



AB CUTTER 400 BENCH



BENCH CARE INSTRUCTIONS AND ASSEMBLY MANUAL

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

1373

CALL
0861 876526
0861 TROJAN

1 YEAR
warranty



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1. SAFETY INSTRUCTION

WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the TROJAN AB CUTTER 400.

1. Use the TROJAN AB CUTTER 400 only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN AB CUTTER 400 should not be used by persons weighing more than 100kgs.
4. The TROJAN AB CUTTER 400 should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the TROJAN AB CUTTER 400, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN AB CUTTER 400 only as described in the manual.
7. Do not attempt to adjust the back rest cushion while you are on the TROJAN AB CUTTER 400.
8. Before using this equipment to exercise, always do stretching exercises to properly warm up.
9. Always make sure all bolts and nuts are tightened prior to each use.



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 over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

2. PRE ASSEMBLY CHECK LIST

Thank you for choosing the TROJAN AB CUTTER 400. We take great pride in producing this quality 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. TROJAN AB CUTTER 400 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 familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the TROJAN AB CUTTER 400.



3. ASSEMBLY STEPS

Take all spare parts out of the packing and put them carefully on the floor or table. Take off the protection cushions and the foil. Before starting to assemble please check whether all needed parts are available. Go through the instructions step by step and follow each step on the drawing in order to avoid any mistakes when assembling the item.

Note :

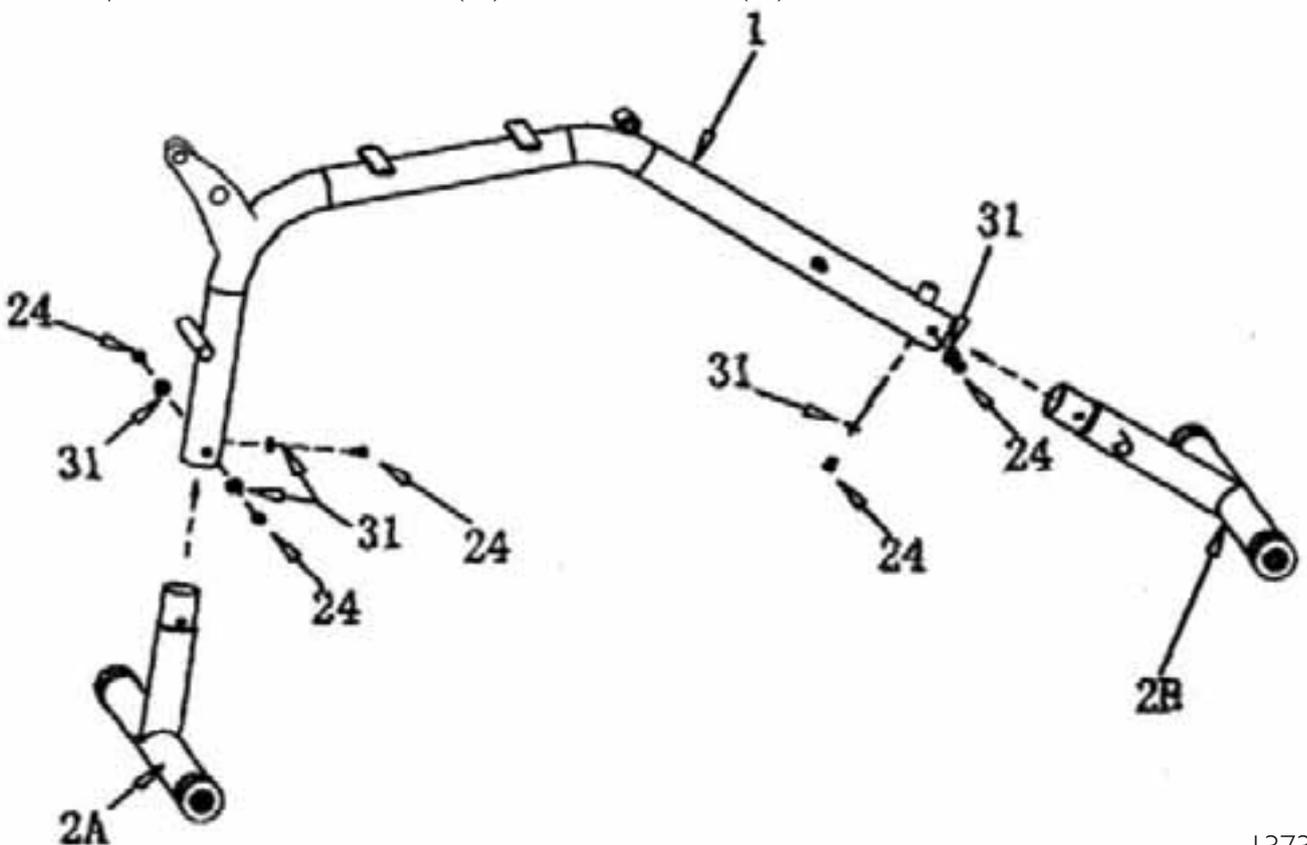
The declaration “RIGHT” / “LEFT” and “FRONT” / “BACK” are based on the perspective of a person using the assembled item.

STEP 01 Connection of Frame

Needed parts

No.	Description	Q'ty
1373-01	Frame	1
1373-02A	Stabilizer	1
1373-02B	Stabilizer	1
1373-24	Screw (M8 x 15 L)	6
1373-31	Curve Washer (M8)	6

- Place the Front Stabilizer (2A) and the Back Stabilizer (2B) into the Frame (1).
- Secure each part with 3 M8 x 15L Screws (24) and 3 M8 Washers (31).



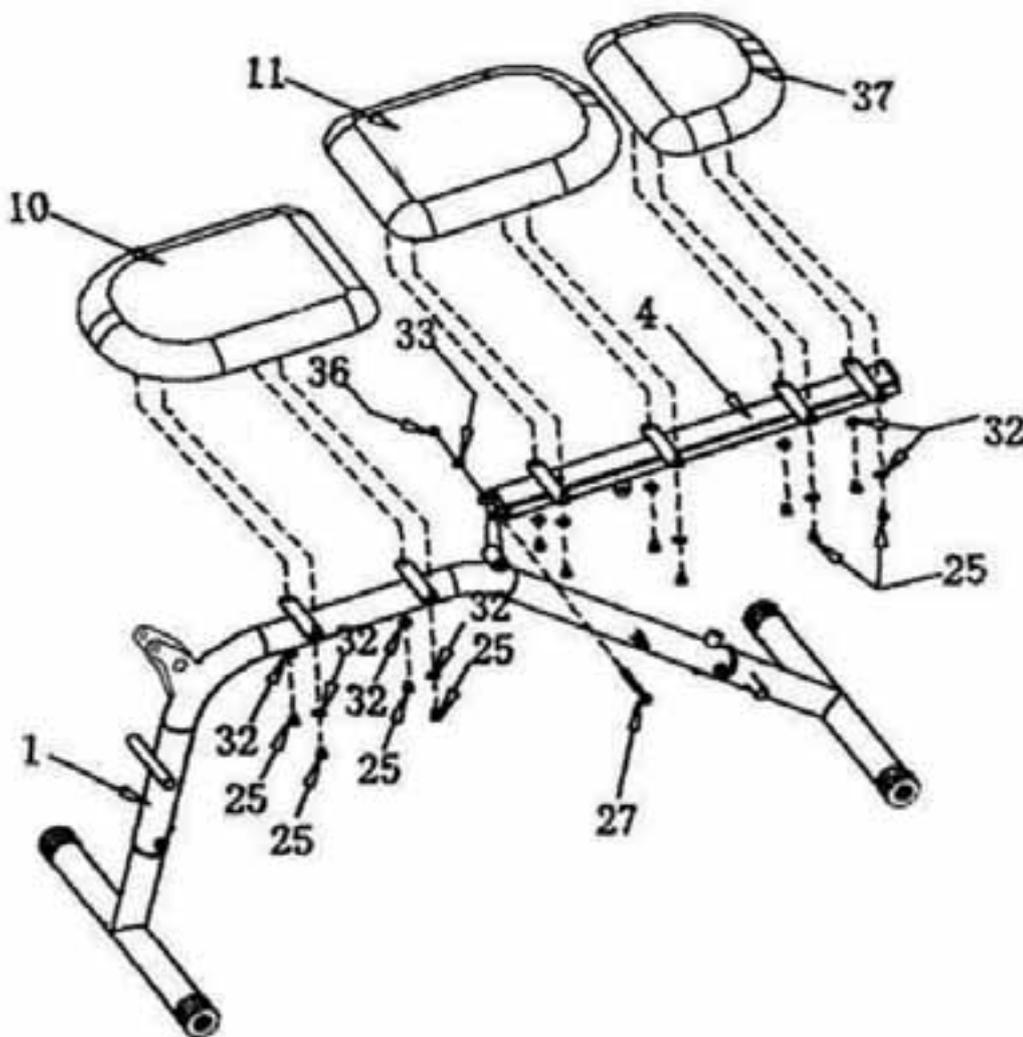
ASSEMBLY STEPS

STEP 02 Assemble Cushion and Foot Tube

Needed parts:

No.	Description	Q'ty
1373-04	Back Support Tube	1
1373-10	Seat	1
1373-11	Back Mat	1
1373-25	Screw (M6 x 15 L)	12
1373-27	Screw (M8 x 60l)	1
1373-32	Washer (M6)	12
1373-33	Washer (M8)	1
1373-36	Lock Nut (M8)	1
1373-37	Cushion	1

- Attach the Seat (10) to Frame (1) with four Screws M6 x 15L (25) and four Washers (32).
- Attach the Back Support Tube (4) onto the Frame (1) with the M8 x 60L Screw (27), the M8 Washer (33) and the M8 Lock Nut (36). As the Back Support Tube (4) has to stay movable, tighten the M8 x 60L Screw (27) first and then loosen it a little bit
- Attach the Back Mat (11) to the Back Support Tube (4) with four Screws M6 x 15L (25) and four Washers (32)
- Attach the Cushion (37) to the Back Support Tube (4) with four Screws M6 x 15L (25) and four Washers (32)



ASSEMBLY STEPS

STEP 03 Assemble Support and Handle Bar

Needed parts

No.	Description	Q'ty
1373-05	Inner Tube	1
1373-06	Main Tube	1
1373-07L	Handlebar (L)	1
1373-07R	Handlebar (R)	1
1373-08	Handlebar	1
1373-13	Hex Head Bolt	1
1373-14	Bolt	1
1373-28	Screw (M8 x 40 L)	1
1373-29	Screw (M8 x 95 L)	1
1373-30	Screw (M6 x 12 L)	4
1373-33	Washer (M8)	2
1373-34	Washer (M10)	2
1373-35	Lock Nut (M10)	2
1373-36	Lock Nut (M8)	2

- For the Support Bar (5, 6, 14) place the Inner Tube (5) into the Main Tube (6) and join with Bolt (14). Now connect the Support Bar to the Back Support Tube (4), using a M8 x 40L Screw (28), a M8 Washer (33) and a M8 Lock Nut (36).

- Attach the lower part of support to the Frame (1) using a M8 x 95L Screw (29), a M8 Washer (33) and a M8 Lock Nut (36). As the Back Support (5, 6, 14) has to stay movable, tighten the M8 x 40L Screw (28) and (29) first and then loosen it a little bit.

- Attach the Left Handlebar (7L) with the M10 Lock Nut (35) and the M10 Washer (34) to the left Lift Pad (12L). As the Handlebar has to stay movable, tighten the M10 Lock Nut (35) firstly and then loosen it a little bit.

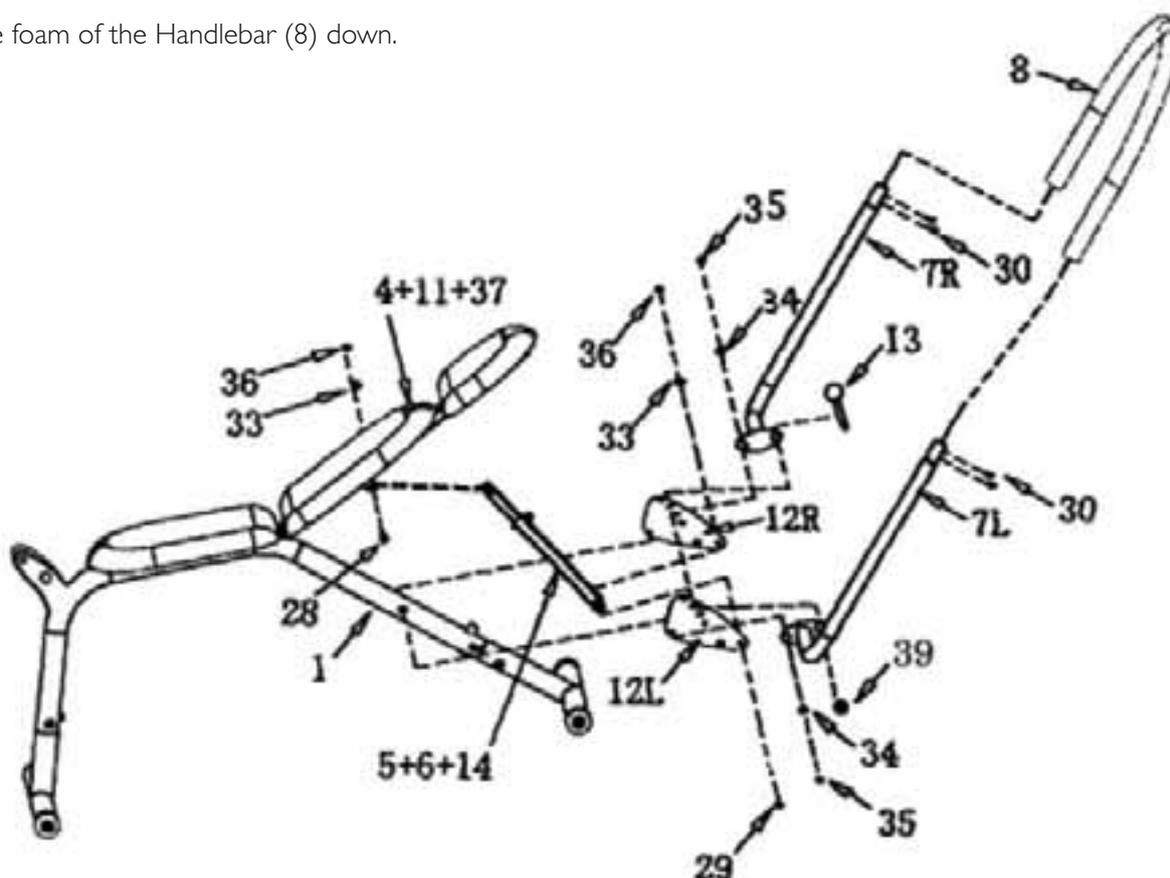
- Fix the Handlebar (7R) with the M10 Lock Nut (35) and the M10 Washer (34) on the right side, attach it to the Fasten Screw of the twist Right Pad (12R). As the handlebar has to stay movable, tighten the M10 Lock Nut (35) first and then loosen it a little bit.

- Fix both Handlebars (7L, 7R) on the first holes of the twist pad (12L, 12R) and join them with the Hex Head Bolt (13). On the opposite side of the positioning pin, tighten the ball with the Hex Head Bolt (13) for security.

- Pull the foam of the Handlebar (8) up 5cm on both sides, so the drilled holes become visible.

- Place Handlebars (8) on both Handlebars (7L, 7R) and tighten on each side with two M6 x 12L Screws (30).

- Pull the foam of the Handlebar (8) down.



ASSEMBLY STEPS

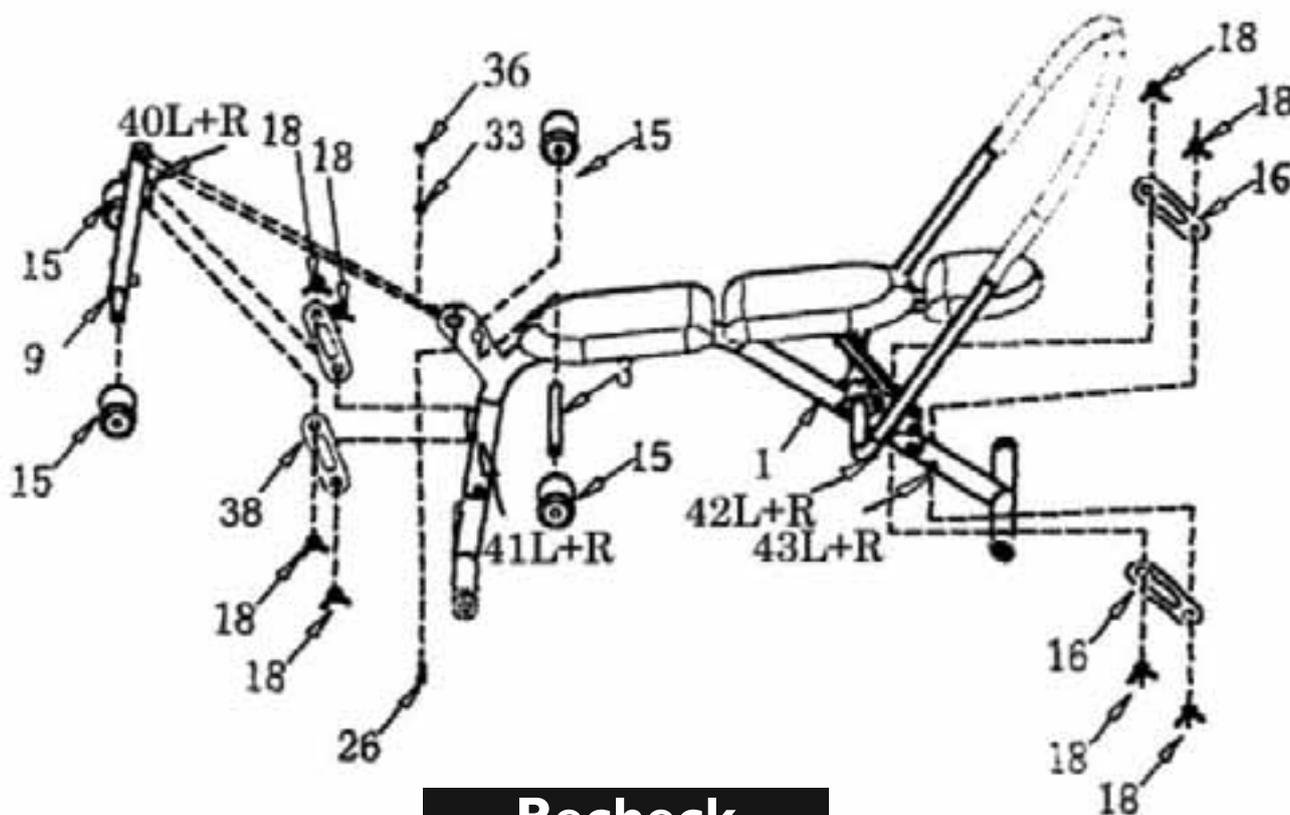
STEP 04 Assemble Leg Training Unit and Feather Rubber

Needed parts:

No.	Description	Q'ty
1373-03	Foam Tube	1
1373-09	Foot Tube	1
1373-15	Foam	4
1373-16	Rubber Bands (10 Lbs)	2
1373-18	Spring Clip	8
1373-26	Screw (M8 x 60 L)	1
1373-33	Washer (M8)	1
1373-36	Lock Nut (M8)	1
1373-38	Rubber Band (5 Lbs)	2
1373-40	Bolt	1

- Attach the Foot Tube (9) with the M8 x 60L Screw (26), a M8 Washer (33) and the M8 Lock Nut (36) to the Frame (1).
- As the Foot Tube (9) has to stay movable, tighten the M8 Lock Nut (36) and then loosen it a little bit. You have to take care that the Foot Tube (9) is assembled the correct way. The rubber buffer of the Foot Tube (9) has to be pushed against the Frame (1) by pulling down.
- Push the two Foam Rolls (15) on either side of the Foot Tube (9).
- Place the Foam Tube (3) through the hole of the bent support Frame (1). Now push Foam Rolls (15) over the left and right side of Foam Tube (3).
- Push the two Rubber Bands (38) from left to right over the Bolt (40L, 40R). Push the other side of the Bolts from left to right over the Bolt Support (40L, 40R).

- Join both Rubber Bands (38) with the four Spring Clips (18) while you push them together; push them over all Bolts (40L, 40R, 41L, 41R) and release.
- Now push the two Rubber Bands (16) from left to right over the Rubber Band Support (42L, 42R). Push the other side of the rubber bands from left to right over the Rubber Band Support (43L, 43R).
- Join both Rubber Bands (16) in front with four Spring Clamps (18) while you push them together. Push them over all Rubber Band Supports (42L, 42R, 43L, 43R) and release.
- Place the Bolt (40) in the holes of the Frame (1) and the Foot Tube (9). Place the longer end of bolt into the Frame (1).



Recheck

all bolts and nuts are
tightened securely
before using the machine

4. 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 muscle -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,

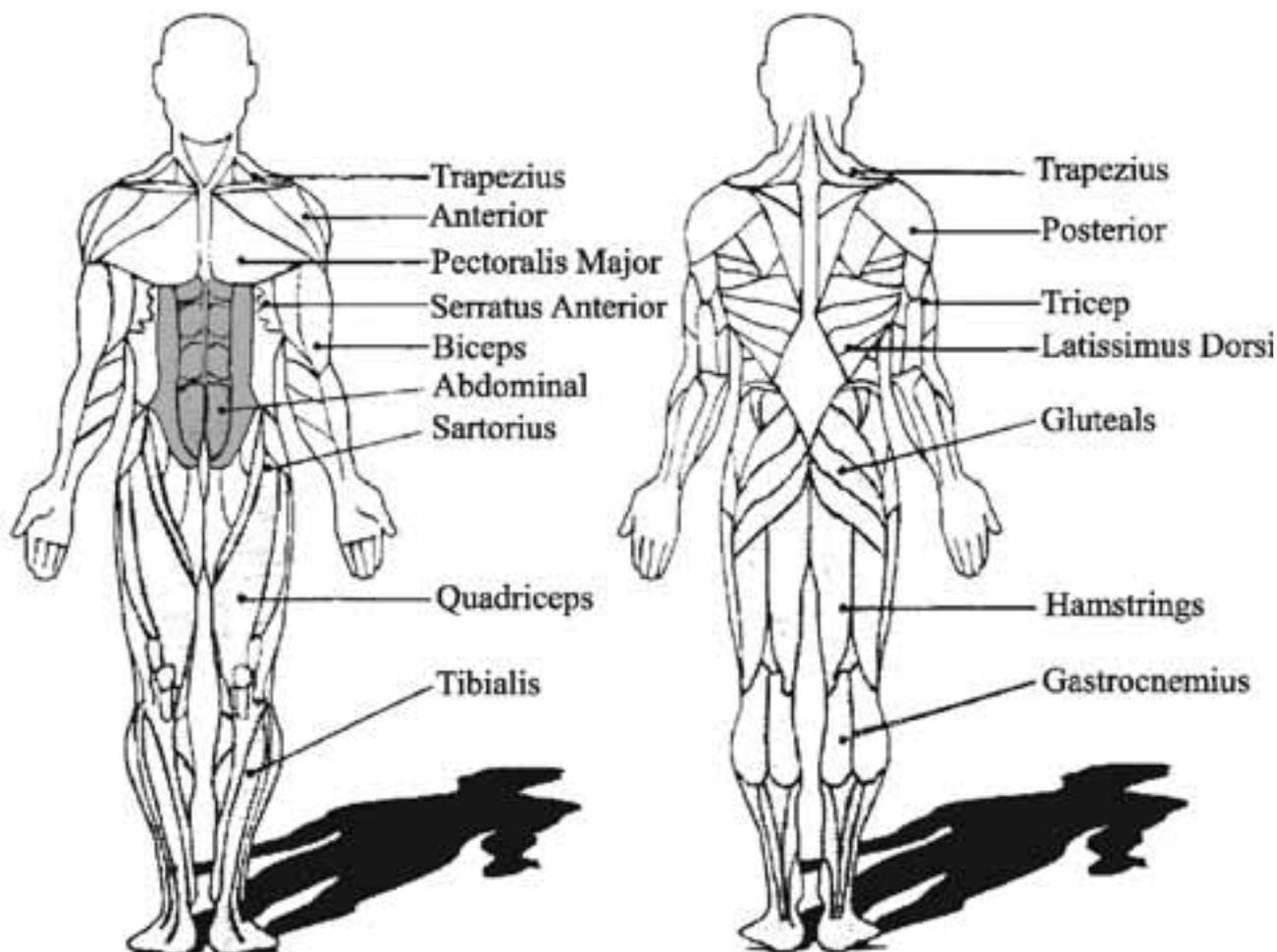
weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps.

And as always consult your physician before beginning any exercise program.

MUSCLE CHART

AB CUTTER

The exercise routine that is performed on this bench will develop the abdominal muscle group. These muscle groups are highlighted on the muscle chart below.



5. CONDITIONING GUIDELINES

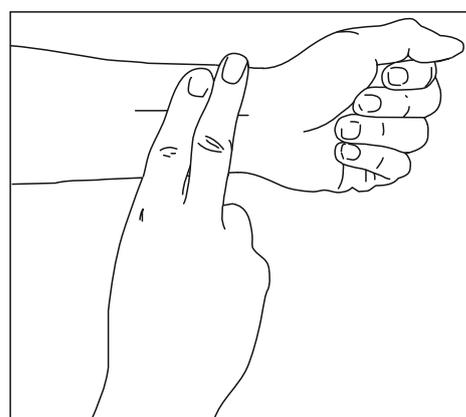
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

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 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.

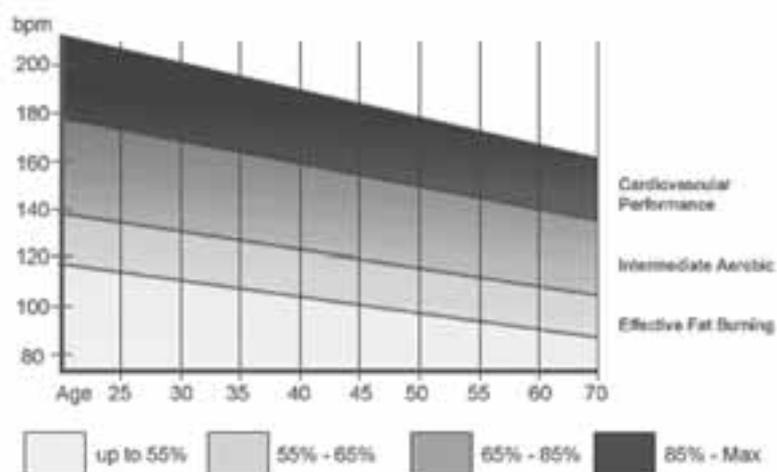


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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 on dieting and training visit www.trojanhealth.co.za



6. 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.

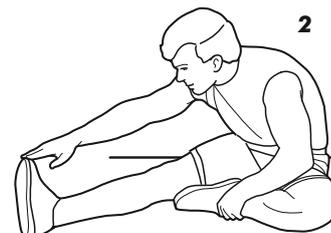
1. Toe Touch Stretch

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.



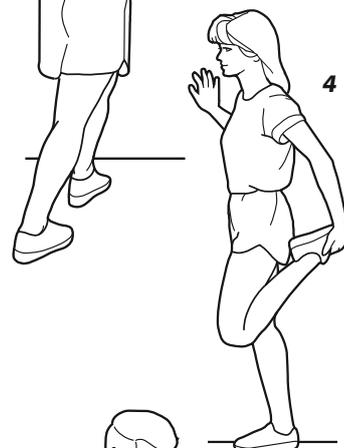
3. Calf/Achilles Stretch

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.



For more information on dieting and training visit www.trojanhealth.co.za

7. EXERCISE PROGRAM

Training hints

Hint 1: Training success is mainly dependent on the following points:

- Continuous training
- Good nourishment
- Monitoring of training progress

Hint 2: Important:

Start your exercise slowly and increase intensity of exercises gradually.

Hint 4: Tips for successful and healthy training:

- Wear comfortable clothing.
- Don't exercise if you are already tired or feel exhausted.
- Remember that your body needs enough liquid when you exercise.

EXERCISE PROGRAM

Adjust the position of the handlebar according your individual training position.

1. Unscrew the Lock Nut Cap (39) from the Hex Head Bolt (13).
2. You have to hold the Handlebar with one hand.
3. Then pull the Hex Head Bolt (13) out of the holes of the Twist Pad (12L + 12R).
4. Adjust the Handlebar to the right position.
5. Put the Hex Head Bolt (13) back into the holes of Twist Pad (12L + 12R).
6. Screw the Lock Nut Cap (39) onto the Hex Head Bolt (13).

With the different rubber bands (2,25kg + 4,5kg) you can change the different levels of exercises. At your discretion you can put the rubber bands (2.25 or 4.5kg; or together 6.75 kg) onto the rubber band supports allowing you to exercise different muscles at a higher intensity.

Level 1	no rubber bands
Level 2	2.25 Kg
Level 3	4.5 Kg
Level 4	2.25 + 4.5(6.75) Kg

Hint:

You have the ability to remove the cushions, which prop up your legs. In this way you have the ability to adjust your optimal training position even further.

Main exercise (picture 1, 2)

Lay down on your back. Put your head onto the cushion and with your hands grasp the handlebar. Lift your upper body, but still leave your head on the cushion. (Keep your head position still while you get into this position. Try to push your back and buttocks onto the cushion (keep your back straight). Repeat this exercise.

This exercise is for the stomach musculature.



PICTURE 1



PICTURE 2

EXERCISE PROGRAM

Bend of the knee (picture 3)

Lay down on your back. Put your head onto the cushion and grasp the handlebar with your hands. Bend one knee while your other knee is straight.

Now lift your body (your head stays on the cushion) and change the leg. Lay down again in the original position and repeat the exercise.

This is an exercise for advanced training and exercises the upper and lower stomach musculature.



PICTURE 3

Bend of the hip (picture 4)

Lay down on your back then turn onto your right hip. Your hands grasp the handlebar softly while your feet are placed on the foot support or the floor. Leave your head on the cushion while you lift with your upper body. Keep the position of your head still while you lay back again into the original position.

Repeat this exercise on your left hip

This exercises if for your left and right oblique stomach musculature.



PICTURE 4

Leg musculature (picture 5)

Pull the Bolt (40) out of the holes on the Frame (1) and the Foot Tube (9). Place your feet behind the cushion bundle of the Foot Tube (9). Lay down on your back with your head on the cushion and your hands grasping the seat cushion (see picture 5). Stretch your legs and push the foot tube up. Keep the foot tube up for a few seconds then let it down slowly. Keep your head on the cushion.



PICTURE 5

8. STORAGE INSTRUCTIONS

In order to store your TROJAN AB CUTTER 400 fold away as instructed below.

1. Unscrew the Lock Nut Cap (39) from the Hex Head Bolt (13).
2. Hold onto the Handlebar with one hand to ensure it doesn't fall down.
3. Pull the Hex Head Bolt (13) out of the holes of the Twist Pad (12L,12R).
4. Fold the Handlebar to the front.
5. Put the Hex Head Bolt (13) back into the holes of Twist Pad (12L,12R).
6. Screw the Lock Nut Cap (39) onto the Hex Head Bolt (13).
7. Hold the back support with one hand and pull the safety pin out of the Support (5, 6, 14) with your other hand.
Thereafter adjust the back support into the right position and put the safety pin back into the Support (5, 6, 14).

Now you can store your TROJAN AB CUTTER 400.

9. FREQUENTLY ASKED QUESTIONS

Q 1: How often and how long should I exercise?

Continuous training is most important. If you start your training with TROJAN AB CUTTER 400, you should start with 10-20 repetitions every day. After a couple of weeks you can increase the repetitions slowly.

Thereafter to follow a training program: 3 days exercising, one day break, 2 days exercising, one day break. Continuous training with the TROJAN AB CUTTER 400 builds up your muscles and increases your endurance. It is good for the blood circulation and helps your body to get oxygen.

Q 2: How do I adjust my TROJAN AB CUTTER 400 correctly before exercising :

Adjust the back support in the right position.

1. Hold the back support with one hand (as the back support could fall down and hurt you.) and pull the safety pin out of the support with your other hand (5, 6, 14). Afterwards adjust the back support into the right position and put the safety pin back into the support.

2. Through the adjustment of different height of the back support you can choose different levels of difficulty. The lower the support the greater the expenditure of energy. For beginning we suggest the back support is set as high as possible, you will sit almost straight up.

Q 3: How do I adjust the intensity of my workout?

1. Adjust the position of the Back Mat - the lower the position the more intense the work-out.

2. Increase the number of repetitions you do of each exercise.

3. Add rubber bands.

Q 4: Who can exercise?

Generally every healthy person, young or old, can start to exercise

10. PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
I373-01	Frame	1	I373-20	End Cap	4
I373-02A	Stabilizer	1	I373-21	End Cap	2
I373-02B	Stabilizer	1	I373-22	End Cap	1
I373-03	Foam	1	I373-23	End Cap	4
I373-04	Back Support tube	1	I373-24	Screw (M8 x 15 L)	6
I373-05	Inner Tube	1	I373-25	Screw (M6 x 15 L)	12
I373-06	Main Tube	1	I373-26	Screw (M8 x 60 L)	1
I373-07L	Handlebar (L)	1	I373-27	Screw (M8 x 60 L)	1
I373-07R	Handlebar (R)	1	I373-28	Screw (M8 x 40 L)	1
I373-08	Handlebar	1	I373-29	Screw (M8 x 95 L)	1
I373-09	Foot Tube	1	I373-30	Screw (M6 x 12 L)	4
I373-10	Seat	1	I373-31	Curve Washer (M8)	6
I373-11	Back Mat	1	I373-32	Washer (M6)	12
I373-12L	Twist Pad (L)	1	I373-33	Washer (M6)	4
I373-12R	Twist Pad (R)	1	I373-34	Washer (M10)	2
I373-13	Hex Head Bolt		I373-35	Lock Nut (M10)	2
I373-14	Bolt	1	I373-36	Lock Nut (M8)	4
I373-15	Foam	4	I373-37	Cushion	1
I373-16	Rubber Band 10 Lbs	6	I373-38	Rubber Band 5 Lbs	4
I373-17	Cushion	2	I373-39	Lock Nut Cap	1
I373-18	Spring Clip	8	I373-40	Bolt	1
I373-19	End Cap	10			

8. TROJAN 1 YEAR LIMITED WARRANTY

Masstores (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

Within 7 days of purchase:

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

After 7 days but within 3 months of purchase:

The Supplier may in its sole discretion either replace or repair the product.

After 3 months but within 1 year of purchase:

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

- **Treadmills:** Running Decks, Running Belts, and Rubber Arm covers
- **Exercise Bikes/Spinners:** Pedals, Cranks, and Rubber Arm covers
- **Cross Trainers/ Ellipticals/ Steppers:** Foot Rests, Cranks, Shocks, and Rubber/Foam Arm covers
- **Home Gyms / Benches:** Pulleys, Cables, Seats and Padding
- **Trampolines:** Springs, Mats, and Covers
- **Rowers:** Rowing Strap / Rope / Arms, Pulling Handle, Grip, Moveable Seat

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase



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 **0861 Trojan (0861 876 526)**, or online at **www.trojanhealth.co.za**. 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 shall phone the Trojan hotline on **0861 Trojan (0861 876 526)** 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	
CLIENT DETAILS		
NAME: _____		
EMAIL: _____	CELL: _____	
TEL(H): _____	TEL(W) _____ FAX _____	
ADDRESS: _____		

PRODUCT DETAILS		
DATE OF PURCHASE: dd / mm / yy	SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DISCRIPTION OF PRODUCT		

BRANCH PURCHASED AT		

0861 TROJAN (0861 876526)		WWW.TROJANHEALTH.CO.ZA



Masstores (Pty) Ltd
16 Peltier Drive, Sunninghill
Sandton, Johannesburg, South Africa

9. TROJAN REPAIRS PROCEDURE

I. Procedure for repairs

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 **0861 Trojan (0861 876526)** 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 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, 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.



GET IT FIXED AT YOUR HOME OR OURS

For immediate help with assembly or for additional product information, please call our help line.
No need to return this product to the store.
Our Customer Service Department is ready to provide you with friendly assistance from the convenience of your own home

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Please have your serial number ready when you call the service centre