

CORTEX[®]

PR-3 POWER RACK

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	04
II. Care Instructions	05
III. Parts List	06
IV. Assembly Instructions	09
V. Warranty	15

I. IMPORTANT SAFETY INSTRUCTIONS

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

- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

II. CARE INSTRUCTIONS

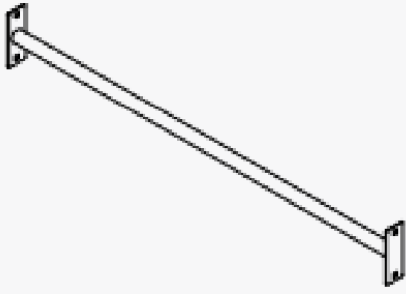
IMPORTANT

- Where necessary, lubricate any 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.
- 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.

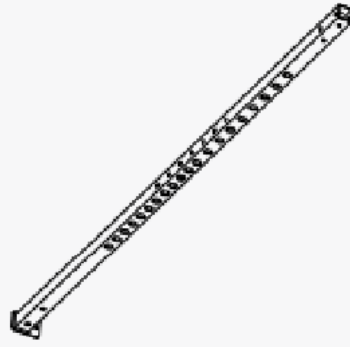
III. PARTS LIST

Part No.	Name	Qty
1	Connect the round pipe-32-welding	1
2	Column A welding	2
3	Connecting Square Pipe-lower Welding	2
4	Connection square Pipe-Upper Welding B	1
5	Connection square Pipe-Upper Welding A	1
6	Column B Welding	2
7	Ball Pin	1
8	End Caps	4
9	110 Fixed Plate	6
10	Carriage bolt M10x70-20	32
11	Flat Gasket 10	32
12	M10 jam nut	32
13	Double Bar Pipe Welding	1
14	Barbell Holder	2
15	32 Tube set	2
16	Resistance Band Pipe	4
17	Barbell Safety Bar	2
18	25 Round Tube Ball Head Plug	8
19	25 Round Tube Plug	6
20	Split 32 for Connecting Tube	1
21	Split 42 for Connecting Tube	1
22	Bottom Connection Pipe	1

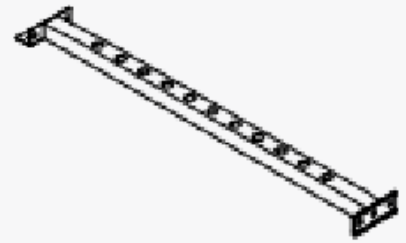
1



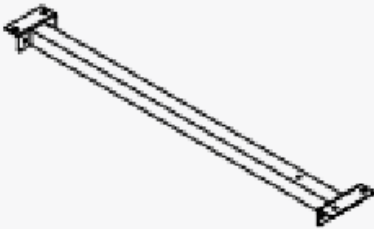
2



3



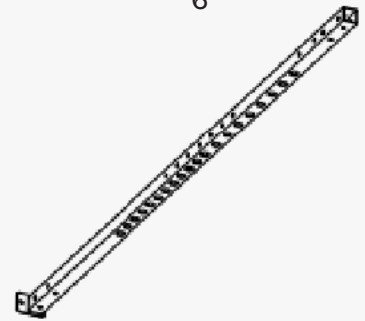
4



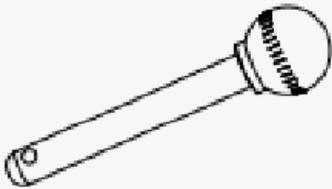
5



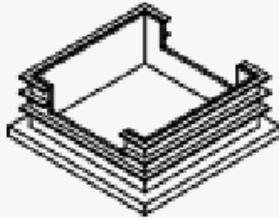
6



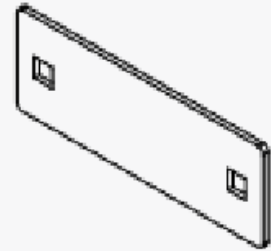
7



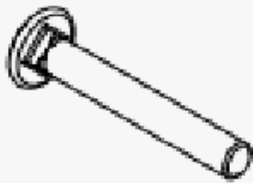
8



9



10



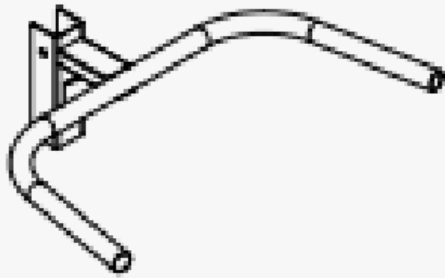
11



12



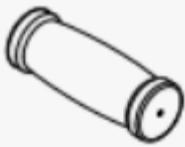
13



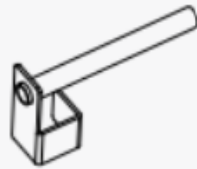
14



15



16



17



18



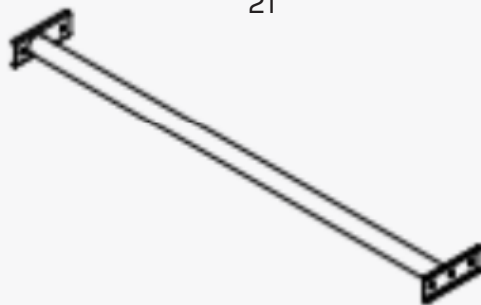
19



20



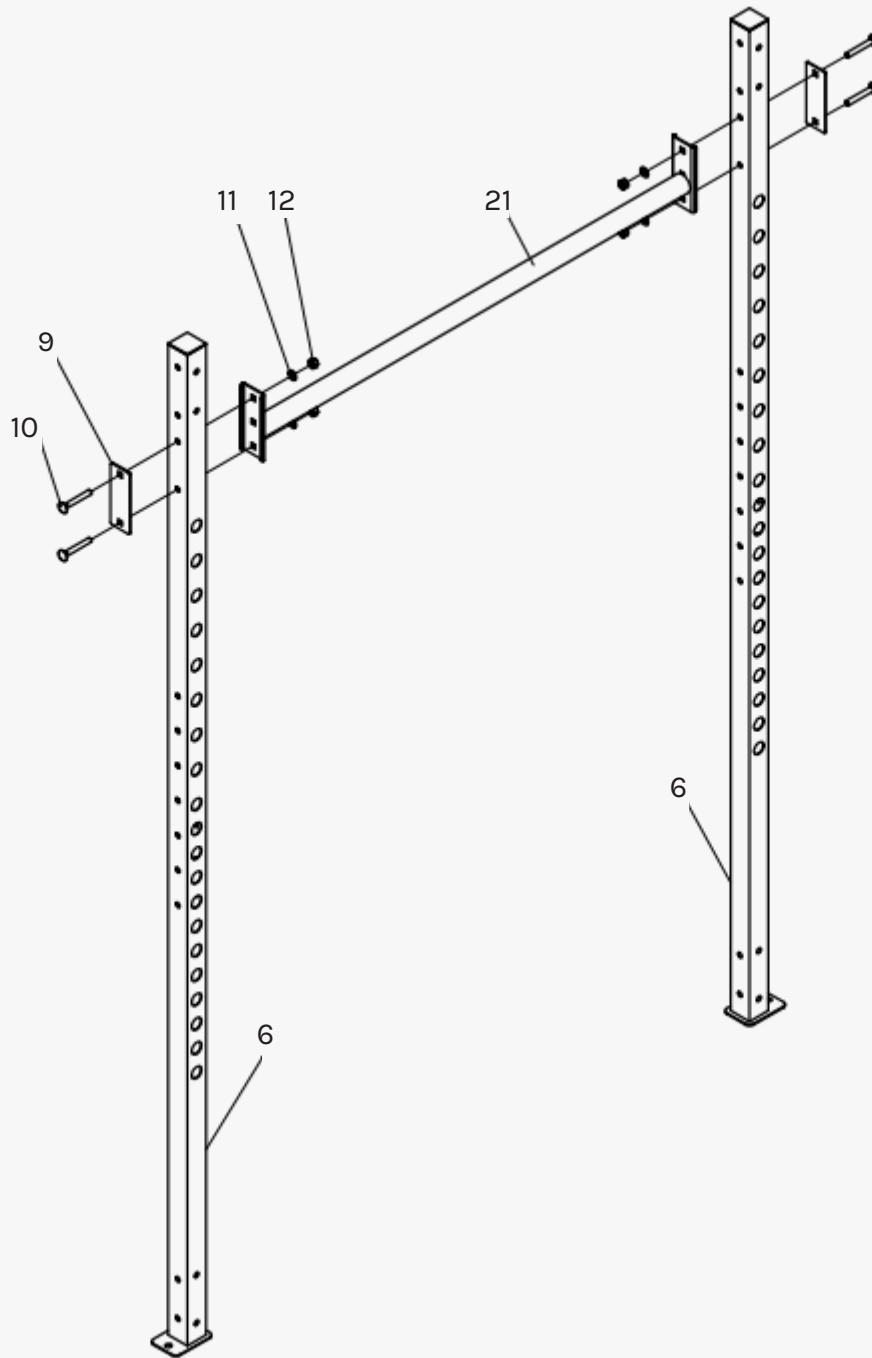
21



22

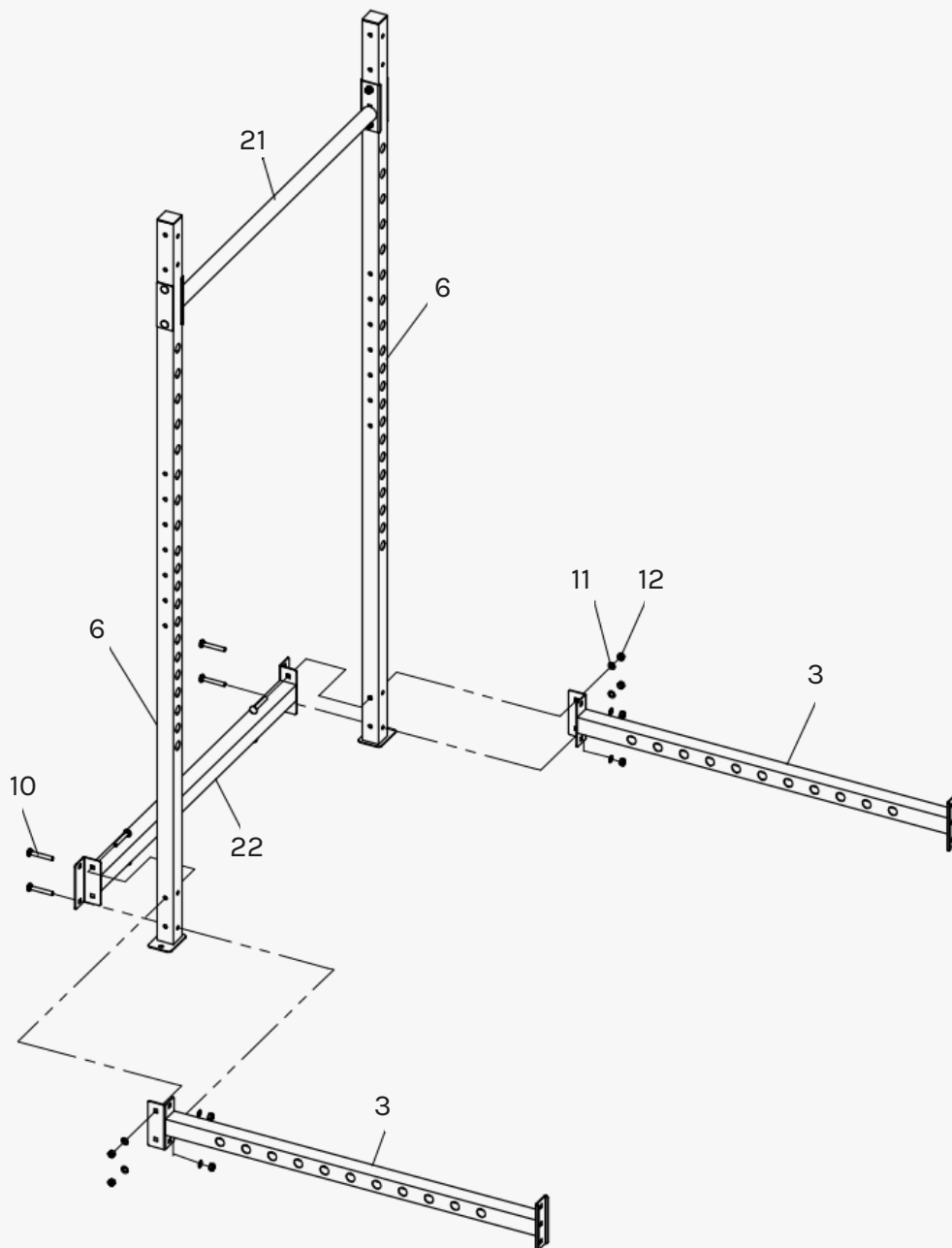


IV. ASSEMBLY INSTRUCTIONS



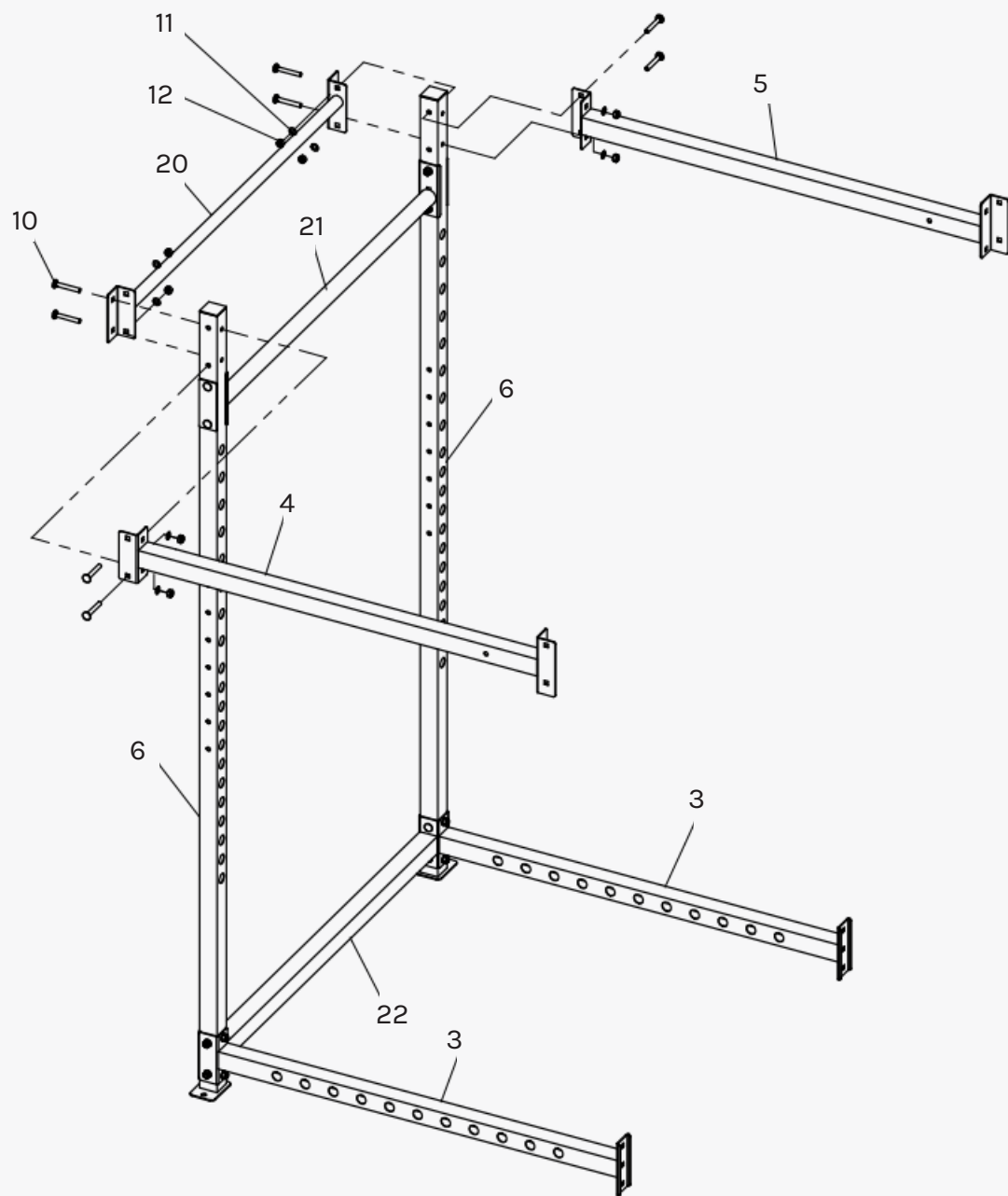
STEP 1

1. Connect the Split 42 connection pipe (21#) and 2x Column B (6#) using, 2x 110 fixed plate (9#), 4x Carriage bolts (10#), 4x Flat spacers (11#), and 4x M10 Nuts (12#).



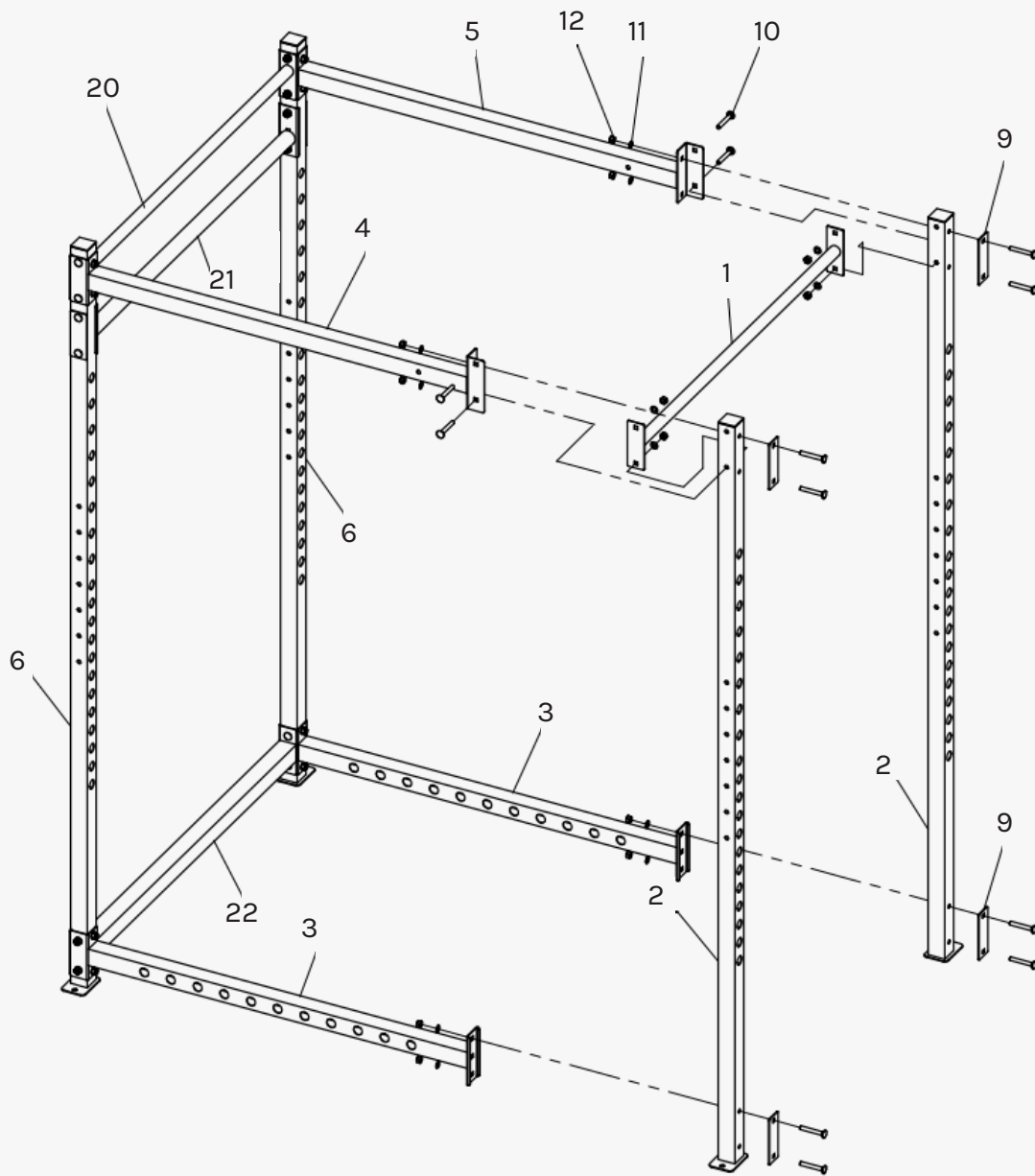
STEP 2

1. Connect 2x Connecting square pipe under (3#) to 2x Column B (6 #) and Bottom connecting pipe (22 #) with 8x Carriage bolts (10#), 8x Flat spacers (11#), and 8x M10 Nuts (12#).



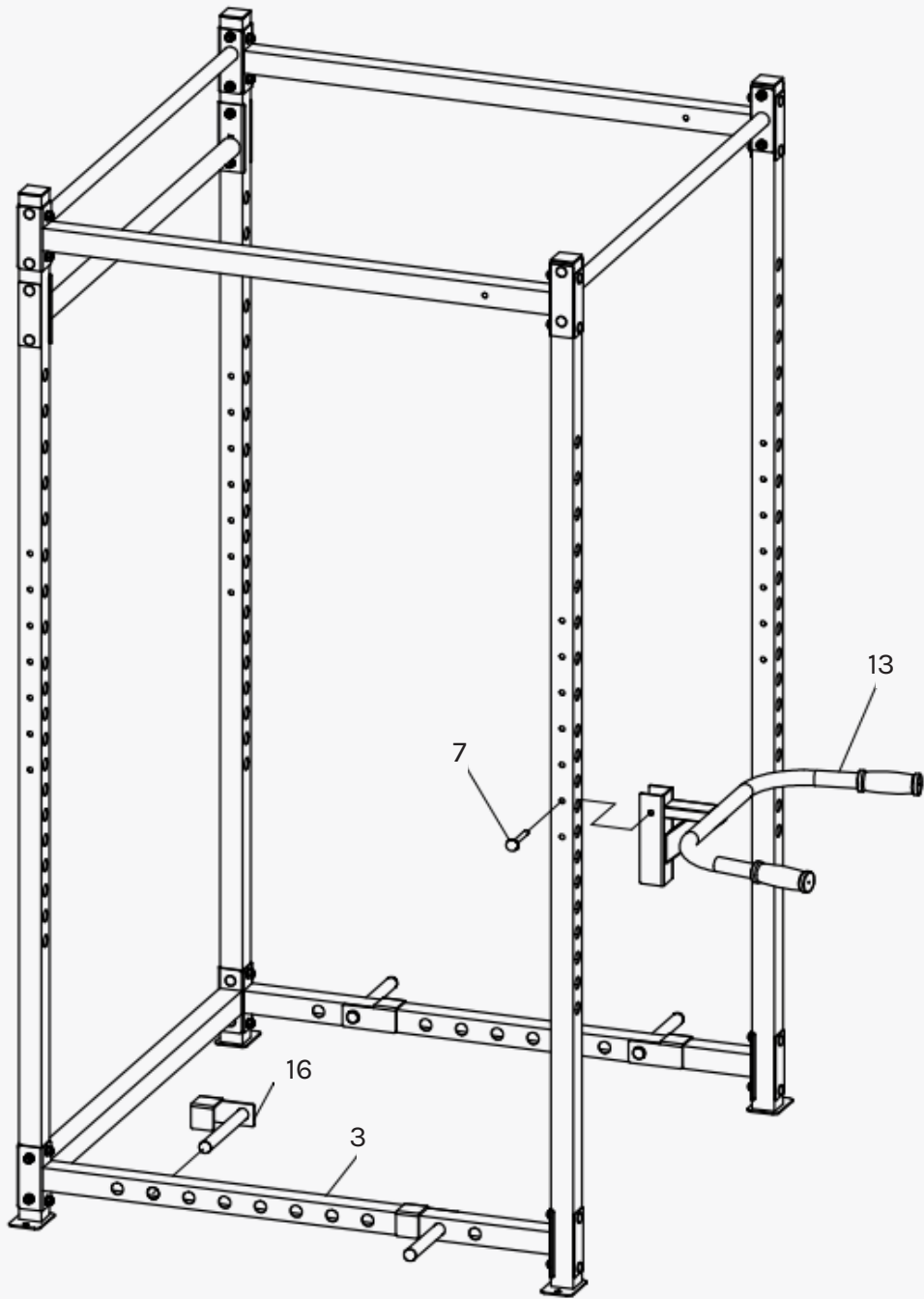
STEP 3

1. Connect Split 32 for connecting tube (20#), Connection square pipe-upper welding B (4#) and Connection square pipe-upper welding A (5#) onto part Column B (6#) using: 8x Carriage bolts M10x70-20, 8x Flat spacers (11#) and 8x M10 Nuts.



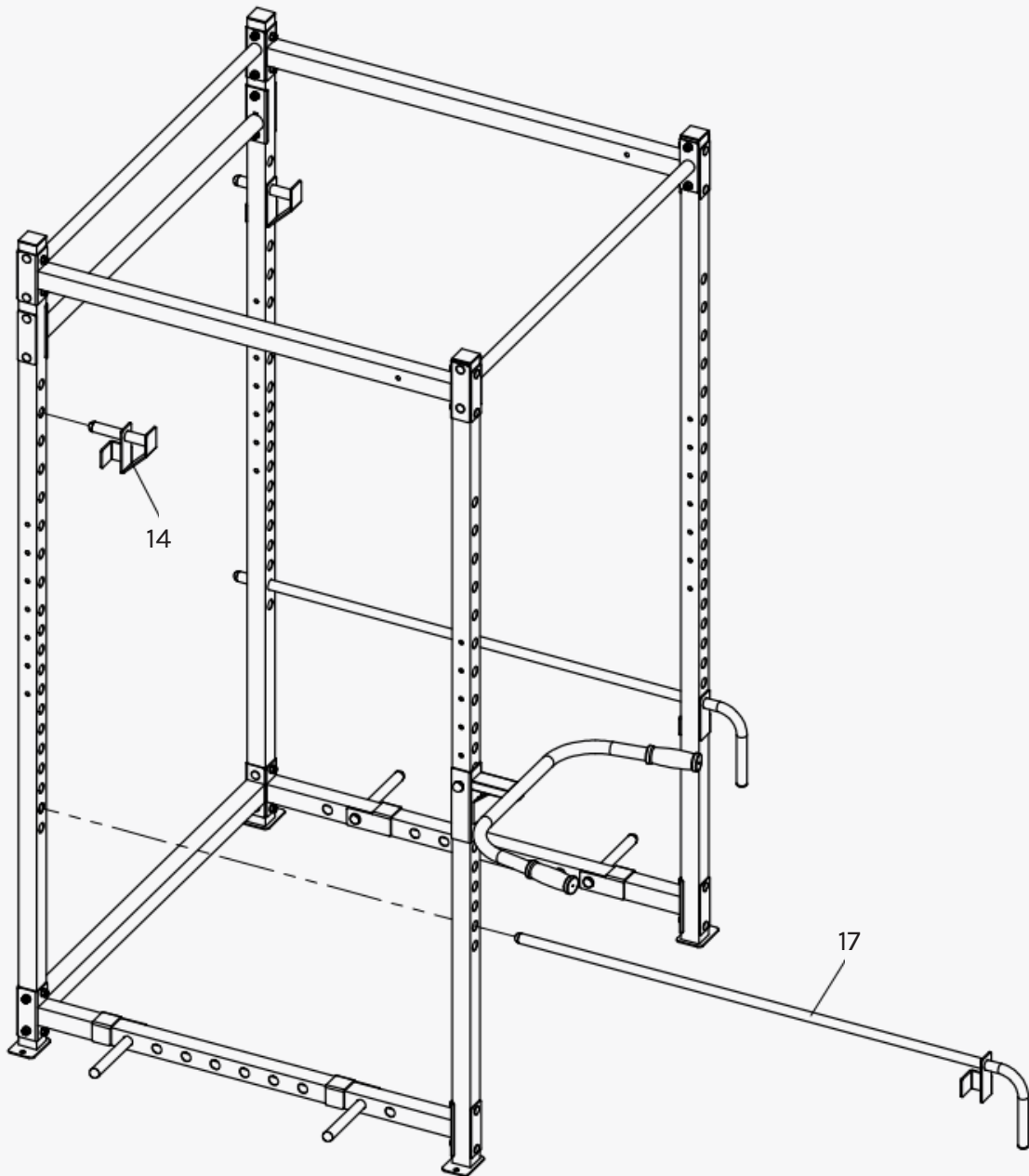
STEP 4

1. Connect Column A (2#) onto part (4#) and (3#) using 8x Carriage bolts M10x70-20 (10#), 4x 110 fixed plate, 8x flat spacers (11#) and 8x M10 Nuts.
2. Connect the Round pipe 32 welding (1#) onto part (2#) using 4x Carriage bolts M10x70-20 (10#), 4x flat spacers (11#) and 4x M10 Nuts.



STEP 5

1. Attach the Dip bar attachment (13#) to the column pipe with the Ball pin (7#).
2. Attach the 4x Resistance band rods (16#) onto Connecting square pipe-lower welding (3#), as pictured.



STEP 6

1. Slot in the barbell holder and barbell safety bar to your desired height, as pictured.

V. 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