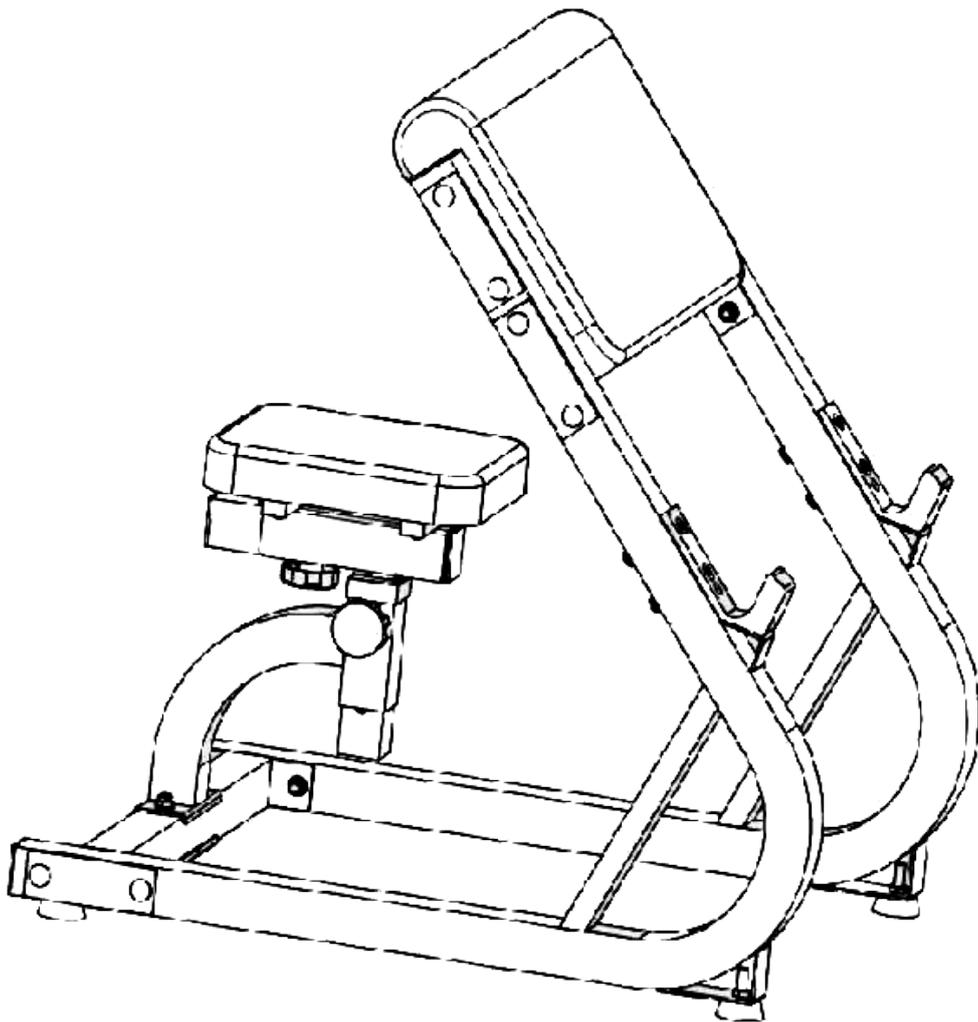


# **CORTEX<sup>®</sup>**

## **BN-8 Preacher Pad**

### **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 may be subject to updates or changes. Up to date manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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

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- 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.
- 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

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- 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 a dry cloth.
- Regularly check all moving parts and grasp whether there are signs of wear and damage, and if any, stop using the device immediately and contact the rear of my department.
- During inspection, all bolts and nuts must be fully fixed. If bolts or nuts are loose, please secure them in place.
- Check that the weld is free of cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

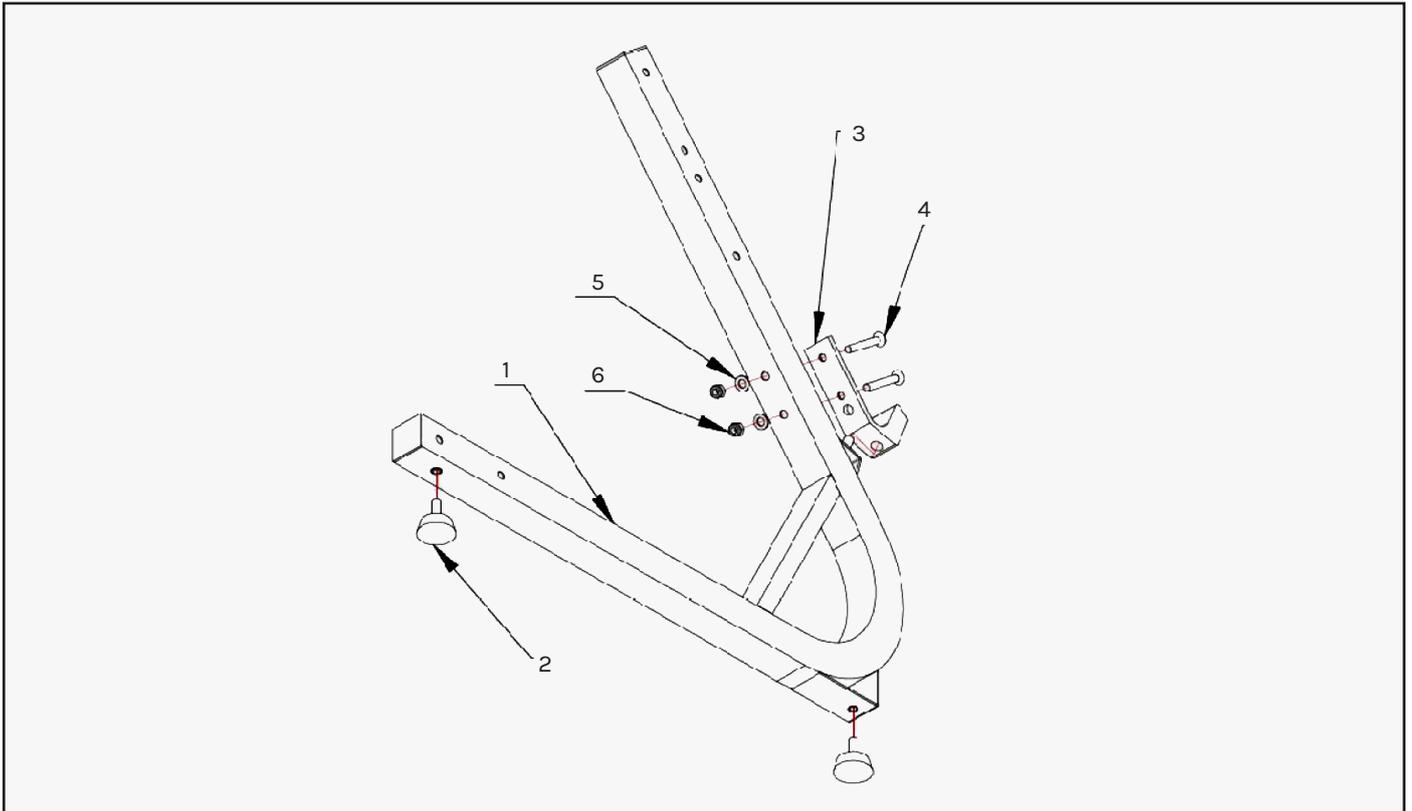
# III. PARTS LIST

Key No.	Picture	Name	Qty.	Key No.	Picture	Name	Qty.
1		Main Bending Frame	2	12		Cushion Frame	1
2		Spacer	4	13		Cushion Adjusting Frame	1
3		Barbell Hook	2	14		Plum Blossom Pumping	1
4		M10 x 65	4	15		Cushion Adjusting Frame	1
5		Φ10	18	16		Plum Blossom Button	1
6		M10	18	17		Φ10	1
7		Bottom Connecting Frame	1	18		Cushion	1
8		50mm Connecting Plate	1	19		Elbow Cushion	1
9		M10 x 70	14	20		M8 x 40	8
10		Flat Connecting Piece	6	21		Φ8	8
11		Upper Connecting Frame	2				

# IV. ASSEMBLY INSTRUCTIONS

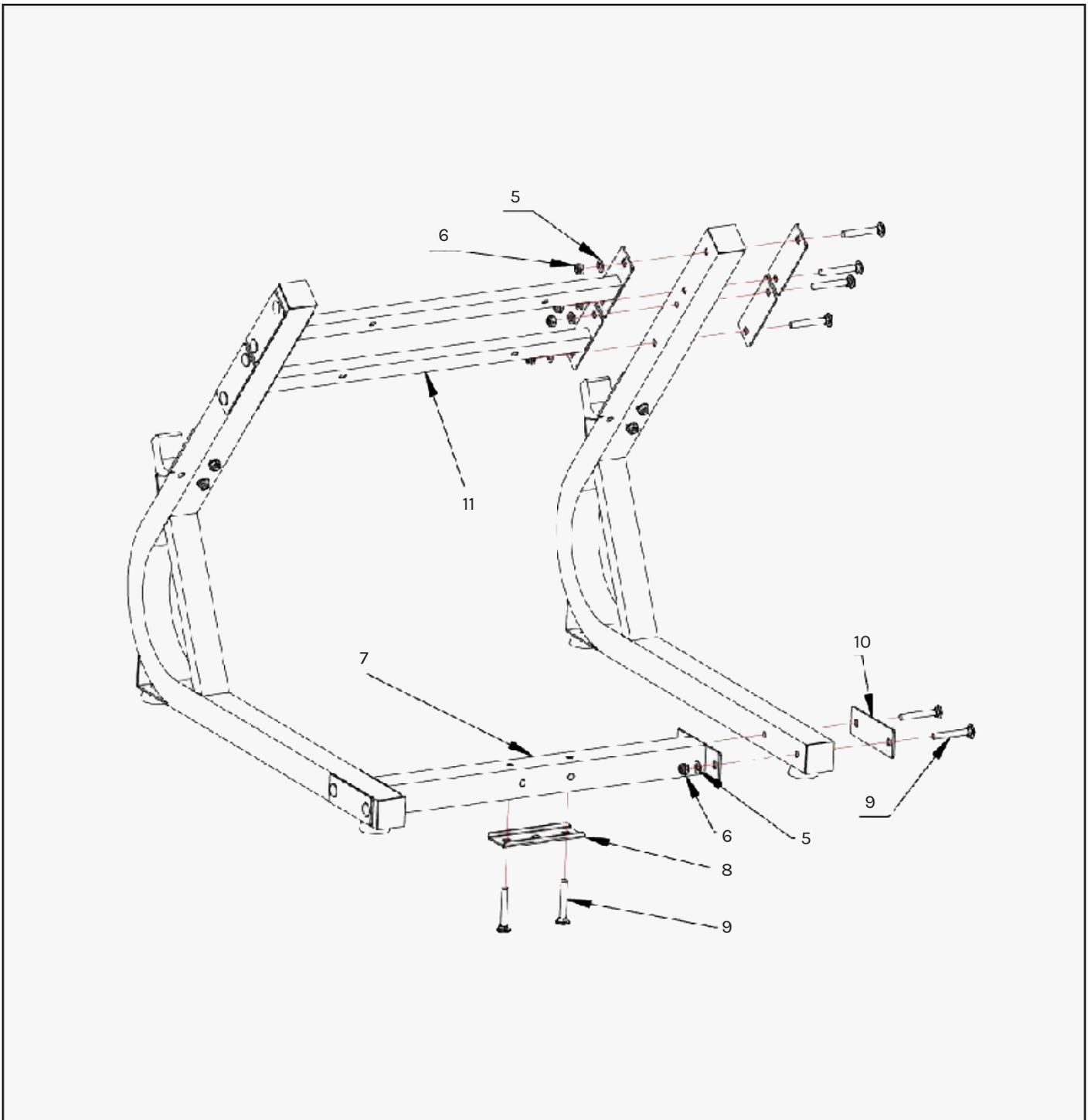
## ! NOTE:

1. Gaskets shall be placed at both ends of the bolt (against bolt head and nut), as otherwise stated.
2. The initial assembly is to tighten all bolts and nuts by hand, and to tighten them with wrenches when fully assembled.
3. Some spare parts have been pre-assembled in the factory.
4. This product is recommended for installation by more than two people.



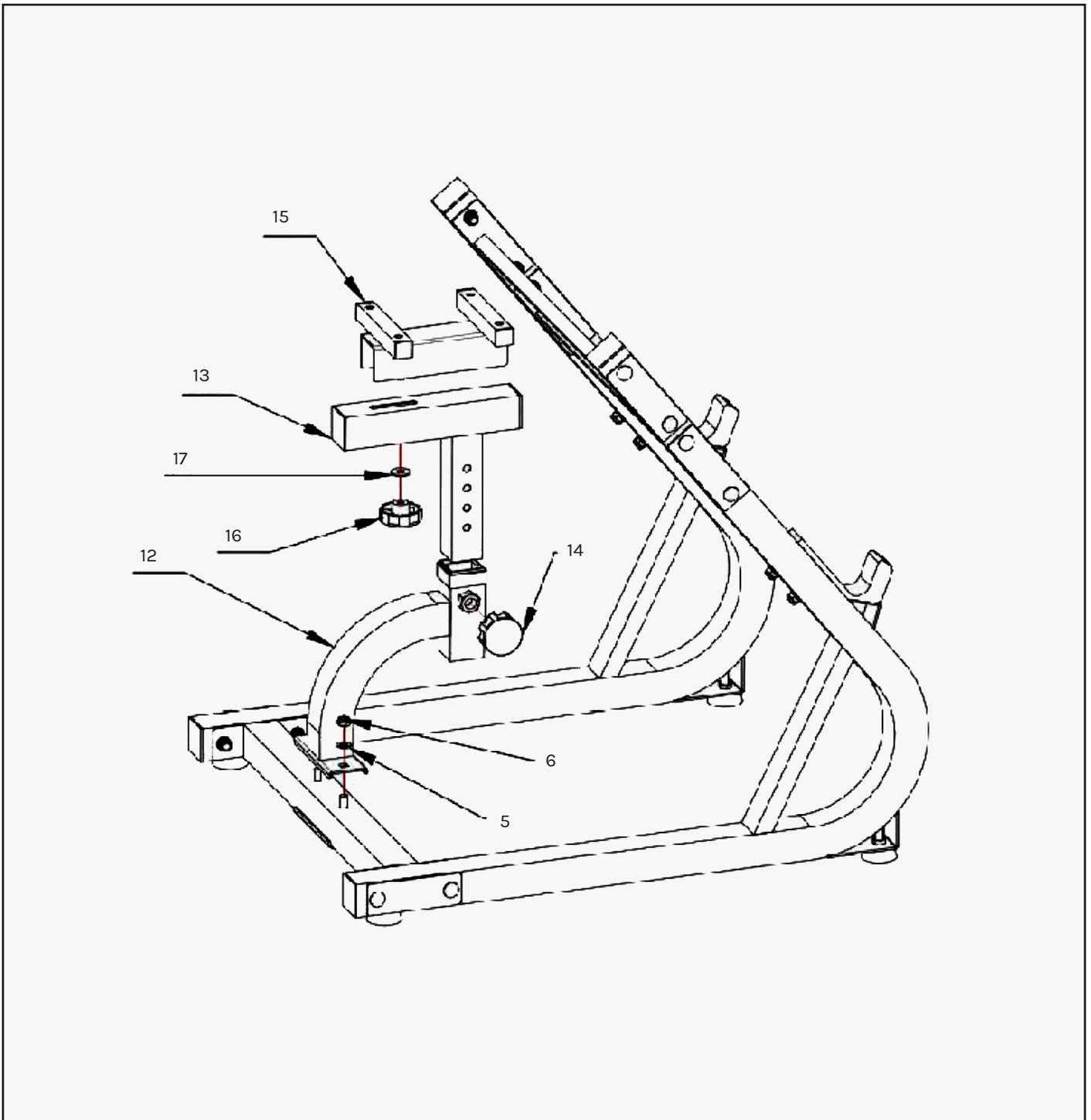
## STEP 1

1. According to the figure, first install the adjustment pad (#2) below the main bow(#1).
2. Place the barbell hook (#3) on the main bow (#1) as shown and fasten it with the countersunk bolt M10\*65 (#4), the flat washer (#5), and the nut (#6).
3. Repeat the steps for the other side.



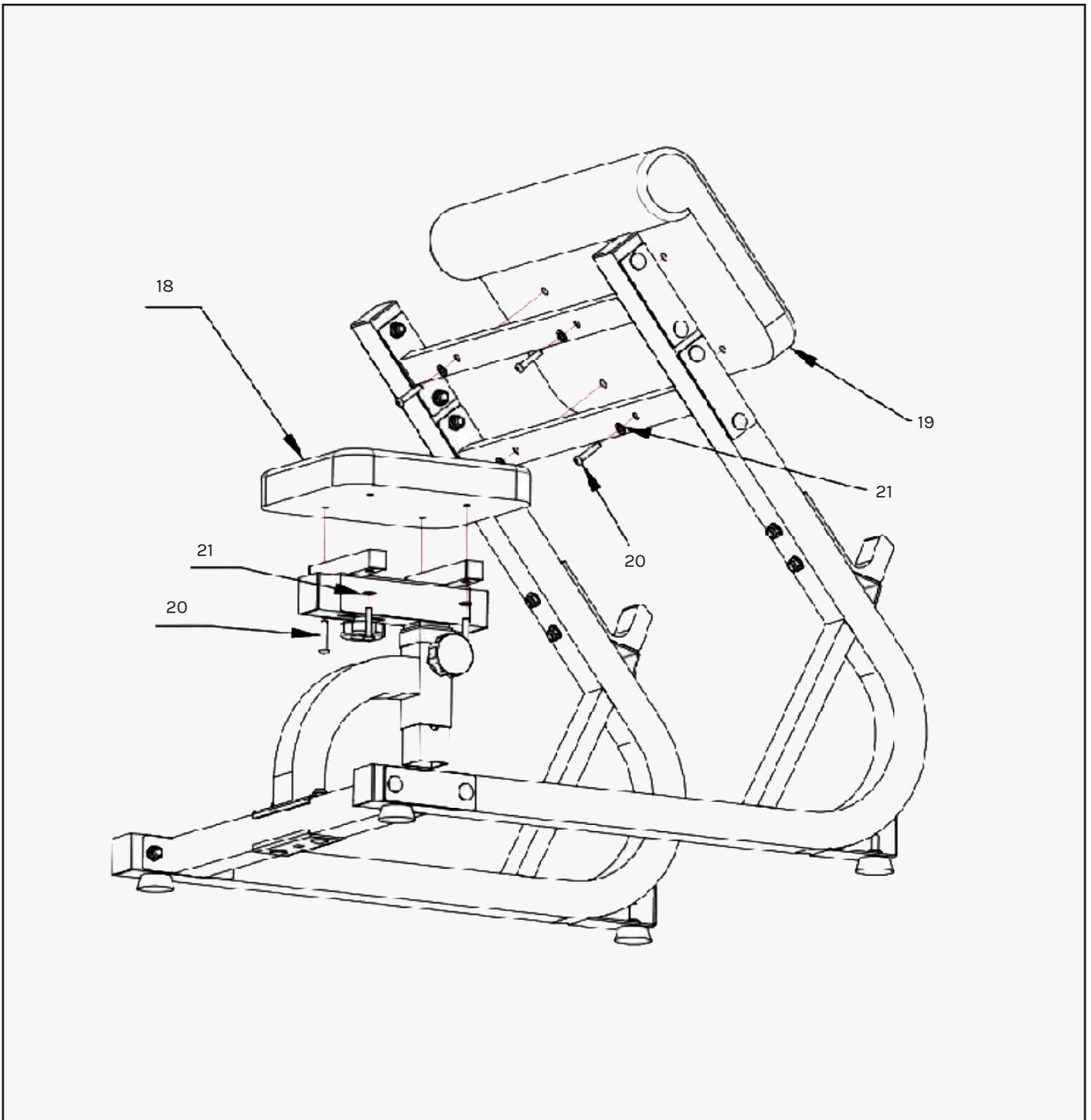
## STEP 2

1. Install the bottom connection frame (#7) with the 50mm connection plate (#8), as shown, and then screw on the nut with the carriage bolts M10 \* 70 (#9) through the bottom connecting frame (#7).
2. According to the diagram, the main bend frame (#1) is placed on one end of the bottom connecting frame (#7) and fastened with 110 flat connecting plate (#10), carriage bolt M10x70 (#9), flat gasket (#5) and nut (#6); The other end is the same.
3. The upper connecting frame (#11) is placed between the two main bending frames (#1) as shown, and then the connection plate (#10), the carriage bolt M10\*70 (#9), the flat gasket (#5), and the nut (#6) are fastened with the 110mm flat connecting plate (#10).
4. The other upper connecting frame (#11) is the same as the other upper connecting frame (#11).



### STEP 3

1. The nut is removed from the bottom connector (#7), and the bottom frame (#12) is placed to the end on the connecting frame (#7), which is fastened with a flat gasket (#5) and a nut (#6).
2. According to the diagram, put the cushion adjusting frame (#13) into the seat pad bottom frame (#12), and then fasten it with plum blossom pin (#14).
3. According to the diagram, the front and rear adjusting frame (#15) of the cushion is put into the cushion adjusting frame (#13), and then fastened with the large flat gasket (#17) and the plum blossom knob (#16).



## STEP 4

1. According to the diagram, the cushion (#18) is first installed on the front and rear adjusting frame (#15) and fixed with the hexagonal bolt M8x40 (#20),  $\Phi 8$  flat, gasket (#21) in the head of the disc.
2. According to the diagram, the elbow pad (#19) is installed on the upper connecting frame (#11) and fixed with the hexagonal bolt M8x40 (#20),  $\Phi 8$  flat, gasket (#21) in the head of the disc.

Please tighten the bolts and nuts with a wrench.

# V. EXERCISE GUIDE

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## ⓘ PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

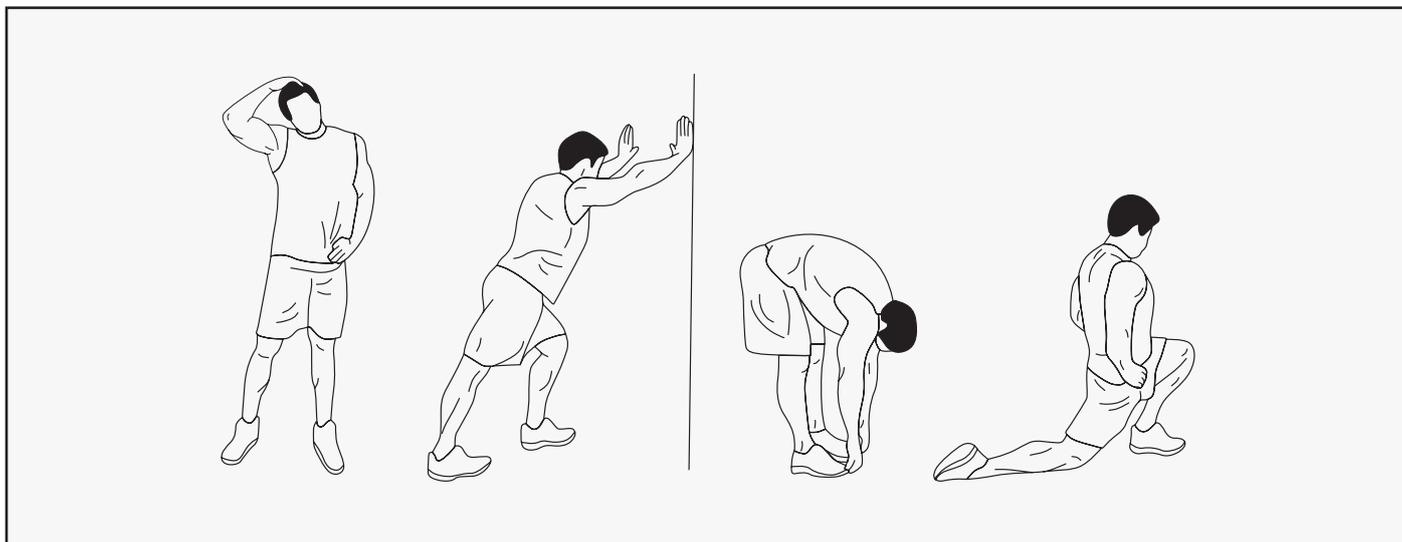
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to a healthy lifestyle is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the strain on your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



## WARM UP

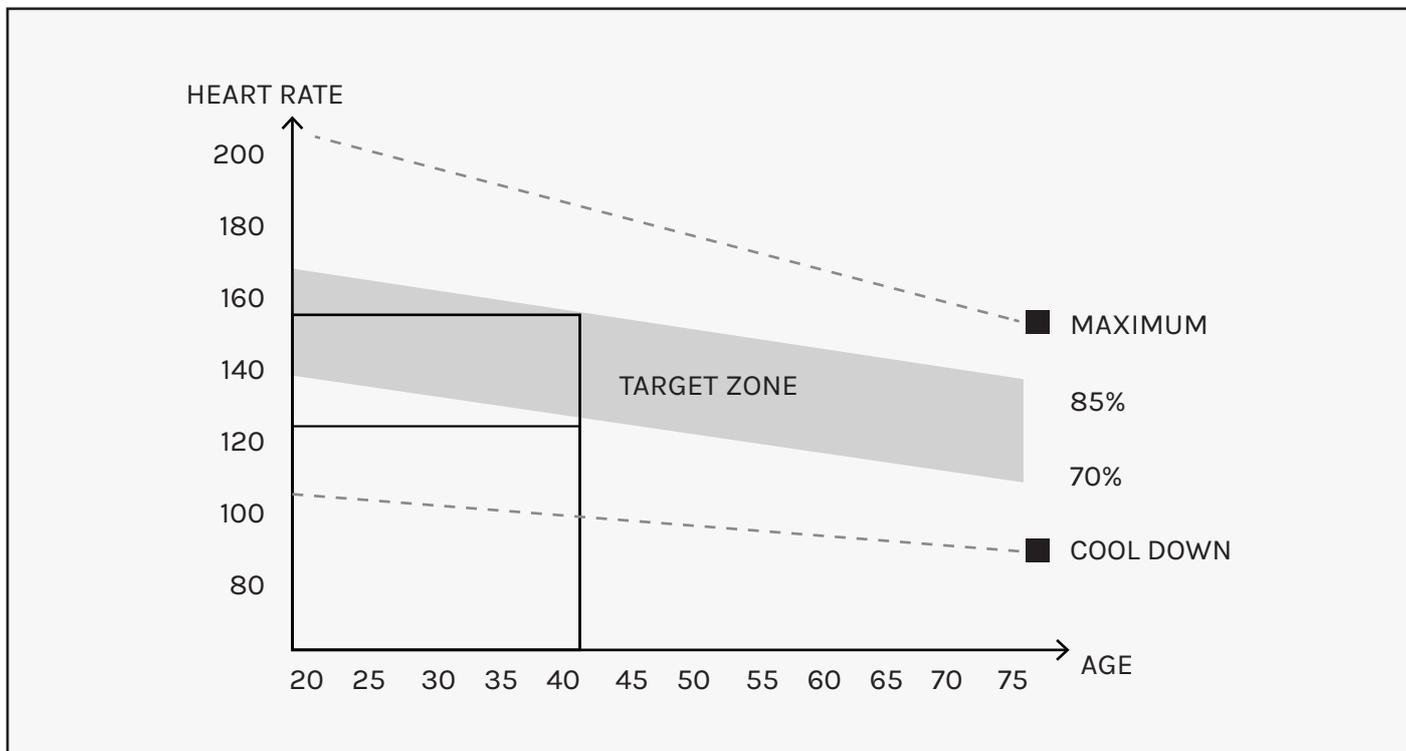
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

# VI. 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](http://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](https://lifespanfitness.com.au/warranty-form)







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