

makro | game

# BACK TO HEALTH



**USN<sup>®</sup> HYPERBOLIC**  
ALL-IN-ONE MASS 4 kg  
• Assorted flavours

**R299**



**RAMPANT GAIN** 4 kg  
• Assorted flavours

**NEW**

**R199**



**SAVE R1500**  
**R4 499**  
ONLY AVAILABLE AT:  
**game**

**NEW**

## TROJAN TR105 TREADMILL

- Speed: 0.8–14 km/h
- Continuous motor: 1.0 HP
- Manual incline: 3 levels
- Functions: Time, Speed, Distance, Calories, Pulse, Body Fat
- Running deck: 1200 (L) x 425 (W) mm

**100 KG**  
MAX USER WEIGHT

**12 PROGRAMS**



**SAVE R500**  
**R1 499**

## TROJAN SHAPE 250

- Flywheel: 3.5 kg
- Phone holder
- Tension: 8 levels
- Functions: Scan, Time, Speed, Distance, Calories, Pulse, ODO

**120 KG**  
MAX USER WEIGHT



10" TFT COLOUR SCREEN



**120 KG**  
MAX USER WEIGHT

**24 PROGRAMS**



## TROJAN TR1400 TREADMILL

- Speed: 1–18 km/h
- Continuous motor: 1.5 HP
- Auto incline: 1–15 %
- Features: 10" TFT screen, high-quality speakers, USB connection
- Multimedia functions: MP3 player, Wi-Fi, MPEG 4 video file player, online video & audio player, web browsing
- Hydraulic fold
- Easy transportation wheels
- Functions: Time, Speed, Distance, Calories, Pulse, Program, Incline
- Running deck: 1400 (L) x 500 (W) mm

**NEW**



**SAVE R1000**  
**R11 999**  
ONLY AVAILABLE AT:  
**makro**

Valid from 21 January - 4 February 2020

Products are available at Makro and Game South African stores, unless otherwise stated.



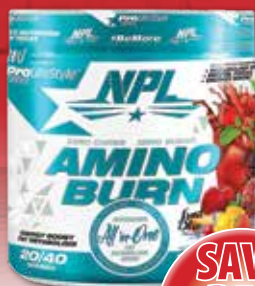
## TROJAN TR500 TREADMILL

- Speed: 1–16 km/h
- Continuous motor: 1.5 HP
- Auto incline: 0–15 %
- Functions: Time, Speed, Distance, Calories, Pulse, Incline, Program
- Running deck: 1250 (L) x 450 (W) mm

**120 KG**  
MAX USER WEIGHT

**15 PROGRAMS**

**R6 999**



**NPL AMINO BURN**  
200 g

**SAVE**  
**R50**  
**R219**

**NEW**

**110 KG**  
MAX USER WEIGHT

**12 PROGRAMS**

## TROJAN TR200 TREADMILL

- Speed: 1–16 km/h
- Continuous motor: 1.5 HP
- Auto incline: 1–12 %
- Functions: Time, Speed, Distance, Calories, Pulse, Incline
- Running deck: 1200 (L) x 430 (W) mm

**SAVE**  
**R1000**  
**R5 999**

ONLY AVAILABLE AT:  
**makro**

**NEW**

**130 KG**  
MAX USER WEIGHT

**12 PROGRAMS**

**SAVE**  
**R1400**  
**R8 599**

ONLY AVAILABLE AT:  
**makro**

## TROJAN TR1200 TREADMILL

- Speed: 1–18 km/h
- Continuous motor: 1.75 HP
- Auto incline: 1–15 %
- Features: speaker, fan, USB port, headphone connection, iPad holder
- Soft hydraulic folding system
- Running deck: 1300 (L) x 480 (W) mm

**130 KG**  
MAX USER WEIGHT

**20 PROGRAMS**

**SAVE**  
**R1000**  
**R10 499**

ONLY AVAILABLE AT:  
**game**

## TROJAN TR1000 TREADMILL

- Speed: 0.8–18 km/h
- Continuous motor: 1.75 HP
- Auto incline: 1–15 %
- Functions: Time, Speed, Distance, Calories, Pulse, Incline
- Running deck: 1400 (L) x 500 (W) mm

**150 KG**  
MAX USER WEIGHT

**18 PROGRAMS**

**SAVE**  
**R1000**  
**R13 999**

ONLY AVAILABLE AT:  
**makro**

## TROJAN ELITE 2000 TREADMILL

- Speed: 1–20 km/h
- Continuous motor: 2 HP
- Auto incline: 1–15 %
- Features: USB connection, MP3 connection, SD card slot and headphone connection
- Running deck: 1410 (L) x 520 (W) mm



**SAVE  
R500  
R1 999**



**TROJAN  
PURSUIT 360**

- Flywheel: 4 kg
- Manual resistance
- Set-up size: 864 (L) x 475 (W) x 1322 (H) mm

**120 KG**  
MAX USER WEIGHT

**SAVE  
R300  
R2 699**



**TROJAN  
OMEGA 380**

- Flywheel: 4 kg
- Manual resistance
- Foot straps, saddle, handlebar, wheels
- Set-up size: 930 (L) x 510 (W) x 1320 (H) mm

**130 KG**  
MAX USER WEIGHT

**TROJAN  
STRIDER 200**

- Flywheel: 5 kg
- Manual resistance
- Functions: Scan, Time, Speed, Distance, Calories
- Set-up size: 850 (L) x 500 (W) x 1530 (H) mm

**110 KG**  
MAX USER WEIGHT



**R1 999**

**SAVE  
R300  
R2 499**



**TROJAN  
SPIN 100**

- Flywheel: 10 kg
- Manual resistance
- Functions: Scan, Time, Speed, Distance, Calories
- Set-up size: 1300 (L) x 500 (W) x 1250 (H) mm

**125 KG**  
MAX USER WEIGHT

**125 KG**  
MAX USER WEIGHT

**TROJAN  
GLIDE CYCLE 500**

- Flywheel: 7 kg
- Manual tension
- Adjustable saddle
- Wide computer screen
- Phone rest
- Transportation wheels
- Set-up size: 1100 (L) x 500 (W) x 1500 (H) mm

**110 KG**  
MAX USER WEIGHT

**TROJAN  
PRO-X 470**

- Flywheel: 21 kg
- Manual resistance
- Functions: Scan, Time, Speed, Distance, Calories
- Foot straps, saddle, handlebar, wheels
- Set-up size: 1377 mm x 540 mm x 1275 mm

**SAVE R600  
R3 999**

**SAVE  
R500  
R2 499**







**100 KG**  
MAX USER WEIGHT

**TROJAN  
POWER TOWER**

- Exercises: pull-ups, dips, push-ups and ab exercises
- Set-up size: 1270 (L) x 995 (W) x 2020 mm (H)

**R1 799**

**120 KG**  
MAX USER WEIGHT

**TROJAN  
POWER GYM 1.0**

- Weight stack: 50 kg
- Multiple exercise options
- Targets: chest, back, arms, biceps, triceps and legs
- Set-up size: 1360 (L) x 1080 (W) x 2010 (H) mm

**SAVE R500**  
**R2 999**



**USN**  
**HARDCORE WHEY 908 g**  
• Assorted flavours

**R249**



**120 KG**  
MAX USER WEIGHT



**SAVE  
R1000**

**R6 999**

ONLY AVAILABLE AT:  
**makro**

**TROJAN**

**ELITE GYM 2.0**

- Weight stack: 60 kg
- Targets: chest, back, arms, biceps, triceps and legs
- Steel cables
- Height-adjustable pad for preacher curls
- Foam padding to ensure comfort during exercises
- Additional steel floor bracket for rowing exercises
- Backrest can be adjusted to flat or incline
- Adjustable bottom seat pad and bench press bar
- Includes cable rope
- Pre-attached curled barbell
- Steel shroud weight protector for additional safety
- Set-up size: 1450 (L) x 1300 (W) x 2010 (H) mm



**EVERLAST**

**IRONMAN BENCH COMBO**

- Ideal for barbell workouts
- Thick cushioning for comfort and stability
- 4 incline positions
- Steel construction
- Includes 20 kg vinyl barbell set

**SAVE  
R400**  
**R999**

ONLY AVAILABLE AT:  
**game**

**110 KG**  
MAX LOAD WEIGHT

**TROJAN**  
**ELITE BENCH**

- Adjustable foot bar and backrest
- Set-up size: 1850 (L) x 1050 (W) x 1440 (H) mm

**R2 799**

ONLY AVAILABLE AT:  
**makro**





**R1999**

**EVERLAST**  
POWER CORE  
FREESTANDING  
PUNCH BAG



**EVERLAST**  
SPEED  
BALL SET



**SAVE R100**  
**R699**



**EVERLAST**  
COTTON HAND WRAP

**from**  
**R49** each



**EVERLAST**  
DURAHIDE HEADGEAR

**R249** each



**R499**

**EVERLAST**  
BOXING BRACKET  
(LARGE)

- Powder-coated
- 4 fixing points
- 715 mm (L) x 320 mm (W) x 670 mm (H)



**R269** per pair

**EVERLAST**  
MANTIS PUNCH MITTS



**EVERLAST**  
EVERGEL  
HAND WRAPS

- Small-medium
- Large-XL
- Revolutionary design optimises fist placement

**R149** per pair



**EVERLAST**  
WEIGHTLIFTING BELT

- Medium **R199**
- Large **R229**

**R199** med



**EVERLAST**  
GRAPPLING GLOVES

- Small-medium
- Large-XL

**R299** per pair



**EVERLAST**  
PRO STYLE  
TRAINING GLOVES

- 12 oz, 14 oz, 16 oz
- Revolutionary design optimises fist placement

**R299** per pair



**EVERLAST**  
MMA BLACK HEAVY BAG GLOVES

- Large and XL
- Foam technology for hand protection and extra grip
- Shaped padding stabilises hand and wrist

**R199** per pair



**EVERLAST**  
K.O. PRE-WORKOUT  
148 g

- Powerful pre-workout to enhance energy
- Enhances muscle pump stamina and focus

**R189** each



**EVERLAST**  
ULTRA TEST 100's

- Aids muscle strength and development
- Protects lean muscle from breakdown

**R189** each



**EVERLAST**  
HEAVYWEIGHT MASS 4 kg

- Available in chocolate, strawberry and vanilla

**R299** each



**EVERLAST**  
SUPER WHEY 908 g

- Available in strawberry, chocolate and vanilla
- Maximise lean muscle growth and maintenance
- Absorbed quickly to repair damaged muscle fibres

**R199** each





**TROJAN**  
15 METRE CROSSFIT ROPE

- Target: core, back, shoulders, arms and legs

**SAVE R200**  
**R799** each



**TROJAN**  
FITNESS SANDBAG

- 5 kg R379 • 10 kg R399
- 15 kg R419 • 20 kg R459

**TROJAN**  
BULGARIAN SANDBAG

- 5 kg R429
- 10 kg R499
- 15 kg R539
- 20 kg R579
- 25 kg R649

AVAILABLE AT:  
game



**TROJAN**  
WEIGHT PLATES

- 1 kg R25.00
- 2.5 kg R62.50
- 5 kg R125.00
- 7.5 kg R187.50
- 10 kg R250.00
- 15 kg R375.00
- 20 kg R500.00

**R25**

PER KG ON  
WEIGHT PLATES

**TROJAN**  
SOLID DUMBBELL  
HANDLE

**R119** each

**TROJAN**  
142 cm BARBELL BAR

- Solid chrome steel bar with Trojan lock-tight spin locks
- Fits all Trojan 1-inch-hole weight plates
- Constructed of high-quality, textured chrome handle for secure, firm, and non-slip grip

**R249** each



**TROJAN**  
LOCK TIGHT SPIN LOCK

**R59** each

**TROJAN**  
SPRING CLIPS

**R29** each



**TROJAN**  
180 cm BARBELL BAR

- 25.4 mm diameter

**R299** each



**TROJAN**  
EZ BAR WITH LOCK TIGHT SPIN LOCK

**R219** each

**TROJAN**  
PUSH-UP BARS

- Easy to build and break down when needed
- Strong but lightweight
- Full body workout

**R69** set



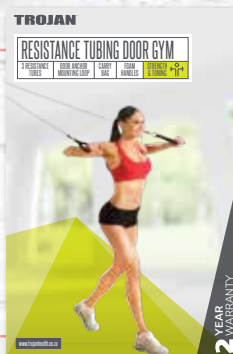
**TROJAN**  
WRIST / ANKLE WEIGHTS

- 1 kg R69 each
- 2 kg R89 each

**TROJAN**  
RESISTANCE TUBING  
DOOR GYM

- Strengthen arms, back and shoulders
- Can also be used to strengthen core muscles

**R169**



**TROJAN**  
EXTREME DOOR GYM

- Bar-fitted product can be used on any door
- Great for multiple exercises
- Foam grips for comfort during use

**R199**



**TROJAN**  
TONING SET

- 1 Speed Rope
- 1 Dual Exercise Wheel
- 1 Toning Tube with foam grips

**SAVE R79**  
**R100** set



**TROJAN**  
EXERCISE WHEEL

**R69**



**R35** each



**TROJAN COTTON JUMP ROPE**

- 2.7 m length
- Durable wooden handles

**R39** each



**TROJAN CLASSIC JUMP ROPE**

- 2.7 m length
- Comfort-grip handles
- Bearing-assisted for easy spinning

**R59** each



**TROJAN CABLE JUMP ROPE**

- 2.7 m length
- Comfortable, ergo-grip handles
- Bearing-assisted for easy spinning

**R69** each



**TROJAN LEATHER JUMP ROPE**

- 2.7 m length
- Heavier rope for a more intensive shoulder workout



**TROJAN SLIMMER BELT**

- Small—medium
- Large—XL
- Durable neoprene fabric
- Firm, snug fit
- Great for toning waistline
- Improves posture
- Increases core temperature
- Reduces water retention

**R79** each



**TROJAN STRETCH BANDS**

- For stretching, rehabilitation and body toning
- Three thicknesses for varying intensity
- Light, medium and heavy resistance

**R99** set



**TROJAN DELUXE HAND GRIP**

- Strengthens forearms
- Increases hand strength and grip

**R59**



**SAVE R60**

**TROJAN SAUNA SUIT**

- Small—medium
- Large—XL
- Lightweight material
- Great for losing those extra unwanted centimetres

**R99** each



**2 for R140**

**TROJAN 3 mm YOGA MAT**

- Available in pink, turquoise or grey
- Lightweight PVC
- Non-slip surface
- Handy carry strap

**R99** each

**more 4 less**



**TROJAN 10 mm YOGA MAT**

- Available in pink, turquoise or grey
- Lightweight PVC
- Non-slip surface
- Handy carry strap

**R169** each

**2 for R220**

**R20** each

**TROJAN SPEED ROPE**

- Available in pink, turquoise or grey
- 2.7 m length
- Slim handles
- Lightweight, durable PVC
- The perfect get-up-and-go—anywhere skipping rope



**TROJAN CURVED HAND GRIP**

- Made from high-quality material
- Great for strengthening forearms

**R29**

**TROJAN ANTI-BURST BODY BALLS**

- 55 cm **R99**
- 65 cm **R109**
- 75 cm **R119**
- Available in pink, turquoise or grey





**TROJAN  
TORSO SLIDER**

- Great for sculpting abs and strengthening core muscles
- Spring-assisted mechanism
- Soft-grip handles for comfort

**R249**



**TROJAN  
AEROBIC STEP**



**SAVE R50  
R199**

**R599**

ONLY AVAILABLE AT:  
**makro**

**TROJAN  
AB CRUNCHER**

- Adjustable height (Maximum 89 cm)
- Comfort foam padding for elbows and knees
- Comfort-grip handles
- Non-slip rubber base
- Fully foldable



**100 KG**  
MAX USER WEIGHT



**TROJAN  
TONING TUBE (RED)**

- Tone and strengthen your entire body
- Target specific muscles
- Add resistance to functional exercises



**TROJAN  
CORE PERFORMER**

- Great for toning and strengthening the entire body
- Builds core strength and agility
- Adds resistance to Pilates exercises
- Lightweight and portable
- Foam handles for comfort

**SAVE R50  
R99**



**R129**

**TROJAN  
POWER TRAINER BAND**

- Dual-braided bands for added resistance to functional exercises
- Foam handles for comfort



**R69** each

**TROJAN  
TONING TUBE (BLACK)**

- Great for stretching
- Great for warming up before exercises
- Soft foam-grip handles

**FREE  
ACTIVITY TRACKER  
VALUED  
AT R299**



**HOT SHAPER OR POWER BELT  
PLUS REM FIT ACTIVITY TRACKER**

**R299** each



**R299**

**MISS BELT**

- Sizes: S/ML/XL/2XL/3XL
- Tucks your belly and shapes your figure

**R1899**



**WONDER CORE**

- Targets: abs, arms and shoulders
- For sit-ups, ab twists, lower ab tucks and more
- Size: 270 (L) x 960 (W) x 330 (H) mm





### TROJAN ELASTIC LOOP SET

- 5 bands of varying resistance

**R100** set

ONLY AT: **makro** 



### TROJAN YOGA WHEEL

**R199** each

ONLY AT: **makro** 



**R59** 1.3 mm

### TROJAN POWER BANDS

- 1.9 mm **R89**
- 2.9 mm **R119**
- Increases resistance during multiple stretching and functional exercises

ONLY AT: **makro** 



### TROJAN PILATES RING

**R129**

ONLY AT: **makro** 

### TROJAN TWIST & SHAPE

- Upper and lower-body toning solution
- Toning cords with foam handles
- Built-in mini console computer
- Functions: Time, Calories, Step Count, Reps/minute
- Non-slip foot pedals

**R799**



**100 KG**  
MAX USER WEIGHT



### TROJAN EXERCISE STARTER PACK

- Available in mint

**R199** set

ONLY AT: **game** 



### TROJAN SMALL GYM BUNDLE

- Available in grey

**R199** set

ONLY AT: **makro** 

**SAVE R700**  
**R999** set

### TROJAN GET FIT STARTER SET

- Improve balance and coordination
- Build core strength and agility
- Add resistance to functional exercises
- Provides comfort during stretching and exercising
- Ideal for yoga or Pilates

ONLY AVAILABLE AT:  
**game** 



**R2999**



### MAXXUS COMPACT V-TRAINER

- Ideal for all fitness levels and ages
- Accelerates weight loss
- Increase muscle activation up to 5 times
- Includes a complete guidance system
- 2-year quality guarantee



**R3999**



### MAXXUS V-TRAINER

- Suitable for all fitness levels and age groups
- Assists in weight loss
- Increases muscle function by up to 5 times
- Offers a full-body workout
- Includes a comprehensive guidance system
- 2-year quality guarantee

ONLY AT: **makro** 





USN  
PHEDRACUT  
XT BURN  
WEIGHT LOSS  
AID 120's

**SAVE R50**  
**R189**



EVOX LEAN-PRO COMBO  
ONLY AT: makro

**R199**



EVOX 100% WHEY PROTEIN  
WITH FREE TESTO PEAK 2 kg  
• Assorted flavour

**R549**

**Buy all 3 for R349**



USN DIET FUEL  
ULTRALEAN 900 g  
• Assorted flavours

**R219** each



USN PHEDRACUT  
XT BURN 30's

**R99** each



USN CLA  
PURE  
1000 90's

**R99** each



USN BCAA  
AMINO-GRO  
200 g

**R189** each



USN FAST  
GROW  
ALL IN ONE  
ANABOLIC 1 kg  
• Assorted flavours

**SAVE R20**  
**R149** each

**Buy all 3 for R499**



USN BCAA  
POWER PUNCH  
500 ml  
• Assorted flavours

**R20** each



USN TESTO  
TRIBULUS 100's

**R100** each



USN HARDCORE  
WHEY 908 g

**R249** each



USN XTS HYPERDRIVE  
PRE-WORKOUT 210 g

**R179** each

EXCLUSIVELY  
AVAILABLE AT

makro



**R549**  
PHARMAFREAK  
KETO FREAK 120's

ONLY AT: makro



**R549**  
PHARMAFREAK RIPPED  
FREAK FAT BURNER 60's

ONLY AT: makro



more  
less 4



SSA HELLFIRE  
PRE-WORKOUT  
120 g  
• Assorted flavours

ONLY AT: makro

**SAVE 40**  
**R100**



SSA ANABOLIC  
MUSCLE STACK  
4 kg  
• Assorted flavours

ONLY AT: makro

**Buy 2 for**  
**R449**  
**R299** each



SSA TESTO  
BLAST  
120 + 60's

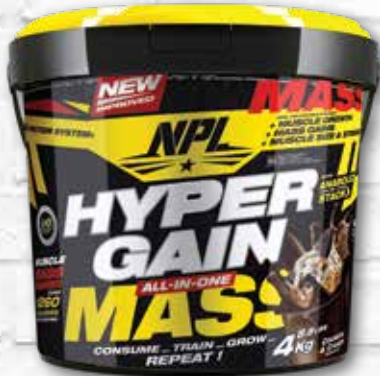
ONLY AT: makro

**SAVE 70**  
**R149**

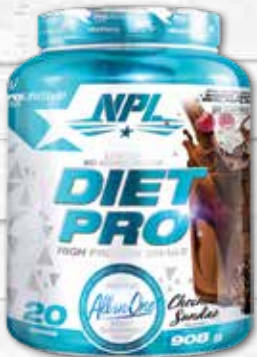




NPL TEST SURGE  
100 + 30's **R129** each



NPL HYPER GAIN  
ALL-IN-ONE MASS 4 kg  
• Assorted flavours **R299** each



NPL DIET PRO 908 g  
• Assorted flavours **R249** each



SAVE R30  
**R99** each  
GOLD'S GYM BCAA 150 g  
• Assorted flavours



SAVE R30  
**R149** each  
GOLD'S GYM  
PRE-WORKOUT 200 g  
• Assorted flavours



SAVE R100  
**R349** each  
GOLD'S GYM WHEY 1.8 kg  
• Assorted flavours



GOLD'S GYM  
LEAN-X MEAL  
REPLACEMENT 908 g  
• Assorted flavours **R199**



more 4 less  
SSA WHEY  
PROTEIN BARS 50 g  
• Assorted flavours  
ONLY AT: makro | **Buy 5 for R100 R26 each**



**R100**  
NUTRITECH  
L-GLUTAMINE 300 g  
ONLY AT: makro |



**R249**  
NUTRITECH WHEY  
PROTEIN 1 kg  
• Assorted flavours  
ONLY AT: makro |



**R500**  
NUTRITECH  
HULK GAINER 4 kg  
• Assorted flavours  
ONLY AT: makro | **Buy 2 for R299 each**



**R70**  
GRANADE BARS 60 g  
• Assorted flavours  
ONLY AT: makro | **Buy 3 for R34.80 each**



EXCLUSIVELY  
AVAILABLE AT

**makro**



MENS FASHION  
PRINT TEE (382775)

**R149** each

MENS SOFT  
KNIT SHORTS (357642)

**R149** each

LADIES SEAMLESS  
FASHION CROP TOP  
(380504)

**R169** each

LADIES  
SEAMLESS  
SHORTS  
(380496)

**R149** each



LADIES FASHION  
CROP TOP (382730)

**R89** each

LADIES  
KNEE-LENGTH  
CAPRIS (382766)

**R179** each

MENS SIDE PRINT  
MUSCLE HUGGER  
(376166)

**R99** each

MENS FASHION  
SHORTS (382780)

**R199** each

more  
less



LADIES SEAMLESS  
CROP TOP (374529)

Buy 2 for  
**R240** R139 each



MENS MESH  
BACK SHORTS (366607)

**R179** each



MENS RUNNING TRAINERS  
(382306, 387663)

**R229** pair



TOM TOM  
MENS SLIP-ON TRAINERS  
(387664)

**R269** pair



LADIES RUNNING TRAINERS  
(387653)

**R249** pair



TOM TOM  
LADIES SLIP-ON TRAINERS  
(387657)

**R249** pair

Valid from 21 January - 4 February 2020  
ITEMS AVAILABLE WHILE STOCKS LAST.

**makro**

\*To earn mRewards download and register on the mCard app. Subject to a stated limitation, Makro will have sufficient stock to meet anticipated demand. If we run out of stock, we will attempt to obtain the stock or offer you a reasonable alternative. If a mistake occurs in an advertisement or incomplete information is printed, we will display a notice in-store with all the correct details. For bulk packs, any advertised price per unit will only apply if you buy the bulk pack. Prices exclude accessories used for display purposes and include 15% VAT. If we offer the product individually as well, another price will apply to the individual product, as per the advertisement. Makro Credit and Finance disclaimer: \*\*Monthly instalment excludes card fees and customer protection insurance and includes interest at 20.5% p.a. \*\*\*Total Repayment includes card fees, customer protection insurance and interest at 20.5% p.a. All prices are indicative and actual repayments may vary based on account activity. Fees subject to change based on customer risk profile. Repayment options: Revolving 24 month budget and 36 month budget. NCRCP 38/FSP 44481.

**game**

Products are available in South African stores only. All prices listed are in South African rands. All prices include VAT. Game endeavours to meet the demand on all promotional lines, but stocks are limited. No Traders please. We reserve the right to limit quantities. We do not hold stock of some of our larger appliances at our stores. Customers may be required to collect their purchase from a central point, at the store or have the option of having the product delivered for a nominal fee. Prices do not include insurance and delivery. Prices exclude accessories used for advertising purposes. \*Credit installments are calculated at the 1st of the month. Game is committed to offer you the best service with the lowest price. In the unlikely event that you find the same product advertised by a competitor at a lower price, we guarantee to beat that price! T's & C's apply.