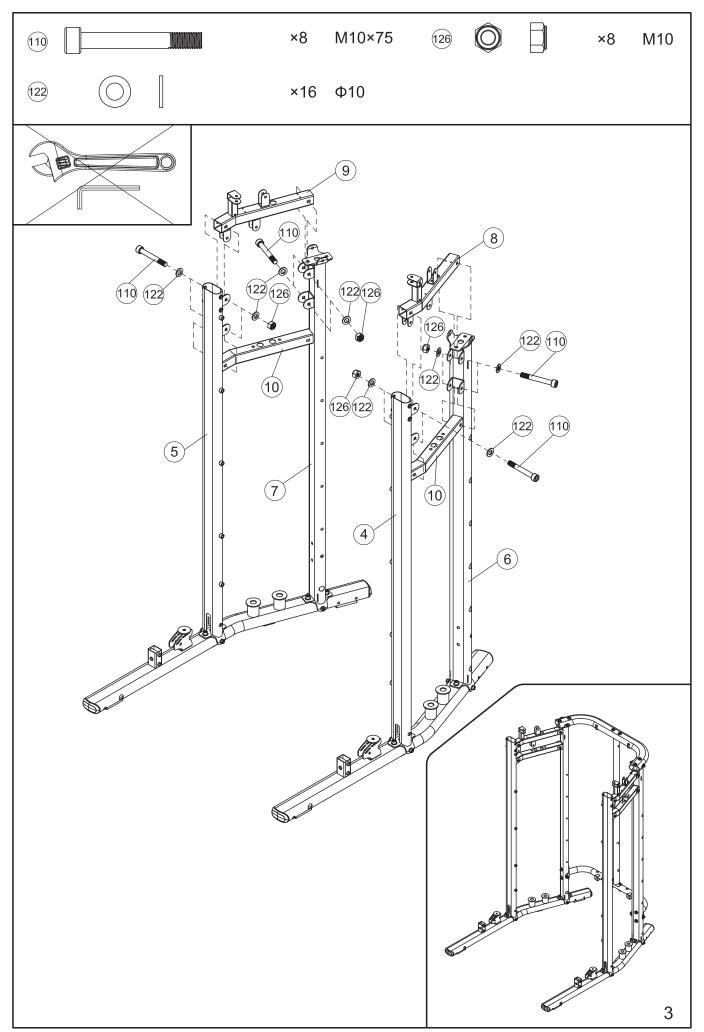


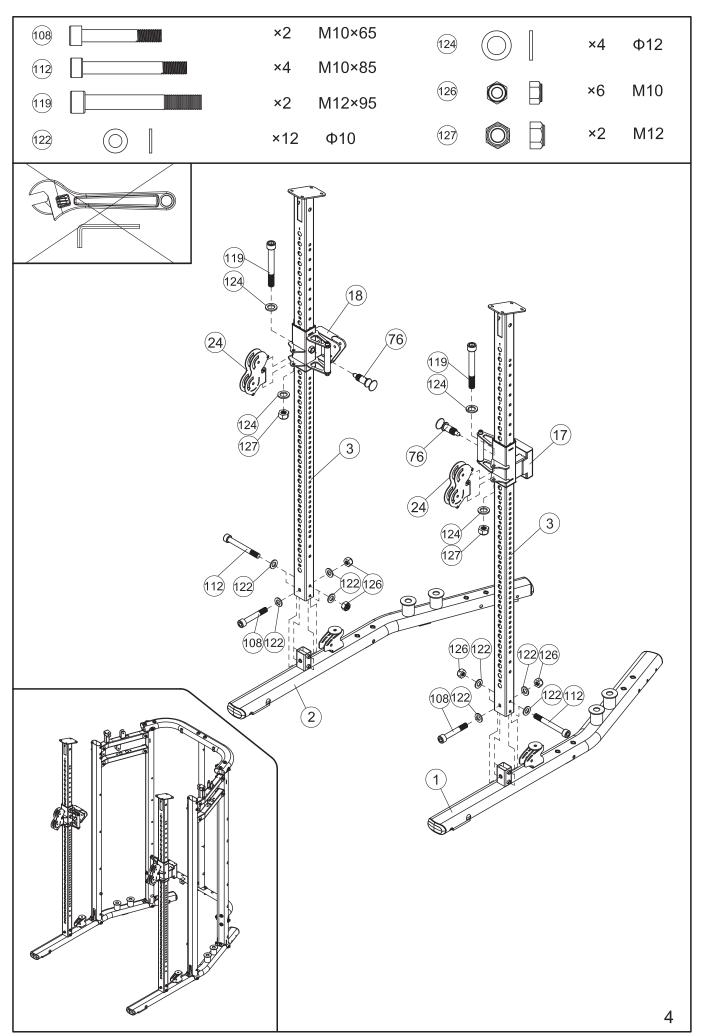


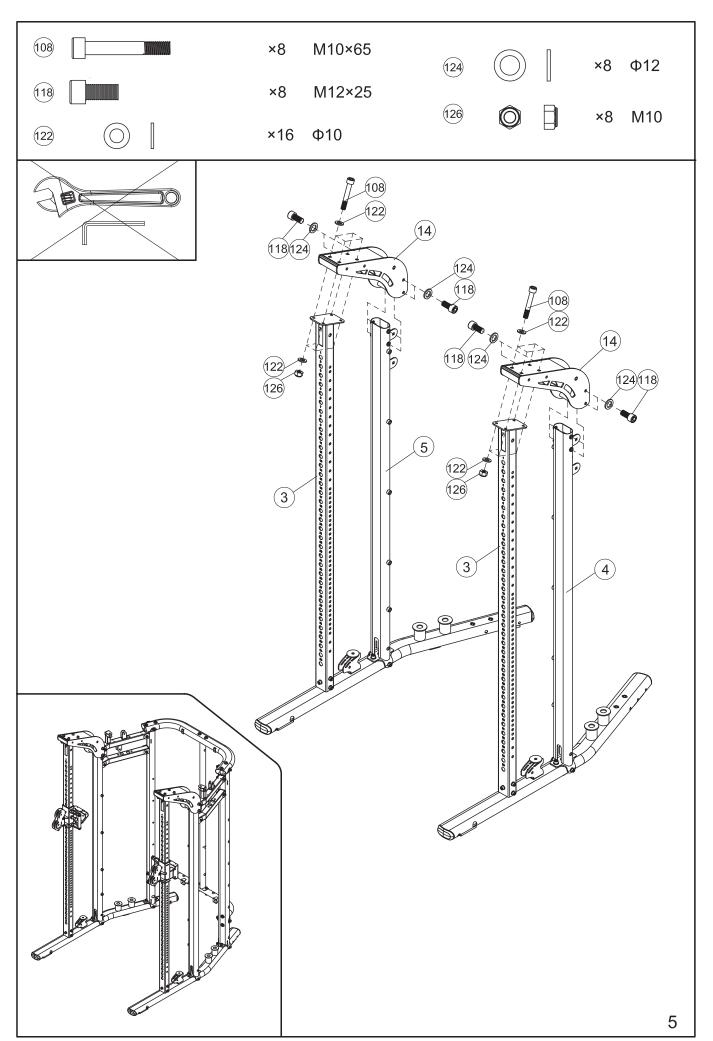


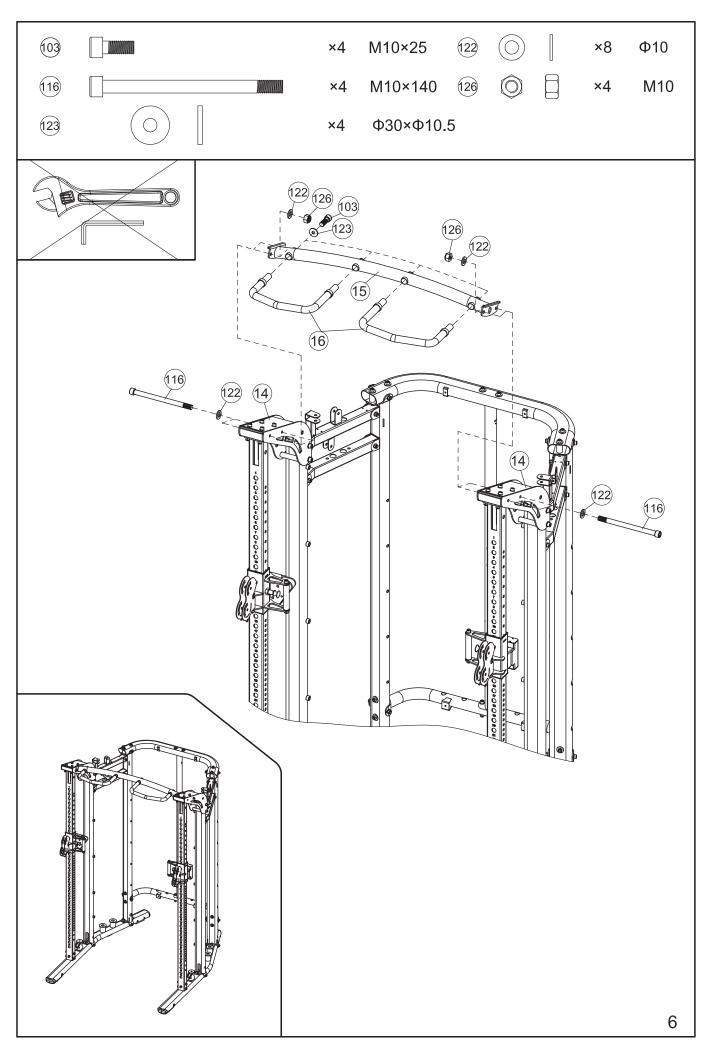


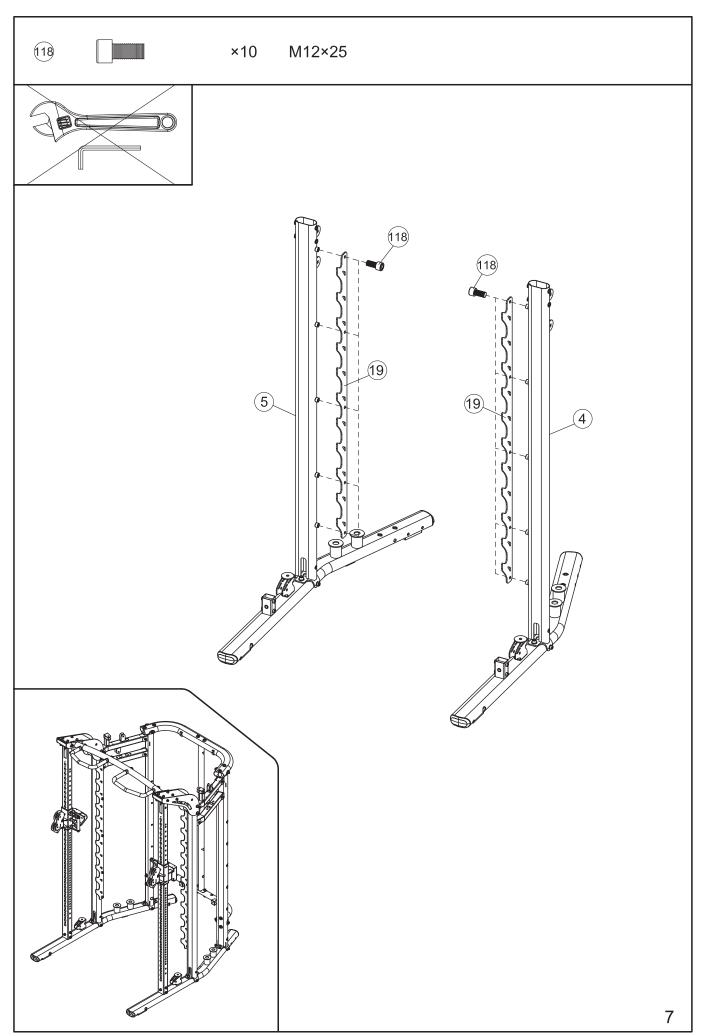


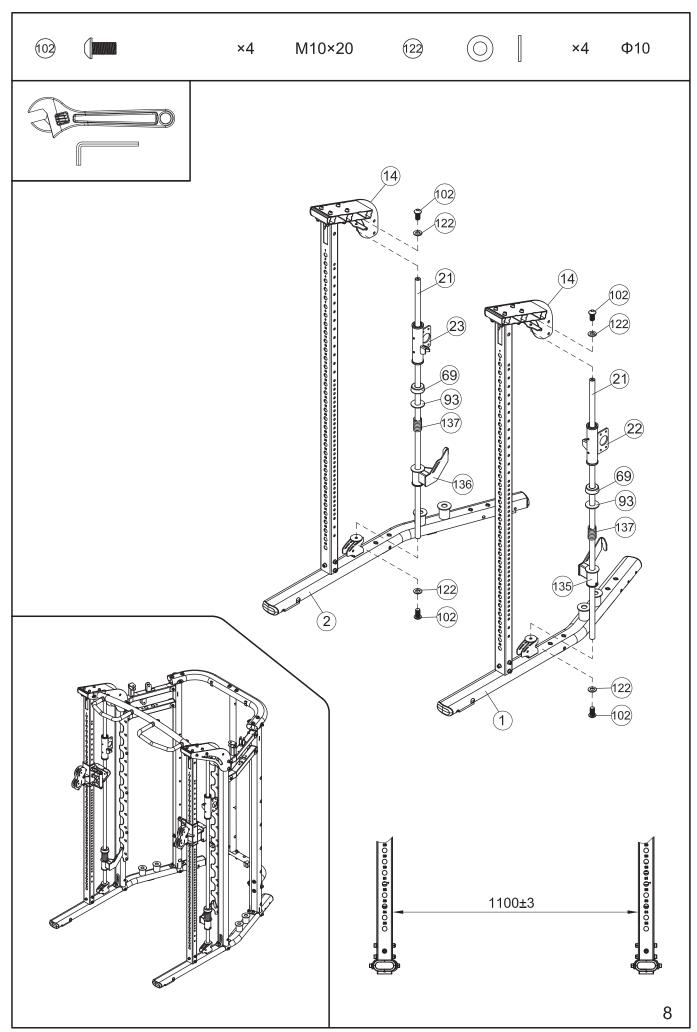


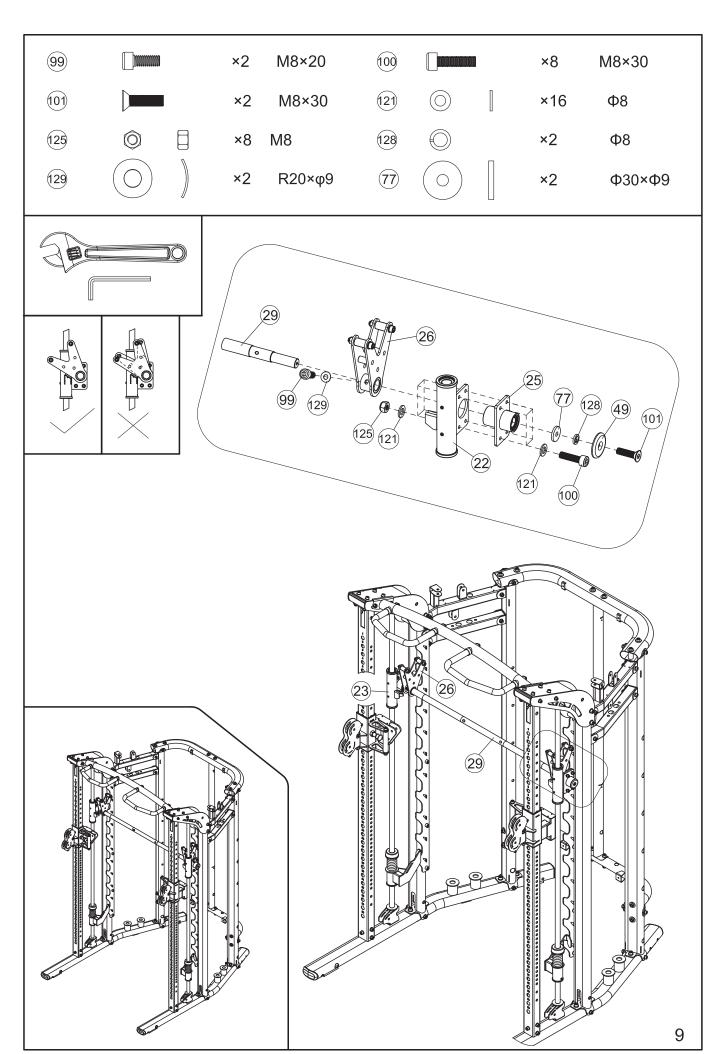


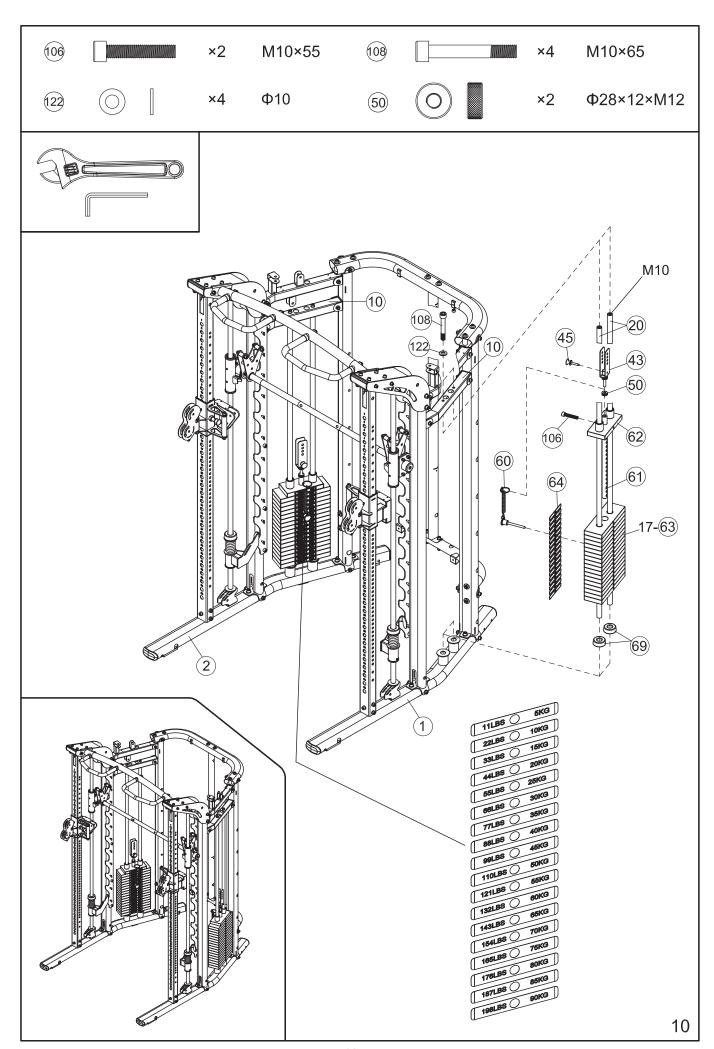


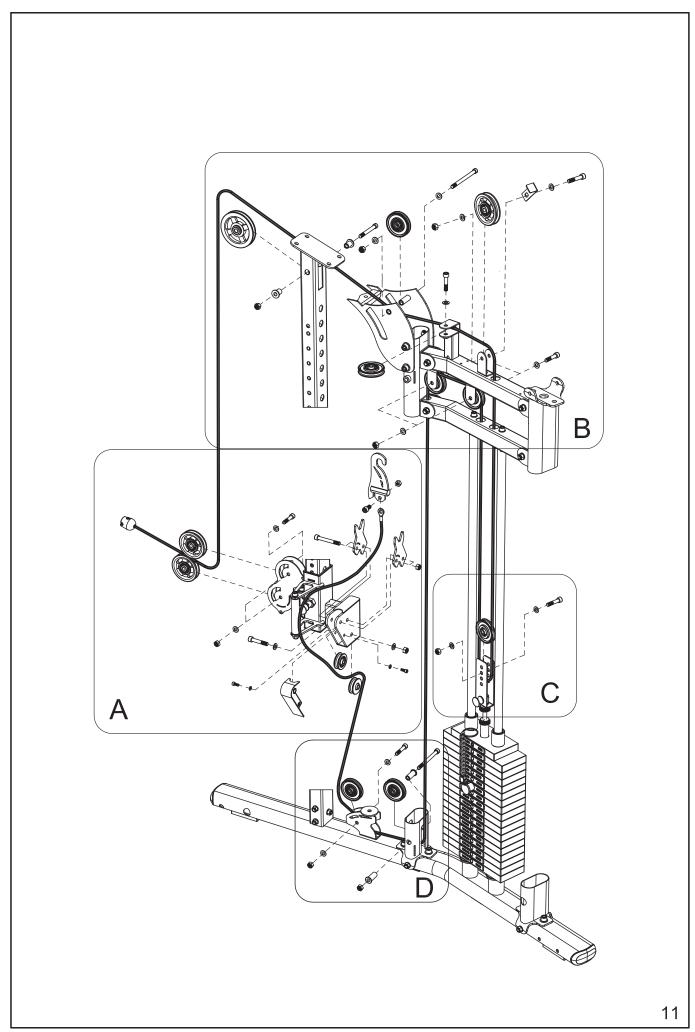


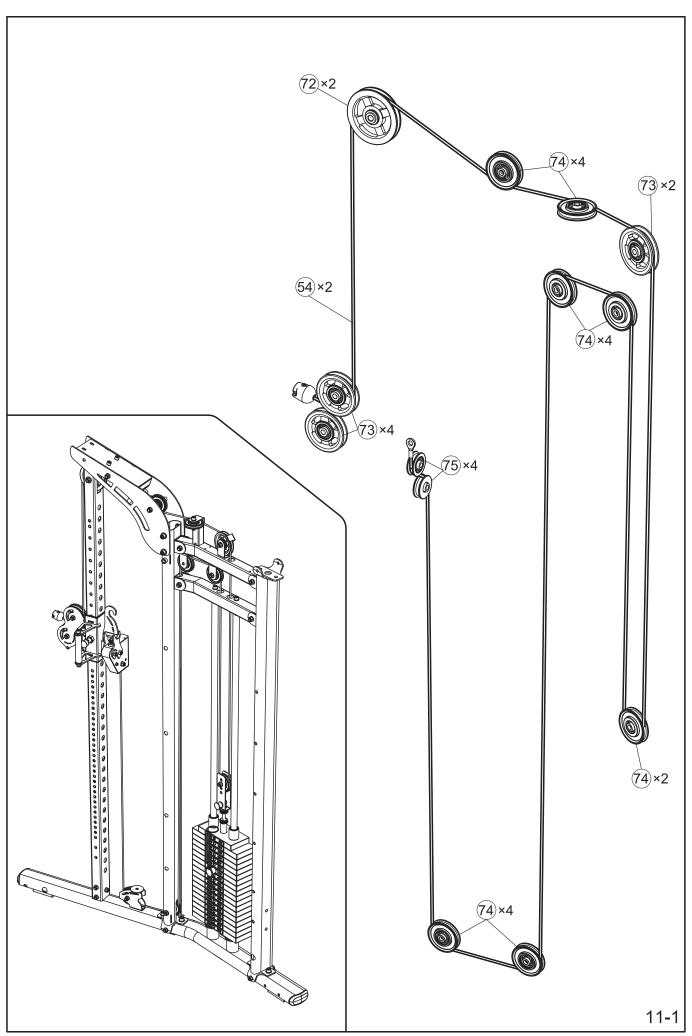


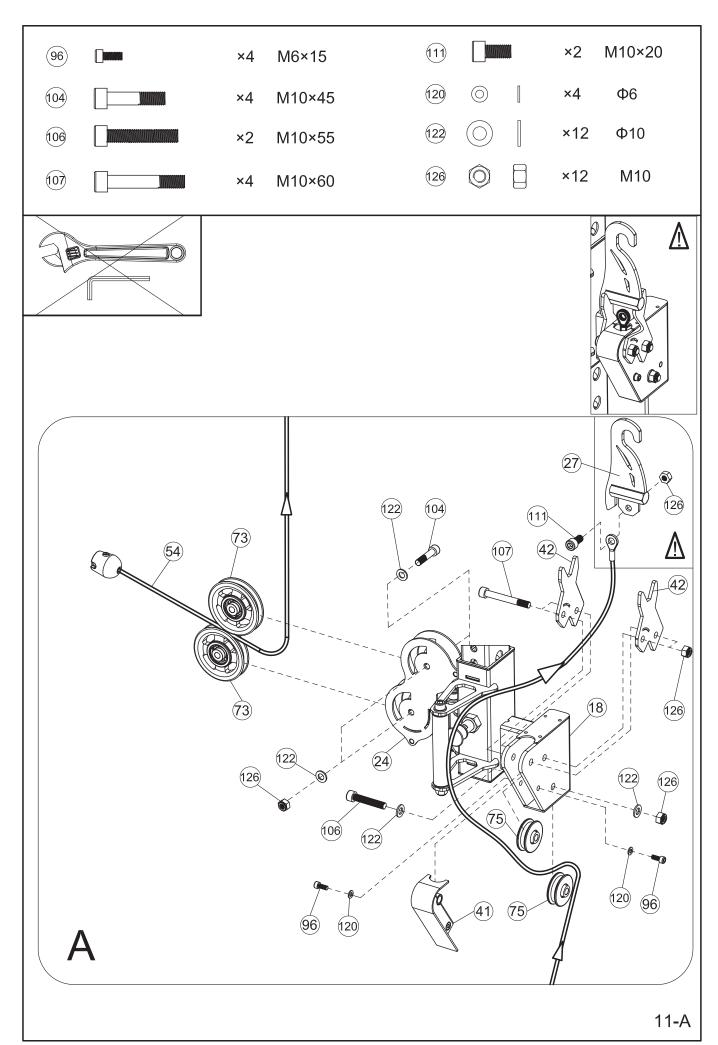


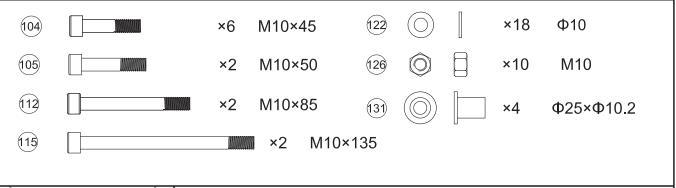


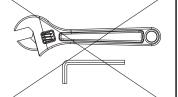


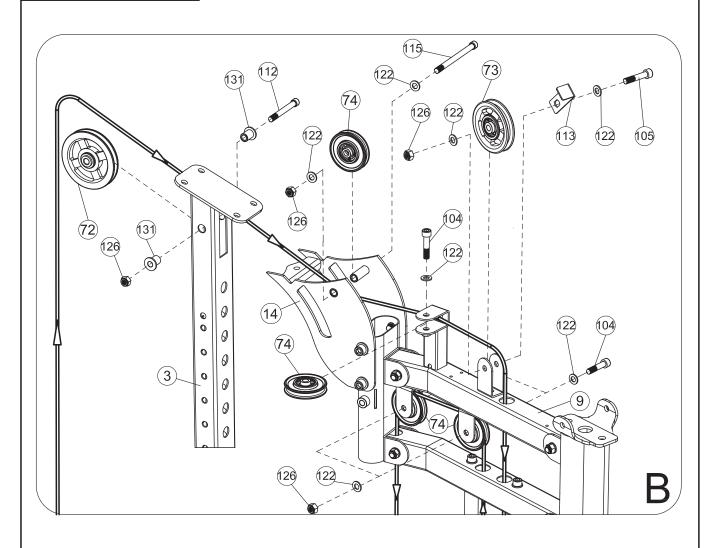




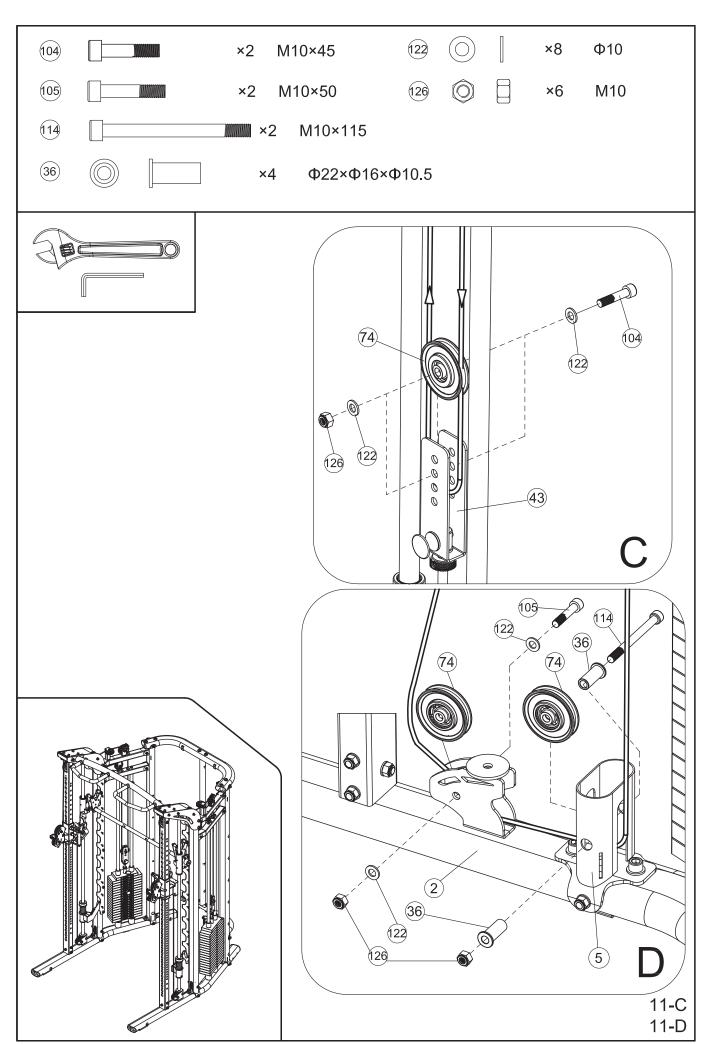


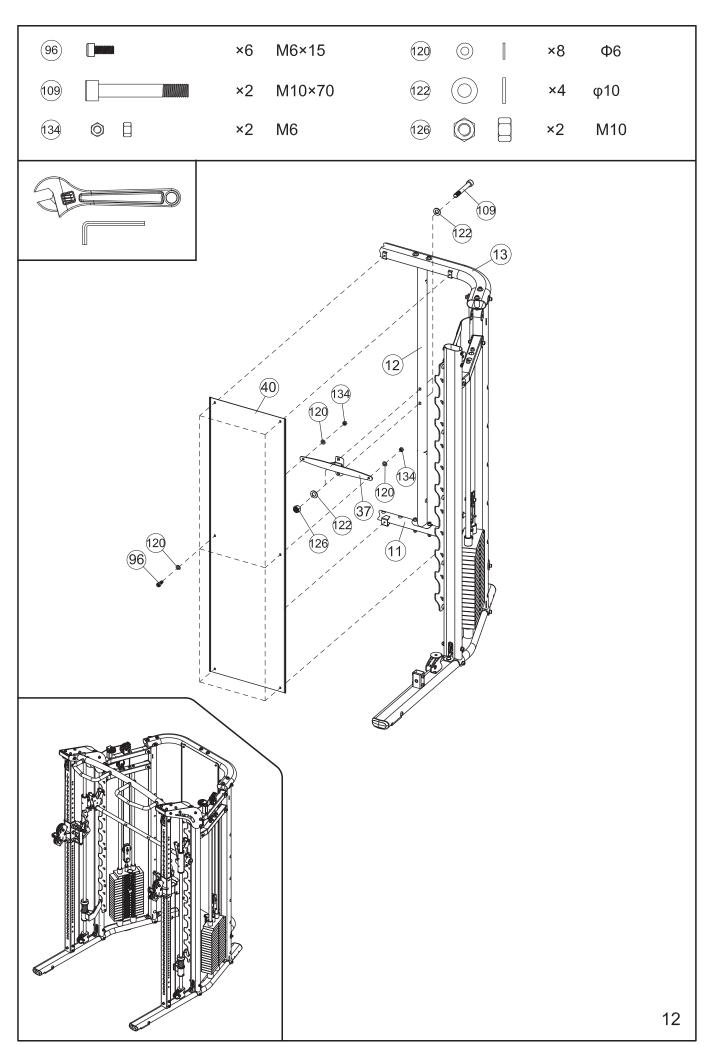


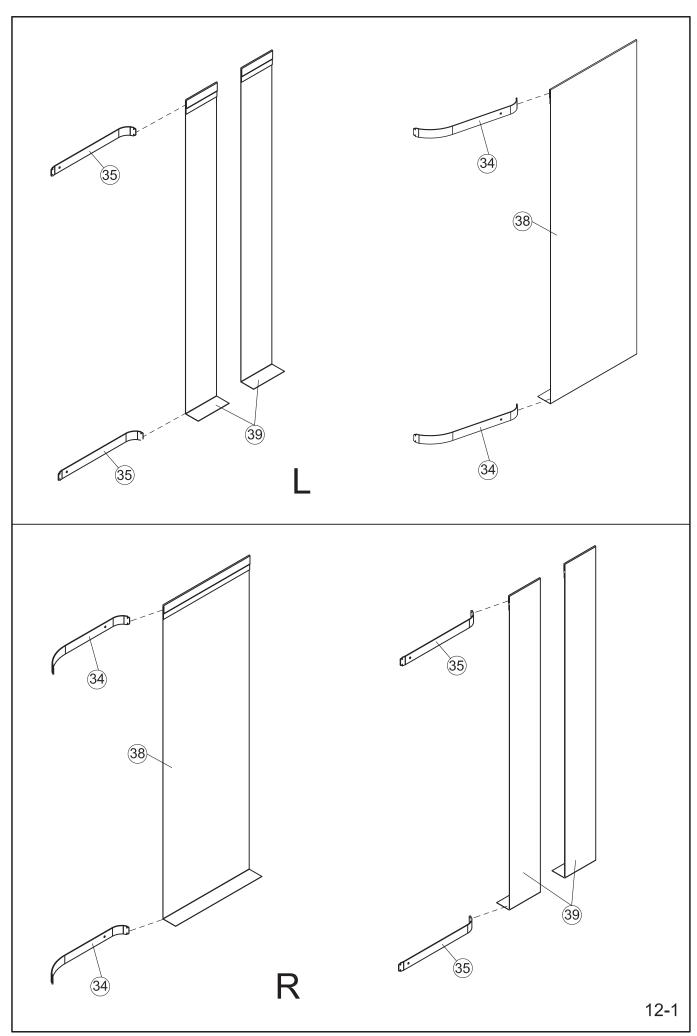


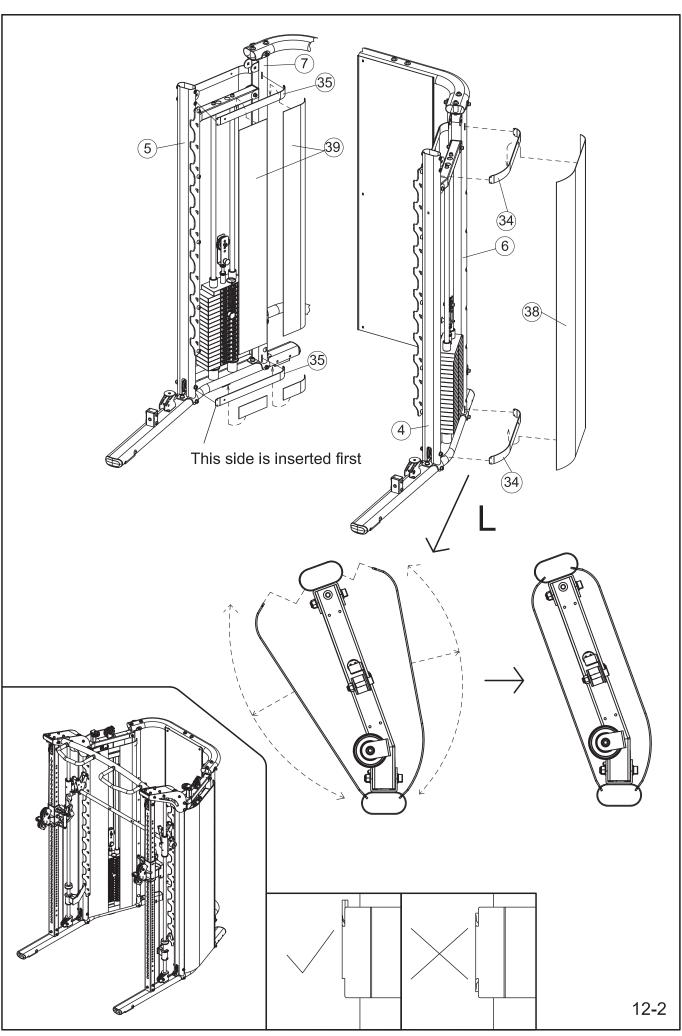


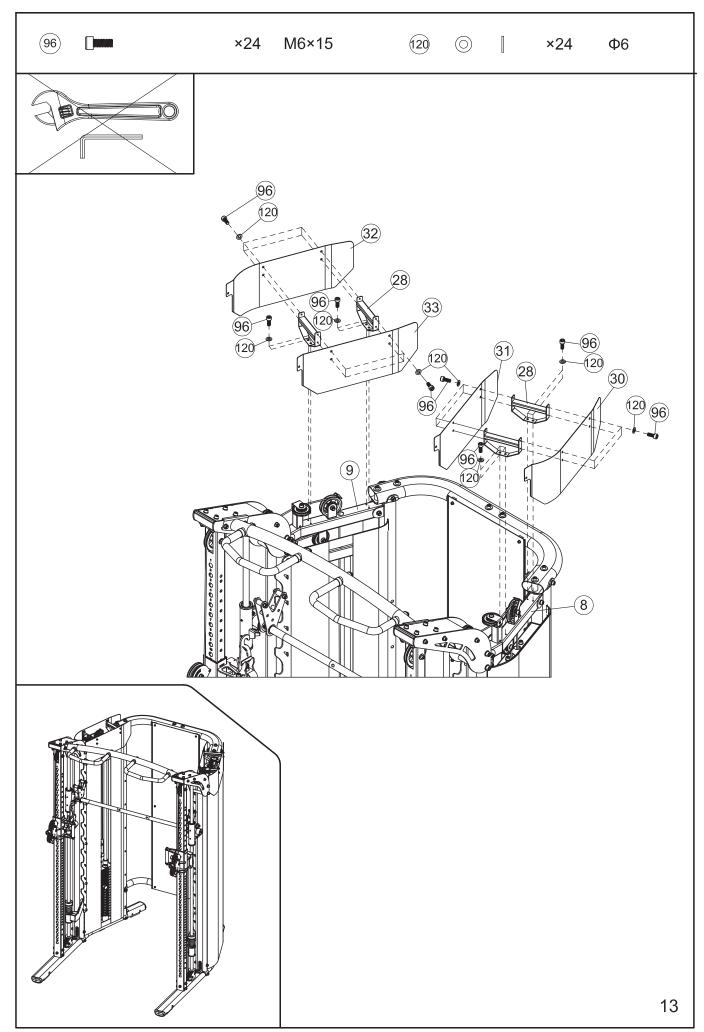
11-B

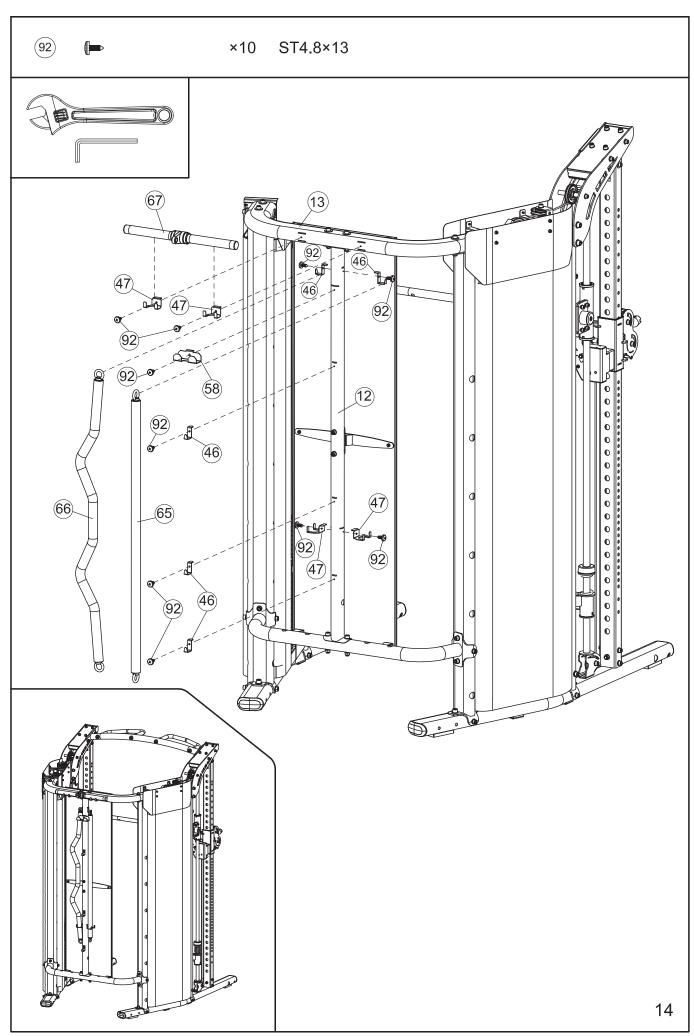


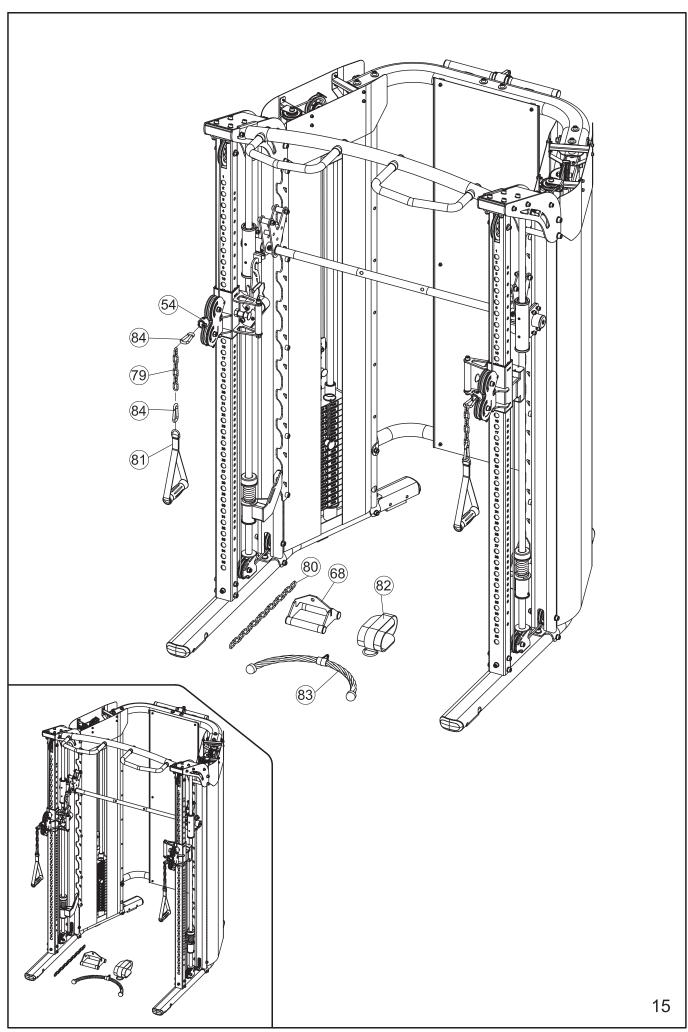


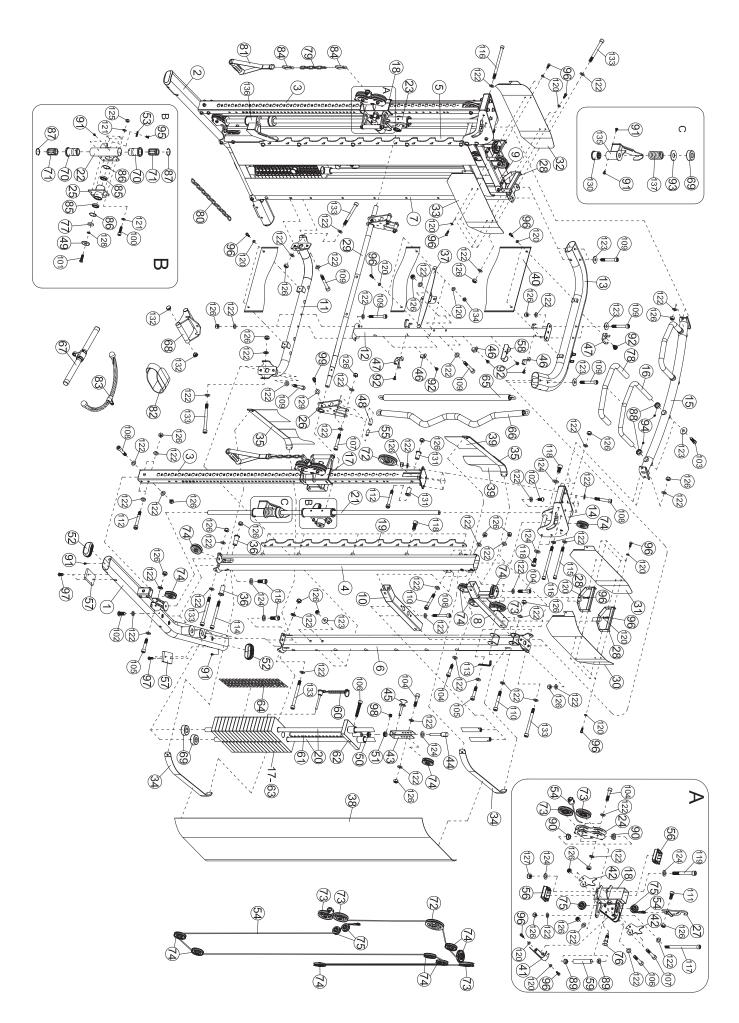












KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Guide Shaft		2
4	Front Post L		1
5	Front Post R		1
6	Rear Post L		1
7	Rear Post R		1
8	Top Frame L		1
9	Top Frame R		1
10	Fixed Frame	□50×2× (480)	2
11	Lower Connecting Frame		1
12	Intermediate Frame		1
13	Upper Connecting Frame		1
14	Front Connecting Frame		2
15	Horizontal bar		1
16	Chin-up Bar		2
17	Sliding frame L		1
18	Sliding frame R		1
19	Plate	1470×92×5	2
20	Guide Rod Rear	φ25×1580	4
21	Guide Rod	φ25×1815	2
22	Mobile rack L		1
23	Mobile rack R		1
24	Pulley Case		2
25	Connecting Frame		2
26	Hanging Bracket		2
27	Lifting Frame		2
28	Inner Fixed Set		4
29	Weight Rod	φ30×1260×M8	1
30	Outer Guard Plate L	608×220×79×1.5	1

KEY NO.	PART DESCRIPTION	SPEC	QTY
31	Inner Guard Plate L	560×220×28×1.5	1
32	Outer Guard Plate R	608×220×79×1.5	1
33	Inner Guard Plate R	560×220×28×1.5	1
34	Outer Guard Plate	519×82×45×3	4
35	Inner Guard Plate	493×50×45×3	4
36	Bushing	φ22×φ16×φ10.2×40	4
37	Supporting Frame	Ψ22^Ψ10^Ψ10.2^40	1
38	Outer Cover	1875×545	2
		1875×195	
39	Inner Cover	1070*190	4
40	Rear Cover		1
41	Small Cover Frame	400705	2
42	Supporting Plate	122×79×5	4
43	Pulley Case	160×50×25×3	2
44	Adjusting Bolt	φ22×100×M12	2
45	Aluminum Alloy Pin		2
46	Upper Handle Fixing Base	50×42×16×2	5
47	Lower Handle Fixing Base	61×60×30×1.5	4
48	Stainless Bushing	φ20×1.5×33	4
49	Aluminum Alloy End Cover	φ50×φ9×6	2
50	Knurled Nut	φ28×12×M12	2
51	Adjusting Sleeve	φ28×φ12.5×12	2
52	End Cap	PT50×100×R95	4
53	Rack Liner	φ30×5	2
54	Pull cable	L=φ5×7170	2
55	Bushing	φ16×φ11×33	4
56	Hollow Sleeve	□60×80×2.0×□50×70	4
57	Rubber Stopper	65×100×12	4
58	Small Storage Rack	100×37×38×27×10×2	1
59	Knurled Handle	φ25×2×125	2
60	Weight Selector Pin		2

KEY NO.	PART DESCRIPTION	SPEC	QTY
61	Selector Rod	φ25×513(17+1)	2
62	Top Weight Plate	205×100×72	2
63	Weight Plate	280×100×25.4 (5KG)	34
64	Weight Plate Sticker(90kg)	119×17.5	2
65	Aluminum Straight Bar	L=1115mm	1
66	Aluminum Cambered Bar	L=1150mm	1
67	Aluminum Small Grip Bar	L=480mm	1
68	V-type handle		1
69	Rubber Stopper	φ62×φ24.5×25	6
70	Sliding Rod Guide	φ55×φ46×φ40×73	4
71	Linear Motion Bearing	LB254058	4
72	Pulley with Bearings	φ114×φ10	2
73	Pulley with Bearings	φ95×φ10	6
74	Pulley with Bearings	φ72×φ10	14
75	Pulley with Bearings	φ50×φ10	4
76	Moving Lock Pin		2
77	Inner Washer	φ30×φ9×4	2
78	Long Rubber Handle	φ24.5×580	2
79	6-Joint Chain		2
80	15-Joint Chain		1
81	Pulling Sleeve	L=245mm	2
82	Ankle Strap		1
83	Rope		1
84	Hook	φ8	4
85	Bearing	61905	4
86	Hole circlip	42	4
87	Hole circlip	d0=40	4
88	Hole circlip	φ35×φ26.2×14.5×M6	4
89	Bushing	φ25×φ21.8×φ10.5×12	4
90	Bushing	φ25×φ20×φ12.2×10	4

KEY NO.	PART DESCRIPTION	SPEC	QTY
91	Screw	ST4.0×9	12
92	Screw	ST4.8×13	10
93	Plate	φ65×φ27×4	2
94	Set screw	M6×6	4
95	Allenllen Bolt	M4×10	2
96	Hexagon socket button head screws	M6×15	34
97	Allen Bolt	M8×16	8
98	Set screw	M8×8	2
99	Hexagon socket button head screws	M8×20	2
100	Hexagon socket button head screws	M8×30	8
101	Hexagon socket countersunk head screw	M8×30	2
102	Allen Bolt	M10×20	4
103	Hexagon socket button head screws	M10×25	4
104	Hexagon socket button head screws	M10×45	12
105	Hexagon socket button head screws	M10×50	4
106	Hexagon socket button head screws	M10×55	4
107	Hexagon socket button head screws	M10×60	8
108	Hexagon socket button head screws	M10×65	14
109	Hexagon socket button head screws	M10×70	14
110	Hexagon socket button head screws	M10×75	8
111	Hexagon socket button head screws	M10×20	2
112	Hexagon socket button head screws	M10×85	6
113	L-Plate	72×30×25×2.5	2
114	Hexagon socket button head screws	M10×115	2
115	Hexagon socket button head screws	M10×135	2
116	Hexagon socket button head screws	M10×140	4
117	Hexagon socket button head screws	M10×155	2
118	Hexagon socket button head screws	M12×25	26
119	Hexagon socket button head screws	M12×95	2
120	Washer	6	36

KEY NO.	PART DESCRIPTION	SPEC	QTY
121	Washer	8	16
122	Washer	φ10	144
123	Washer	φ30×φ10.5×2.5	14
124	Washer	12	22
125	Nut	M8	8
126	Nut	M10	82
127	Nut	M12	2
128	Spring Washer	8	2
129	Bend Washer	20×R20×φ9	2
130	Sliding Sleeve	φ55×φ46×φ27×41	2
131	Pulley Bushing	φ25×φ10.2×24	4
132	End Cap	φ28	4
133	Hexagon socket button head screws	M10×125	8
134	Nut	M6	2
135	Safety Bracket L		1
136	Safety Bracket R		1
137	Spring	φ43×φ27×φ8×80	2
	Allen wrench	3#	1
	Allen wrench	4#	1
	Allen wrench	5#	1
	Allen wrench	6#	1
	Allen wrench	8#	1
	Allen wrench	10#	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 our 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 be part of your entire exercise routine.

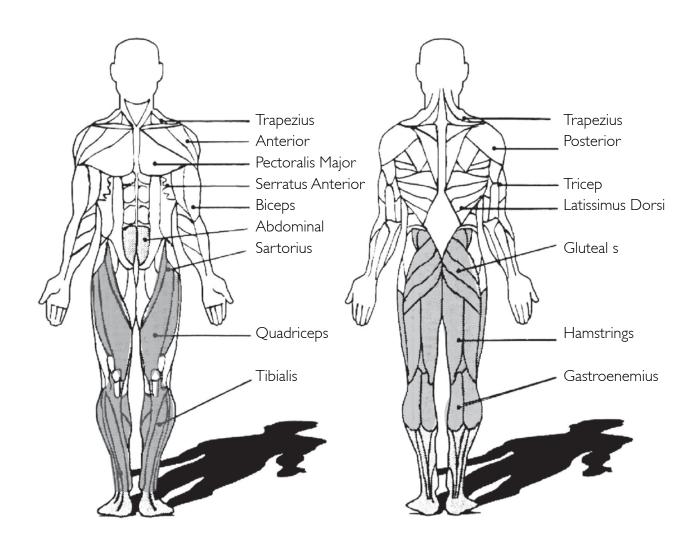
WEIGHT TRAINING

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:

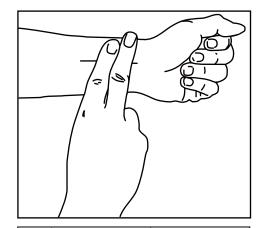
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- 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 our target zone in the table below. Target zones are listed for both unconditioned and condi-tioned 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 our heart rate. For ex-ample, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-seconds 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 our 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.

I. 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

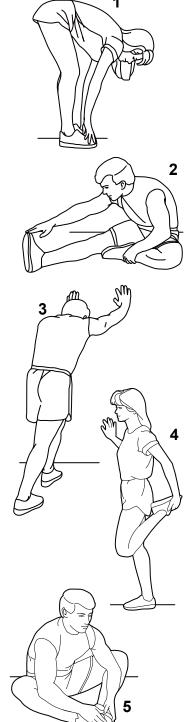
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 **TRSMFT900**, 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 endevour 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 neccessary 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).

(TCOJAO®) in your own space / in your own time	ATTACH RECEIPT
CLIENT DETAILS	: 08 930 5557 FAX : 08 930 455
NAME	ADDRESS
EMAIL	
CELL	
TEL (H)	
TEL (W)	
FAX	
PRODUCT DETAILS	
DATE OF PURCHASE dd / mm / yy	DISCRIPTION PRODUCT
SERIAL NUMBER	
TILL SLIP NUMBER	
STORE PURCHASED AT	



Trojan Fitness Pty Ltd 8/200 Winton Road - 6027 Joondalup Perth - Western Australia

