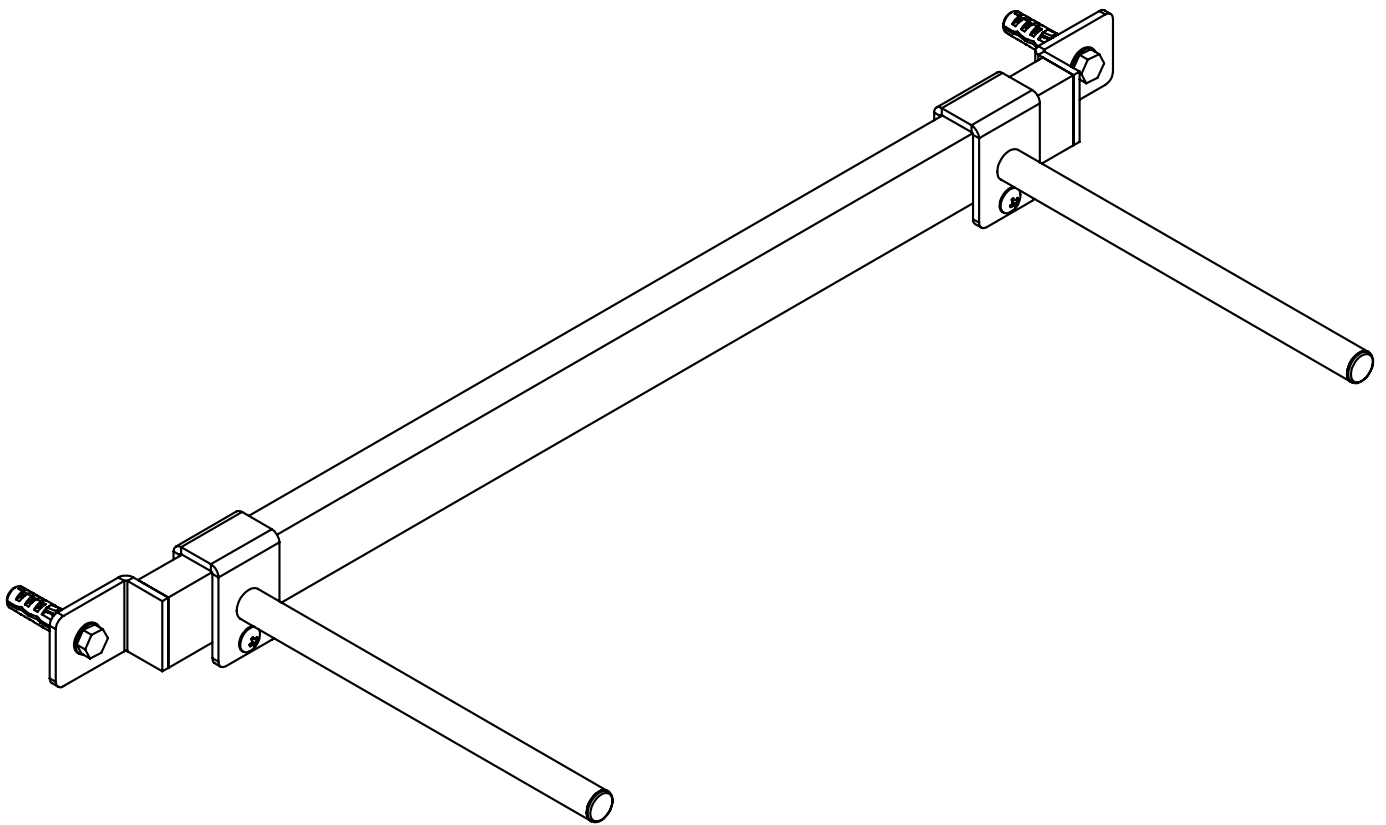


CORTEX[®]

Wall Mount Exercise Mat Hanger

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS

 **WARNING: Read all instructions before using this machine.**

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

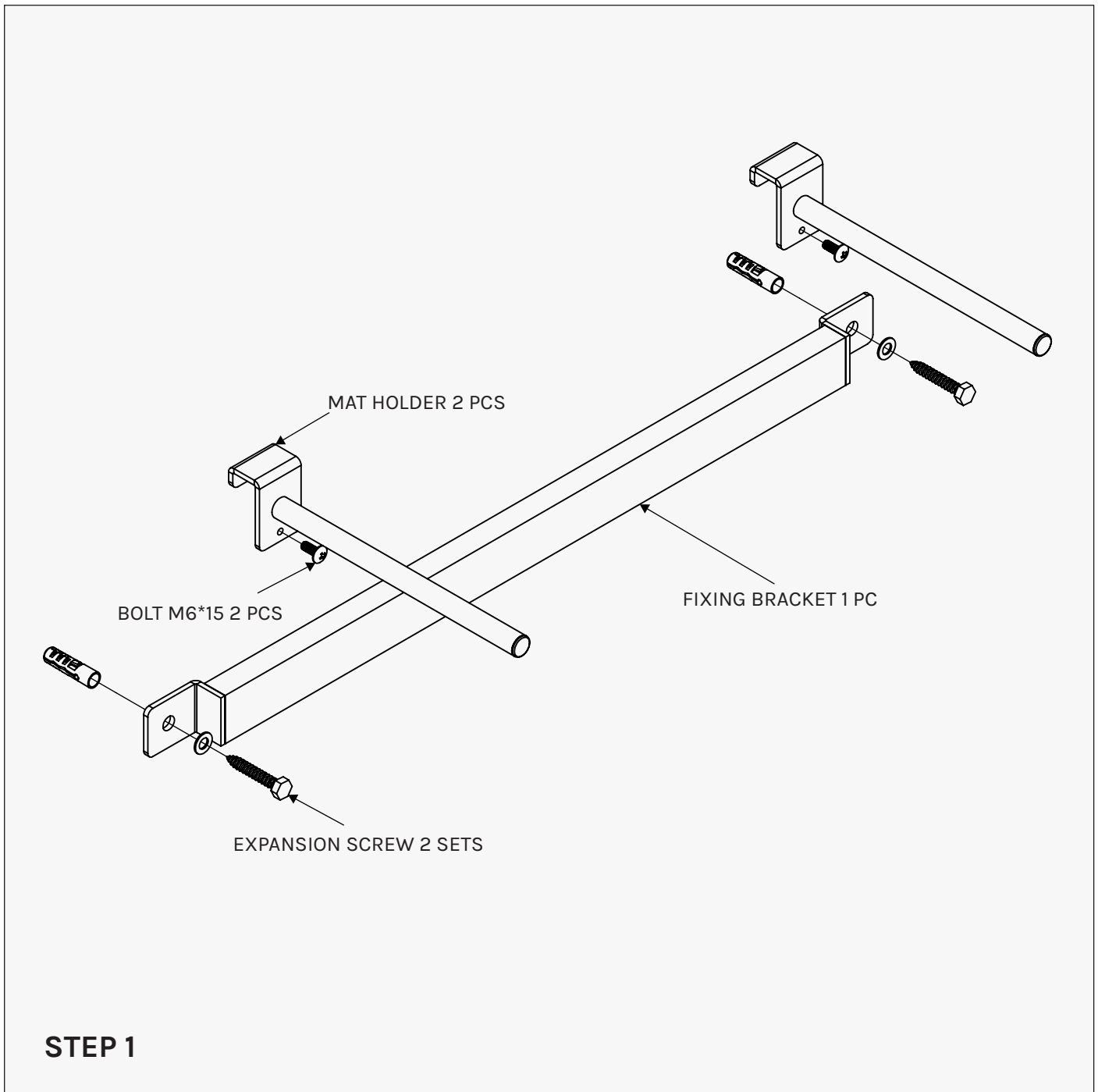
Please always keep this manual with you.

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
PLEASE NOTE: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions
- Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.

II. CARE INSTRUCTIONS

- All nuts and bolts are to be checked and tightened on a regular basis.
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

III. ASSEMBLY INSTRUCTIONS



Install the mat holders as pictured below using the Bolt M6*15 using a cross screwdriver.

Mounting Instructions:

Brick or concrete wall.

Measure and mark where you wish to mount on the wall. You will need to drill a hole to add the expansion sleeve. Push the bolt into the sleeve and fasten with a hexagonal tool.

Additional tools needed: Power drill, hexagonal tool, pencil, measuring tape, leveller (optional).

VIII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



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