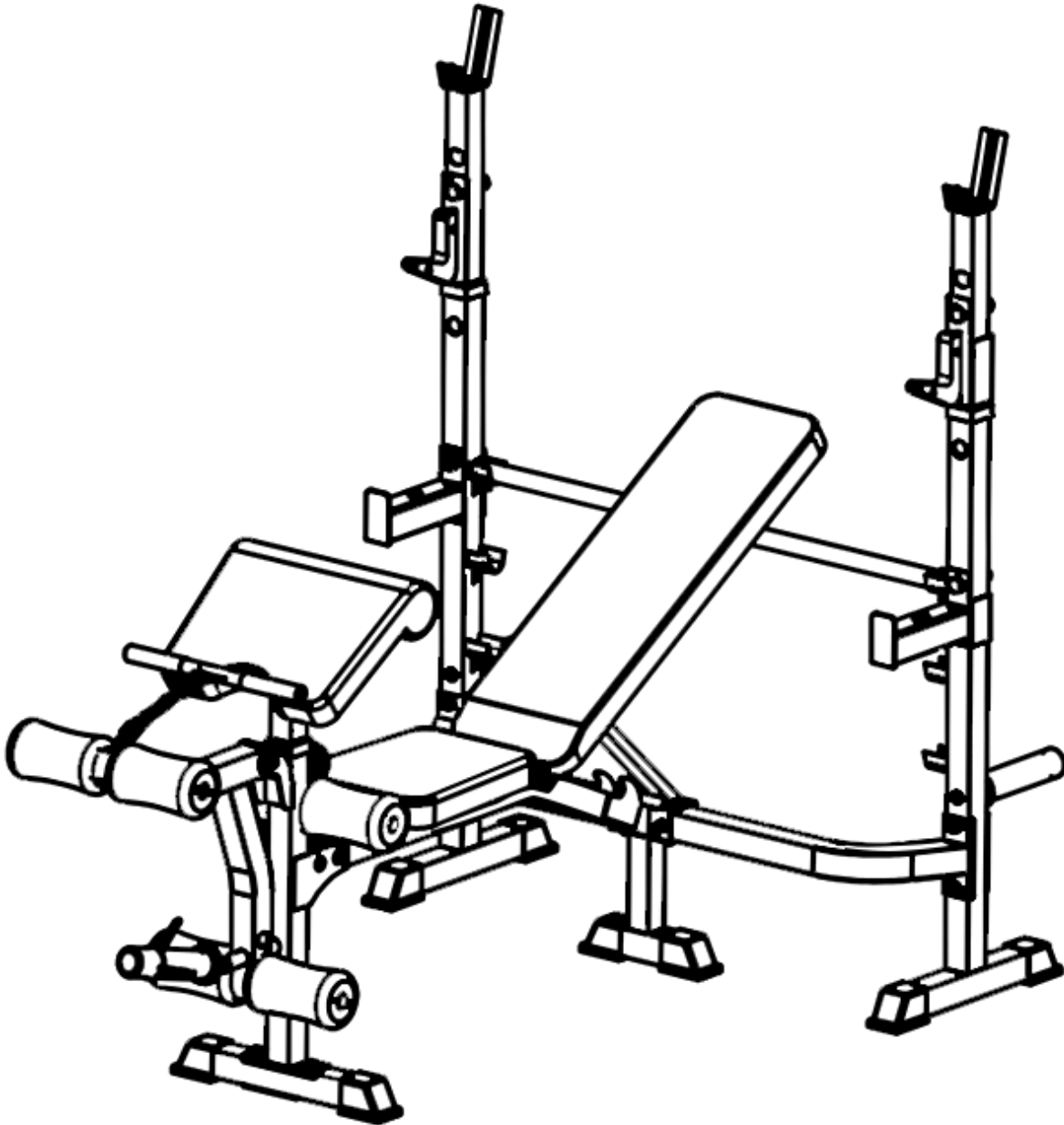


CORTEX[®]

Cortex MF420 All-in-One FID Bench Press and Leg Station

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



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I. IMPORTANT SAFETY INSTRUCTIONS

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

Please always keep this manual with you.

- This equipment is designed for indoor and family use only.
- The equipment is not suitable for therapeutic use.
- 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.

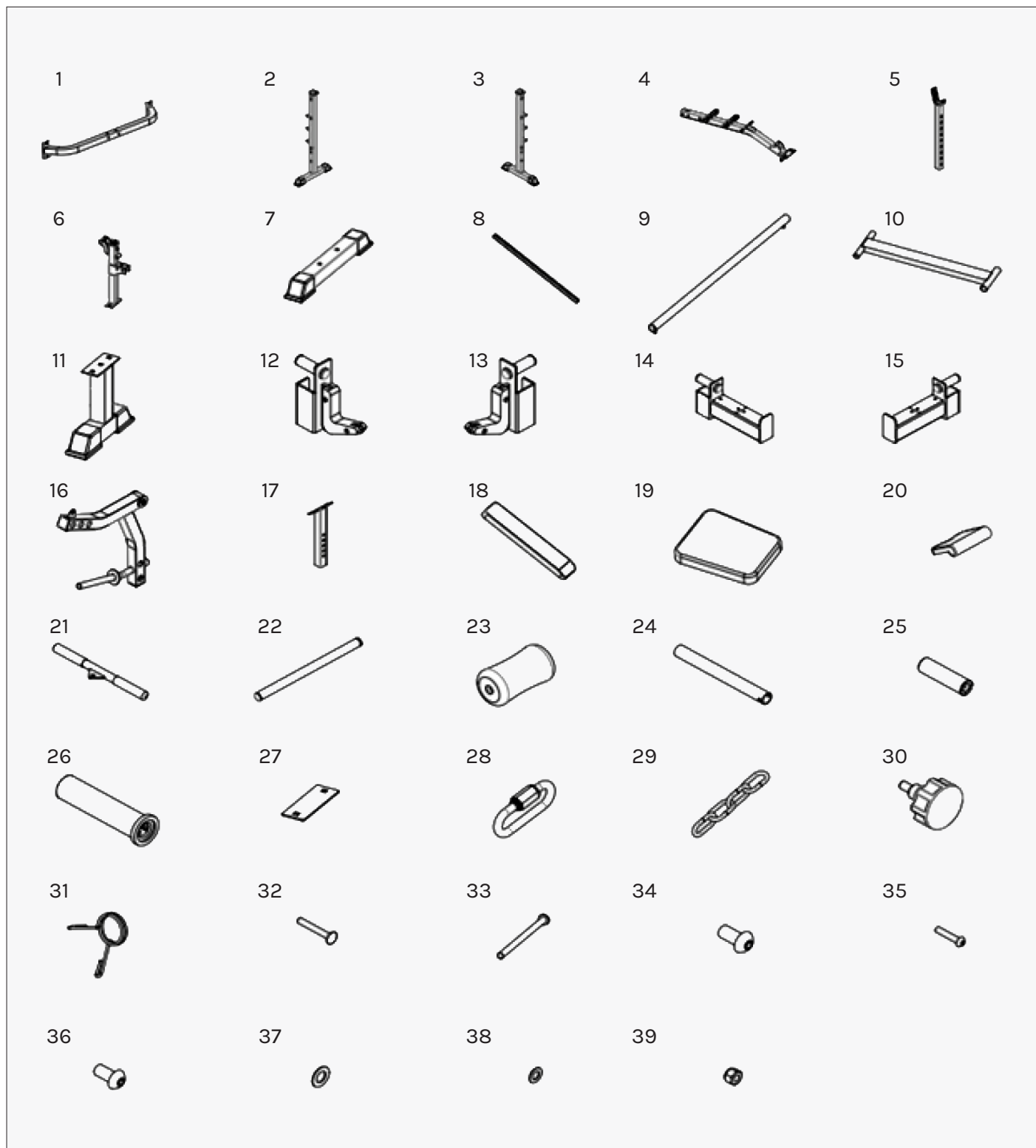
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.

II. CARE INSTRUCTIONS

- Lubricate moving joints with grease after periods of usage.
- Re-tighten any loose bolts.
- 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. PARTS LIST

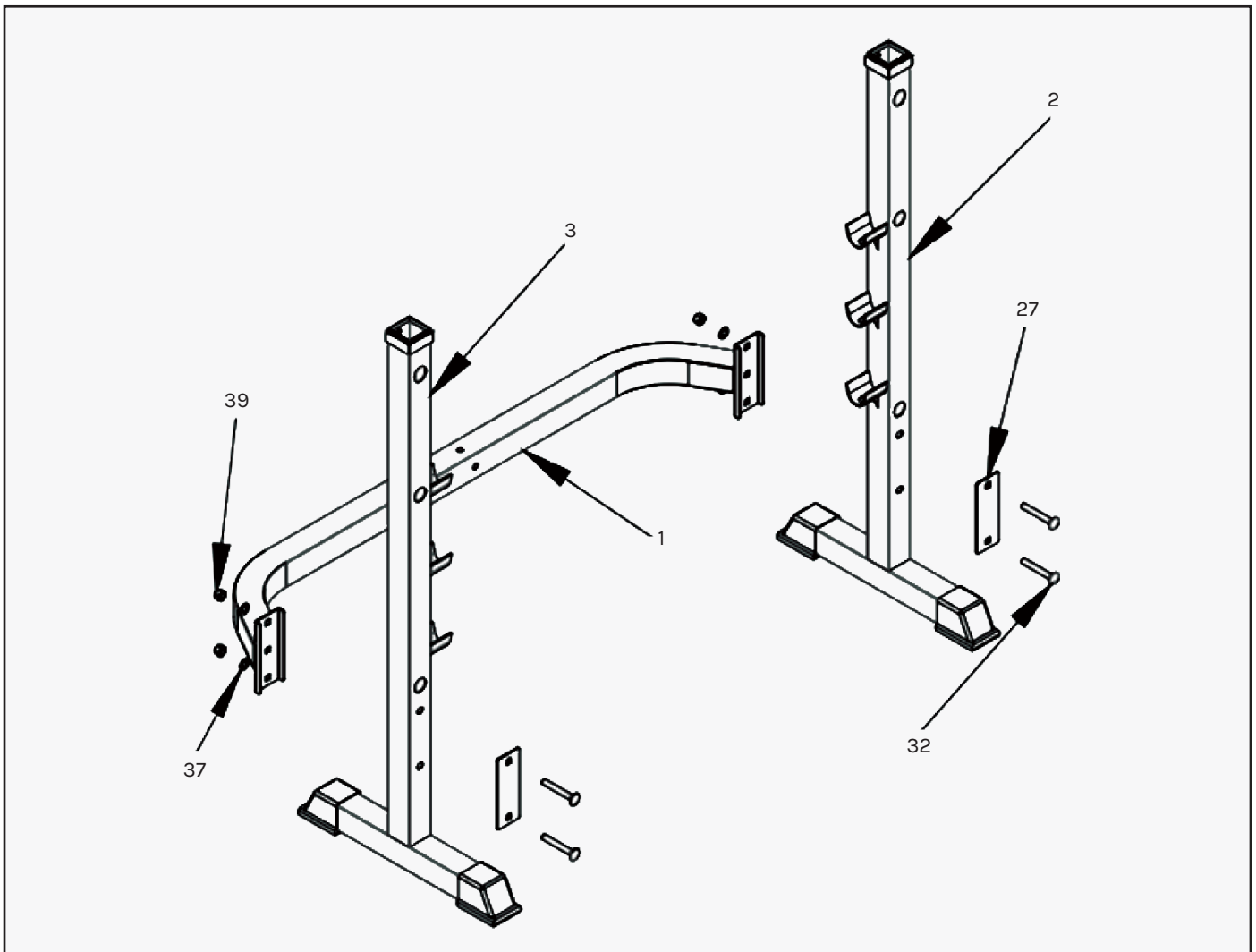
No.	Name	Qty.	No.	Name	Qty.
1	Curved Bottom Frame	1	21	Straight Bar Attachment	1
2	Left Column	1	22	Bubble Cotton Tube	3
3	Right Column	1	23	Foam	6
4	Main Frame	1	24	Sleeve Tube	2
5	Barbell Shelf	2	25	Silk Shaft	1
6	Front Vertical Tube	1	26	Sleeve	3
7	Feet	1	27	110mm Junction Plate	4
8	Backrest Fixed Tube	2	28	C Type Buckle	2
9	Back Pad Support Tube	1	29	7 Section Chain	1
10	Rear Support	1	30	M18 Pull Pin	1
11	Rear Feet	1	31	Ø50 Spring Collars	3
12	Left V Hook	1	32	Wagon Bolt M10*70	13
13	Right V Hook	1	33	Pan Bolt M10*190	1
14	Left Protective Frame	1	34	Pan Bolt M10*20	4
15	Right Protection Frame	1	35	Bolt M8*40	8
16	Front Swing Frame	1	36	Bolt M8*20	2
17	Elbow Support Tube	1	37	Ø10 Flat Gasket	17
18	Back Cushion	1	38	Ø8 Flat Gasket	10
19	Seat Cushion	1	39	M10 Lock Nut	13
20	Elbow Cushion	1			



IV. ASSEMBLY INSTRUCTIONS

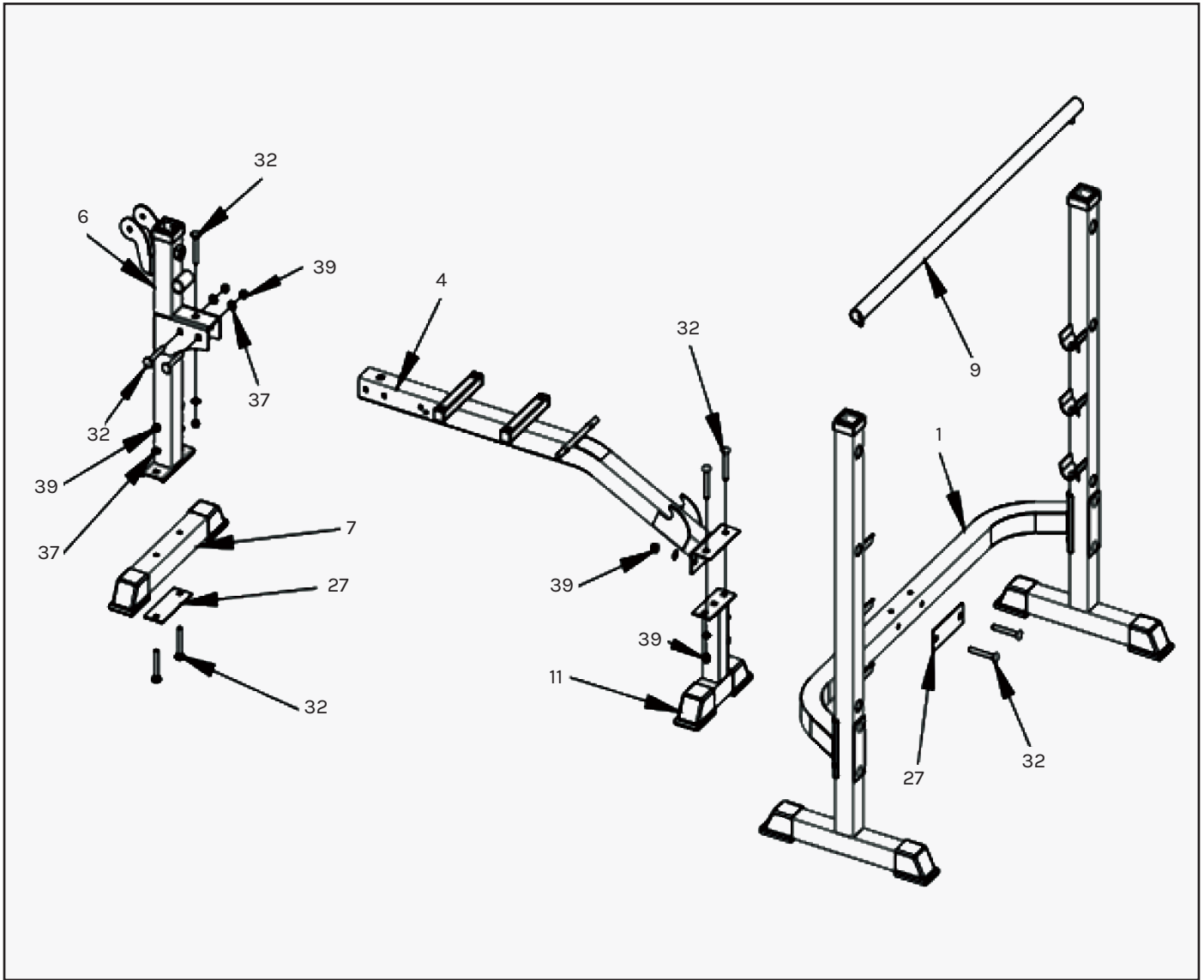
IMPORTANT:

1. The gasket shall be placed at both ends of the bolt (against bolt head and nut), unless indicated otherwise.
2. Preliminary assembly is to tighten all bolts and nuts by hand and tighten with wrench for complete assembly.
3. Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.
4. You may require a second person to assist with assembly.



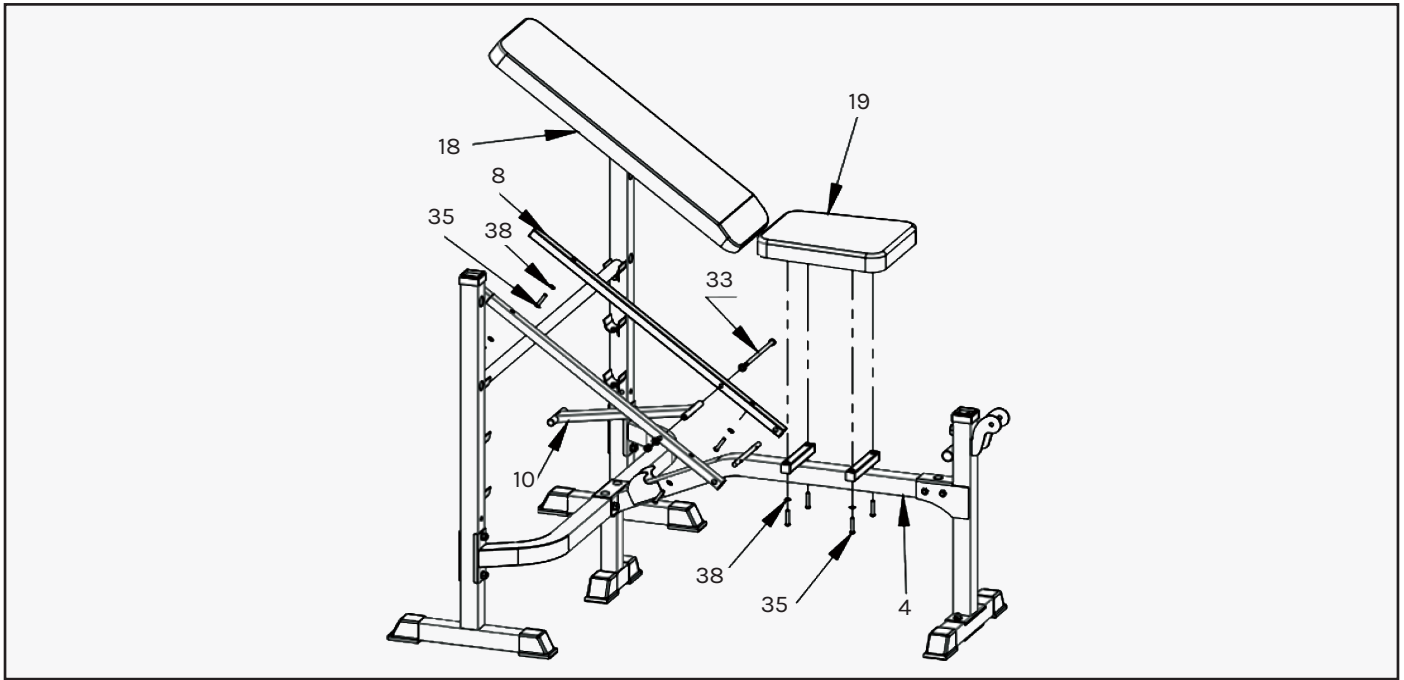
STEP 1

1. Place the (1 #) Curved bottom frame on the side of the (2 # and 3 #) Left & Right column, secure with:
 - 2x (27 #) Connection plate
 - 4x (37 #) $\Phi 10$ Flat gasket
 - 4x (32 #) Wagon bolt M10*70
 - 4x (39 #) M10 Lock nut



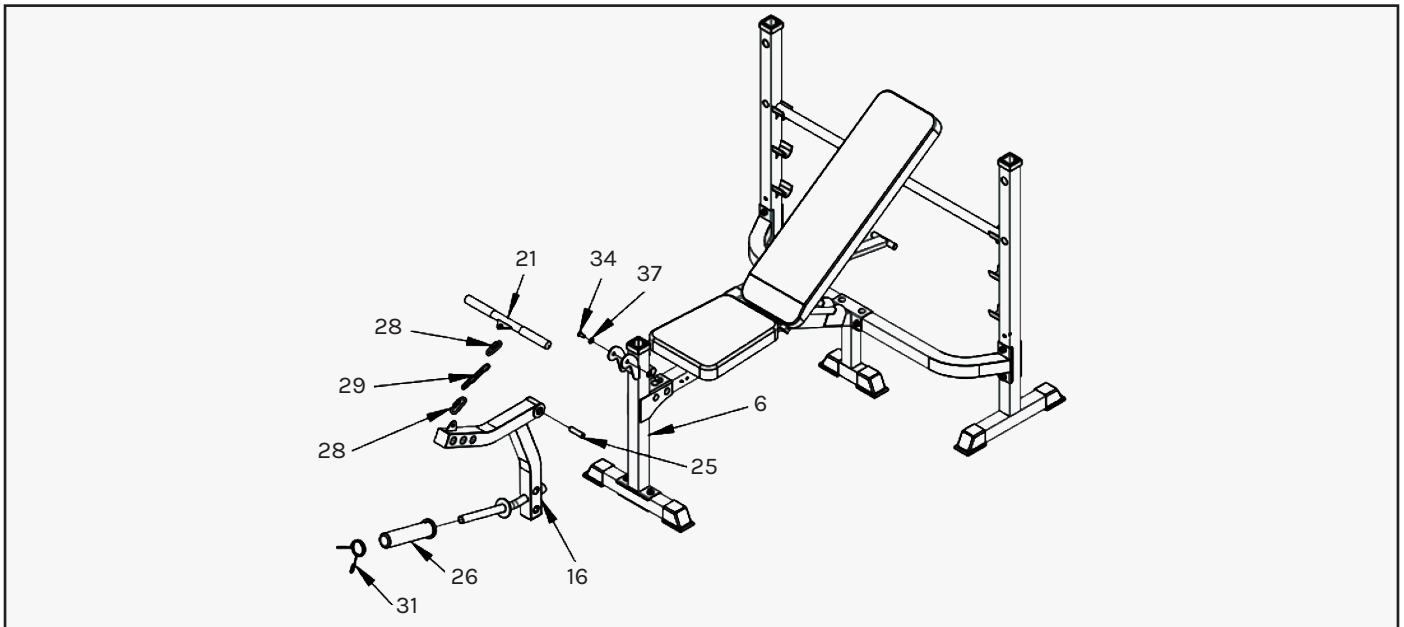
STEP 2

1. Place (27 #) below (7 #) Feet and then connect (6 #) Front vertical tube to (7 #), then secure with:
 - 2x (32 #) Wagon bolt M10*70
 - 2x (39 #) M10 lock nut
 - 2x (37 #) Φ 10 Flat gasket
2. Connect (4 #) Main frame to (6 #) Front vertical tube using:
 - 3x (32 #) Wagon bolt M10*70
 - 3x (39 #) M10 lock nut
 - 3x (37 #) Φ 10 Flat gasket
3. Place (27 #) on side of (1 #) Curved bottom frame and connect to (4 #) Main frame using:
 - 2x (32 #) Wagon bolt M10*70
 - 2x (39 #) M10 lock nut
 - 2x (37 #) Φ 10 Flat gasket
4. Place the (11 #) Rear feet under (1 #) and secure with:
 - 2x (32 #) Wagon bolt M10*70
 - 2x (39 #) M10 lock nut
 - 2x (37 #) Φ 10 Flat gasket
5. Insert (9 #) tube into (2 #) and (3 #).



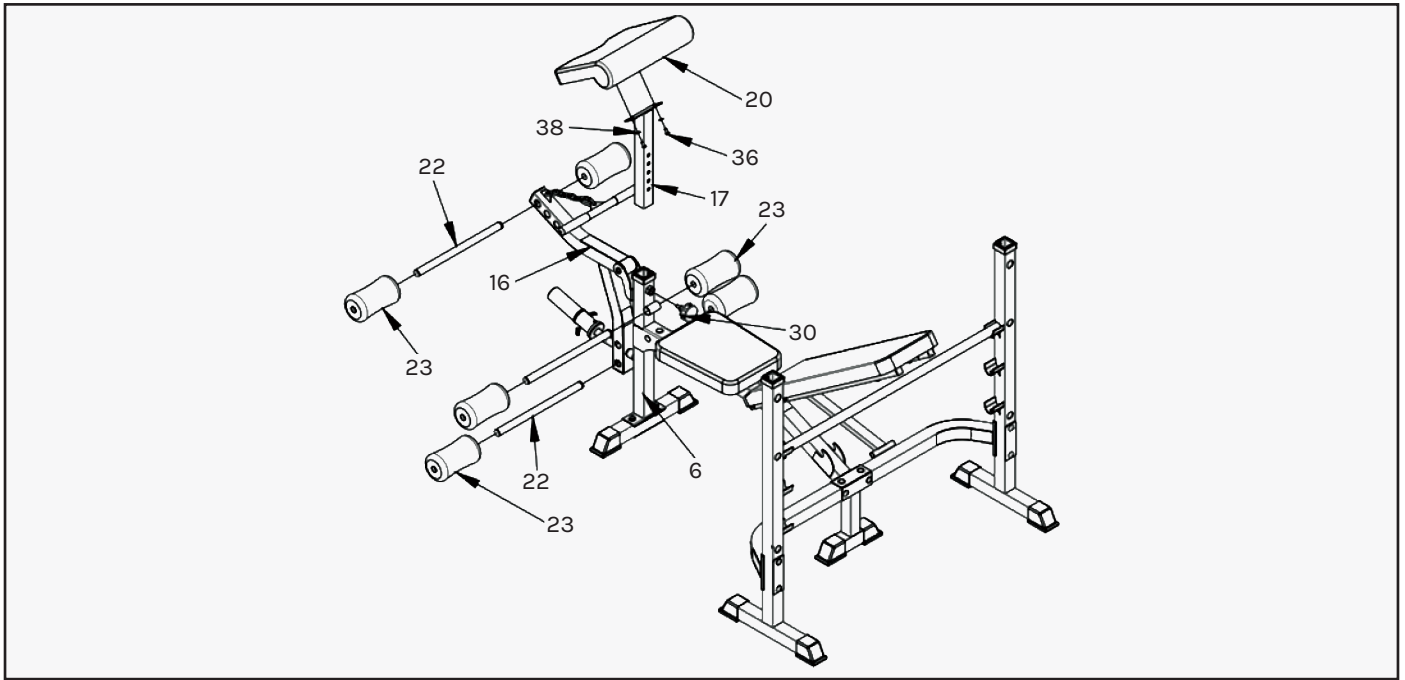
STEP 3

1. Place (8 #) Backrest fixed tube into (4 #) as shown, then connect (10 #) Rear support to (8 #) and secure with 1x (33 #) Pan bolt M10*190, 1x (37 #) Φ10 Flat gasket and (39 #) M10 lock nut.
2. Connect (18 #) Back cushion to (8 #) and secure with 4x (35 #) Bolt M8*40 and (38 #) Φ8 Flat gasket.
3. Connect (19 #) Seat cushion to (4 #) and secure with 4x (35 #) Bolt M8*40 and (38 #) Φ8 Flat gasket.



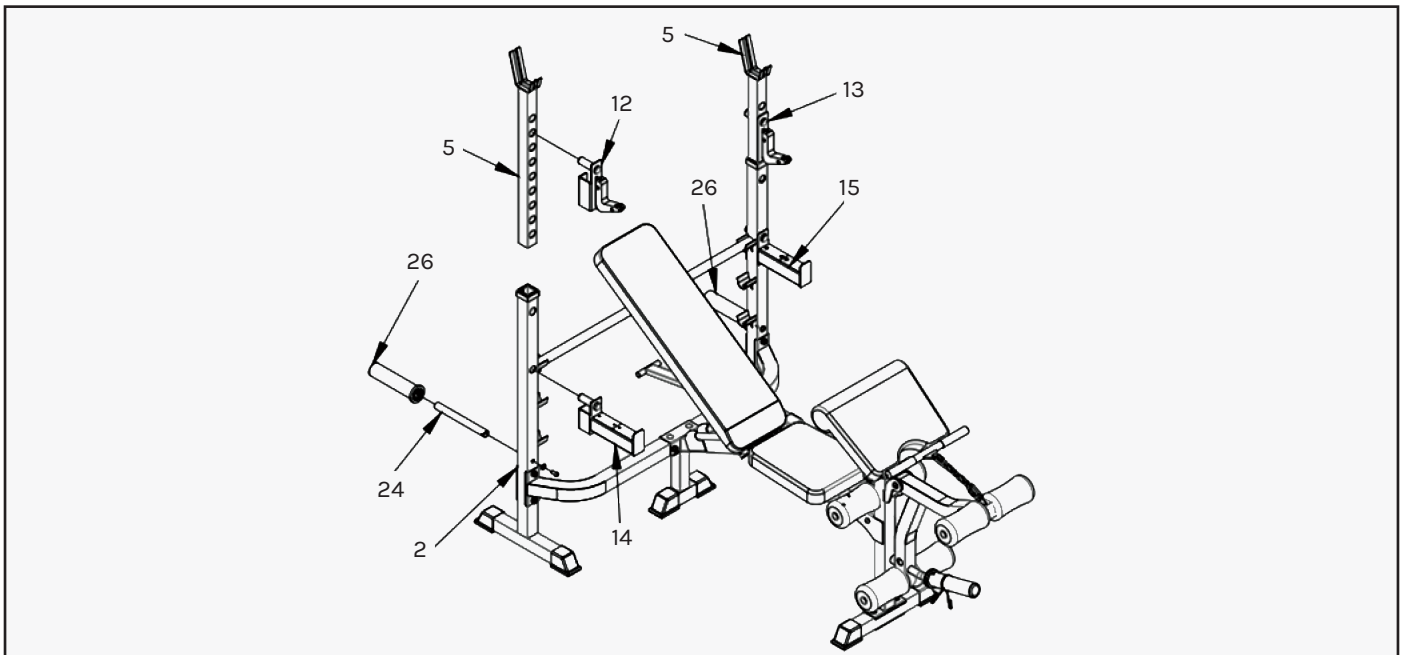
STEP 4

1. Place (25 #) Silk shaft through (16 #) Front swing frame, then connect (16 #) to (6 #) and secure with 1x (34 #) Pan bolt M10*20 and (37 #) Φ10 Flat gasket.
2. Connect 2x (28 #) C buckle, to (29 #) Chain on each end and (21 #) straight bar attachment to one end of (28 #). The other end of (28 #) attaches to (16 #) frame. Ensure the C buckle is fully locked when using.
3. Place (26 #) Sleeve into (16 #) as picture and secure in the Allen key hole. Spring collar (31 #) goes onto (26 #) after loading with weight plates.



STEP 5

1. Connect (20 #) Elbow pad to (17 #) Elbow pad tube as shown and secure with 2x (36 #) Bolt M8*20 and 2x (38 #) Ø8 Flat gasket.
2. Insert (17 #) into (6 #) and secure with (30 #) Pin.
3. Pass 1x (22 #) Foam tube into (6 #) and insert 2x (23 #) Foam. Pass 2x (22 #) Foam tube into (16 #) and insert 4x (23 #) Foams.



STEP 6

1. Insert (5 #) Barbell shelf into tube (2 #) and (3 #), then insert (14 #) and (15 #) through both tubes to preferred height. Insert (12 #) and (13 #) into (5 #) to preferred height.
2. Secure (24 #) sleeves into (2 #) and (3 #) and insert (26 #) sleeves onto (24 #).

! Tighten all the bolts and nuts with a wrench.

V. EXERCISE GUIDE

! PLEASE NOTE:

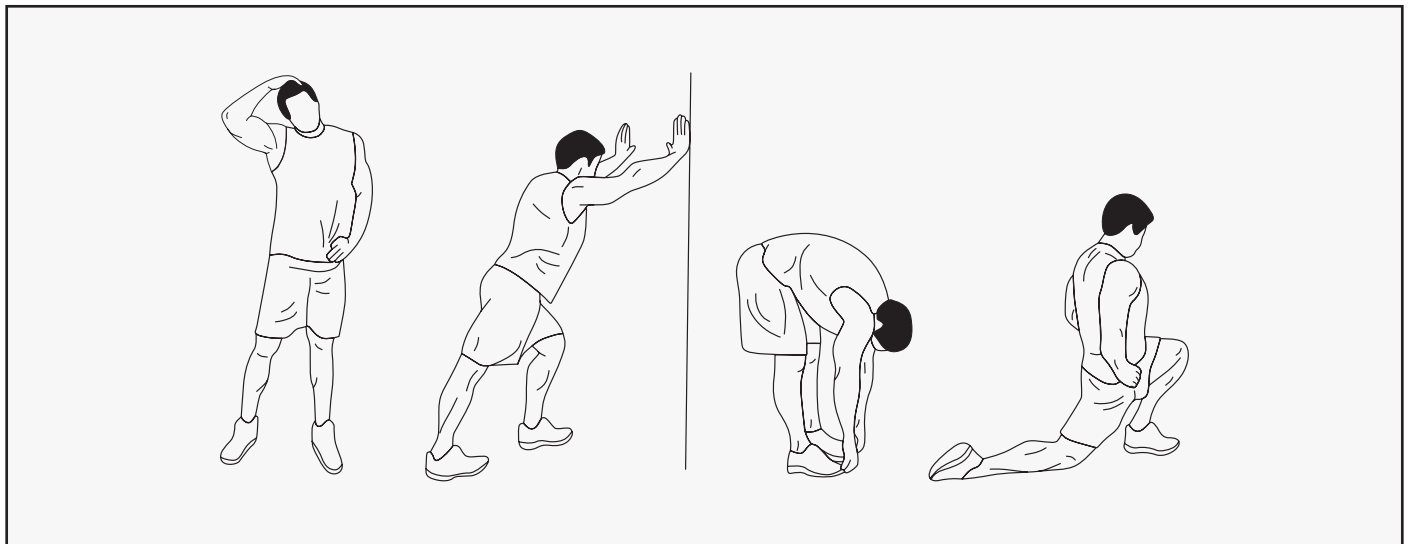
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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.

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

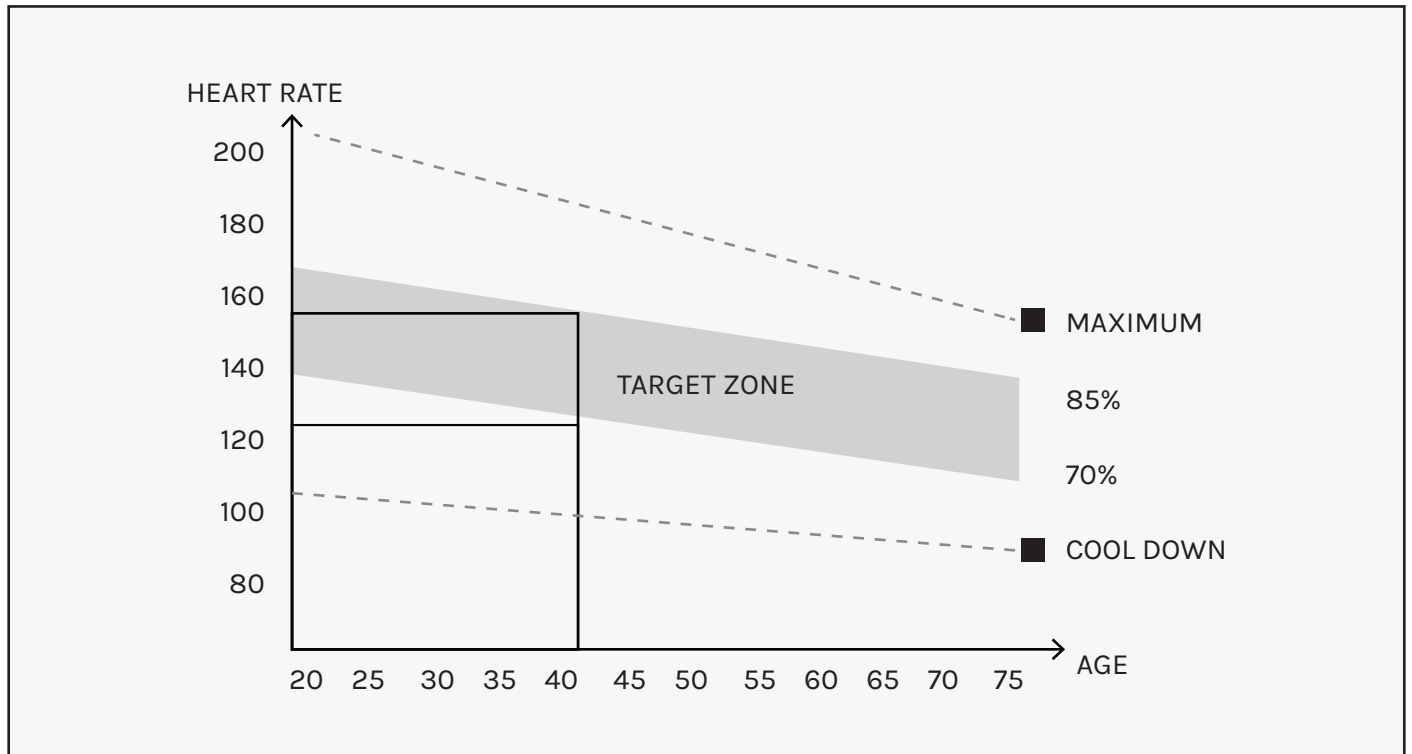
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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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