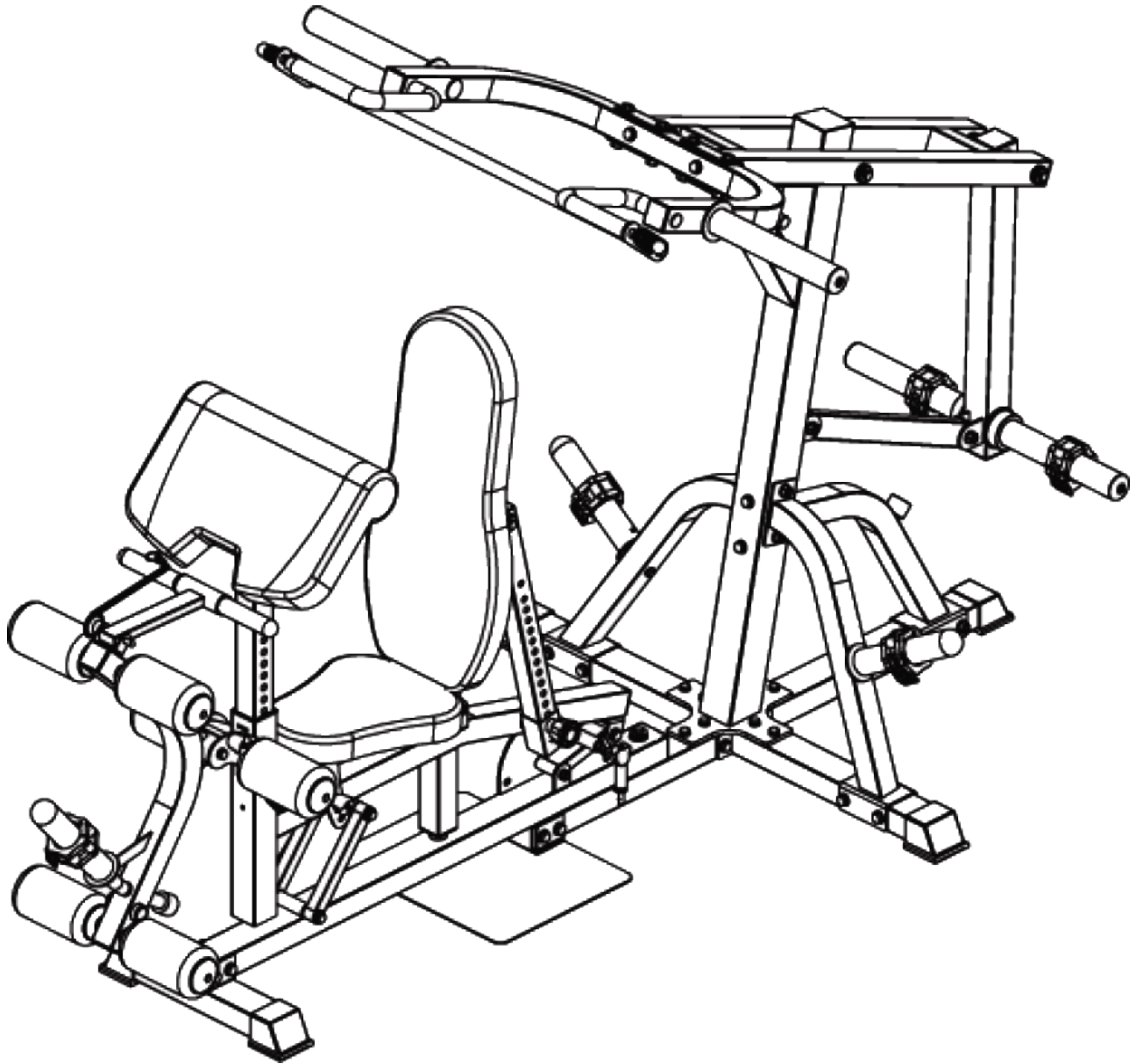


CORTEX[®]

GSL1 LEVER MULTI 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 keep this manual with you at all times

- 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

- 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.
- 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

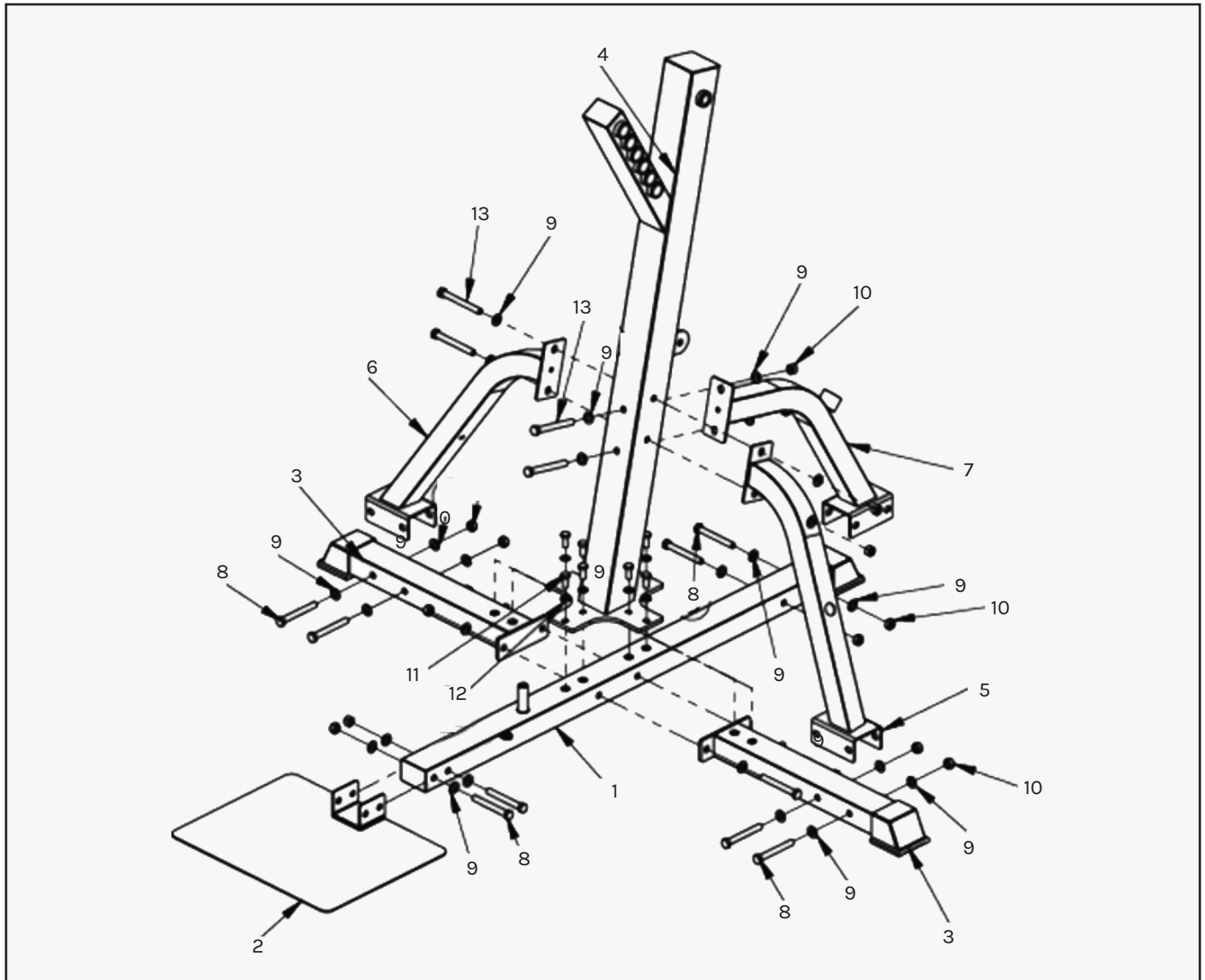
Key No.	Description		Qty.
1	Under Main Frame		1
2	Feet Pad		1
3	Side Ground Tube		2
4	Stand Tube		1
5	Right Side Support Tube		1
6	Left Side Support Tube		1
7	Back Support Tube		1
8	Hexagon Bolt	M12x95	10
9	Washer	Φ12	28
10	Lock Nut	M12	14
11	Hexagon Bolt	M10x25	8
12	Washer	Φ10	8
13	Hexagon Bolt	M12x105	4
14	Side Support Tube		2
15	Ground Tube		1
16	Short Ground Tube		1
17	Back Slope Support Tube		1
18	Bend Frame		1
19	Flat Head Bolt		1
20	Rotation Axle	Φ12x92	1
21	Hexagon Bolt	M12x80	1
22	Lock Nut	M10	2
23	Big Washer	Φ10xΦ25	4
24	Big Washer	Φ10xΦ30	1
25	Inside Adjustable Tube		1
26	Back Cushion Adjust Rotation Part		1

Key No.	Description		Qty.
27	Leg Lift Bending Tube		1
28	Pull Bar		1
29	Magnetic Pin		1
30	Chest Pad Adjust Tube		1
31	Chest Pad		1
32	Washer	Φ8	6
33	Seat Cushion		1
34	Hexagon Bolt	M8x55	4
35	Hexagon Bolt	M8x25	2
36	New Back Cushion		1
37	Back Cushion Tube		1
38	Sponge rod-new		3
39	Seat Cushion Support frame		1
40	Shoulder Press Double Connecting		1
41	Back Barbell Hanging Tube		1
42	High Pull Connecting Tube		1
43	Shoulder Press Bending Tube		1
44	Push Shoulder Part		1
45	Barbell Bar Plate Inner Rod		2
46	L Shape Safely Hook		1
47	Hexagon Bolt	M12x75	4
48	Hexagon Bolt	M12x70	2
49	Hexagon Bolt	M12x55	2

Key No.	Description		Qty.
50	Barbell Clamp Collar	Φ50	5
75	Bolt	M12x70	2
76	Bolt	M12x75	4
77	Shoulder Press Set		1
78	Barbell Plate Inside Tube		2
79	Tube cap	φ60x60	1
80	Stainless Steel Outer Casing	φ51xt1.0 x310	4

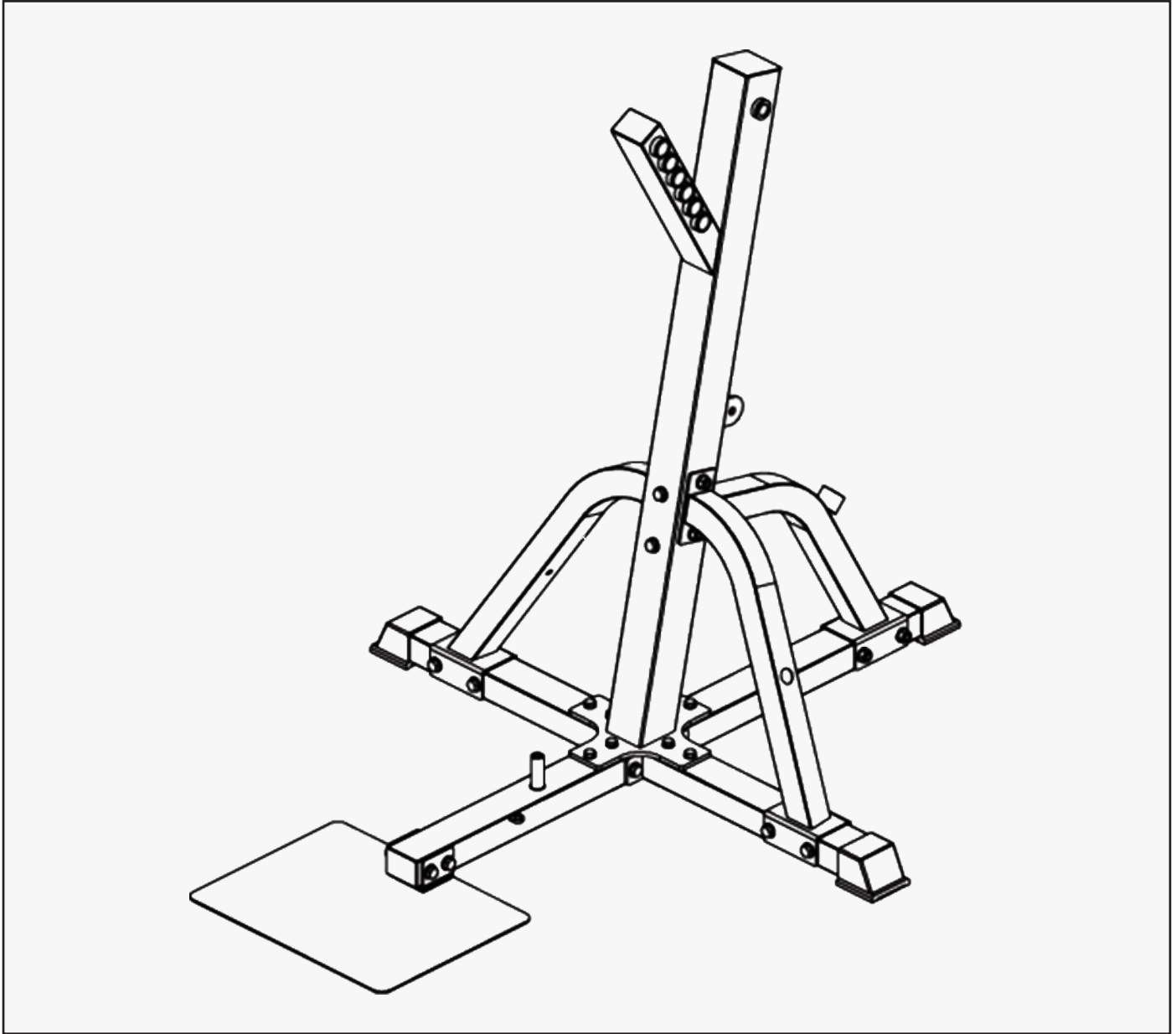
Key No.	Description	Qty.
81	Aluminium Cap	4
82	Handlebar Grip	2
83	Shoulder Press Connecting Plate	1
84	Pin	1
85	Shoulder Press Connecting Plate	1

IV. ASSEMBLY INSTRUCTIONS



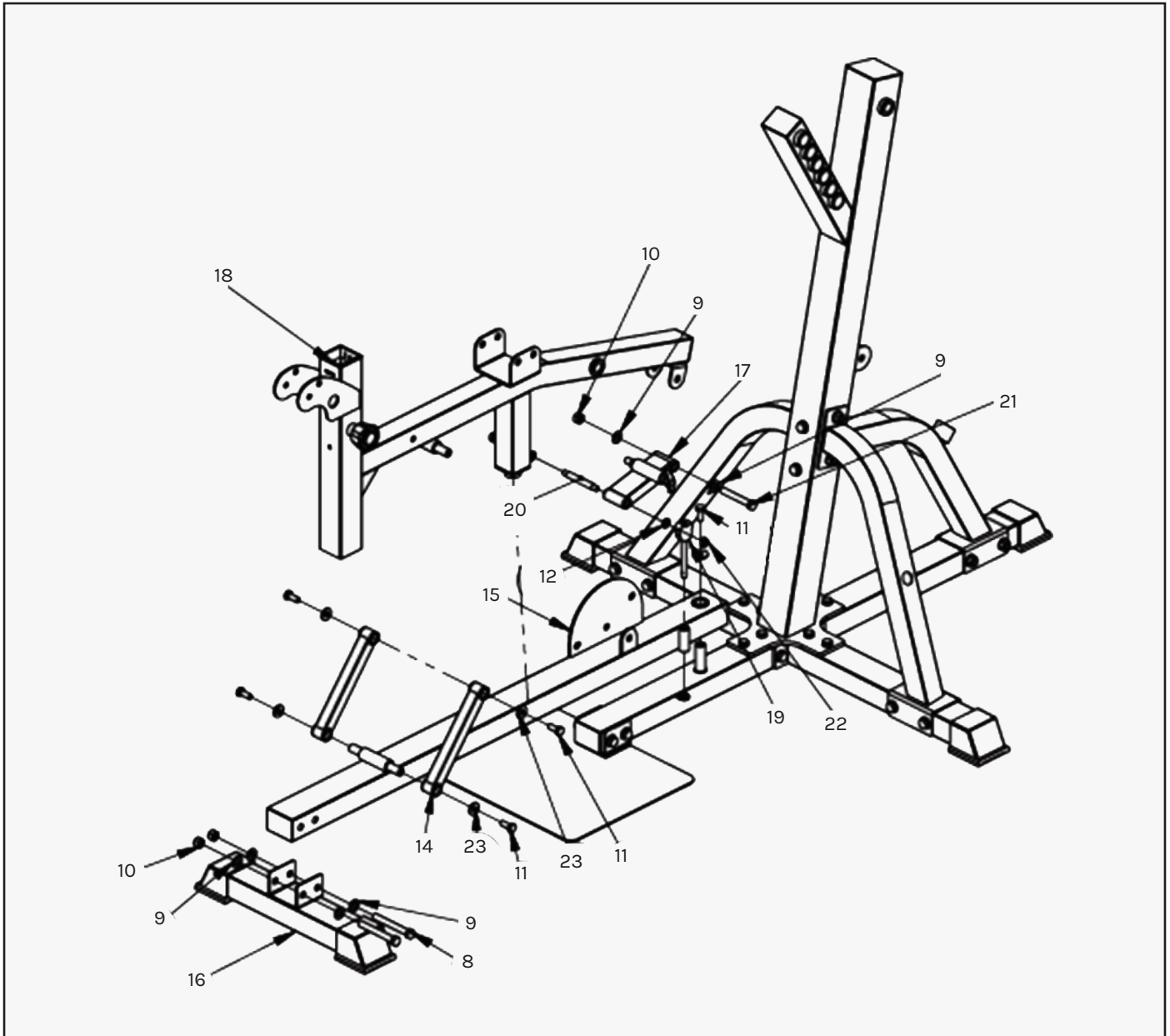
STEP 1 - EXPLODED DIAGRAM

Key No.	Description	Qty.	Key No.	Description	Qty.
1	Under Main Frame	1	7	Back Support Tube	1
2	Feet Pad	1	8	Hexagon Bolt	M12x95 10
3	Side Ground Tube	2	9	Washer	Φ12 14
4	Stand Tube	1	10	Lock Nut	M12 14
5	Right Side Support Tube	1	11	Hexagon Bolt	M10x25 8
6	Left Side Support Tube	1	12	Washer	Φ10 8
			13	Hexagon Bolt	M12x105 4



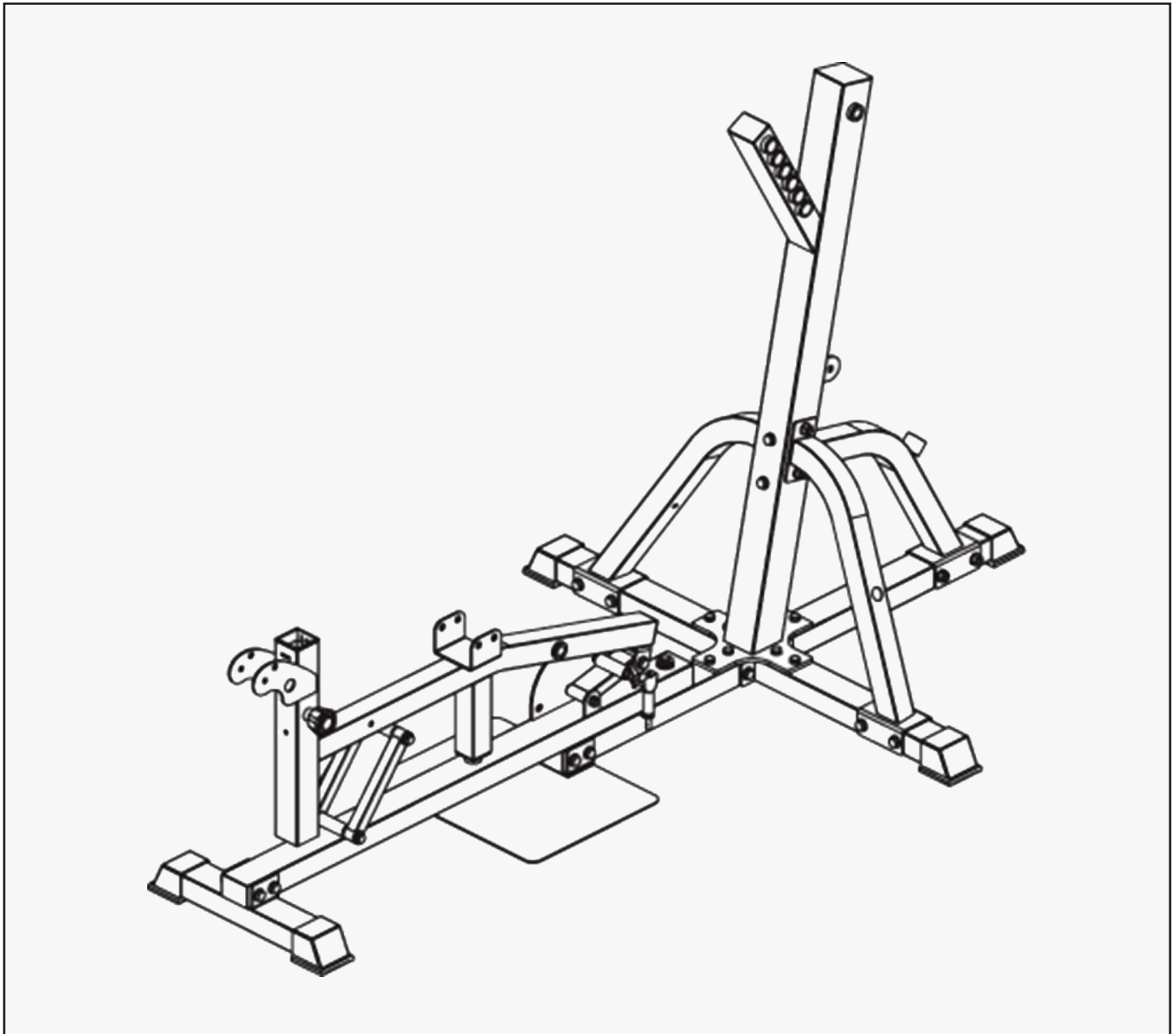
STEP 1 - INSTRUCTIONS

1. Connect feet pad-2 and under main frame-1 using M12x95 hexagon bolt- 8, ϕ 12 washer-9 and lock it using M12 lock nut-10.
2. Assemble side ground tube-3 on two side of the under main frame-1 using M12x95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.
3. Assemble stand tube-4 on under main frame-1 using M10x25 hexagon bolt-11, ϕ 10 washer-12.
4. Assemble right side support tube-5, left side support tube-6 on two side of the stand tube-4 using M12x105 hexagon bolt-13, ϕ 12 washer-9 and lock it using M12 lock nut-10. Then assemble them on ground tube-3 using M12x95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.
5. Assemble back support tube-7 on stand tube-4 using M12x105 hexagon bolt-13, ϕ 12 washer-9 and lock it using M12 lock nut-10. Then assemble it on under main frame-1 using M12x95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.



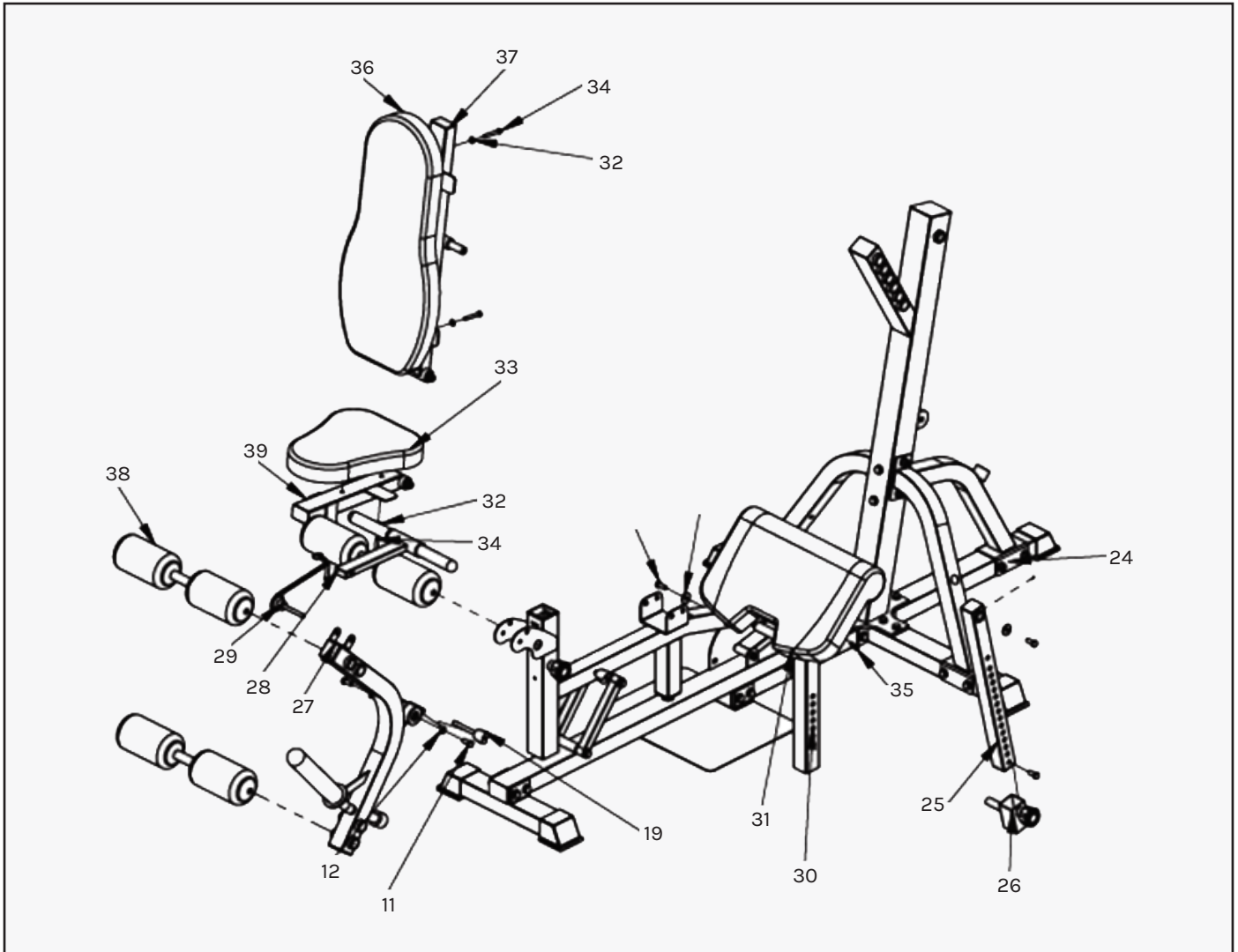
STEP 2 - EXPLODED DIAGRAM

Key No.	Description	Qty.	Key No.	Description	Qty.
14	Side Support Tube	2	9	Washer $\Phi 12$	6
15	Ground Tube	1	10	Lock Nut M12	3
16	Short Ground Tube	1	11	Hexagon Bolt M10x25	5
17	Back Slope Support Tube	1	12	Washer $\Phi 10$	2
18	Bend Frame	1	21	Hexagon Bolt M12x80	1
19	Flat Head Bolt	1	22	Lock Nut M10	2
20	Rotation Axle $\Phi 12 \times 92$	1	23	Big Washer $\Phi 10 \times \Phi 25$	4
8	Hexagon Bolt M12x95	2	24	Big Washer $\Phi 10 \times \Phi 30$	1



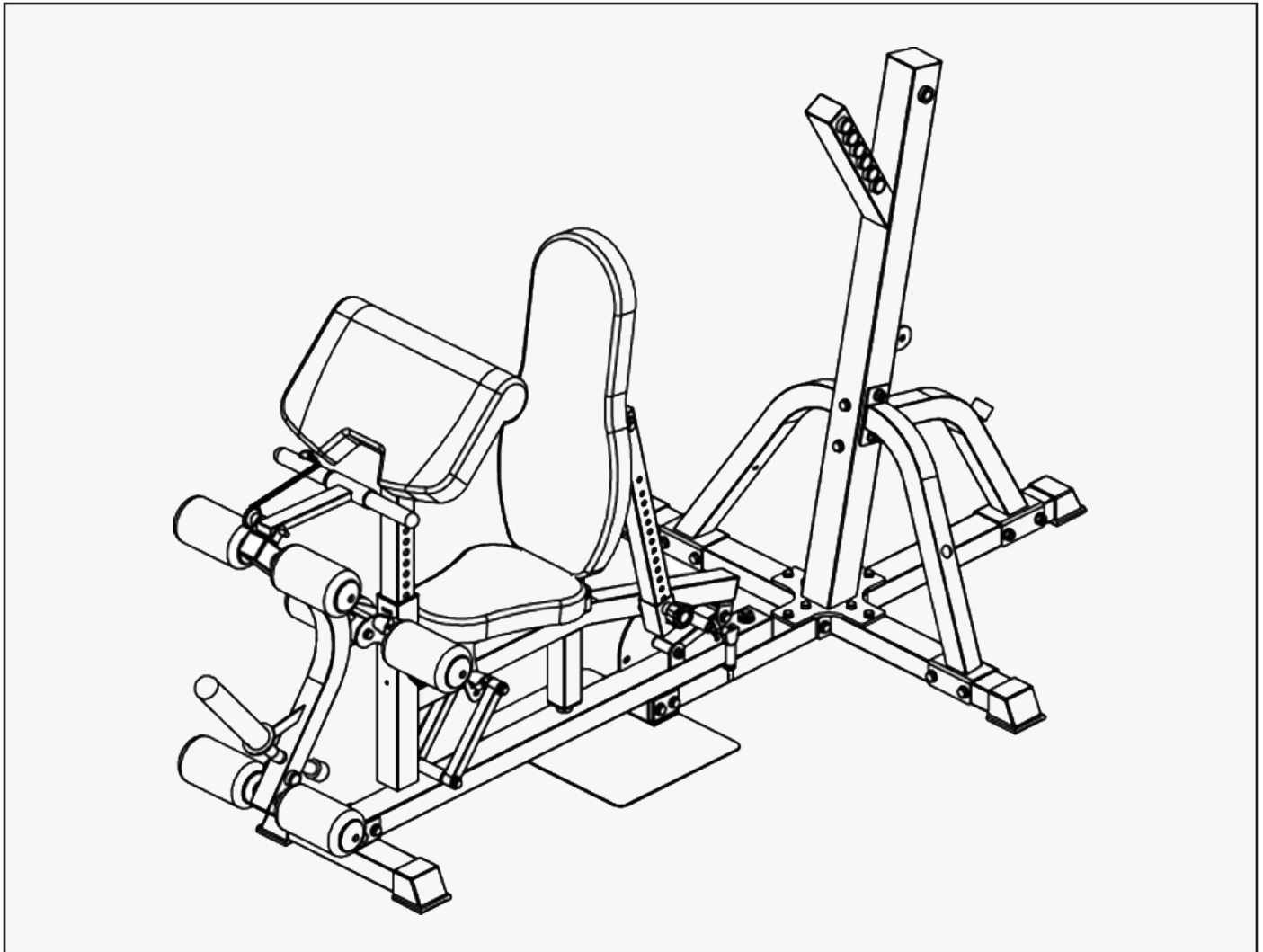
STEP 2 - INSTRUCTIONS

1. Assemble short ground tube-16 on ground tube-15 using M12x95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.
2. Assemble ground tube-15 on under main frame-1 using M10x25 hexagon bolt-11, ϕ 10x ϕ 30 big washer-24 and plug flat head bolt-19 in suitable position.
3. Assemble side support tube-14 on ground tube-15 using M10x25 hexagon bolt-11, ϕ 10x ϕ 25 big washer-23.
4. Assemble back slope support tube-17 on ground tube-15 using M10 lock nut-22, ϕ 10 washer-12, rotation axle-20.
5. Assemble side support tube-14 on bend frame-18 using M10x25 hexagon bolt-11, ϕ 10x ϕ 25 big washer-23.
6. Assemble back slope support tube-17 on bend frame-18 using M12*80 hexagon bolt-21, ϕ 12 washer-9. Assemble back support tube-7 on stand tube-4 using M12*105 hexagon bolt-13, ϕ 12 washer-9 and lock it using M12 lock nut-10. Then assemble it on under main frame-1 using M12*95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.



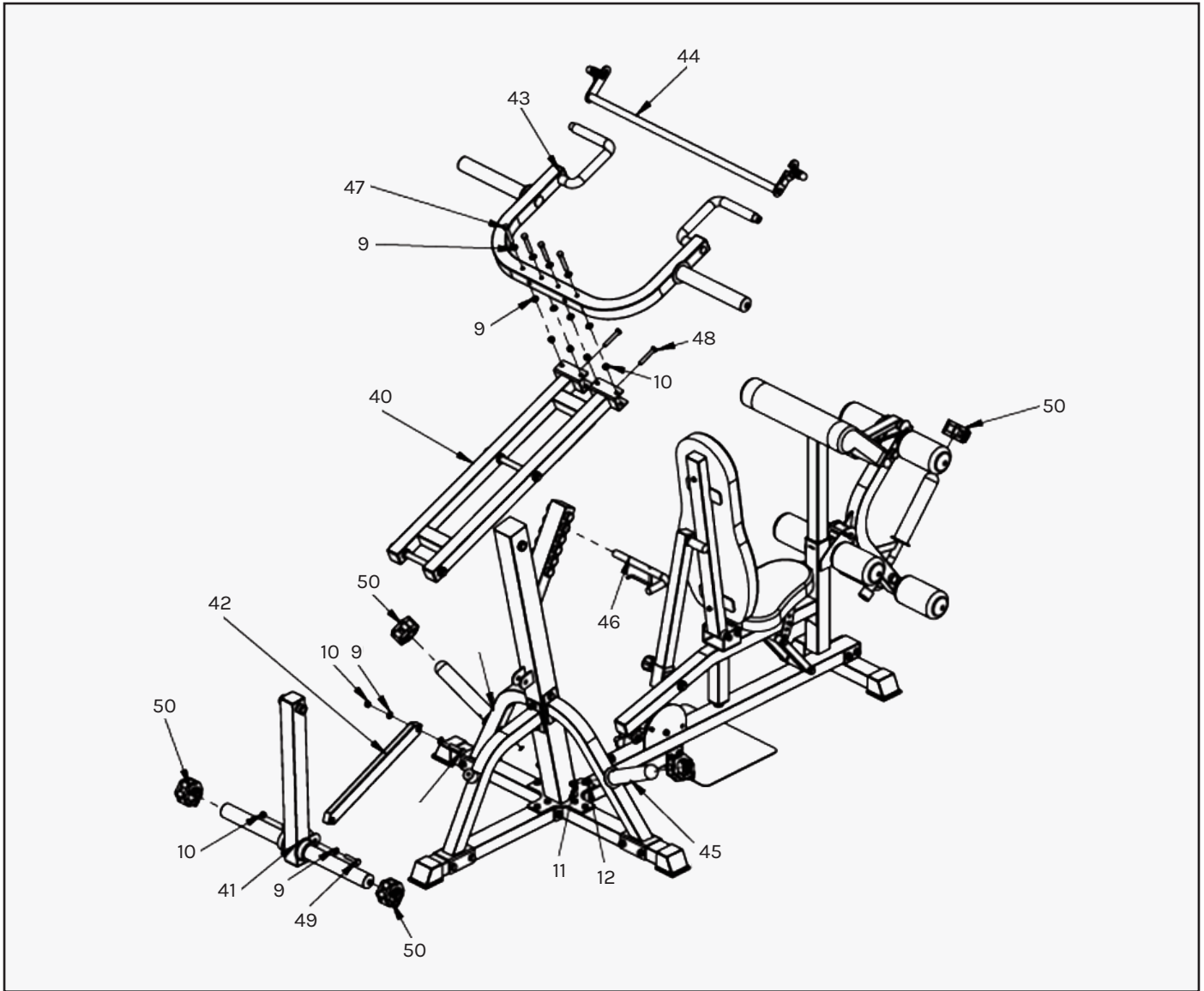
STEP 3 - EXPLODED DIAGRAM

Key No.	Description	Qty.	Key No.	Description	Qty.
25	Inside Adjustable Tube	1	31	Chest Pad	1
19	Flat Head Bolt	2	32	Washer $\Phi 8$	6
26	Back Cushion Adjust Rotation Part	1	33	Seat Cushion	1
27	Leg Lift Bending Tube	1	34	Hexagon Bolt M8x55	4
28	Pull Bar	1	35	Hexagon Bolt M8x25	2
12	Washer $\Phi 10$	2	36	New Back Cushion	1
11	Hexagon Bolt M10x25	5	37	Back Cushion Tube	1
29	Magnetic Pin	1	24	Big Washer $\Phi 10 \times \Phi 30$	2
30	Chest Pad Adjust Tube	1	38	Sponge Rod-new	3
			39	Seat Cushion Support Frame	1



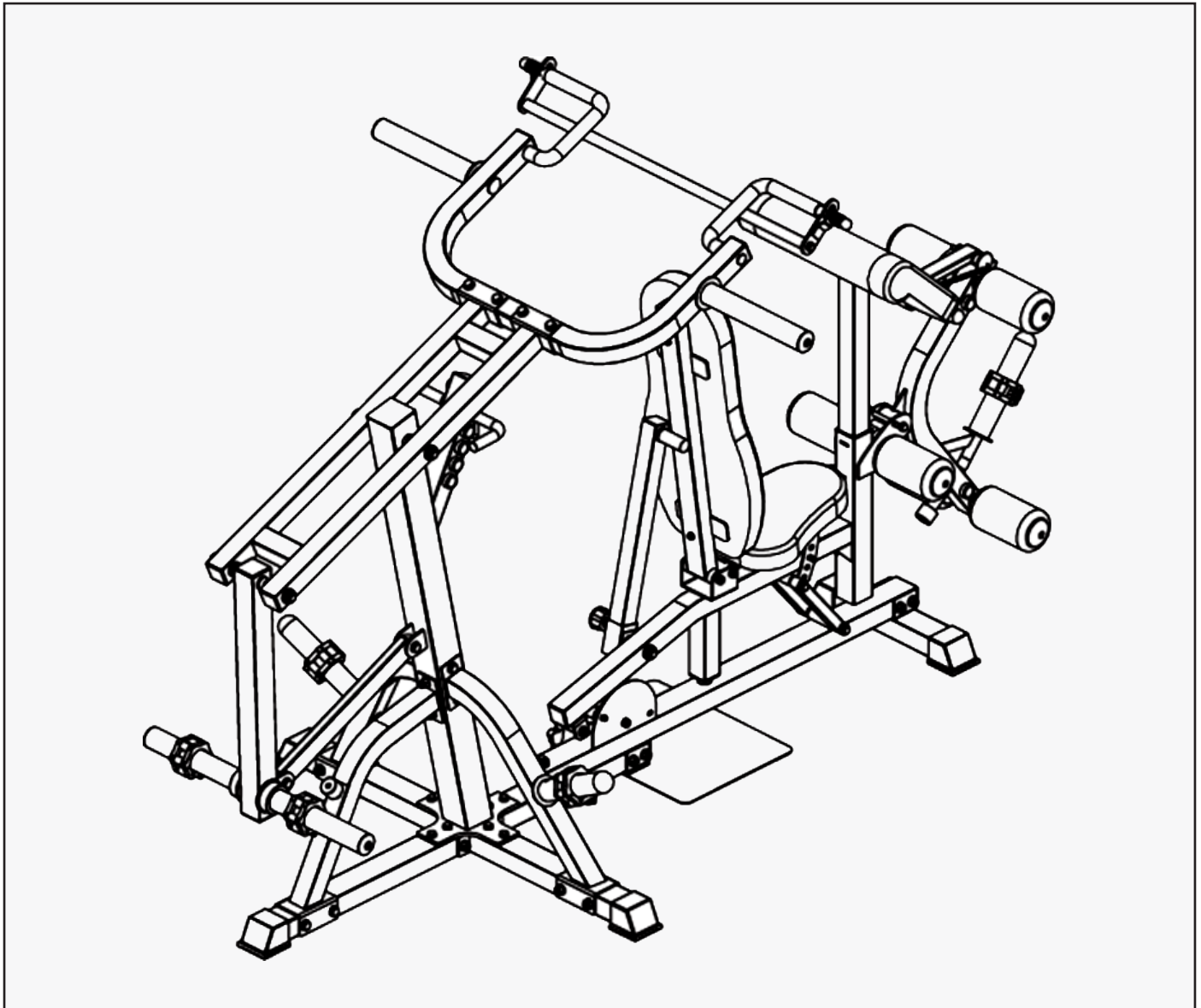
STEP 3 - INSTRUCTIONS

1. Assemble leg lift bending tube-27 on bend frame-18 using M10x25 hexagon bolt-11, ϕ 10 washer-12. Screw off the inner bolt of sponge rod-new-38 and assemble it on leg lift bending tube-27 using internal hexagonal wrench to lock nut. Fix pull bar-28 and plug flat head bolt-19 on suitable position.
2. Assemble chest pad-31 on chest pad adjust tube-30 using M8x25 hexagon bolt-35, ϕ 8 washer-32 and assemble Installed part on bend frame-18.
3. Assemble seat cushion-33 on seat cushion support frame-39 using M8x55 hexagon bolt-34, ϕ 8 washer-32.
4. Screw off M10 lock nut-22 on seat cushion support frame-39 and assemble it on bend frame-18. Plug flat head bolt-19 to adjust angle.
5. Assemble back cushion adjust rotation part-26 on inside adjustable tube-25 using M10x25 hexagon bolt-11 to lock the bottom hole of inside adjustable tube-25.
6. Assemble new back cushion-36 on back cushion tube-37 Screw off M10 lock nut-22 on back cushion tube-37 and assemble it on bend frame-18.
7. Assemble back cushion adjust rotation part-26 on bend frame-18 using M10x25 hexagon bolt-11, ϕ 10x ϕ 30 big washer-24. Assemble back cushion tube-37 on the inside adjustable tube-25 using M10x25 hexagon bolt-11, ϕ 10x ϕ 30 big washer-24. Assemble back support tube-7 on stand tube-4 using M12x105 hexagon bolt-13, ϕ 12 washer-9 and lock it using M12 lock nut-10. Then assemble it on under main frame-1 using M12x95 hexagon bolt-8, ϕ 12 washer-9 and lock it using M12 lock nut-10.



STEP 4 - EXPLODED DIAGRAM

Key No.	Description	Qty.	Key No.	Description	Qty.
40	Shoulder Press Double Connecting	1	47	Hexagon Bolt M12x75	4
41	Back Barbell Hanging Tube	1	9	Washer $\Phi 12$	14
42	High Pull Connecting Tube	1	10	Lock Nut M12	6
43	Shoulder Press Bending Tube	1	48	Hexagon Bolt M12x70	2
44	Push Shoulder Part	1	11	Hexagon Bolt N10x25	2
45	Barbell Bar Plate Inner Rod	2	12	Washer $\Phi 10$	2
46	L Shape Safety Hook	1	49	Hexagon Bolt M12x55	2
			50	Barbell Clamp Collar $\Phi 50$	5



STEP 4 - INSTRUCTIONS

1. Assemble high pull connecting tube-42 on stand tube-4 using M12x55 hexagon bolt-49 ϕ 12 washer-9 and lock it using M12 lock nut-10.
2. Assemble back barbell hanging tube-41 on high pull connecting tube-42 using M12x55 hexagon bolt 49 ϕ 12 washer-9 and lock it using M12 lock nut-10.
3. Screw off M10*25 hexagon bolt-11 ϕ 10x ϕ 30 big washer-24 on shoulder press double connecting-40 then assemble them on back barbell hanging tube-41, stand tube-4 using M10x25 hexagon bolt-11, ϕ 10 washer-12 to lock nut.
4. Assemble shoulder press bending tube-43 on shoulder press double connecting-40 using M12x75 hexagon bolt-47, ϕ 12 washer-9 and lock it using M12 lock nut-10. Secure it using M12x70 hexagon bolt 48, ϕ 12 washer-9.
5. Assemble push shoulder part-44 on shoulder press bending tube-43 using M10x25 hexagon bolt-11, ϕ 10 washer-12 to lock nut.
6. Assemble barbell bar plate inner rod-45 on right side support tube-5, left side support tube-6.
7. Assemble L shape safety hook-46 on stand tube-4.
8. Assemble barbell clamp collar-50 on leg lift bending tube-27, back barbell hanging tube-41, barbell bar plate inner rod-45.

V. EXERCISE GUIDE

! PLEASE NOTE:

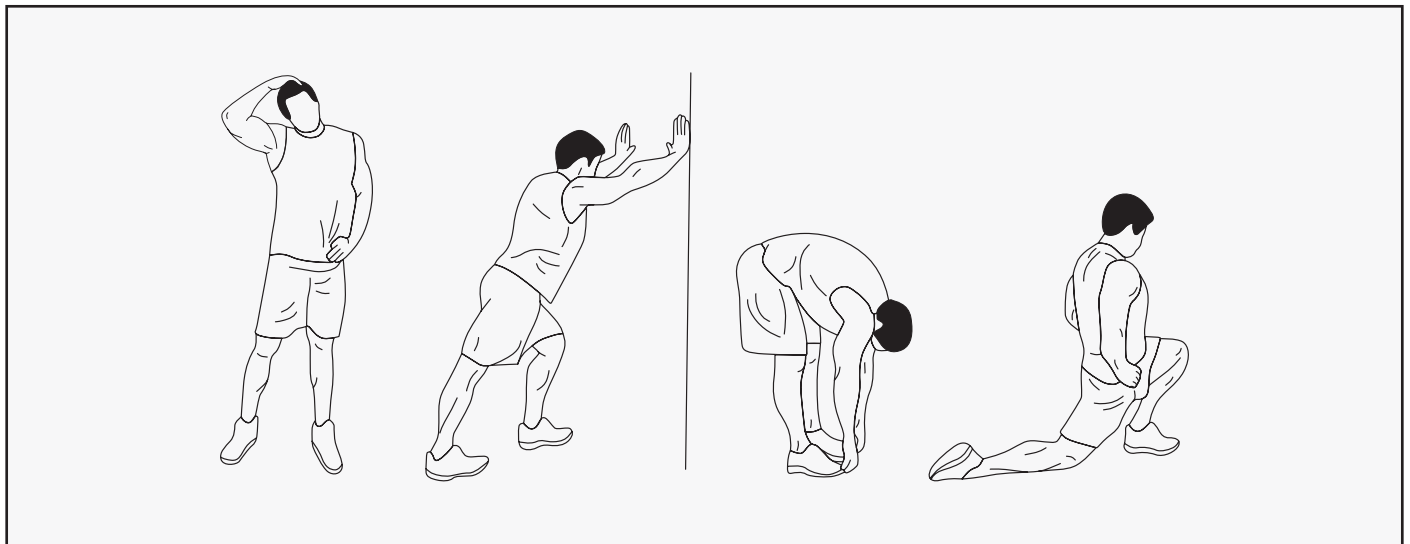
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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

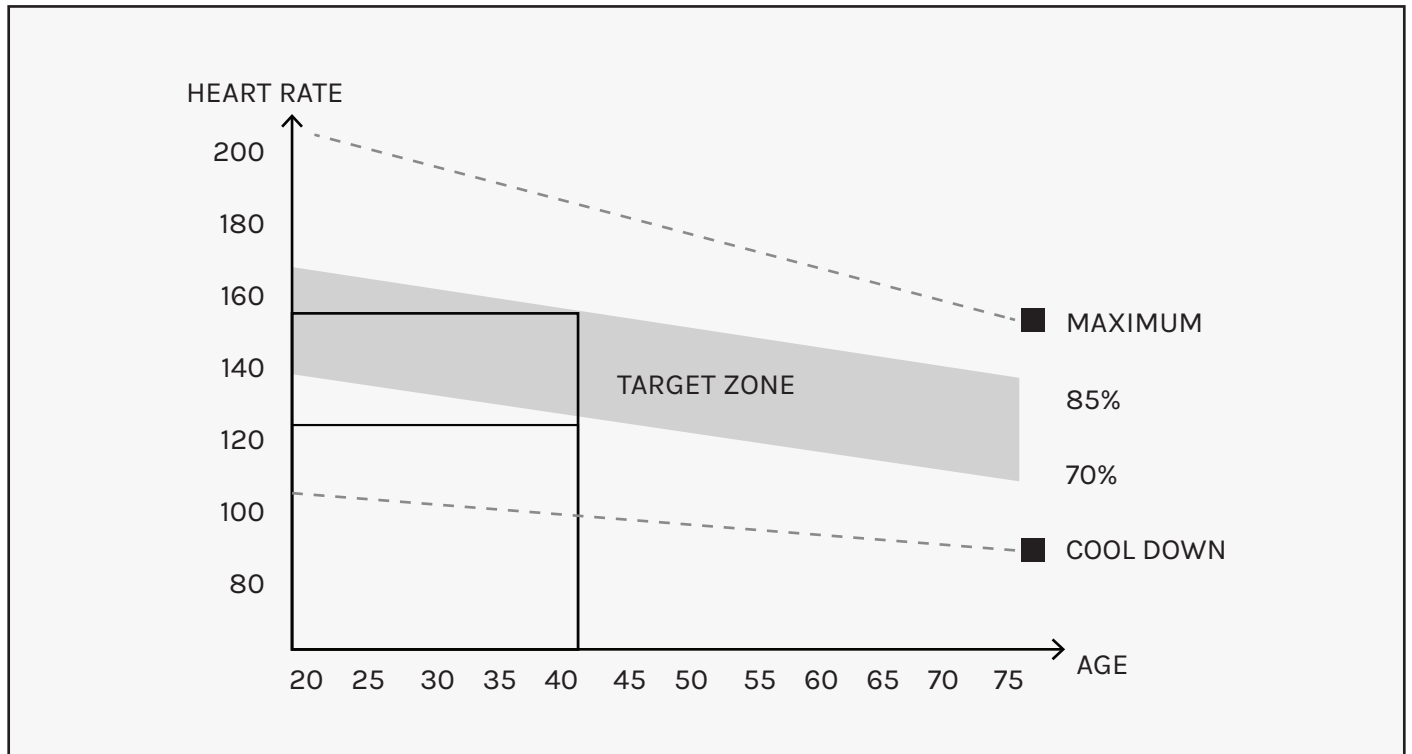
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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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