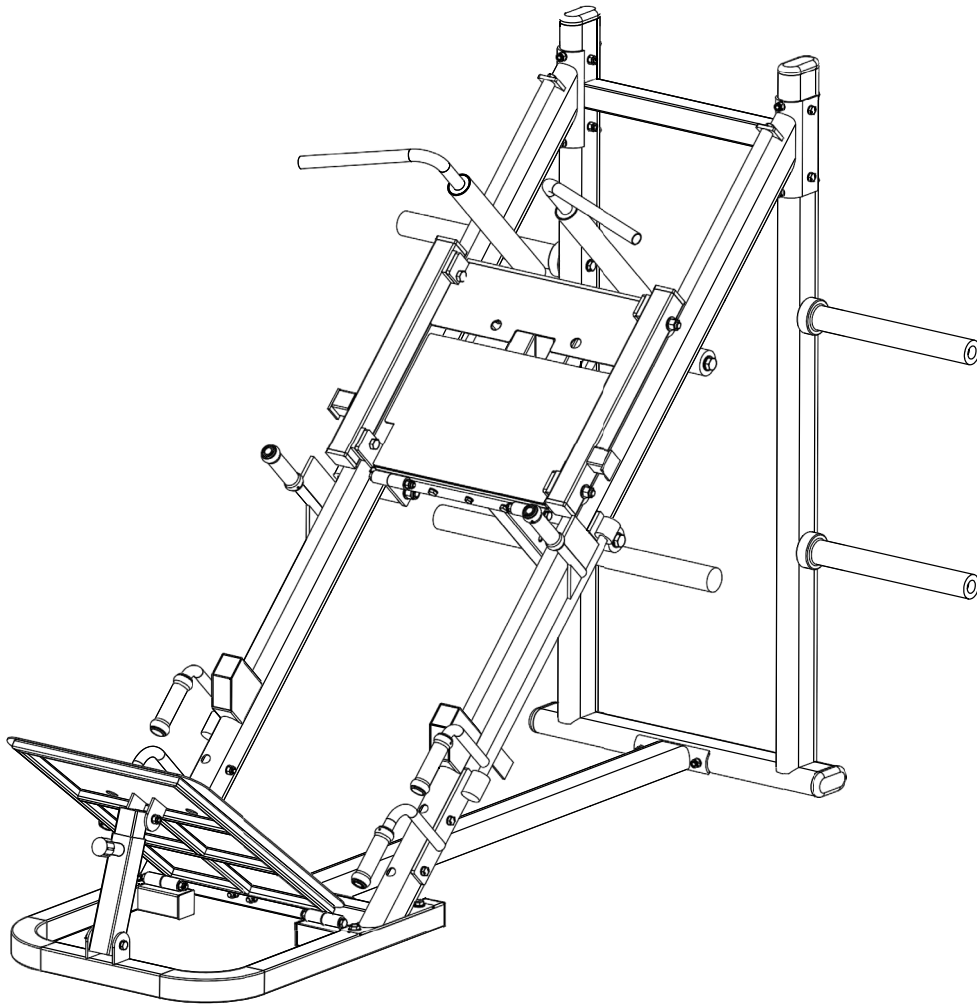


CORTEX[®]

LP-10 45 Degree Leg Press and Hack Squat Combo Machine

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



TABLE OF CONTENTS

- I. Important Safety Instructions 03
- II. Care Instructions 04
- III. Parts List 05
- IV. Exploded Diagram 08
- V. Assembly Instructions 09
- VI. Exercise Guide 14
- VII. Maintenance 16
- VIII. Warranty 17

I. IMPORTANT SAFETY INSTRUCTIONS

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

To ensure your safety, read the following precautions before using this product.

1. Please read, study and understand the instructions and all warning labels before use.
(It is recommended to be familiar with the normal operation and use methods of the device before using this product. Information is available on this manual and at local retailers).
2. Please keep this manual and ensure that all the warning labels are clear and complete.
3. This product is recommended to install by more than two people.
4. Please consult your doctor's advice before starting the exercise.
5. Please ensure safety when the children are present.
6. Be careful when using it with children present.
7. Please check any signs of wear of the wire rope regularly. If there is wear, it may cause some danger to you.
8. Please keep your hands, limbs and clothes stretch to use the device.
9. Please note any signs of machinery that may occur, including part wear, loose hardware, and welding cracks. Stop using the device with the above signs immediately and contact the after-sales service department of our company.
10. You can complete the assembly with a wrench, or an inner hexagon wrench.
11. The user weight of this product shall not exceed 100kg.
12. The product is subject to change without notice and the final interpretation belongs to the Division.

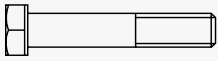
II. CARE INSTRUCTIONS

- Lubricate moving joints with silicon spray 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.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are signs of wear and damage, if any the use of the device must be stopped immediately and contact our after-sales department.
- During inspection, it is necessary to make sure that all bolts and nuts are completely fixed. If any bolt or nut connection is loosened, please re-tighten.
- Check weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

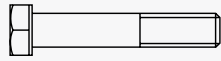
III. PARTS LIST

Part No.	Name	Qty
1	M10-70 screw	5
2	M10-120	6
3	M10-80	4
4	M10-75	4
5	M12-30	4
6	Main Frame	1
7	Track Support	2
8	Bottom Frame Support	1
9	Front Pedal Bracket	1
10	Safety Handrail	2
11	Back Armrest	2
12	Foot Pedal	1
13	Adjusting the Intubation	1
14	Adjustment pipe	1
15	M10-100	4
16	M10-90	1
17	M10-30	9
18	Track	2
19	Roller	4
20	M16-90	4
21	M14-90	4
22	Nylon Wheel	4
23	Slider Frame	1
24	Board	1
25	Squat Armrest	1
26	Back Pedal Regulation Tube	1
27	Support	1
28	Bell Plate Hanging Rod	1
29	M8-20	1
30	M10-45	3
31	Weight Plate Holder	4

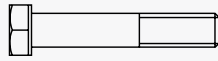
M10-70 Screw Bolt x 5



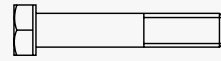
M10-120 x 6



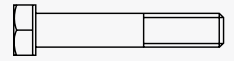
M10-80 x 4



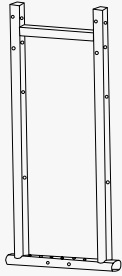
M10-75 x 4



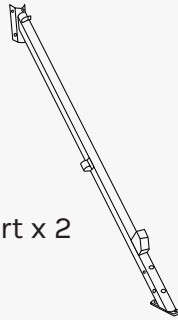
M12-30 x 4



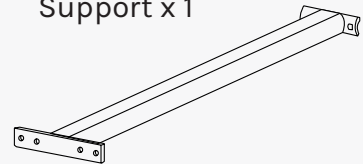
Main Frame x 1



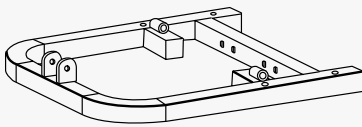
Track Support x 2



Bottom Frame Support x 1



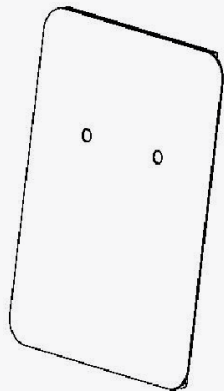
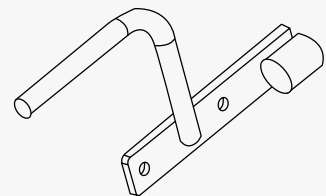
Front Pedal Bracket x 1



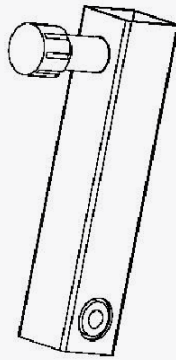
Safety Handrail x 2



Back Arm Rest x 2

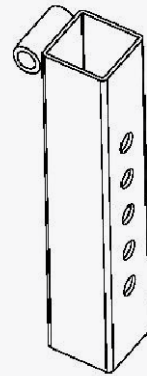


Foot Pedal x 1

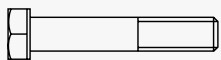


Adjusting the Intubation x 1

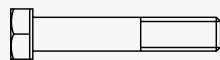
14



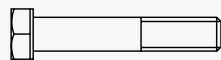
Adjusting Pipe x 1



M10-100 x 4



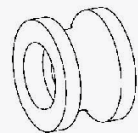
M10-90 x 1



M10-30 x 9

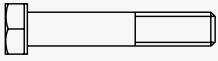


Track x 2

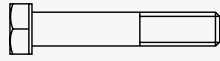


Roller x 4

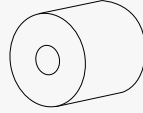
M16-90 x 4



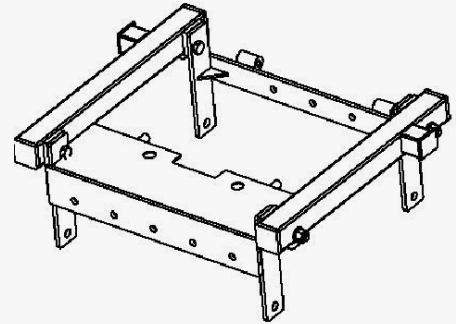
M14-90 x 4



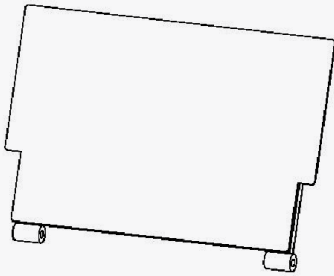
Nylon Wheel x 4



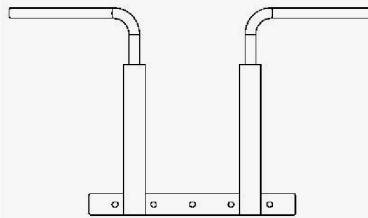
Slider Frame x 1



Board x 1



Squat Armrest x 1



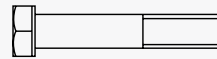
Back Pedal Regulation Tube



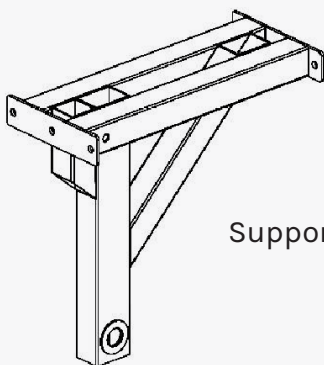
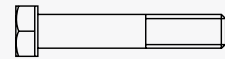
Bell Plate Hanging Rod x 1



M8-20 x 1



M10-45 x 3

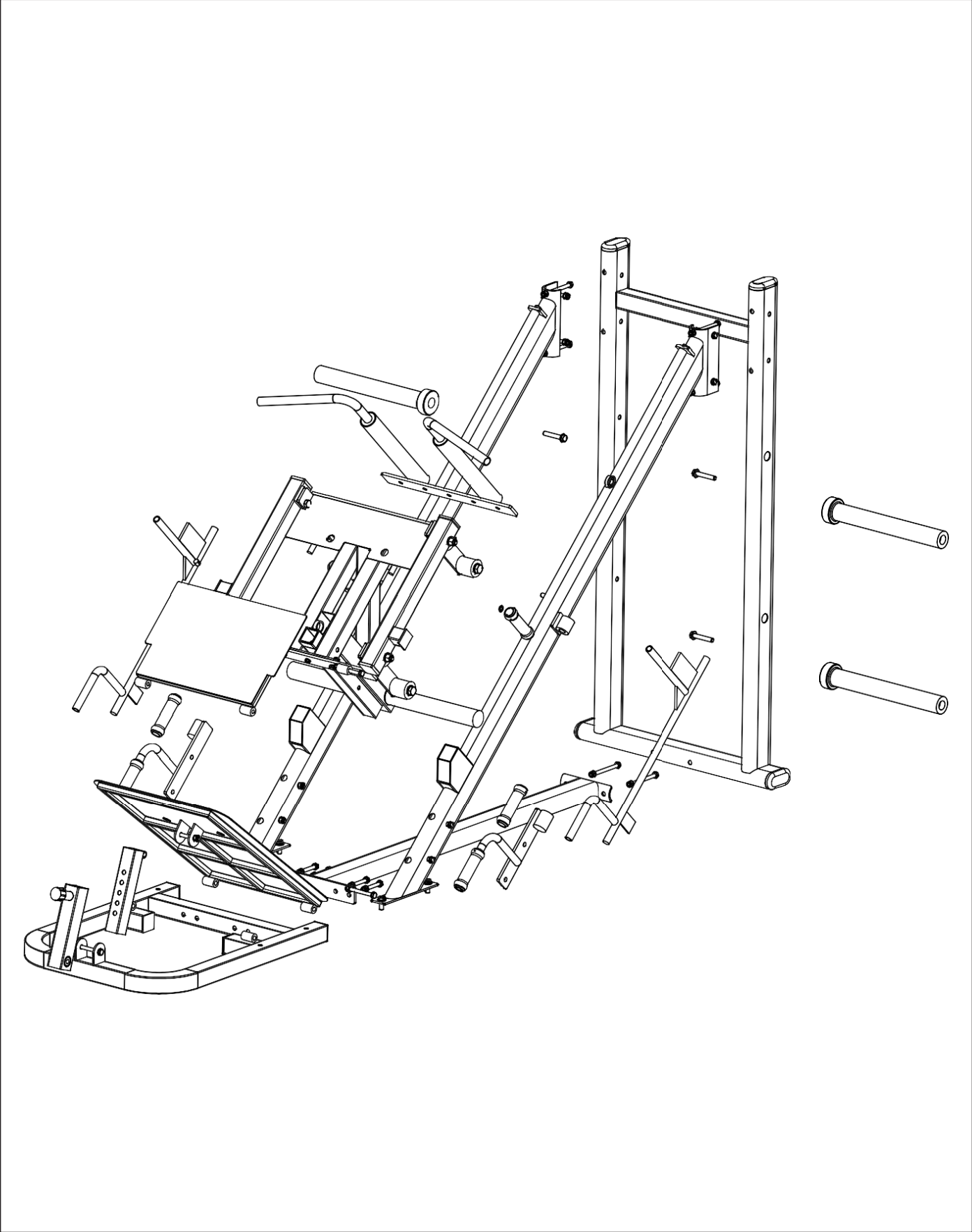


Support x 1

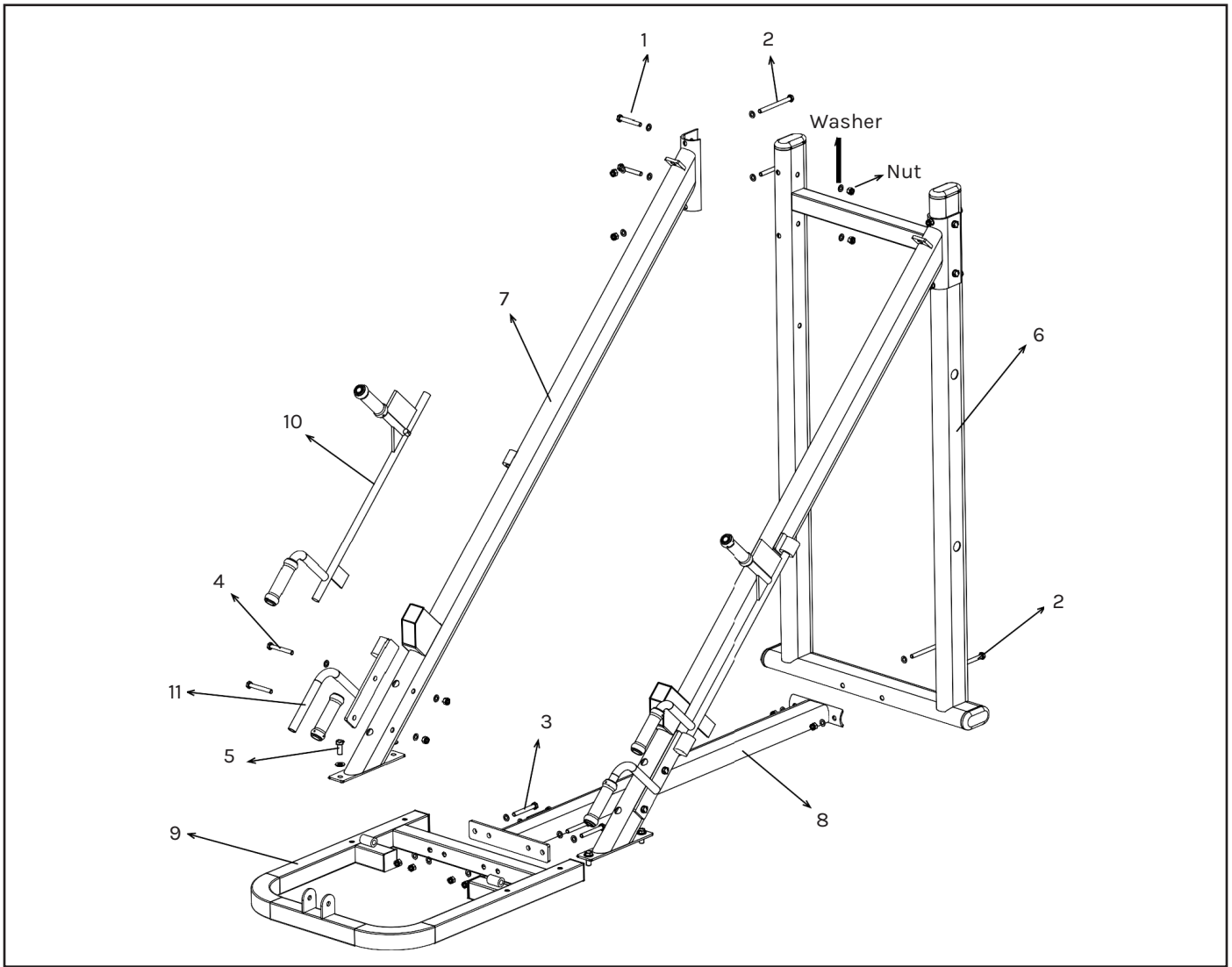
Weight Plate Holder



IV. EXPLODED DIAGRAM



V. ASSEMBLY INSTRUCTIONS



STEP 1

1. Use part #3 M10-80 bolt, #2 M10-120, and #1 M10-70 to secure part #6 main frame, #8 bottom frame support and #9 foot pedal bracket together.

STEP 2

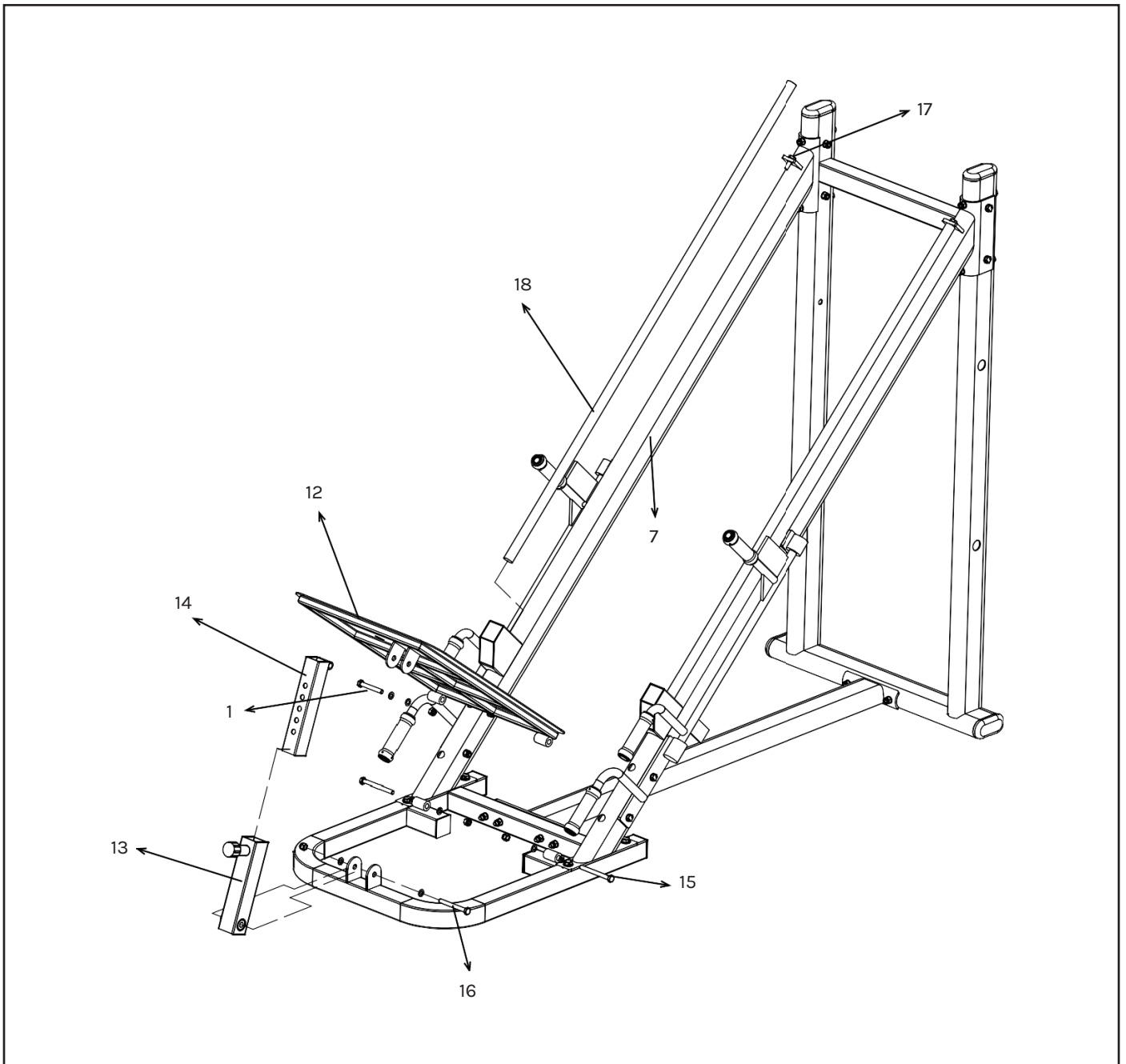
1. Secure #7 track support onto #6 main frame using #1 M10-70 bolts. Repeat on other side.
2. Secure #7 track support onto #9 foot pedal bracket using #5 M12-30 bolts. Repeat on other side.

STEP 3

1. After the frame is connected, tighten the bolts.

STEP 4

1. Slip part #10 safety handrail into #7 (as shown) and then the other side slips into part #11 back arm rest. Secure #11 using #4 M10-75 bolts. Repeat the same on other side.



STEP 5

1. Secure part #13 adjusting the intubation onto #9 using, #16 M10-90.

STEP 6

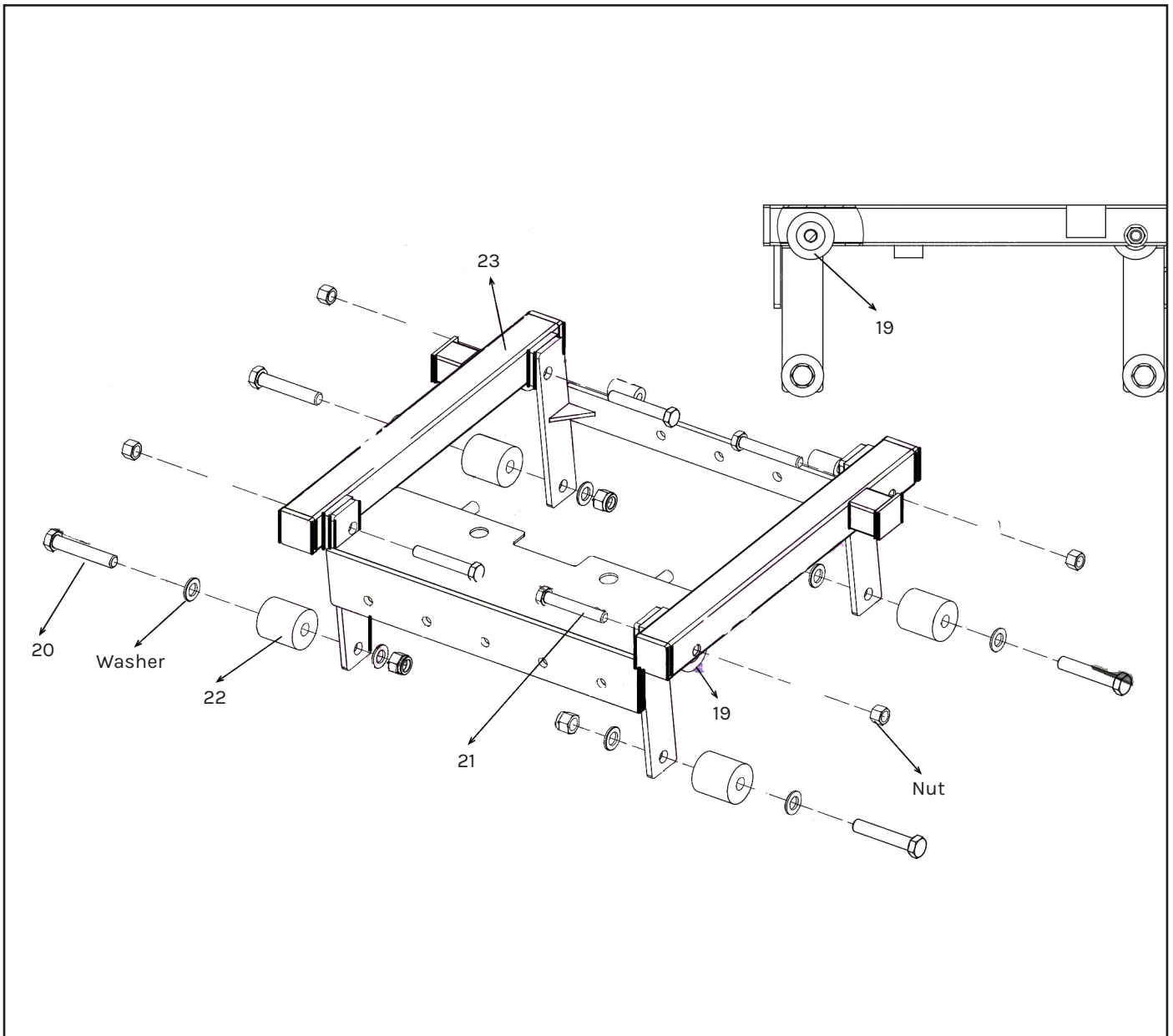
1. Connect the 14 # adjustment pipe #12 foot pedal using to #1 M10-70 bolt. Place #14 into part #13.

STEP 7

1. Connect part #12 to part #9 using #15 M10-100 bolt and tighten.

STEP 8

1. Insert the #18 track into part #7 as shown.
2. Connect #18 track with #17 M10-30 bolts and tighten it up.

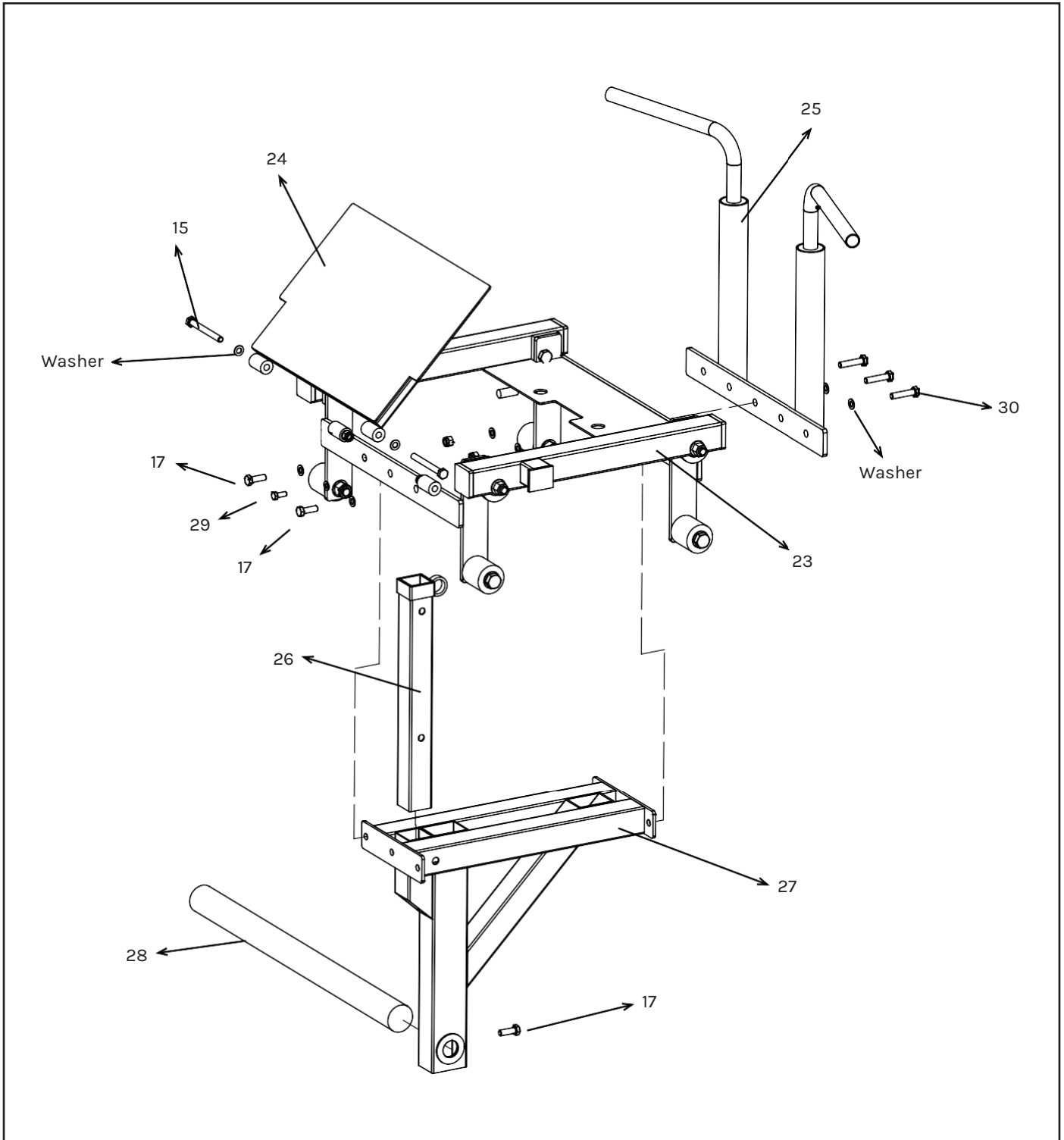


STEP 9

1. Place #19 roller into #23 slide frame and use #21 M14-90 bolt (washer is not needed here) and tighten the nut.

STEP 10

1. Install part #23 slider frame onto the track #18 and adjust the position. Using part #22 nylon wheel and #20 M16-90 bolt, in order as pictured.

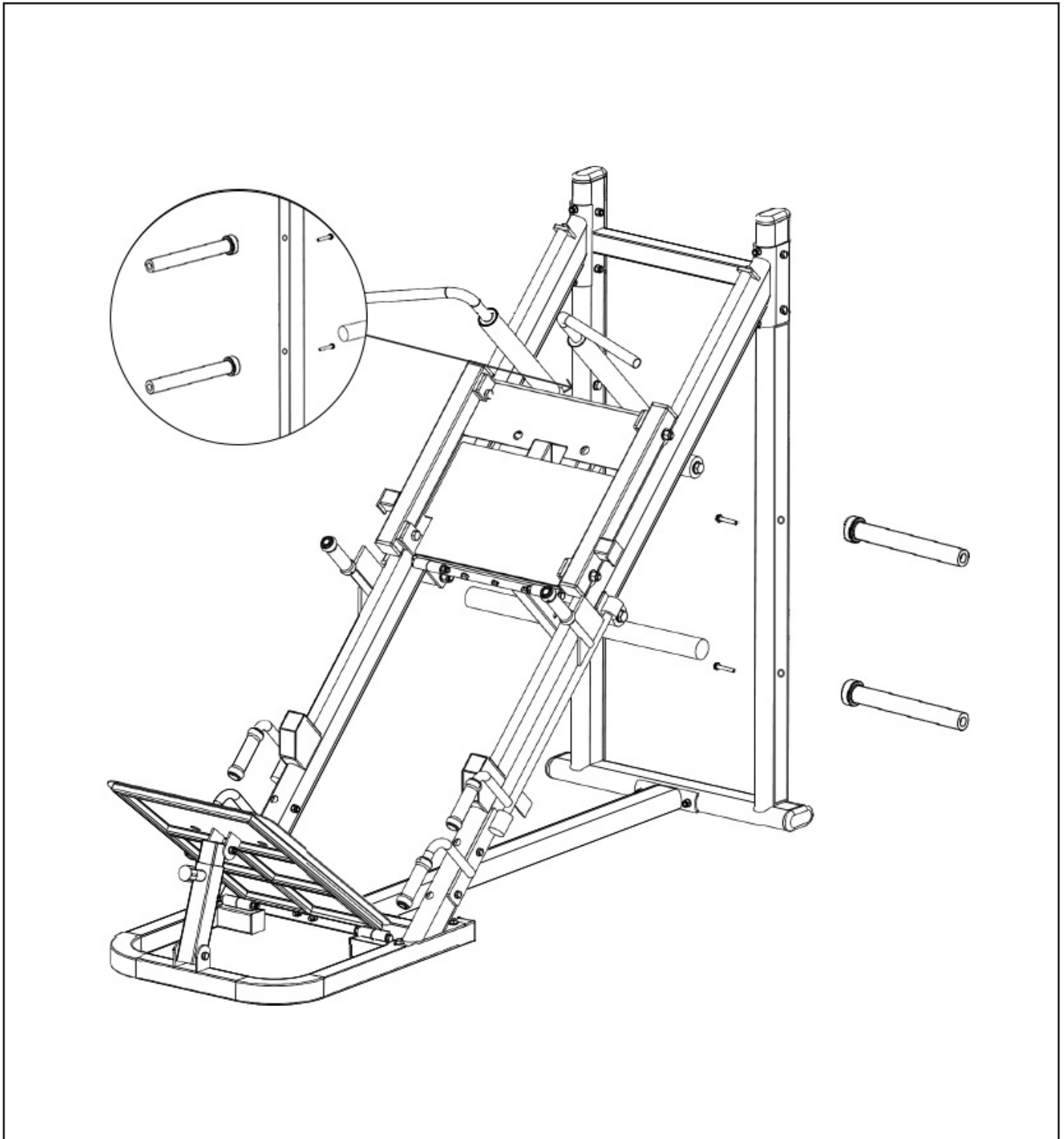


STEP 11

1. Place part #27 support up to the corresponding bolt holes of #23 slider frame and use #17 M10-30 bolts to secure it.
2. Install part #28 bell plate hanging rod onto part #27 using #17 M10-30 bolts.
3. Install part #25 onto part #23 using #30 M10-45 bolts.
4. Part #26 back pedal regulation tube slides into #27 support as pictured and insert with fitting pin.

STEP 12

1. Install #24 board into position on #23 using #15 M10-100 nut, washer and tighten.



STEP 13

1. Install part #31 weight plate holder using part #17 M10-30.

VI. EXERCISE GUIDE

! PLEASE NOTE:

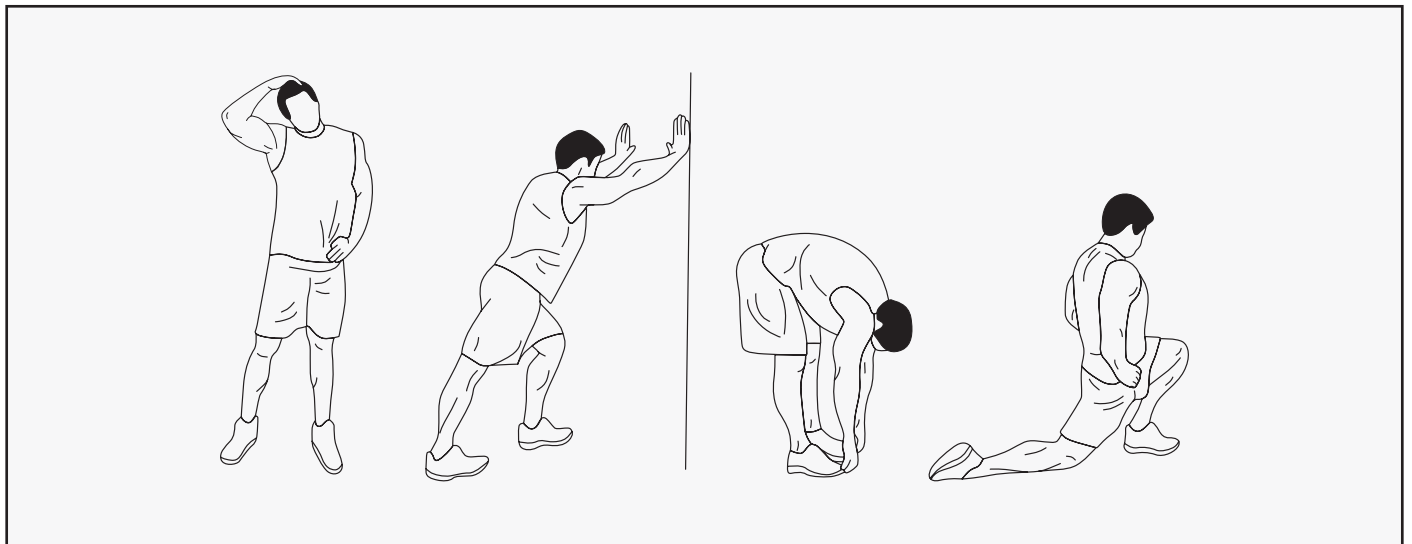
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success 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 wear and tear of your heart.

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



WARM UP

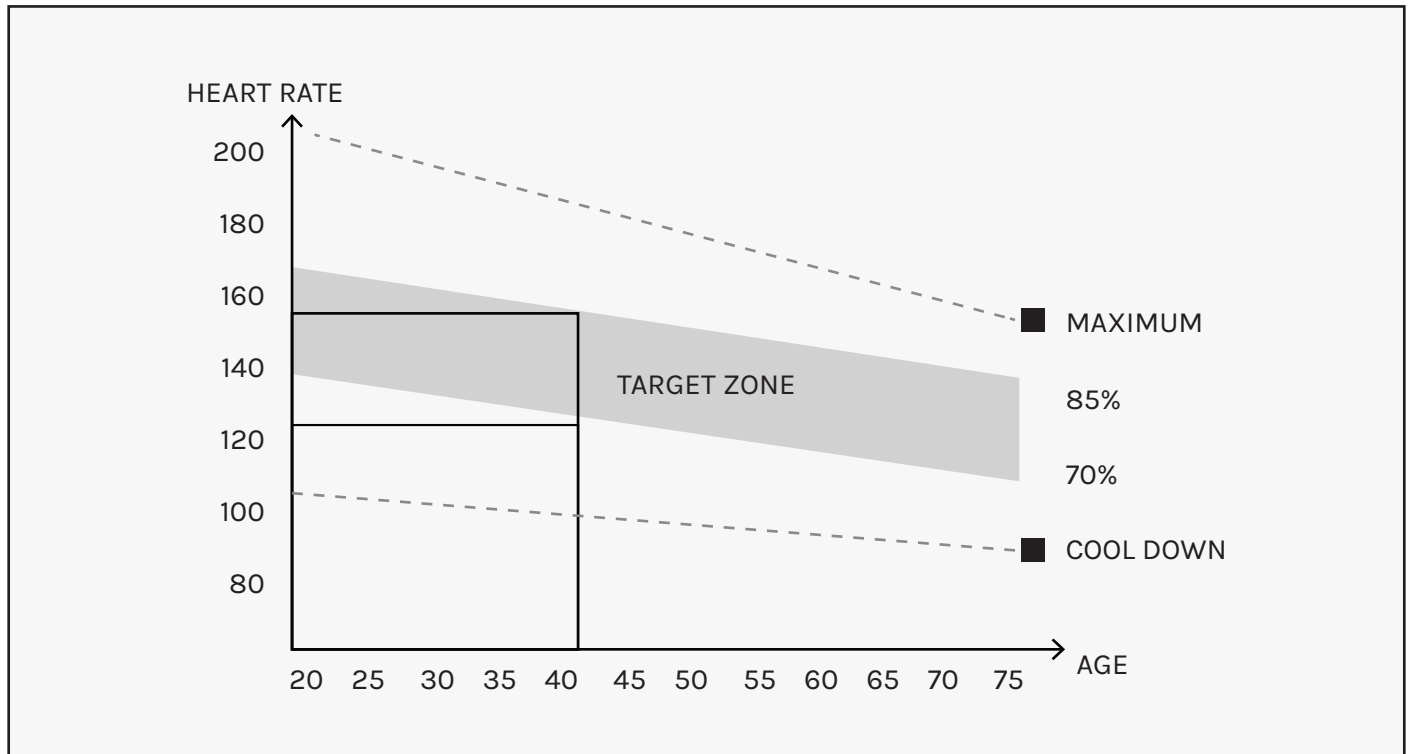
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

VII. MAINTENANCE

MAINTENANCE METHOD:

To extend the service life of the device, the parts must be lubricated on time. The product has been initially lubricated before leaving the factory, but lubrication is required between the guide rod and the weight plate over time.

 **NOTE:** Silicon oil/spray is recommended for lubrication.

1. Pulley and wire ropes should be regularly checked for signs of wear.
2. Check and adjust the tension of the wire rope regularly.
3. Check all moving parts regularly. If there is a damaged part, stop using the device immediately and contact the store.
4. Ensure all bolts and nuts are fully fixed and re-tighten them when it is loose.
5. Check the welding for cracks.
6. Failure to perform routine maintenance may cause personal injury or equipment damage.
7. Ensure any handle attachments are fully secured before use to prevent from injury.

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



CORTEX[®]

WWW.LIFESPANFITNESS.COM.AU