

# makro



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Get in a big bounce-back-to-wellness mood with

## back to health



**MOVELO**  
29" Alloy Pro Mountain Bike  
(850013301)

**4999**

each

29" Alloy Mountain Bike  
or 29" 7-Speed Mountain Bike  
(850013249; 850018221)

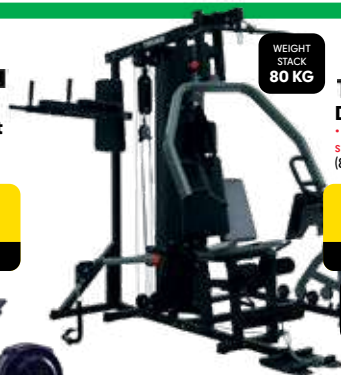
**3999** each



**TROJAN**  
Hot Yoga Rubber Mat  
(850016281; 850014297)

**399**

each



WEIGHT STACK  
80 KG

**TROJAN**  
Dynamic Gym  
• Available at selected stores and online  
(850013936)

**19999**

each

Available 15 February 2026



WEIGHT STACK  
120 KG

**TROJAN**  
Pro Force Smith Machine  
• Available at selected stores and online  
(850013992)

**29999**

each



**TROJAN**  
Air Rowler  
• Foldable  
(850011393)

Save 1000  
NOW  
**5999**  
each

**TROJAN**  
Pro 500 Bench  
(850013930)

Save 1000  
NOW  
**1999**  
each

DON'T FORGET  
**TROJAN**  
50 kg Weight Set  
(461329) save 200 **1799** per set



**TROJAN**  
Recovery Ice Bath  
(850014418)

Save 500  
NOW  
**999**  
each



**Men's Contrast Printed Tee**  
(850035833)

**199**

each

**Men's Poly Textured Shorts**  
(850028908)

**149**

each



more 4 less 2 for  
**R300**

**Ladies Cross Hem Crop Top**  
(850026878)

**169**

each

**Ladies Cello Pocket Leggings**  
(850037284)

**169**

each



more 4 less 2 for  
**R200**

**Men's Printed Tee**  
(850039796)

**119**

each

**Men's Scuba Shorts**  
(850017945)

**140**

each



**Polaroid**  
Vibe Smart Watch PA51  
(850035082)

Save 200  
NOW  
**299**  
each

Prices valid from Monday 19 January 2026 to Sunday 8 March 2026

In the mood for the lowest prices

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Scan the QR code to experience more from Trojan.



**TROJAN**  
TR310 Treadmill  
(443343)

Save 1000

**NOW**  
**7499**

each

Or on credit

**387** cm x 36  
TOTAL PAYMENT:  
R13 917 @ 20.75%



**TROJAN**  
Walking Pad  
(850013974)

Save 500

**NOW**  
**3499**

each



**TROJAN**  
TR510 Treadmill  
(435328)

Save 1000

**NOW**  
**8999**

each



**TROJAN**  
TR1610 Treadmill  
(461315)

Save 2000

**NOW**  
**12999**

each



**TROJAN**  
Rebounder  
(434912)

Save 400

**NOW**  
**1299**

each



**TROJAN**  
6 mm Body Alignment  
Yoga Mat  
(461399; 461403)

Save 30

**NOW**  
**199**

each



Available in  
teal, plum or  
dark grey

**TROJAN**  
Antiburst  
Body Ball  
(461435; 461436;  
461467)

**199**

each

**TROJAN**  
Antiburst  
Body Ball

• Size: 65 cm  
(461449; 461620; 461654)

• Size: 55 cm  
(461607; 461621; 461653)

**169**

each

**149** each



**mi**  
Smart Band  
9 Active  
(850029354)

Save 100

**NOW**  
**599**

each



**Fit Soul**  
Series Smart  
Watch  
(850002415)

Save 450

**NOW**  
**349**

each

**TROJAN**  
Shape 280  
Stationary  
Bike  
(461335)

Save 500

**NOW**  
**1999**

each



**TROJAN**  
Omega 400  
Stationary  
Bike  
(461239)

Save 1000

**NOW**  
**2999**

each



**TROJAN**  
Spin 140  
Spinning  
Bike  
(461327)

Save 500

**NOW**  
**2499**

each



**TROJAN**  
Spin 1400  
Spinning Bike  
(461334)

Save 700

**NOW**  
**4299**

each



**Hisense**  
Party Rocker  
Speaker  
HP100  
(447805)

Save 500

**NOW**  
**2999**

each



## TROJAN T4000 Smith Machine

• Available at selected  
stores and online  
(430987)

**48999**

each

Or on credit

**2130** pm x 36  
TOTAL PAYMENT:  
R76 654 @ 20.75%

Buy the T4000 Smith  
Machine and get the  
Adjustable Bench  
**FREE!**

**+** TROJAN  
M/F Adjustable Bench  
(430989)  
worth **3999**



DON'T FORGET



**20%  
OFF**

YOUTHFUL  
LIVING ACTV  
SILICONE  
RINGS

## TROJAN TSM1000 Multifunction Smith Machine

• Available at selected stores  
and online  
(411698)

Save 2000

**NOW  
14999**  
each



## TROJAN Power Gym 2.0

(435309)

Save 1000

**NOW  
5999**  
each



## TROJAN Elite Gym 2.0

(382379)

Save 2000

**NOW  
9999**  
each



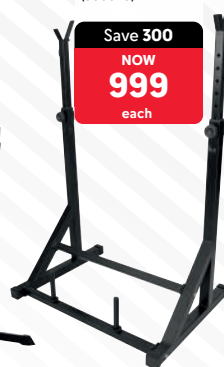
MAX USER  
WEIGHT  
**120 KG**

## TROJAN Squat Rack

(388829)

Save 300

**NOW  
999**  
each

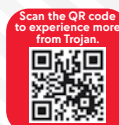


## TROJAN Toning Set

(461397)

Save 80

**NOW  
99**  
per set



## TROJAN Multi Grip Rig

(453806)

Save 600

**NOW  
1399**  
each



**Achieve holistic wellbeing with Trojan quality gym  
equipment.**

Scan here to  
download the  
Makro app.



## TROJAN Strength Bench Combo 2.0

(435321)

Save 500

**NOW  
1999**  
per combo



TROJAN  
10 kg  
Dumbbell  
Set  
(1254)  
worth  
**499**  
per set



Buy the Pro 400  
and get the  
10 kg Dumbbell  
Set **FREE!**

## TROJAN Pro 400 Bench

(461278)

**1599**  
each



## TROJAN Power Tower 200

(461240)

Save 500

**NOW  
2499**  
each



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### TROJAN 1) Pro Gym Gloves

• Size: M/L/XL  
(366186; 366184; 366188)

**99**

each

### 2) Leather Fitness Gloves

Size: M/L/XL

(366201; 366198; 366199) **109** each



### TROJAN Gel Fitness Gloves

Size: M/XL  
(366126; 366181; 366183)

**199**

each



### TROJAN Extreme Gym Gloves

Size: M/XL  
(366190; 366192)

**249**

each



### TROJAN Neoprene Dumbbells

(461386; 461627;  
461407; 461404;  
461402; 461400)

from  
**49**

per kg



### TROJAN

10 mm NBR Mat  
• Colour: grey, teal or plum  
(450001; 451837; 449989)

from  
**189**

each



### TROJAN Kettlebells

(461532; 461524;  
461528; 461538;  
461569)

from  
**99**

per kg



### TROJAN Cast Iron Kettlebell

(850014934; 850014909;  
850014932; 850014933;  
850014889; 850014888)

from  
**349**

per kg



### TROJAN Barbell Discs

(429703; 402441;  
402439; 402438;  
402442; 402445;  
402449)

from  
**39**

per kg

### TROJAN Olympic Weight Plates

(437122; 455121;  
437092; 437148;  
437118)

from  
**299**

per kg

### TROJAN Rubber Bumper Plates

(461450; 461457;  
461456; 461454)

from  
**449**

per kg



### TROJAN Soft Kettlebells

(461414; 461441; 461439)

from  
**129**

per kg



### TROJAN 108 kg Hex Weight Set with Rack

(850014399)

**3999**

per set



### TROJAN Hex Dumbbells

(280567; 280570; 280573;  
280575; 280576; 280555)

from  
**249**

per kg



**TROJAN**  
40" Mini Trampoline  
(462827)

**749**  
each

**Wonder Max Fitness System**  
(850022296)

Save 200  
**NOW 2499**  
each

**TROJAN**  
Tri-Fold Mat  
(850014298)

**399**  
each

**MAXXUS**  
Multi Gym  
(850006261)

Save 800  
**NOW 2699**  
each

**MAXXUS**  
V-Trainer Compact  
(321300)

Save 500  
**NOW 3499**  
each

**GLODINA**  
Marathon Hand Towel  
• Colour: assorted  
• Snagproof  
• Full range available in store (382391)

**119**  
each

**TROJAN**  
1) Elastic Ankle Support  
(850014748)

**69**  
each

**2) Elastic Elbow Support**  
(850014797001; 850014797002; 850014797003; 850014797004)

**79** each

**3) Elastic Calf Support**  
(850014794001; 850014794002; 850014794003; 850014794004)

**99** each

**4) Neoprene Hand/Wrist Support**  
(850014788001; 850014788002; 850014788003; 850014788004)

**129** each

**FILA**  
Backpack Assorted  
(850037047; 850037118; 850004417)

Save 50  
**NOW 399**  
each

**casa**  
Bathroom Scale Electronic Glass  
(850016188)

Save 20  
**NOW 129**  
each

**casa**  
Electronic Glass Scale  
• Colour: black or white (388719; 388718; 393322; 463405; 463416; 466657)

Save 100  
**NOW 199**  
each

**Sign up for Makro Credit, get wellness & gym equipment now and pay later.**

Download the Makro Credit App.

GET IT ON Google Play | Download on the App Store

T&Cs apply. RCS is a registered Credit and authorised Financial Services Provider. NCRCP38/FSP44481.

**ADDIS**  
2.2 L Chugger Water Bottle  
(850001045)

Save 10  
**NOW 79**  
each

**ADDIS**  
1) Water Bottles 500 ml  
(850014797) **39** each  
2) Water Bottles 800 ml  
(850014795) **59** each  
3) Water Bottles 1.5 L  
(850014788) **79** each

**O2**  
750 ml Double Walled Bottle  
(450282)

Save 50  
**NOW 199**  
each

**O2**  
900 ml Mega Mug  
• Double wall stainless steel (850023064)

Save 50  
**NOW 199**  
each

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**NEW** MUSCLE SIZE & STRENGTH #1 Best Seller

**30g** PROTEIN

**MAXACORE**

**HYPER MASS XTRM**

**ALL-IN-ONE XXL MASS GAINER**

**1kg**

**1kg Hyper Mass Xtrm**  
(460704; 460731)

Save 20  
**NOW 129**  
each



**NEW** MUSCLE SIZE & STRENGTH #1 Best Seller

**30g** PROTEIN

**MAXACORE**

**HYPER MASS XTRM**

**ALL-IN-ONE XXL MASS GAINER**

**4kg**

**4 kg Hyper Mass Xtrm**  
• All in one mass gainer  
• Muscle size & strength  
• No added sucrose  
(460738; 460744)

Save 70  
**NOW 349**  
each



**NEW** MUSCLE PUMPS | ENDURANCE & STRENGTH | AMP ENERGY

**MAXACORE**

**PRE XTRM**

**ALL-IN-ONE EXTREME PRE-WORKOUT**

**140g**

**140g Pre Extrm**  
(444382)

Save 20  
**NOW 149**  
each



**USN**

**20's Phedra Cut Slim Packs**  
(338614; 349425; 173675)

Save 10  
**NOW 169**  
each



**USN**

**105 g Qhush Hyperdrive Original**  
(398404)

Save 50  
**NOW 99**  
each

**2) Qhush Hyperdrive Super Heat Fruit**  
(850016865) save 30 **99** each



**NEW** 100% PURE NPL NUTRITIONAL CREATINE MONOHYDRATE MICRONIZED

**150 + 150 g Creatine Monohydrate**  
(326889)

Save 30  
**NOW 299**  
each



**USN**

**908 g Hardcore Whey**  
(243949; 243956; 243947)

Save 80  
**NOW 349**  
each



**USN**

**900 g Diet Protein**  
(346010; 346007; 346009)

Save 30  
**NOW 269**  
each

**2) Diet Protein Ultra Light Choc 300g**  
(8500000296; 8500000317; 8500000297)  
save 30 **119** each



**USN**

**900 g Hydrotech Whey**  
(465509; 431027)

Save 70  
**NOW 299**  
each



**USN**

**60's Testo Beast 300 mg**  
(450950)

Save 20  
**NOW 79**  
each



**USN**

**200 g 3-In-1 Creatine**  
(456447; 441906; 456448)

Save 50  
**NOW 149**  
each



**USN**

**4 kg Hyperbolic Mass Dutch**  
(308795; 308796; 311638)

Save 90  
**NOW 399**  
each



**BEROCCA**  
1) 10's Performance Effervescent (850035677)  
2) 14's SportPre-Workout (436545) save 50 **199** each  
3) 30's Immune Daily Defence Effervescent (850035752) save 50 **149** each  
4) 15's Immune Daily Defence Effervescent (850035716) save 20 **89** each  
5) 10's Immune Daily Defence Effervescent (850035712) save 20 **79** each

Save 60  
**NOW 199**  
each

**VITAL**  
Multipack Bar 5 x 35 g  
(850034308001; 850034308002; 850034308003)

Save 16  
**NOW 79**  
each

**VitaAID™**  
1) 30's Purna Apple Cider Vinegar Gummies (438658)  
2) 30's Purna Multivitamin Gummies (438659)  
3) 30's Purna Ashwagandha Gummies (438653)  
4) 30's Purna Biotin Gummies (438655)  
5) 30's Purna Collagen Builder Gummies (438655)  
6) 30's Purna Multivitamin Kids Gummies (438653)

Save 50  
**NOW 79**  
each

**VITAL**  
1) 100's Magnesium Complex Tablets (399615)  
2) 30's Multivitamin 100% NRV Tablets (427092) save 50 **199** each  
3) 30's Men or Women Tablets (390761; 390764) save 20 **129** each  
4) Women or Men 50+ Tablets (390760; 390758) save 30 **149** each  
5) 60's Kids A-Z Multivitamin Chewable (399663) save 20 **149** each

Buy 2 for **R299**

**BIOSLIM**  
20% OFF  
BIOSLIM SUPPLEMENTS

**VitaPRO**  
20% OFF  
SELECTED VITAPRO & YOUTHFUL LIVING SUPPLEMENTS

**SLOWMAG**  
1) 10's Magnesium Fizzies (451965)  
2) 30's Effervescent Magnesium Tablets (451978) **119** each  
3) 15's Magnesium Performace Fizzies (850005236) **199** each  
4) 20's Effervescent Magnesium Tablets (452256) **199** each  
5) 30's Magnesium Performance Fizzies (850005159) **299** each  
6) 60's Magnesium Capsules (452193) **299** each  
7) 100's Magnesium Capsules (451977) **399** each

Save 10  
**NOW 99**  
each



**more 4 less** 2 for **R360**

**Cellpocket Cropped Leggings**  
(850034761)

**199**  
each



**Slub Knit Tee**  
(850035771)

**169**  
each

**Basic Knit Shorts**  
(850028666)

**139**  
each



**Seamless Leggings**  
(850033517)

**239**  
each



**Hot Active Shorts**  
(850028169)

**149**  
each



**more 4 less** 2 for **R240**

**Basic Padded Crop Tops**  
(850027292)

**149**  
each



**more 4 less** 2 for **R270**

**Basic Knit Shorts**  
(850028471)

**159**  
each



**Ladies Leisure Trainers**  
(850040585)

from **169**  
per pair



**more 4 less** 2 for R200

**Printed Tee**  
(850039590)

**119**  
each

**more 4 less** 2 for R360

**Woven Mesh Shorts**  
(850013890)

**229**  
each

**more 4 less** 2 for R300

**Active Textured Tee**  
(850035763)

**189**  
each

**more 4 less** 2 for R200

**Woven Trackpants**  
(850027346)

**269**  
each

**more 4 less** 2 for R200

**Basic Knit Shorts**  
(850028769)

**169**  
each

**more 4 less** 2 for R280

**Poly Printed Tee**  
(850033812)

**199**  
each

**more 4 less** 2 for R330

**Basic Woven Shorts**  
(850002410)

**149**  
each

**Men's Contrast Poly Tees**  
(850030462)

**189**  
each

**more 4 less** 2 for R280

**Men's Basic Knit Shorts**  
(850028524)

**169**  
each

**Men's Leisure Trainers**  
(850017991; 850031850; 850031942)

**from 299**  
per pair

For store details visit [makro.co.za](http://makro.co.za)

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Massmart is made up of the following brands

**makro**

**game**

**builders**

**JUMBO**  
THE GIGANT OF AFRICA

**OneCart**