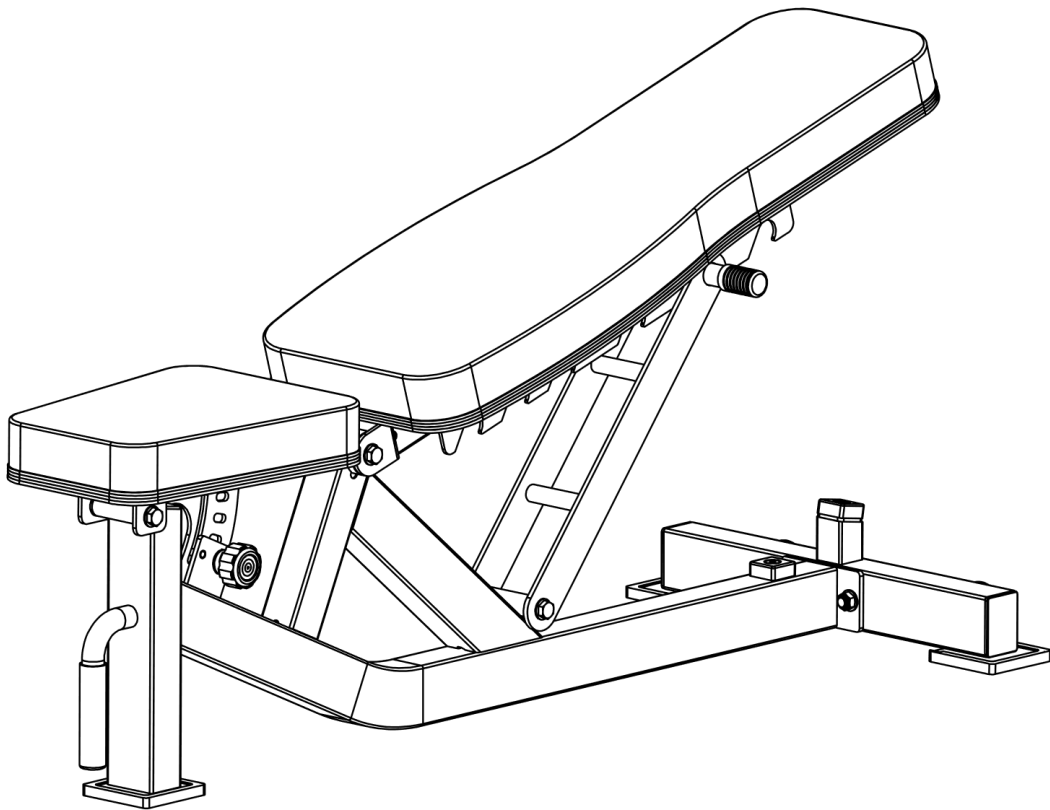


CORTEX[®]

**BN-10 FID BENCH
OWNER'S 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 may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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1.IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this product.

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.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- 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.

2.CARE INSTRUCTIONS

- 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

3.PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Rear bottom tube	1
3	Seat cushion plate	1
4	Back cushion tube	1
5	Support frame	1
6	Support axis	1
7	Seat cushion	1
8	Back cushion	1
9	Square end cap 50x70	3
10	Rubber bumper 38x38	2
11	Handle ϕ 25x120	1
12	Open rubber shoes 90x90	2
13	Rubber shoes 90x90	1
14	Iron busing ϕ 12	4
15	Bearing 6004	2
16	Spring knob	1
17	Handle ϕ 25x50	2
18	Countersunk screw M10x25	2
19	PU Wheel ϕ 64x24	2
20	Washer ϕ 8	4
21	Big washer ϕ 8	8
22	Flat washer ϕ 12	10
23	Lock nut M8	2
24	Lock nut M12	4
25	Hex bolt M8x20	8
26	Hex bolt M8x50	2
27	Hex bolt M12x25	2
28	Hex bolt M12x75	2
29	Hex bolt M12x105	1
30	Hex bolt M12x120	1

4. ASSEMBLY INSTRUCTIONS

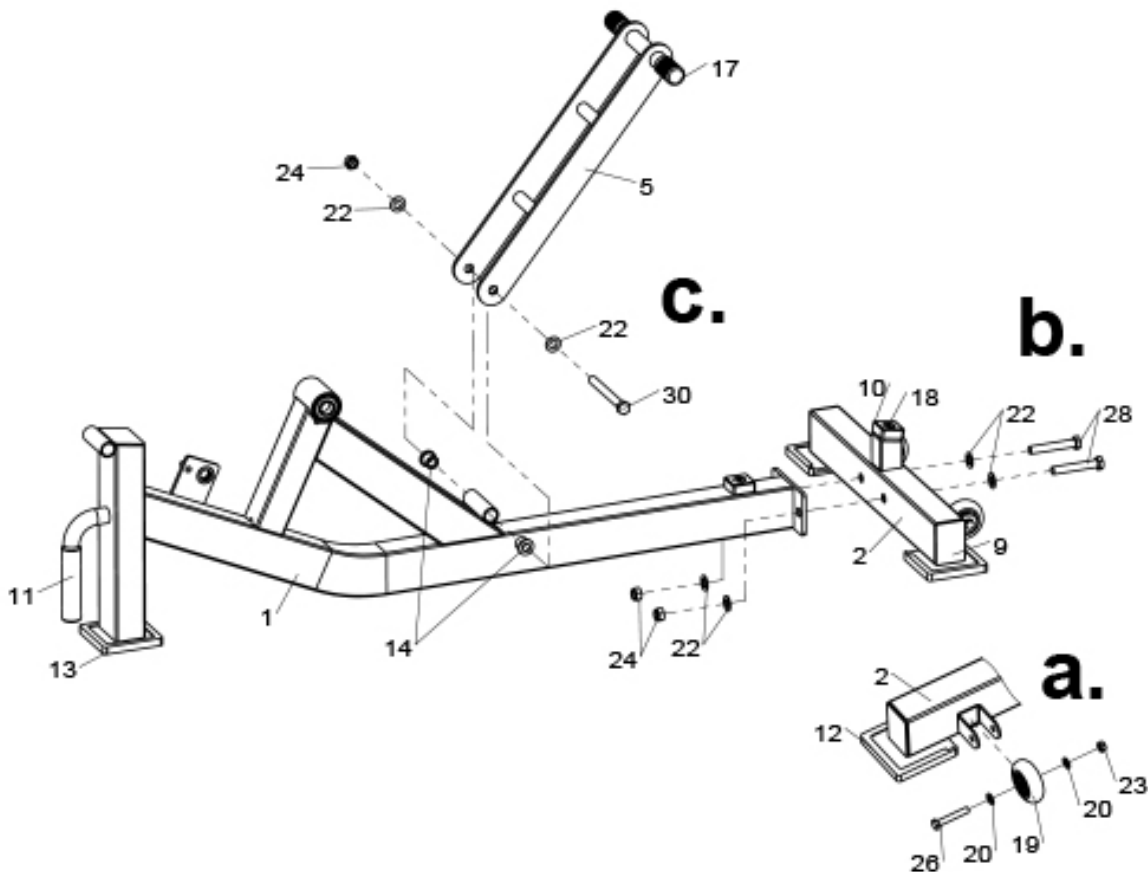
Before setting up, unpack the carton and place all the parts on the floor. Carefully remove all packing material and check each part with the manual.

Remember some parts are pre-fitted to larger components.

Important: Assemble with all nuts and bolts loose at first and only tighten after completing all the assembly sets.

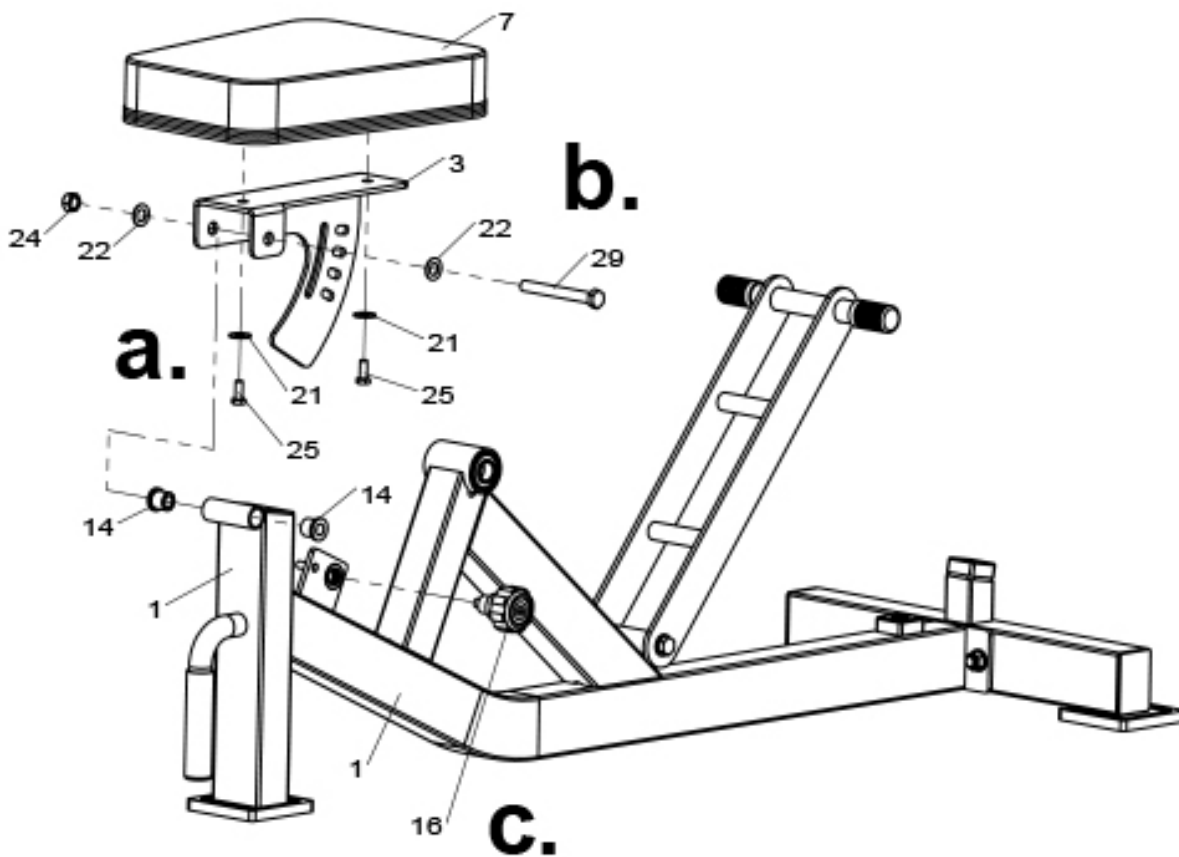
Step 1

- a. Attach PU wheel (19) to Rear bottom tube (2) using:
 - Hex bolt M8x50 (26)
 - Washer $\varnothing 8$ (20)
 - Lock nut M8 (23)
- b. Attach Rear bottom tube (2) to Main frame (1) using:
 - Hex bolt M12x75 (28)
 - Washer $\varnothing 12$ (22)
 - Lock nut M12 (24)
- c. Attach Support frame (5) to Main frame (1) using:
 - Iron busing $\varnothing 12$ (14)
 - Hex bolt M12x120 (30)
 - Washer $\varnothing 12$ (22)
 - Lock nut M12 (24)



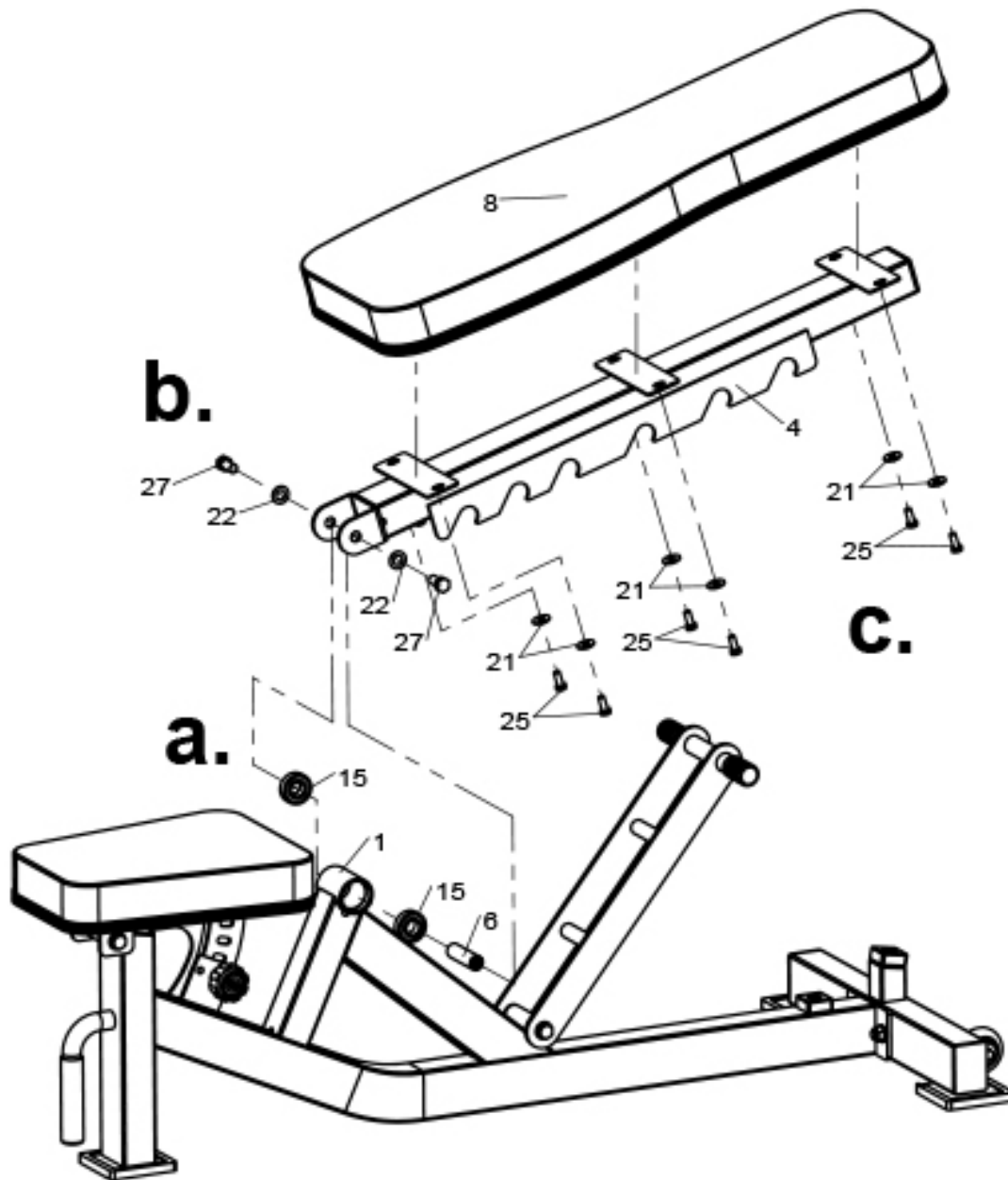
Step 2

- b. Attach Seat cushion (7) to Seat cushion plate (3) using:
 - Hex bolt M8x20 (25)
 - Big washer Ø8 (21)
- c. Attach Seat cushion plate (30) to Main frame (1) using:
 - Iron busing Ø12 (14)
 - Hex bolt M12x105 (29)
 - Washer Ø12 (22)
 - Lock nut M12 (24)
- d. Attach Spring knob (16) to Main frame.



Step 3

- a. Attach Support axis (6) and Bearing (15) to Main frame (1).
- b. Attach Back cushion tube (4) to Support axis (6) and Main frame (1) using:
 - Washer $\varnothing 12$ (22)
 - Hex bolt M12x25 (27)
- a. Attach Back cushion (8) to Back cushion tube (4) using:
 - Hex bolt M8x20 (25)
 - Big washer $\varnothing 8$ (21)



5. 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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.