

# TROJAN™

## MARATHON 230

TREADMILL

LEG WORKOUT

CARDIO



### USER MANUAL



#### CAUTION

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

Visit [facebook.com/trojanhealth](https://www.facebook.com/trojanhealth)  
[www.trojanhealth.co.za](http://www.trojanhealth.co.za)  
[www.instagram.com/trojanhealth](https://www.instagram.com/trojanhealth)

# INDEX

- Important Safety Instructions \_\_\_\_\_ 3
- Pre Assembly Check List \_\_\_\_\_ 5
- Hardware & Tools List \_\_\_\_\_ 6
- Parts List \_\_\_\_\_ 7
- Exploded Drawing \_\_\_\_\_ 9
- Assembly Steps \_\_\_\_\_ 11
- Console Functions \_\_\_\_\_ 16
- Exercise Instructions \_\_\_\_\_ 18
- Fitness Tips & Techniques \_\_\_\_\_ 20
- Conditioning Guidelines \_\_\_\_\_ 21
- Warm Up & Cool Down \_\_\_\_\_ 22
- Maintenance \_\_\_\_\_ 23
- Troubleshooting \_\_\_\_\_ 25
- 2 Year Limited Warranty \_\_\_\_\_ 27
- Repairs Procedure \_\_\_\_\_ 28

# 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 1 person at a time.
- Be careful to maintain your balance while using, mounting, dismounting or assembling your Trojan equipment to avoid injury.
- 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 other 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 Marathon 230 Treadmill may not be used by persons weighing more than 100 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](http://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 Marathon 230 Treadmill. 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 Marathon 230 Treadmill 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 Marathon 230 Treadmill.



# 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.



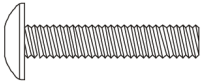
79. Flat Washer  
(Ø8 x 18 x 1.5 mm)  
(4 PCS)



94. Button Head Socket Bolt  
(5/16" x UNC 18 x 1/2")  
(6 PCS)



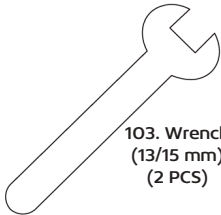
95. Curved Washer  
(Ø8 x Ø23 x 1.5T)  
(2 PCS)



96. Flat Head Socket Bolt  
(5/16" x 1 - 1/2")  
(2 PCS)



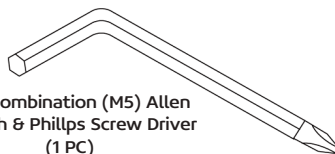
98. Split Washer  
(Ø8 x 1.5T)  
(2 PCS)



103. Wrench  
(13/15 mm)  
(2 PCS)



105. Lubricant  
(1 PC)



104. Combination (M5) Allen  
Wrench & Phillips Screw Driver  
(1 PC)

# PARTS LIST

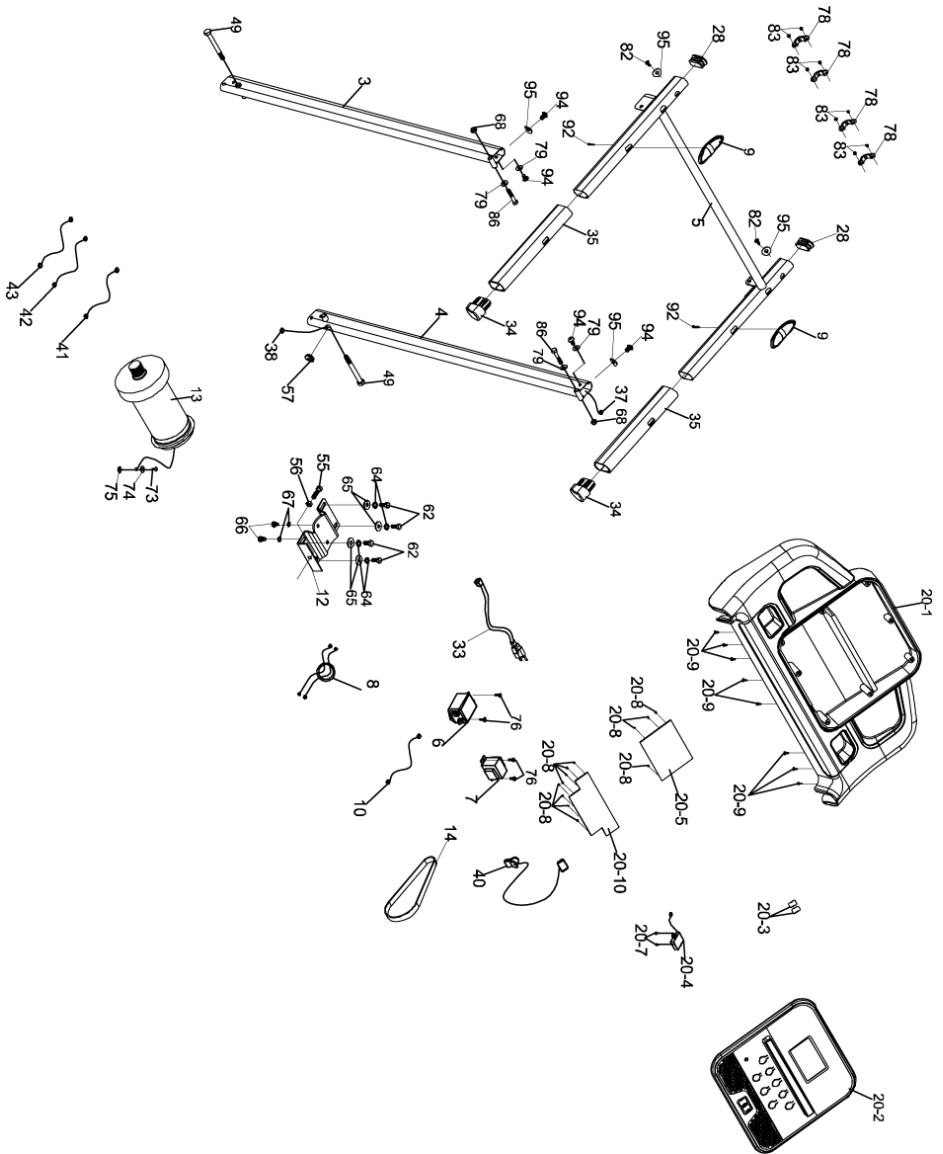
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	21	Top Motor Cover	1
2	Frame Base	1	22	Rear Adjustment Base (L)	1
3	Left Upright	1	23	Rear Adjustment Base (R)	1
4	Right Upright	1	24	Square End Cap (38 x 38 mm)	2
5	Console Support	1	25	Rubber Foot Pad (Ø6 x Ø26.5 x 10T)	4
6	Filter	1	26	Rubber Foot	6
7	Choke	1	27	Square End Cap (20 x 40 mm)	2
8	Connecting Cable Of Motor (500 mm)	1	28	Oval End Cap	2
9	Handpulse W/Cable Assembly (1100 mm)	2	29	Foot Rail	2
10	Connecting Wire (White) (300 mm)	1	30	Power Socket	1
11	Belt Guide	2	31	Breaker	1
12	Motor Bracket	1	32	On/Off Switch	1
13	Drive Motor	1	33	Power Cord	1
14	Drive Belt	1	34	End Cap	2
15	Running Deck	1	35	Handgrip Foam (Ø25 x 50 x 3T x 290 mm)	2
16	Running Belt	1	36	Motor Controller	1
17	Front Roller W/Pulley	1	37	Console Cable (Upper) (1000 mm)	1
18	Rear Roller	1	38	Console Cable (Lower) (1500 mm)	1
19	Bolt Cap (Ø13 mm)	4	39	Lubricant	1
20	Console Assembly	1	40	Square Safety Key	1
20 - 1	Console Outer Cover	1	41	Connecting Wire (Black) (100 mm)	1
20 - 2	Console Top Cover	1	42	Connecting Wire (White) (250 mm)	1
20 - 3	Square Magnet Stop Plate	2	43	Connecting Wire (Black) (250 mm)	1
20 - 4	Safety Switch Module W/ Cable	1	44	Wrench (13/15 mm)	2
20 - 5	Console Display Board	1	45	Combination Allen Wrench & Phillips Head Screw Driver (M5)	1
20 - 7	Sheet Metal Screw (Ø3 x 10 mm)	2	46	Transportation Wheel	2
20 - 8	Sheet Metal Screw (Ø2.3 x 6 mm)	12	47	Flat Head Socket Screw (M6 x 20 mm)	6
20 - 9	Self Tapping Screw (Ø3.5 x 12 mm)	8	48	Flat Head Socket Screw (M6 x 25 mm)	2
20 - 10	Keyboard	1	49	Hex Head Bolt (M10 x 106 mm)	2

# PARTS LIST

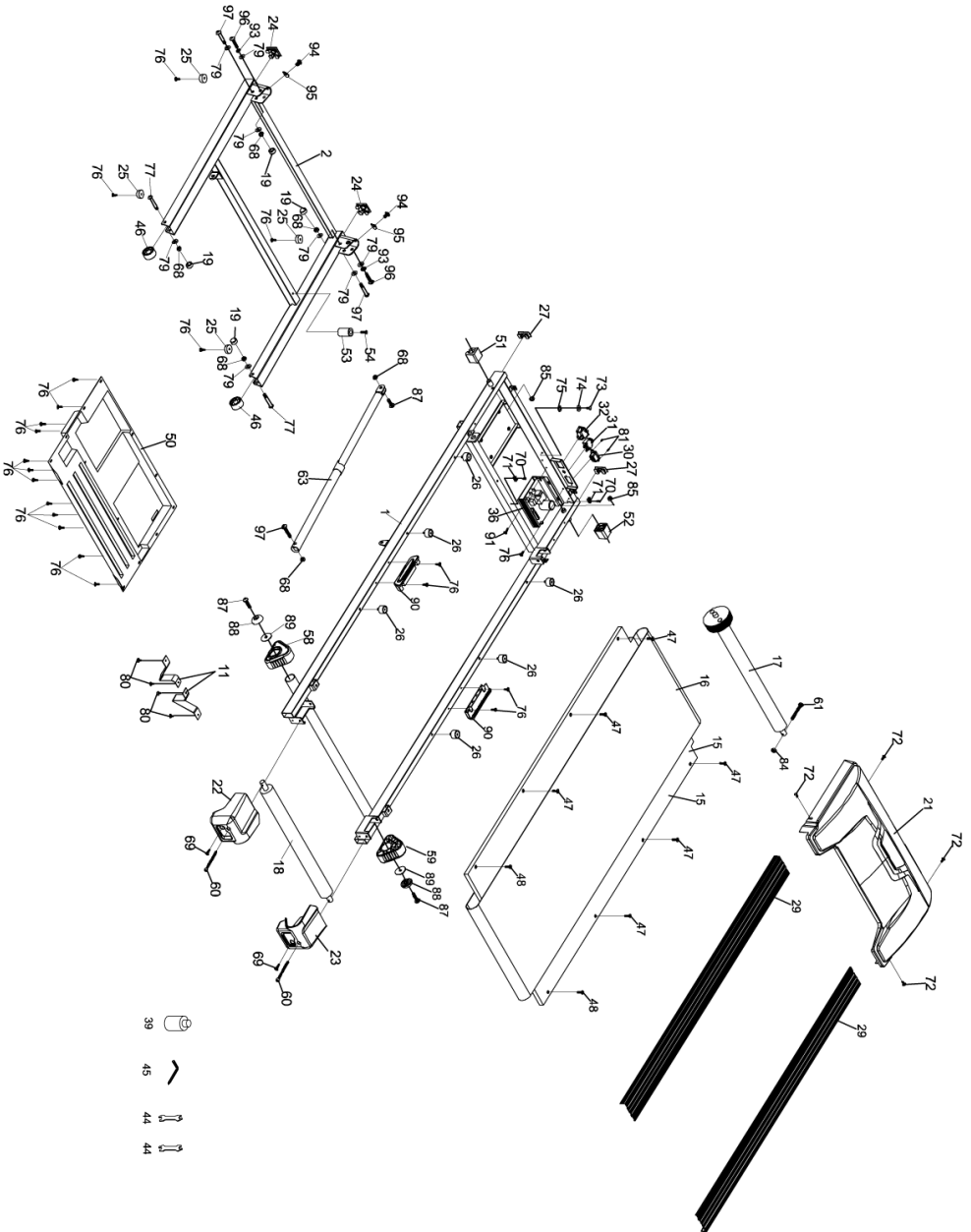
No.	Description	Qty	No.	Description	Qty
50	Frame Cover	1	79	Flat Washer (Ø8 x Ø18 x 1.5T)	12
51	Isolator (L)	1	80	Sheet Metal Screw (Ø4 x 12 mm)	4
52	Isolator (R)	1	81	Sheet Metal Screw (Ø3 x 10 mm)	2
53	Rubber Foot Pad (Ø5 x Ø30 x 40T)	1	82	Tapping Screw (Ø5 x 16 mm)	2
54	Phillips Head Screw (M5 x 20 mm)	1	83	Sheet Metal Screw (Ø3.5 x 12 mm)	8
55	Hex Head Bolt (3/8" x 1 - 1/4")	1	84	Nyloc Nut (1/4" x 5T)	1
56	Nut (3/8" x 7T)	1	85	Nyloc Nut (M10 x 10T)	2
57	Wire Protective Rubber	1	86	Hex Head Bolt (5/16" x 1 - 3/4")	2
58	Inclination Adjustor (L)	1	87	Button Head Socket Bolt (5/16" x 1")	3
59	Inclination Adjustor (R)	1	88	Bolt Cap	2
60	Socket Head Cap Bolt (1/4" x 80 mm)	2	89	Flat Washer (Ø8 x Ø35 x 1.51)	2
61	Hex Head Bolt (1/4" x 2 - 1/4")	1	90	Rubber Foot	2
62	Hex Head Bolt (3/8" x 3/4")	4	91	Tapping Screw (Ø5 x 25 mm)	1
63	Cylinder (3/8" x 3/4")	1	92	Sheet Metal Screw (Ø4 x 45 mm)	2
64	Split Washer (Ø10 x 2.0T)	4	93	Split Washer (Ø8 x 1.5T)	2
65	Flat Washer (Ø10 x Ø19 x 1.5T)	4	94	Button Head Socket Bolt (5/16" x 1/2")	6
66	Hex Head Bolt (M8 x 12 mm)	2	95	Curved Washer (Ø8 x Ø23 x 1.5 )	6
67	Split Washer (Ø8 x 1.5T)	2	96	Flat Head Socket Bolt (5/16" x 1 - 1/2")	2
68	Nyloc Nut (5/16" x 7T)	8	97	Button Head Socket Bolt (5/16" x 1 - 3/4")	3
69	Tapping Screw (Ø5 x 19 mm)	2			
70	Tapping Screw (3.5 x 16 mm)	2			
71	Wire Tie Mount	2			
72	Phillips Head Screw (M5 x 15 mm)	4			
73	Phillips Head Screw (M5 x 10 mm)	2			
74	Split Washer (Ø5 x 1.5T)	2			
75	Star Washer (M5)	2			
76	Tapping Screw (Ø5 x 16 mm)	25			
77	Button Head Socket Bolt (5/16" x 2")	2			
78	Console Bracket Anchor	4			



# EXPLODED DRAWING



# EXPLODED DRAWING

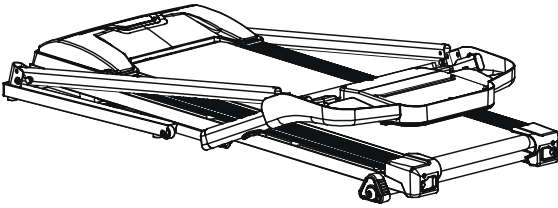


# ASSEMBLY STEPS

## 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.

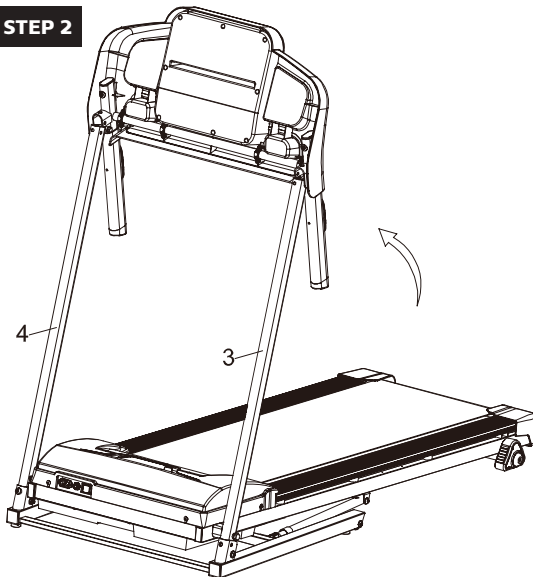
### STEP 1



### STEP 1: UNPACK UNIT

Remove the unit from the box and place it on a flat and level floor.

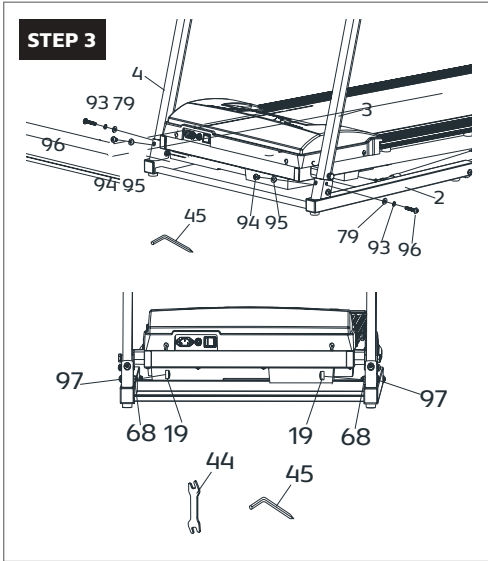
### STEP 2



### STEP 2: UNFOLDING UPRIGHT

Unfold the Uprights (L and R) (3 and 4) to the end position.

# ASSEMBLY STEPS



## STEP 3: UPRIGHT ASSEMBLY

Insert the Uprights (L, R) (3, 4) into the Frame Base (2) with 2 Flat Head Socket Bolts (5/16" × 1-1/2") (96), 2 Split Washers (Ø8 × 1.5T) (93), 2 Flat Washers (Ø8 × Ø18 × 1.5T) (79), 2 Button Head Socket Bolts (5/16" × 1/2") (94) and 2 Curved Washers (Ø8 × Ø23 × 1.5T) (95) by using the Combination (M5) Allen Wrench & Phillips Head Screw Driver (45). (Please place the screw without tightening.) Tighten 2 Button Head Socket Bolts (5/16" × 1 - 3/4") (97) and 2 Nyloc Nuts (5/16" × 7T) (68), by using the Wrench (13/15 mm) (44) and Combination (M5) Allen Wrench & Phillips Head Screw Driver (45) and Bolt Cap (Ø13 mm) (19).

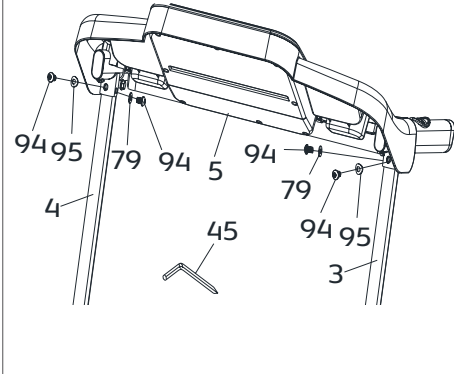


## STEP 4: UNFOLDING CONSOLE SUPPORT

Unfold the Console Support (5) to the end position.

# ASSEMBLY STEPS

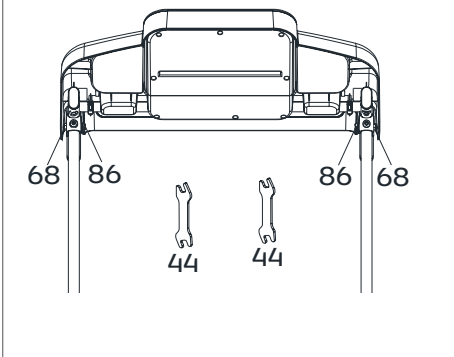
## STEP 5



## STEP 5: CONSOLE SUPPORT ASSEMBLY

Install the Console Support (5) into the Uprights (L, R) (3, 4) with 4 Button Head Socket Bolts (5/16" × 1/2") (94), 2 Curved Washers (Ø8 × Ø23 × 1.5T) (95) and 2 Flat Washers (Ø8 × Ø18 × 1.5T) (79) by using the Combination (M5) Allen Wrench & Phillips Head Screw Driver (45).

## STEP 6

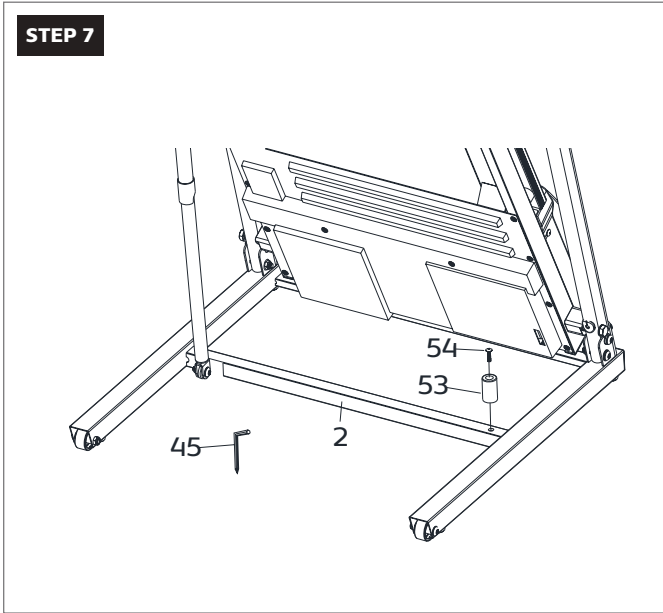


## STEP 6: TIGHTENING BOLTS

Tighten the 2 Hex Head Bolts (5/16" × 1-3/4") (86) and 2 Nyloc Nuts (5/16" × 7T) (68), using the Wrench (13/15 mm) (44).

# ASSEMBLY STEPS

## STEP 7



### STEP 7:

Expand the deck until it clicks into place. Use the Combination Allen Wrench and Phillips Head Screw Driver (M5) (45) to tighten the Phillips Head Screw (M5 x 20 mm) (54) and the Rubber Foot Pad (Ø5 x Ø30 x 40T) (53) on the Main Frame (1).

# ASSEMBLY STEPS

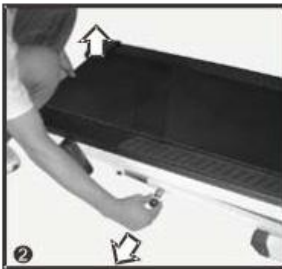
## UNFOLDING / FOLDING / TRANSPORT



### UNFOLDING:

Hold the Trojan Marathon 230 Treadmill running board with your left hand.

Pull the locking knob with your right hand and slowly lower the Trojan Marathon 230 Treadmill running board. Remove your right hand as you slowly lower the running board to the floor.  
(Figure 1)



### FOLDING:

Ensure the incline angle of the Trojan Marathon 230 Treadmill is at its lowest position.

Pull the locking knob until the Trojan Marathon 230 Treadmill running board can be lifted.

Lift the Trojan Marathon 230 Treadmill running board up until locking knob clicks securely into the hole.  
(Figure 2 and 3)



### TRANSPORT:

Place your right foot onto the right base foot tube.

With 2 hands holding the left and right handgrip tubes, pull the Trojan Marathon 230 Treadmill toward you.

You can now easily move the Trojan Marathon 230 Treadmill to the desired position by pushing it on its wheels. (Figure 4)

# CONSOLE FUNCTIONS



## GETTING STARTED:

Switch on the Trojan Marathon 230 Treadmill by plugging it into an appropriate power outlet, switching on the power on the switch located at the front of the Trojan Marathon 230 Treadmill, below the motor hood. Ensure that the safety key is in place, as the Trojan Marathon 230 Treadmill will not operate without it. The Trojan Marathon 230 Treadmill will then enter idle mode, which will enable operation.

## FUNCTION BUTTONS:

**QUICK-START OPERATION:** Insert the safety key to enable the display. If the safety key is not inserted correct, the display will appear as 0.

- Press the Start button to begin belt movement. Adjust to the desired speed, using the Speed ▲ and ▼ keys. You may also use the Quick Speed keys 3-9 to adjust the speed.
- To stop the tread-belt, press the Stop button or remove the safety key.

## PAUSE / STOP / RESET:

When the Trojan Marathon 230 Treadmill is running, the pause feature may be utilised by pressing the red Stop button once. This will slowly decelerate the tread-belt to a stop. The time, distance and calories readings will remain, while the unit is in the pause mode. After 5 minutes, the display will reset and return to the startup screen.

- To resume exercise after pausing, press the Start button. The speed will return to the previous setting.
- To stop the Trojan Marathon 230 Treadmill, press the Stop button twice. Here, the Console will reset and return to the idle mode (start up) screen.

## HANDGRIP PULSE FEATURE:

To enable the pulse feature during exercise, hold the handgrip. Grasp firmly to avoid fluctuation.

## CALORIE DISPLAY:

This feature displays the cumulative calories burned at any given time during your workout.

**Note:** This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.



# CONSOLE FUNCTIONS

- TO TURN TREADMILL OFF:**
- The display will automatically turn off after 30 minutes if no buttons are pressed.
  - Remove safety key.
  - Turn off the main switch on the front of the Trojan Marathon 230 Treadmill, below the motor cover.

## PROGRAMMABLE FEATURES

The Trojan Marathon 230 Treadmill provides 12 programs (P1 - 12). Each program has specific speed variations.

### TO SELECT AND START A PRESET PROGRAM:

- Ensure the machine is in "READY" mode. Press the program button to choose the desired program (P1 - 12), followed by the Start button.
- Each program will continue for a duration of 30 minutes. This is a default setting. The speed will automatically be adjusted in 3 minute intervals. The speed setting can also be adjusted manually at any time. 3 Seconds before the end of a program, a buzzer will sound 3 times, and the running belt will come to a stop.

**Optional:** There is an audio input slot in the front of the console with built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, iPod, portable radio, CD player, TV or Console audio signal. There is an audio patch cable included as well as a headphone port.

	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
P1	SPEED	1	2	2	3	3	3	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9	9	9		
P2	SPEED	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	2	2	1	1		
P3	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	7	8	8	8	8	9	9	8	8	8	7	7	7	6	5	4	4	4	
P4	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	6	6	6	7	7	7	8	8	8	9	9	9	8	8	8	6	5	4	
P5	SPEED	4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5	
P6	SPEED	6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	
P7	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	7	7	8	8	8	8	9	9	9	8	8	8	7	7	6	6	5	5	
P8	SPEED	3	3	3	4	4	5	5	6	6	7	7	9	9	9	8	8	7	7	6	6	8	8	9	9	9	9	8	8	7	7	
P9	SPEED	4	4	5	5	6	7	7	9	9	8	3	3	9	9	4	4	8	8	9	9	5	5	5	5	8	8	7	5	5	4	4
P10	SPEED	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2	
P11	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
P12	SPEED	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6	

# EXERCISE INSTRUCTIONS

Using your Trojan Marathon 230 Treadmill provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet, help you lose weight.

## THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, **STOP**.



SIDE BENDS



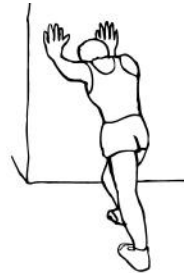
FORWARD BENDS



OUTER THIGH

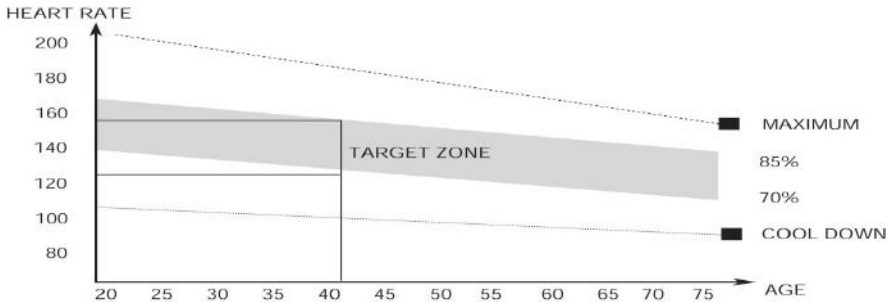


INNER THIGH



CALF STRETCH

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work at your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise i.e. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least 3 times a week, and if possible space your workouts evenly throughout the week.

# EXERCISE INSTRUCTIONS

## **MUSCLE TONING**

To tone muscle while on your Trojan Marathon 230 Treadmill you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness, you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn.

# FITNESS TIPS & TECHNIQUES

## AEROBIC EXERCISE

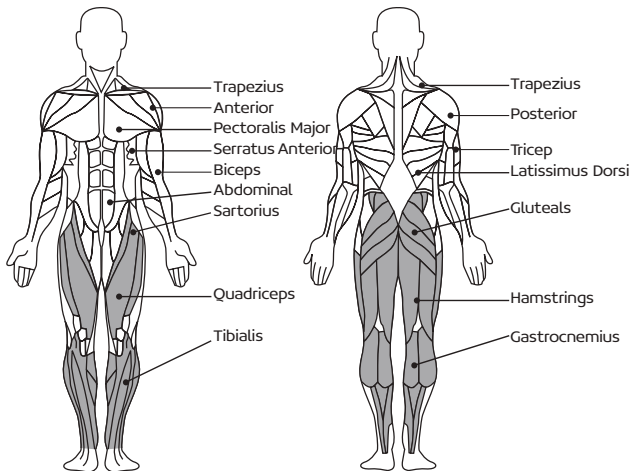
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body’s most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

## 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

The exercise routine that is performed on the Trojan Marathon 230 Treadmill 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](http://www.trojanhealth.co.za) for equipment choices and exercise programs.

# CONDITIONING GUIDELINES

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

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next 6 to 8 weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

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

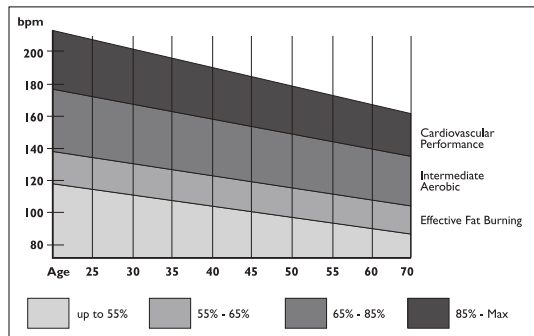
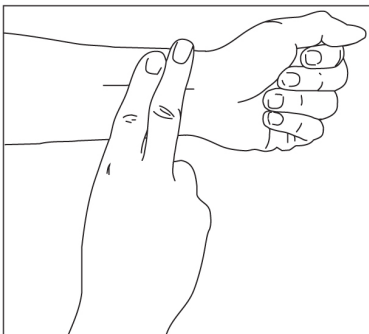
## EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

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

To measure your heart rate, stop exercising but continue moving your legs or walking around and place 2 fingers on your wrist. Take a 6 second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your 6 second heartbeat count is 14, your heart rate is 140 beats per minute. (A 6 second count is used because your heart rate will drop rapidly when you stop exercising).

Adjust the intensity of your exercise until your heart rate is at the proper level.



# WARM UP & COOL DOWN

## WORKOUT GUIDELINES

Each workout should include the following 3 parts:

- 1. A WARM-UP:** 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
- 2. TRAINING ZONE EXERCISE:** 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes).
- 3. COOL-DOWN:** 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 3 workouts each week, with at least 1 day of rest between workouts. After a few months of regular exercise, you may complete up to 5 workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches are shown on the right. Move slowly as you stretch, hold the position and never bounce.

### 1. TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

**Stretches:** Hamstrings, back of knees and back.

### 2. HAMSTRING STRETCH

Sit with 1 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 1 leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, and then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

**Stretches:** Calves, Achilles tendons and ankles.

### 4. QUADRICEPS STRETCH

With 1 hand against a wall for balance, reach back and grasp 1 foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

**Stretches:** Quadriceps and hip muscles.

### 5. INNER THIGH STRETCH

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

**Stretches:** Quadriceps and hip muscles.



# MAINTENANCE

## CLEANING

The Trojan Marathon 230 Treadmill 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 Marathon 230 Treadmill after each use.

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

## STORAGE

Store the Trojan Marathon 230 Treadmill in a clean and dry environment away from children.

## BELT/DECK/ROLLER LUBRICATION

You should apply the lubrication after approximately the first 40 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months.
- Medium use (3-5 hours a week) every 3 months.
- Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

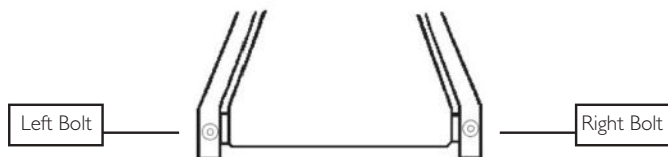
1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3. Periodically lubricate the front and rear rollers to keep them at the peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubing is necessary.

## HOW TO CHECK RUNNING DECK FOR PROPER LUBRICATION

- Disconnect the main power supply.
- Fold the Trojan Marathon 230 Treadmill up into the storage position.
- Feel the back surface of the running mat.
- If the surface is slick when touched, then no further lubrication is needed.
- If the surface is dry when touched, apply a suitable silicone lubricant.
- We recommend you use a silicone based spray to lubricate your Trojan Marathon 230 Treadmill. This can be purchased from your local sports retailer or a local hardware store.

## BELT ADJUSTMENT

It is very important for joggers and runners to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Hexagonal Wrench provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:



# MAINTENANCE

**Note:** Adjustment is through the small hold on the end caps.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise reasonably and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVERTIGHTEN - Over tightening will cause belt damage and premature bearing failure.

**NOTE:** ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION.

## **BELT TRACKING ADJUSTMENT**

This Trojan Marathon 230 Treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary.

The procedures are as below:

- First set speed at lowest position.
- Check which side the belt shifts to.
- If the belt shifts to right, tighten the right bolt and loosen the left bolt by using Hexagonal Wrench (6 mm), until the belt has centred itself.
- If the belt shifts to left, tighten the left bolt and loosen the right bolt by using Hexagonal Wrench (6 mm), until the belt is centred. When adjusting the belt using the Hexagonal Wrenches (6 mm), it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.



# TROUBLESHOOTING

This Trojan Marathon 230 Treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and any damage to the machine (i.e. motor). When the Trojan Marathon 230 Treadmill behaves erratically, simply reset it, by turning the power switch off, waiting for 1 minute then turning the power button back on. If, after you have reset the Trojan Marathon 230 Treadmill, it is still not running correctly, please run the self-checking analyse (please refer to Self-Checking) to distinguish what type of error problem the machine is encountering.

## ALARM SIGNALS

### **E0: SAFETY KEY NOT IN THE POSITION**

- Put the safety key in the position.

### **E1: NO FEEDBACK FROM CONTROLLER OR SPEED SENSOR**

- Check the condition of cables and ensure that all plugs are connected between the motor controller and display.
- Check that the speed sensor and magnet are in correct alignment and that there are no obstructions on the magnet (the magnet can be found on the front roller near the motor belt).
- If the running belt moves, then displays the E1 error after 10 seconds, replace the speed sensor.
- If the running belt does not move, replace the controller.

### **E2: CONTROL PROTECTION IS ACTIVE TO PROTECT CURRENT OVERLOAD ON TREADMILL**

### **E3: SELF-CHECKING FAILURE**

- If the running belt does not move, replace the controller.
- Ensure that all plugs are connected between the motor controller and display.
- Check that the speed sensor and magnet are in correct alignment and that there are no obstructions on the magnet (the magnet can be found on the front roller near the motor belt).

### **E4: MOTOR IS NOT CONNECTED PROPERLY OR NOT CONNECTED TO THE CONTROLLER**

### **E5: CHECK FOR PROPER CONNECTION BETWEEN THE CONSOLE AND CONTROLLER**

### **NO POWER**

- Check fuses (they are located on the controller under the motor cover).
- Check power outlet (plug something else into the power outlet to ensure that the power outlet is working correctly).
- Check Power Cable (you may need to take it to an electrician).

# TROUBLESHOOTING

**NOTE:** Do not touch any internal electric wires without consulting the manufacturer.

## **TREADMILL WILL NOT START:**

Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

- Check the circuit breaker reset switch located on the front of the Trojan Marathon 230 Treadmill. Turn the Trojan Marathon 230 Treadmill off, wait 5 minutes then turn it back on and press the reset switch.
- Check the house electrical breaker box and the circuit breaker it is located in. If it has tripped, reset or have an electrician replace the breaker in your home.
- Have an electrician check for inadequate voltage at the outlet.

## **TREADMILL LOSES POWER DURING USE:**

- Have an electrician check for inadequate voltage at the outlet.
- Check the house electrical breaker box and the circuit breaker for the room the Trojan Marathon 230 Treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in your home.

## **TREADMILL WALKING BELT SLOWS DURING USE:**

- Check to make sure the Trojan Marathon 230 Treadmill is securely plugged into a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of 5 feet or less and the surge protector is securely plugged into the outlet.

## **TROJAN MARATHON 230 TREADMILL WALKING BELT SLIPS OR IS NOT CENTERED ON REAR ROLLER:**

Refer to Belt Adjustment section of this manual.

<b>PROBLEM</b>	<b>SOLUTION</b>
There is no display on the Console.	<ol style="list-style-type: none"><li>1. Remove the Console and verify the wire that comes from the Console is properly connected to the wire that comes from the Main Frame.</li><li>2. Check if the batteries are correctly positioned and that the battery springs are in proper contact with batteries.</li><li>3. The batteries in the Console may be dead. Change to new batteries.</li></ol>
Squeaking noise when in use.	There may be a loose bolt, please inspect the bolts and tighten if necessary.

# 2 YEAR LIMITED WARRANTY

The Manufacturer hereby provides a warranty to the original purchaser of this product ('the Consumer') that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the 2 years from the date of purchase.

## EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, not in accordance within the written instructions included with the product, abuse and/or any non-authorized 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](http://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).

<b>TROJAN</b>	ATTACH RECEIPT	
<b>CLIENT DETAILS</b>		
NAME: _____		
EMAIL: _____	CELL: _____	
TEL(H): _____	TEL(W): _____	FAX: _____
ADDRESS: _____		
_____		
<b>PRODUCT DETAILS</b>		
DATE OF PURCHASE: <i>dd / mm / yy</i>	SERIAL NUMBER: _____	TILL SLIP NUMBER: _____
DESCRIPTION OF PURCHASE: _____		
_____		
<b>BRANCH PURCHASED AT</b>		
_____		
_____		
<b>0861 TROJAN (0861 876526) / +27 10 206 4405</b>	<b>WWW.TROJANHEALTH.CO.ZA</b>	

# 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 876 525

**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

Visit [facebook.com/trojanhealth](https://www.facebook.com/trojanhealth)

[www.trojanhealth.co.za](http://www.trojanhealth.co.za)

[www.instagram.com/trojanhealth](https://www.instagram.com/trojanhealth)

Like us on  
**facebook**

#18M11T069