

CORTEX[®]

GS6 PRO GYM PACKAGE

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 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

- Lubricate moving joints with silicone 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 a dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are no 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 tightened completely. 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.

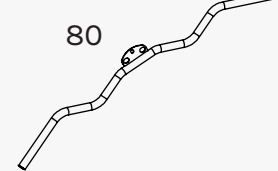
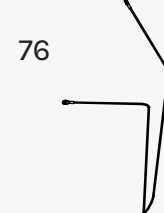
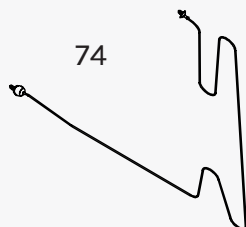
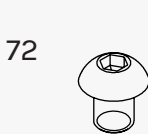
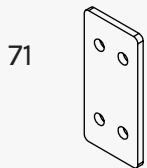
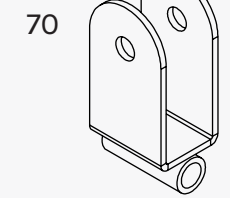
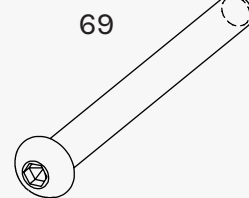
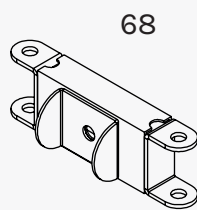
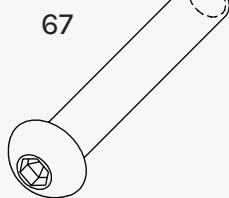
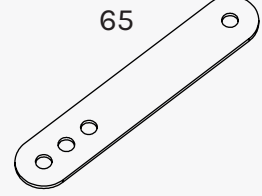
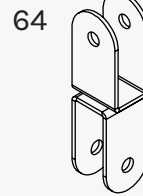
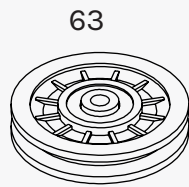
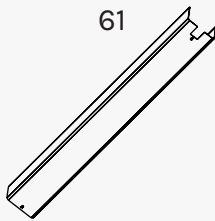
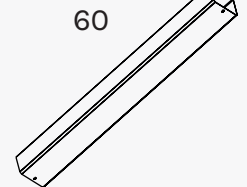
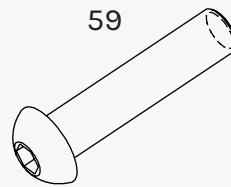
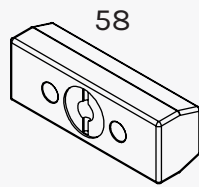
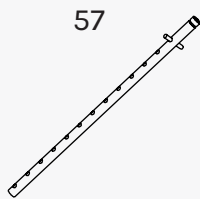
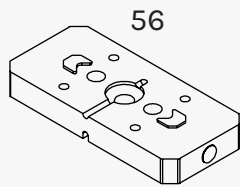
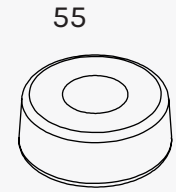
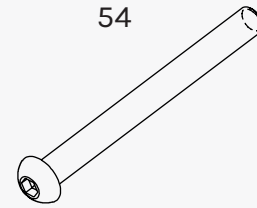
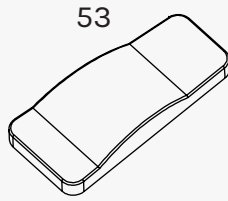
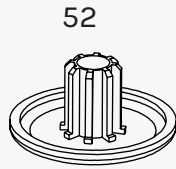
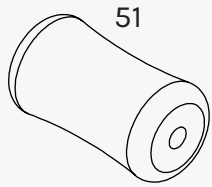
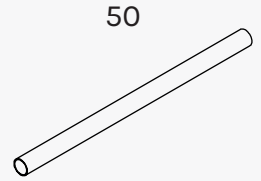
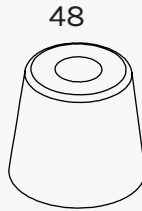
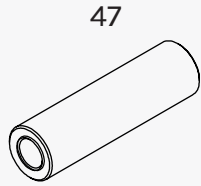
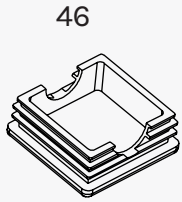
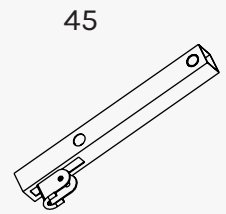
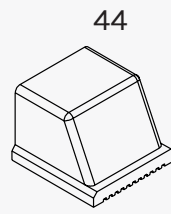
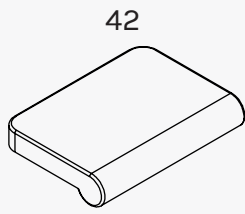
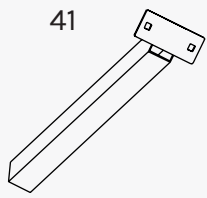


Caution: Please always check your chain links parts (77 and 79) are fully tightened or clipped in properly before use as this may cause injury if the links are not screwed all the way or clipped properly.

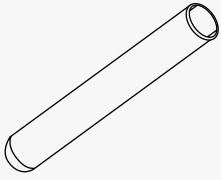
III. GS6 PARTS LIST

! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

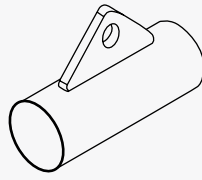




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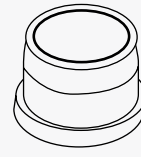


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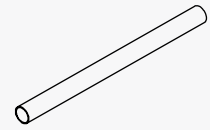


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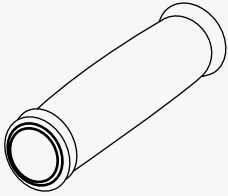


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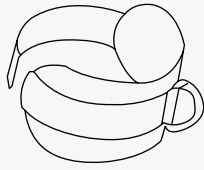


370mm

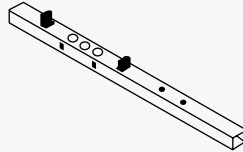
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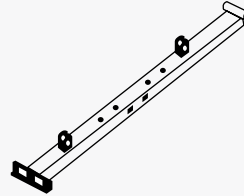
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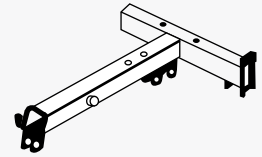
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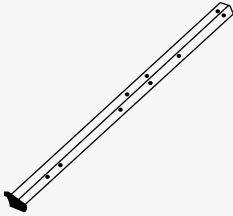
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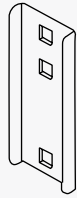
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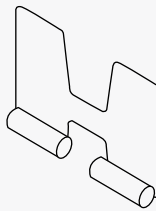
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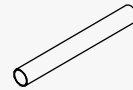
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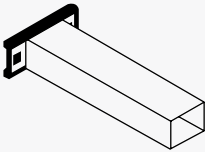


230mm

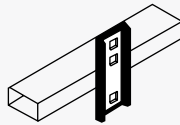
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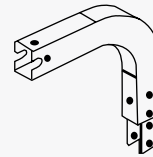
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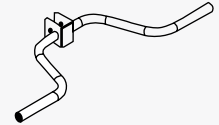
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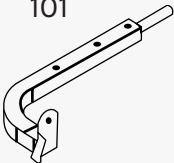
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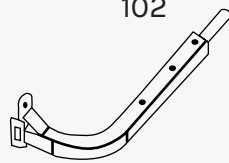
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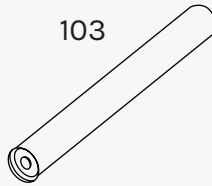
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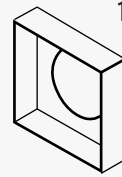
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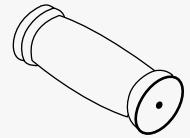
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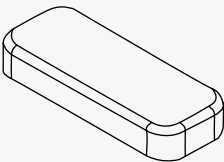
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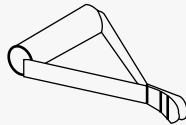
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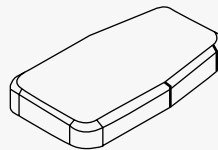
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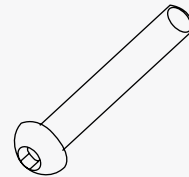
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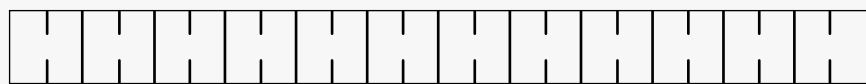
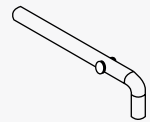
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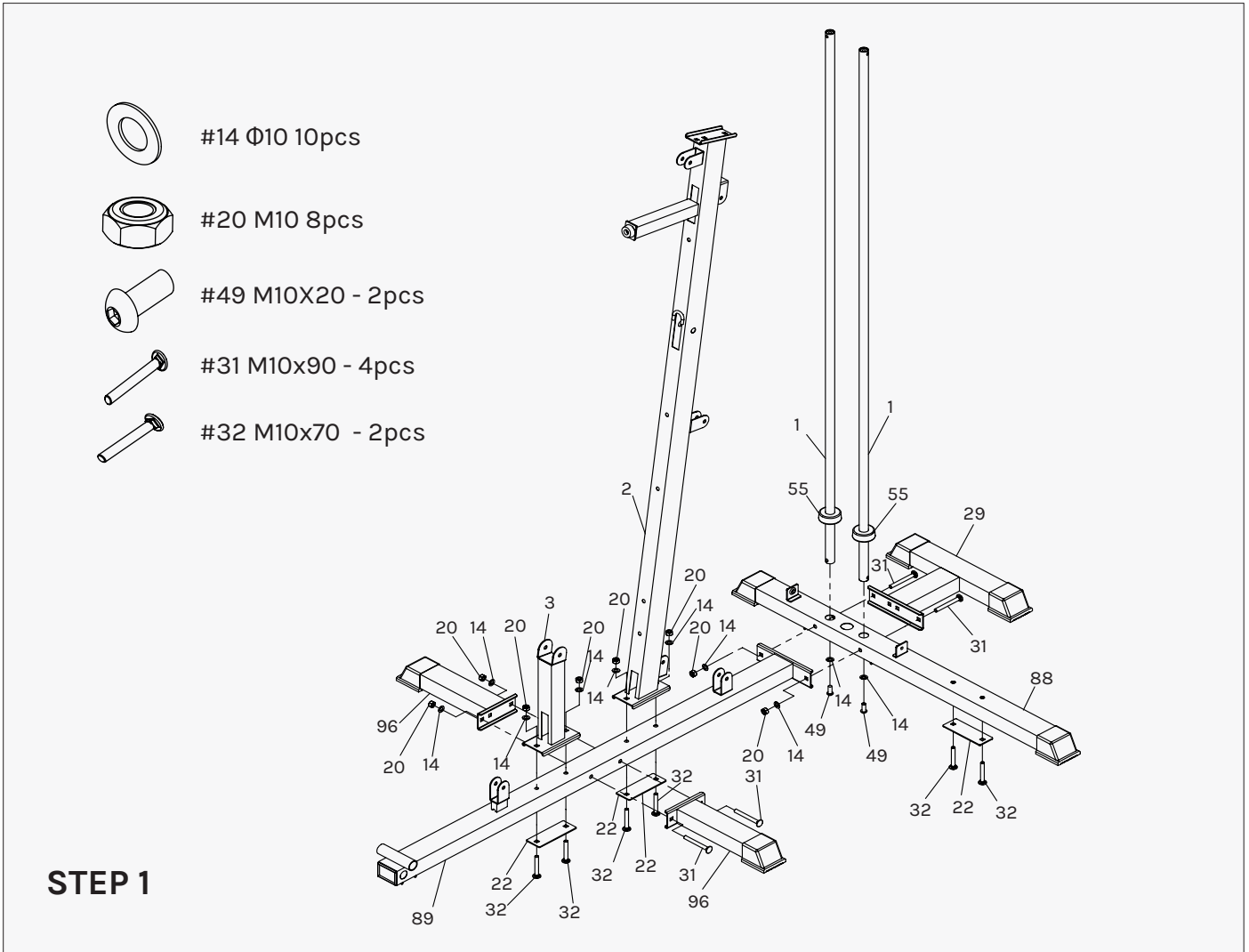
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Key No.	Description	Qty.	Key No.	Description	Qty.
1	Guide Rods	2	36	Press Foam	2
2	Front Vertical Frame	1	37	Seat Frame	1
3	Seat Support Tube	1	38	Seat	1
4	Support Tube	1	39	Washers Ø8	12
5	Rubber Bumper	1	40	Hex Bolt M8x40	2
6	Bolt M6x16	2	41	Arm Frame	1
7	PlugØ25x3xØ22x7	8	42	Arm Pad	1
8	Plug 50x70	4	43	Hex Bolt M8x16	2
9	Front Press Base	1	44	Tube Cover	6
10	Plug 50x25	4	45	Leg Developer	1
11	Long Axle	1	46	Tube Plug 50	1
12	Let Developer Axle	1	47	Axle	1
13	Adhesive Label	1	48	Bummpers Ø45xØ35x33	1
14	Washers Ø10	83	49	Hex Bolt M10x20	14
15	Left Butterfly Arm	1	50	Foam Tube	2
16	Right Butterfly Arm	1	51	Foam Roll	4
17	Lock Ring	2	52	Roll End Cap	4
18	Aircraft Nut M6	2	53	Back Pad	1
19	Hex Bolt M6x35	2	54	Hex Bolt M8x85	4
20	Aircraft Nut M10	44	55	Bummpers Ø61xØ58xØ26x25	2
21	Hex Bolt M10x175	1	56	Weight Plates	12
22	Bracket (hole to hole 110mm)	6	57	Selector Rod	1
23	Front Press Handle	2	58	Selector Stem	1
24	Plug Ø25	3	59	Hex Bolt M10x45	16
25	Dipping Sleeve	4	60	Weight Plate Cover	1
26	Butterfly Bushing	2	61	Weight Plate Cover	1
27	Enlarged Washers Ø10	2	63	Pulley	18
28	Hex Bolt M10x90	2	64	Pulley Set	1
29	Rear Support Tube	1	65	Pulley Bracket	2
31	Carriage Bolt M10x90	12	66	Pulley Bushing	2
32	Carriage Bolt M10x70	6	67	Hex Bolt M10x65	4
33	Hex Bolt M10x70	2	68	Pulley Bracket	1
34	Lock Knob	2	69	Hex Bolt M10x110	1
35	Plug 50x45	2	70	Pulley Bracket	2

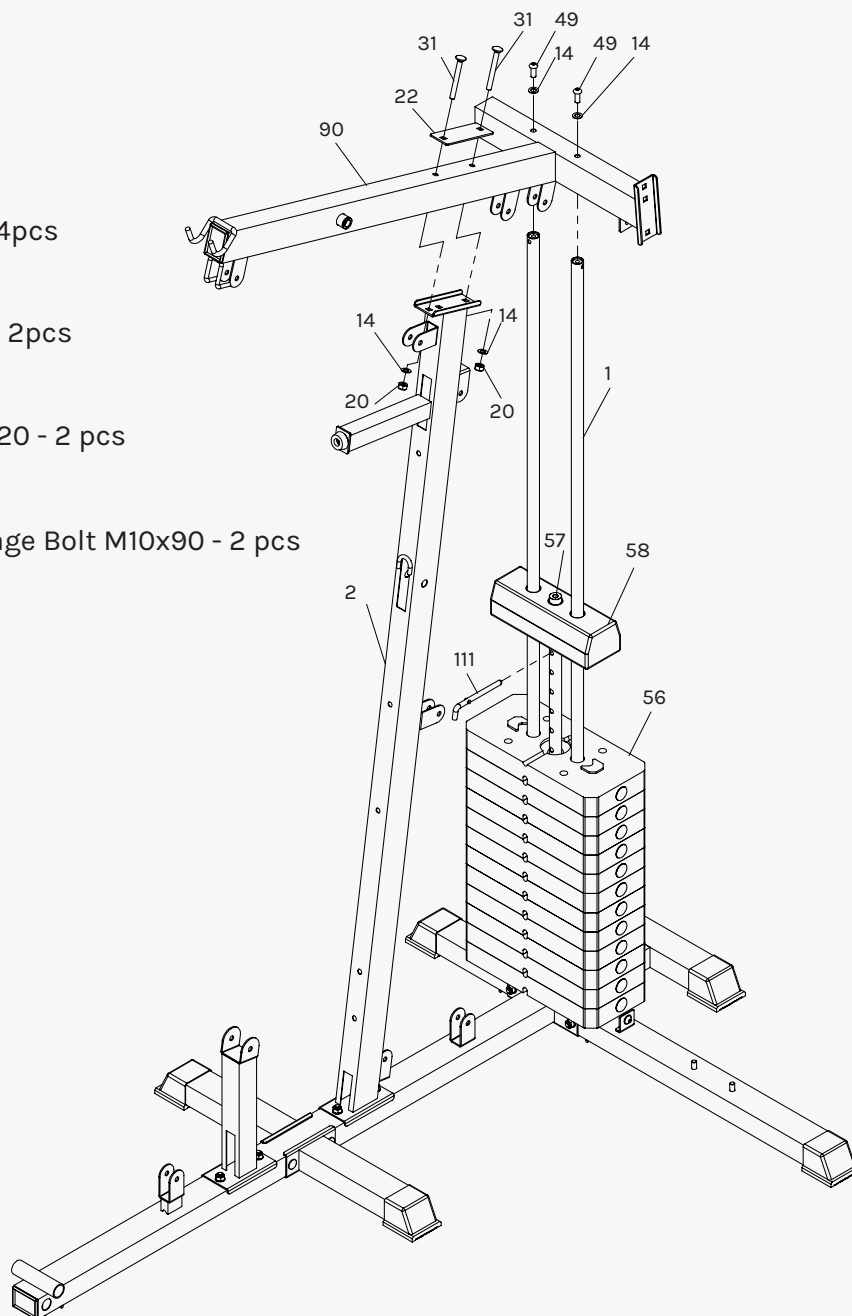
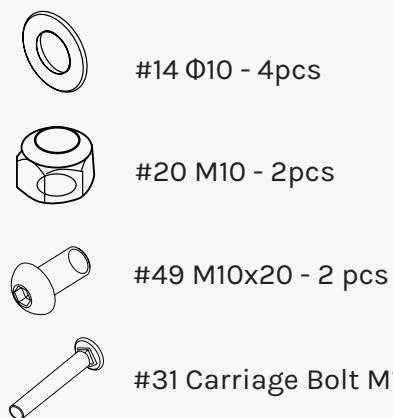
Key No.	Description	Qty.	Key No.	Description	Qty.
71	Plate (4 holes)	1	92	Board	1
72	Hex Bolt M8x10	4	93	Foot Plate	1
74	Triceps Cable (4215mm)	1	94	Foot Plate Tube 270mm	1
75	Lat Cable (3380mm)	1	95	End Caps	2
76	Butterfly Cable (3115mm)	1	96	Support Tube	2
77	C-clip	5	97	Foot Stand	1
78	Triceps Rope	1	98	Tube Plug 60x30	2
79	6 Chain	1	99	Parallel Support Bar	1
80	Lat Bar	1	100	Lat Bar	1
81	Bar Grip	2	101	Left Dip Arm	1
82	15 Chain	1	102	Right Dip Arm	1
83	Small Bar Set	1	103	Vertical Tube Bar	2
84	Bushing $\Phi 38 \times 5 \times \Phi 27 \times 26$	2	104	Bushing	2
85	Small Bar Tube	1	105	Pipe Grip	2
86	Grip	4	106	Arm Pad	2
87	Ankle Strap	1	107	Pull Handle	1
88	Rear Base Frame	1	108	Padded Back Support	1
89	Base Frame	1	110	Hex Bolt M8x65	4
90	Upper Frame	1	111	L-Pin	1
91	Vertical Frame	1			

IV. GS6 ASSEMBLY INSTRUCTIONS

- ! NOTE**
1. Washers are pushed at two ends of bolts.
 2. Some parts has been assembled at the factory.
 3. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury



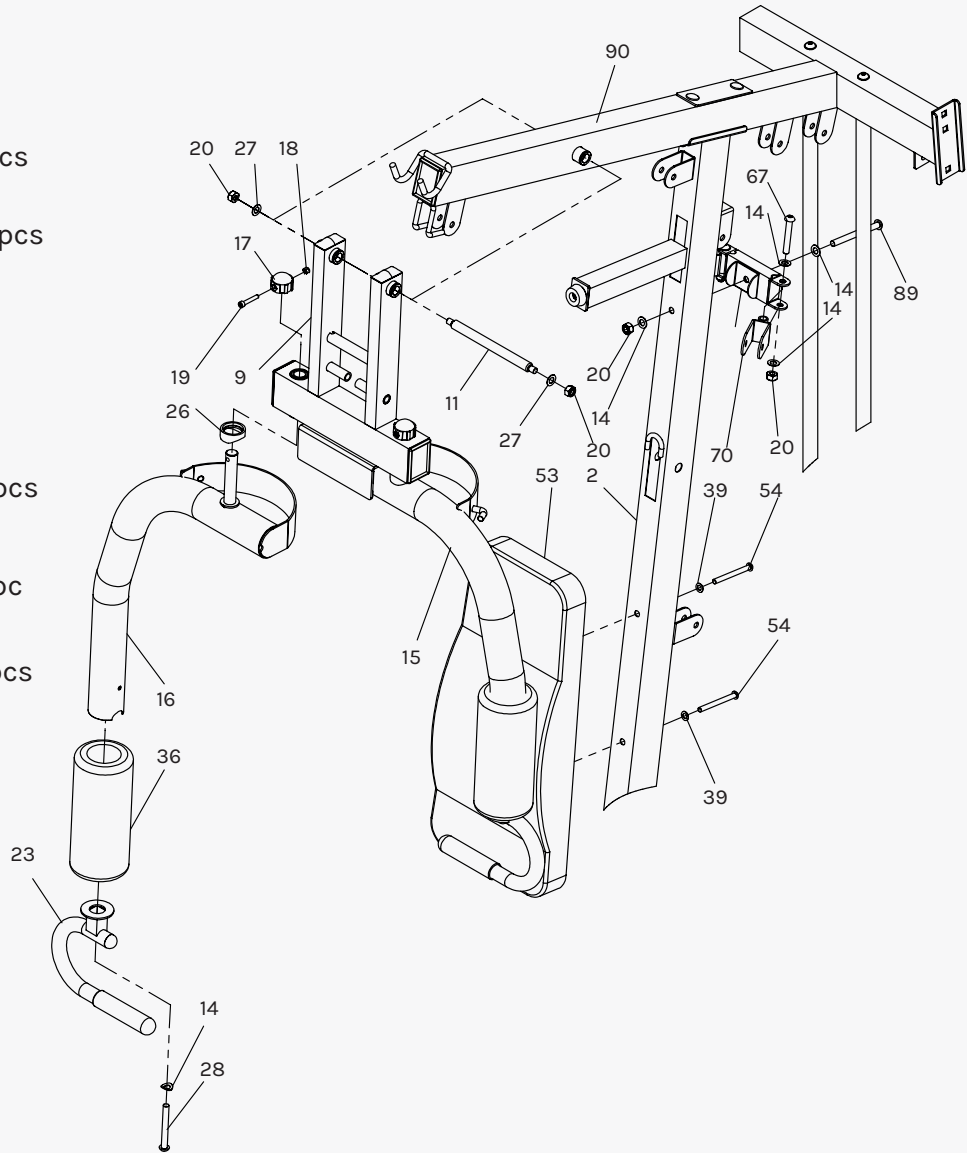
1. Insert the Guide Rode (#1) into the holes on the Rear Base Frame (#88). Secure it with 2x Hex Bolt M10*20mm (#49) and 2x Washer Φ 10 (#14). Push the Bummper (#55) onto the Guide Rods (#1).
2. Attach the Rear Support Tube (#29) to the Base Frame (#89) and Rear Base Frame (#88). Secure it with 2x Carriage Bolt M10*90mm (#31), Aircraft Nut M10mm (#20) and 4x Washer Φ 10 (#14).
3. Attach the Front Vertical Frame (#2) to the Base Frame (#89). Secure it with 2x Washer Φ 10 (#14) and 2x Aircraft Nut M10mm (#20), 2x Carriage Bolt M10*70mm (#32) and Bracket (#22).
4. Attach the seat support tube (#3) to the Base Frame (#89), secure with 2x Washer Φ 10 (#14) and 2x Aircraft Nut M10mm (#20), 2x Carriage Bolt M10*70mm (#32).
5. Attach the Left and right Base Tube (#96) to the Base Frame (#89). Secure it with 2x Carriage Bolt M10*90mm (#31), 4x Washer Φ 10 (#14) and 2x Aircraft Nut (#20).



STEP 2

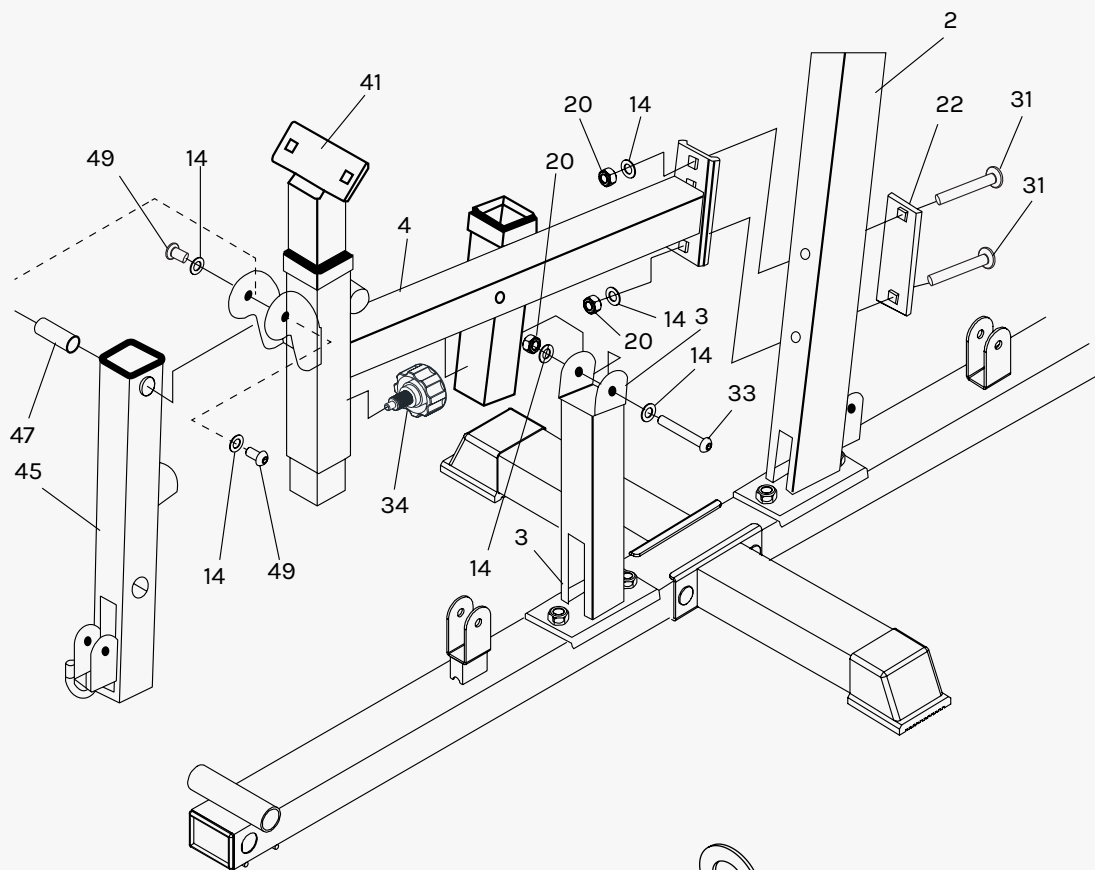
- Slide the 12 Weight Plates (#56) onto the Guide Rods (#1).
Note: The groove side faces down. Insert the Selector Rod (#57) through the centre hole.
- Slide the Selector Stem (#58) onto the Guide Rod (#1). Insert the L- shaped Pin (#111).
- Attach the Upper Frame (#90) to the Guide Rods (#1). Secure it with 2x Hex Bolt M10*20mm (#49) and 2x Washer Φ 10 (#14).
- Secure the Upper Frame (#90) to the Front Vertical Frame (#2) with 2x Carriage Bolt M10*90mm (#31), 2x Washer Φ 10 (#14), Bracket (#22) and 2x Aircraft Nut M10mm (#20).

-  #14 Φ 10 - 8pcs
-  #20 M10 - 5pcs
-  #19 M6X35 - 2pcs
-  #28 M10x90 - 2pcs
-  #18 M6 - 2pcs
-  #39 Φ 8 - 2pcs
-  #67 M10x65 - 2pcs
-  #69 M10x110 - 1pc
-  #54 M8x85 - 2pcs



STEP 3

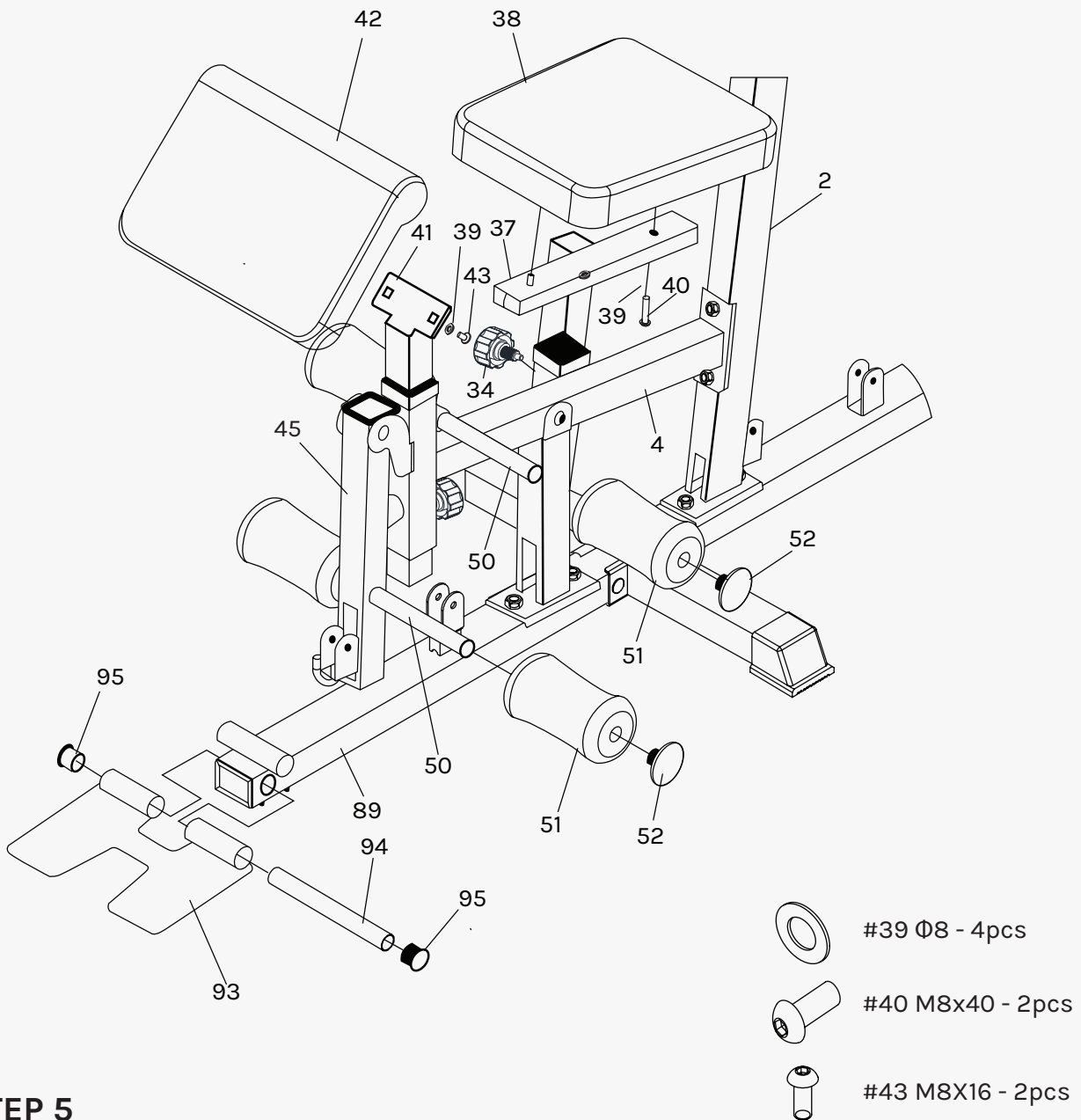
1. Attach the Front Press Base (#9) to the Upper Frame (#90). Secure it with 1x Long Axle (#11), Enlarged Washers(#27) and Aircraft Nut M10mm (#20).
2. Slide a Press Foam (#36) onto the Butterfly arms (#16) and (#15). Attach the 2x Front Press Handle (#23) to the left and right Butterfly arms (#16 & #15) with Hex Bolt M10*90mm (#28) and Washer Φ 10 (#14).
3. Attach the Butterfly arms (#16) and (#15) to the Front Press Base (#9), secure them with Butterfly Bushing (#26), Aircraft Nut M6mm (#18), Lock Ring (#17), and Hex Bolt M6*35mm (#19).
4. Attach the Pulley Bracket (#68) to the Front Vertical Frame (#2), secure with Hex bolt (#69), Washer (#14) and Aircraft Nut M10mm (#20). Attach the pulley bracket (#70) to (#68), secure with Hex Bolt M10x65 (#67), Washer (#14) and Aircraft Nut M10mm (#20).
5. Attach the Back pad (#53) to the Front Vertical Frame (#2), secure with Hex Bolt M8x85 (#54), Washer Φ 8 (#39).



-  #14 Φ 10 - 6pcs
-  #20 M10 - 3pcs
-  #49 M10X20 - 2pcs
-  #31 M10x90 - 2pcs
-  #33 M10x70 - 1pcs

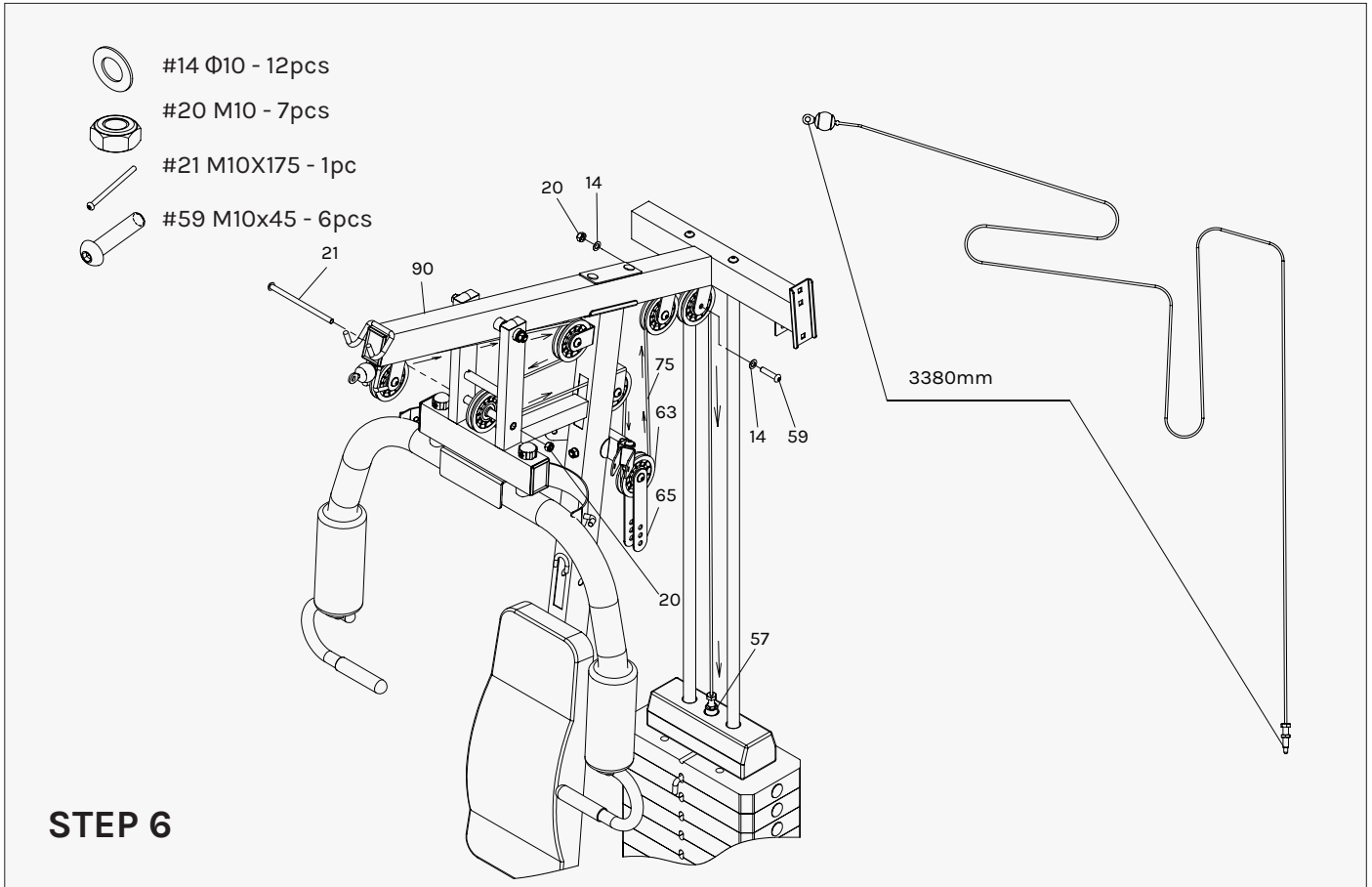
STEP 4

1. Attach the Main Seat Support (#3) to the Front Vertical Frame (#2). Secure it with Washer Φ 10 (#14), Aircraft Nut M10mm (#20), Carriage Bolt M10*90mm (#31), and Bracket (#22).
2. Attach the Main Seat Support (#3) to the Front Base Frame (#4). Secure it with Washer Φ 10 (#14), Aircraft Nut M10mm (#20), and Hex Bolt M10x70 (#33).
3. Attach the Leg Developer (#45) and to the Main Seat Support (#3). Secure it with a Leg Developer Axle (#47), Hex Bolt M10*20mm (#49) and Washer Φ 10 (#14).
4. Attach Lock Knob (#34) to Main Seat Support (#3). Insert the Arm Frame (#41).



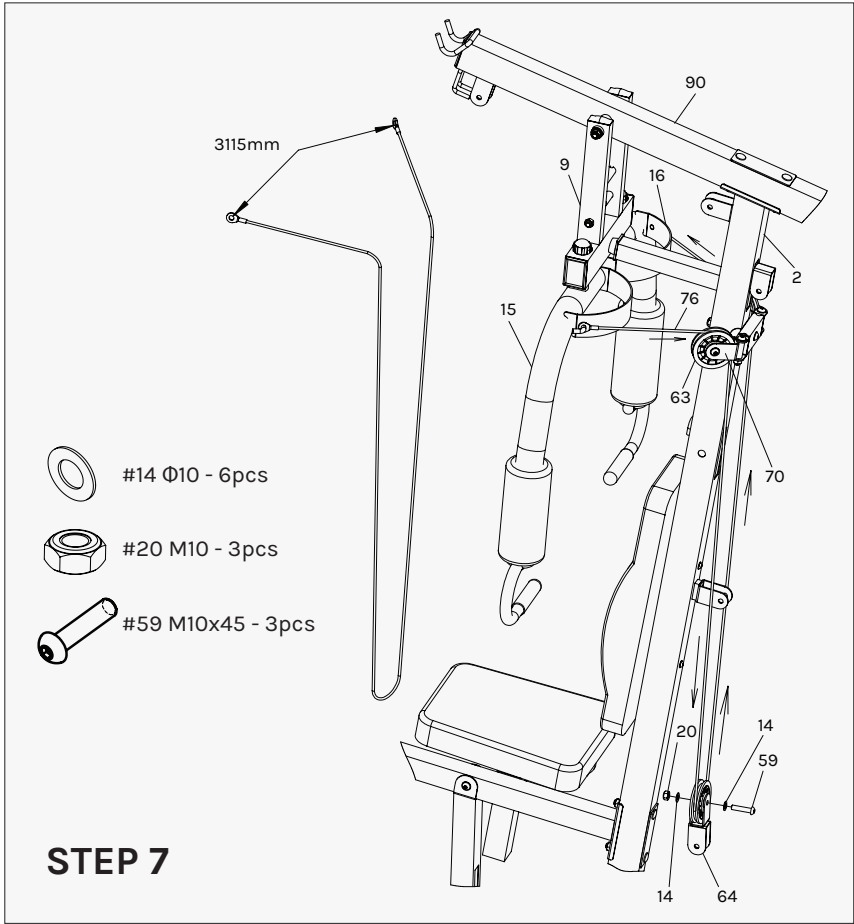
STEP 5

1. Place the Seat (#38) onto the Seat Frame (#37). Secure it with Hex Bolt M8*40 (#40) and Washer Ø8 (#39). Insert the Seat Frame (#37) into the Main Seat Support (#3). Secure it with Lock Knob (#34).
2. Attach the Arm Pad (#42) to the Arm Frame (#41). Secure it with Hex Bolt M8x16mm (#43) and Washer Ø8 (#39).
3. Insert 2x Foam Tubes (#50) halfway through the holes on the Leg Developer (#45) and the Main Seat Support (#3), push Foam Rolls (#51) onto the Foam Tubes (#50) from both ends. Plug the 4x Foam Roll End Caps (#52) onto the ends.
4. Attach the Foot Plate (#93) to the Front Base Frame (#89), secure with Foot Plate Tube (#94), then plug the two End Caps (#95).



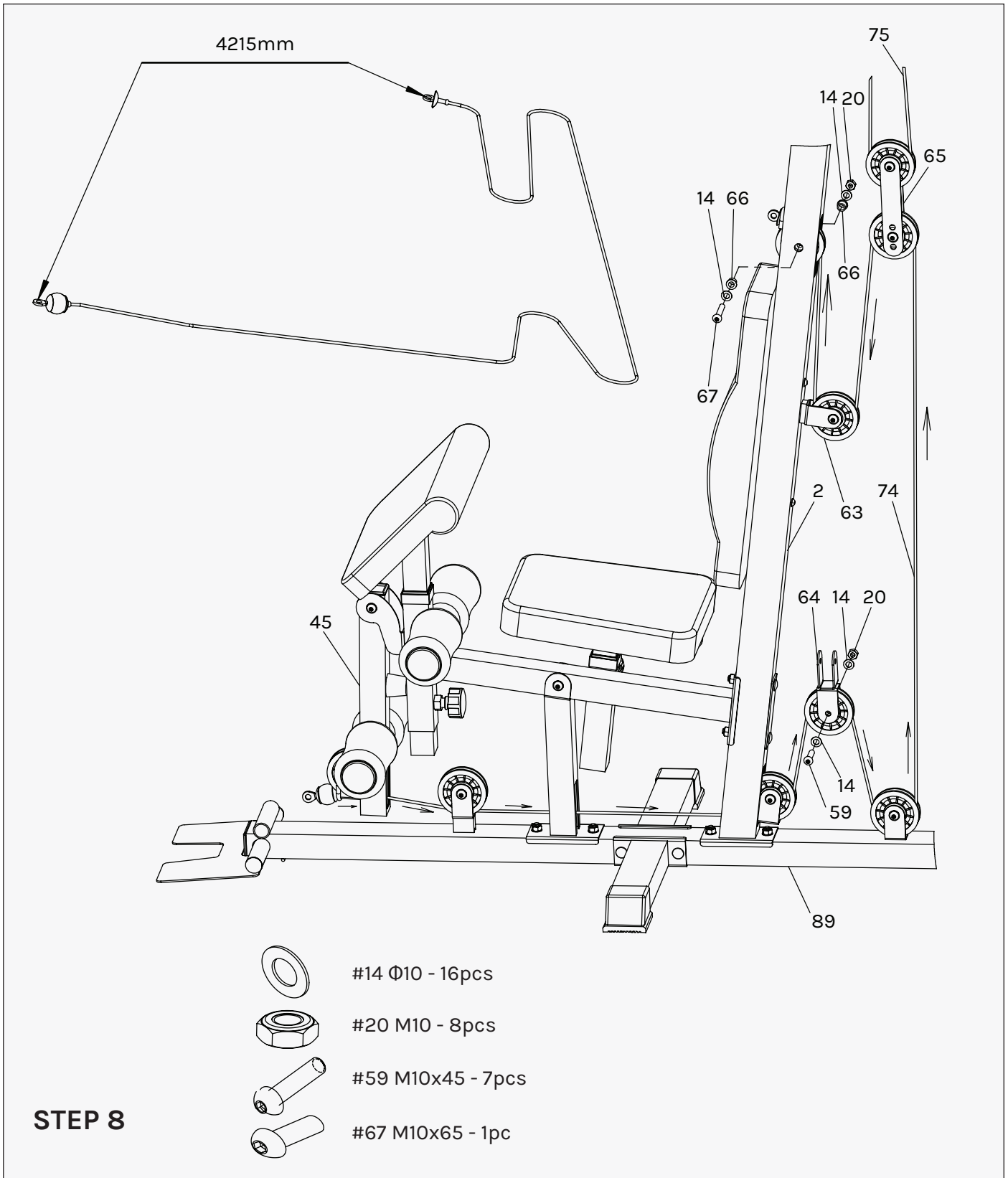
STEP 6

1. Feed the Lat Cable (3380mm)(#75) through 7x Pulley (#63) as shown in image above, secure with 12 Washers Φ10 (#14), 6 Hex BoltsM10x45 (#59), 1 Hex Bolt M10x175(#21), 7 Aircraft Nut M10 (#20), and 2 Pulley Bracket (#65). Connect the end which is bolt to the (#57).

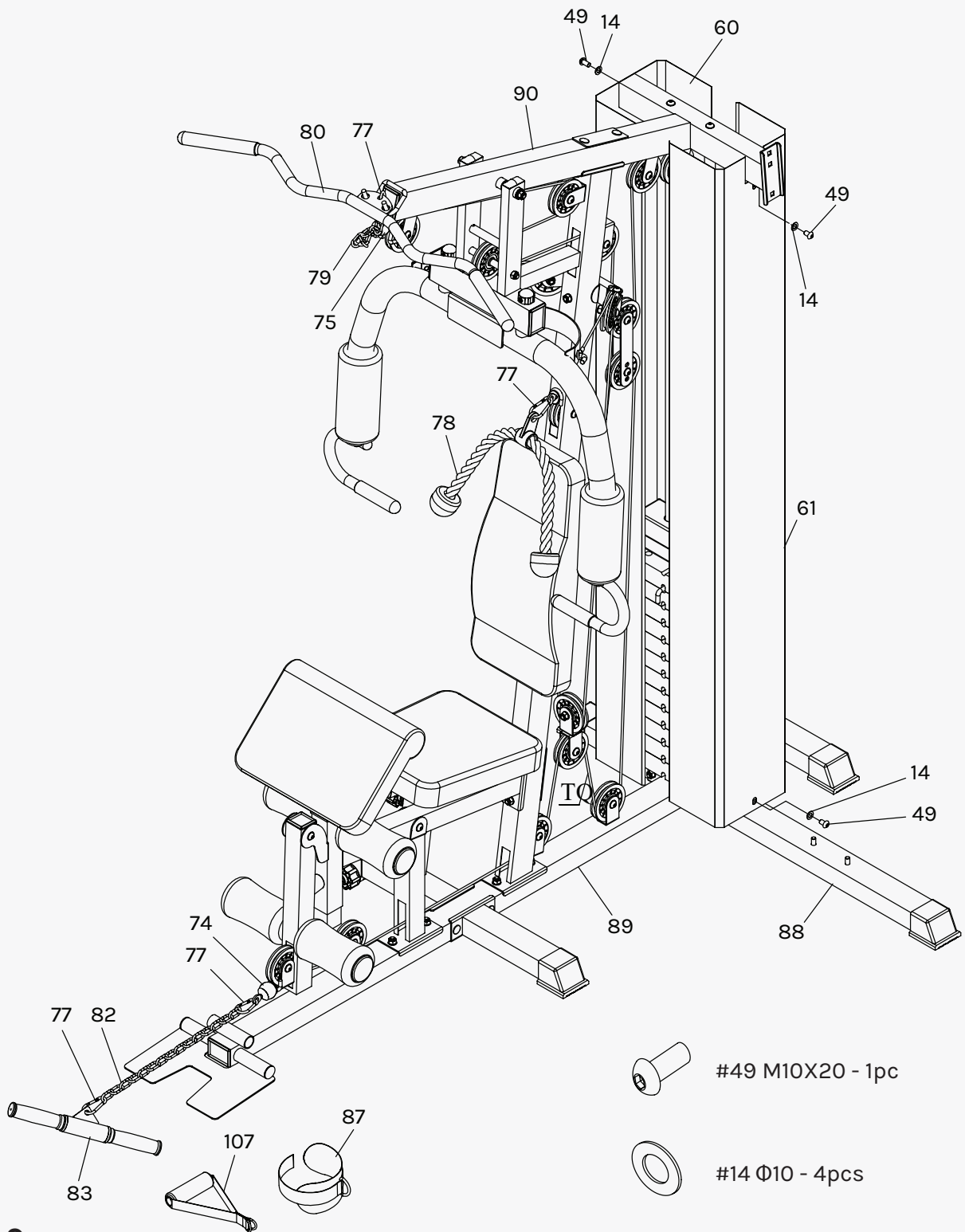


STEP 7

1. Connect the Butterfly Cable (3115mm) (#76) to Right Butterfly Arm (#16) and Left Butterfly Arm (#15) as shown in image, secure with 1 Pulley Set(#64), 3 Pulley (#63), 3 Hex Bolts M10x45 (#59), 6 Washers Φ10 (#14), and 3 Aircraft Nuts (#20).

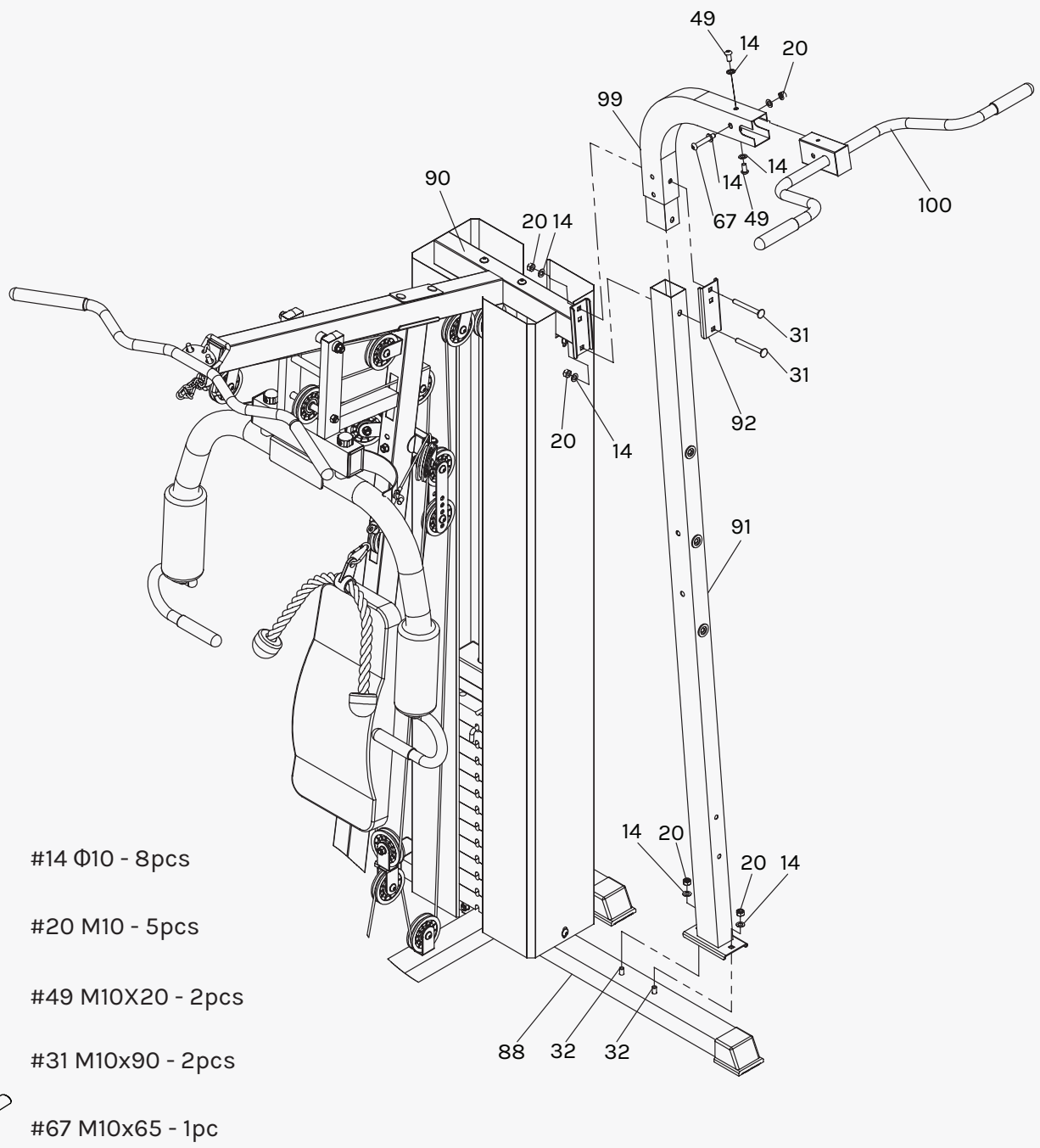


1. Fix the Triceps Cable (4215mm) (#74) as shown in image, secure with 2 Pulley Bushing (#66), 8 Pulley (#63), 7 Hex Bolts M10x45 (#59), 1 Hex Bolt M10x65 (#67), 16 Washers Φ 10 (#14), and 8 Nuts(#20).



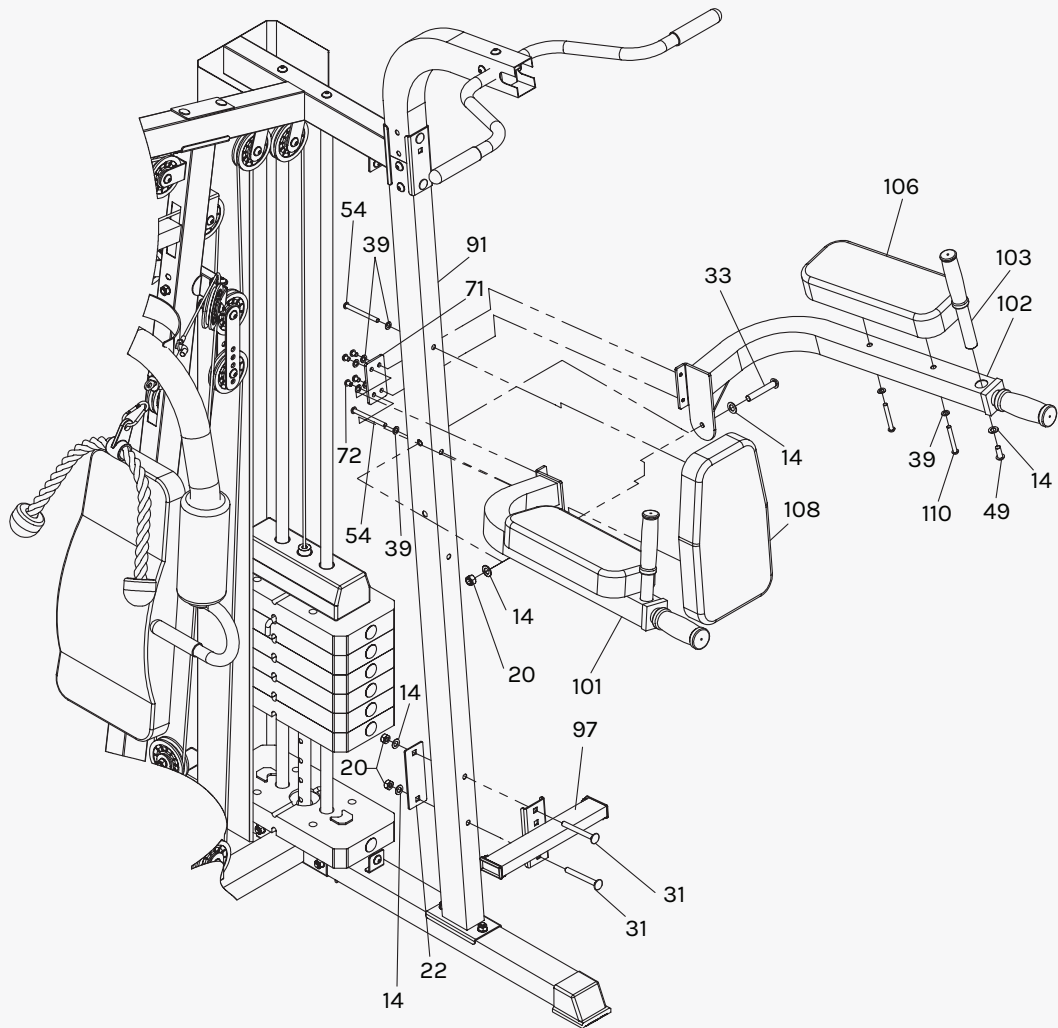
STEP 9










1. Attach Right Weight Plate Cover (#60) and (#61) to Rear Base Frame (#88) and (#90), secure with 2 Hex Bolts M10x20 (#49), and 2 Washers $\Phi 10$ (#14).
2. Attach Lat Bar (#80) to the Lat Cable (3380mm) (#75) though 6 Chains (#79) with 2 C-clip (#77).
3. Attach Small Bar Set (#83) to the Triceps Cable (4215mm) (#74) though 15 Chains (#82) with 2 C-clip (#77).
4. Attach Triceps Rope (#78) to the Triceps Cable (4215mm) (#74) with 1 C-clip (#77).



STEP 10

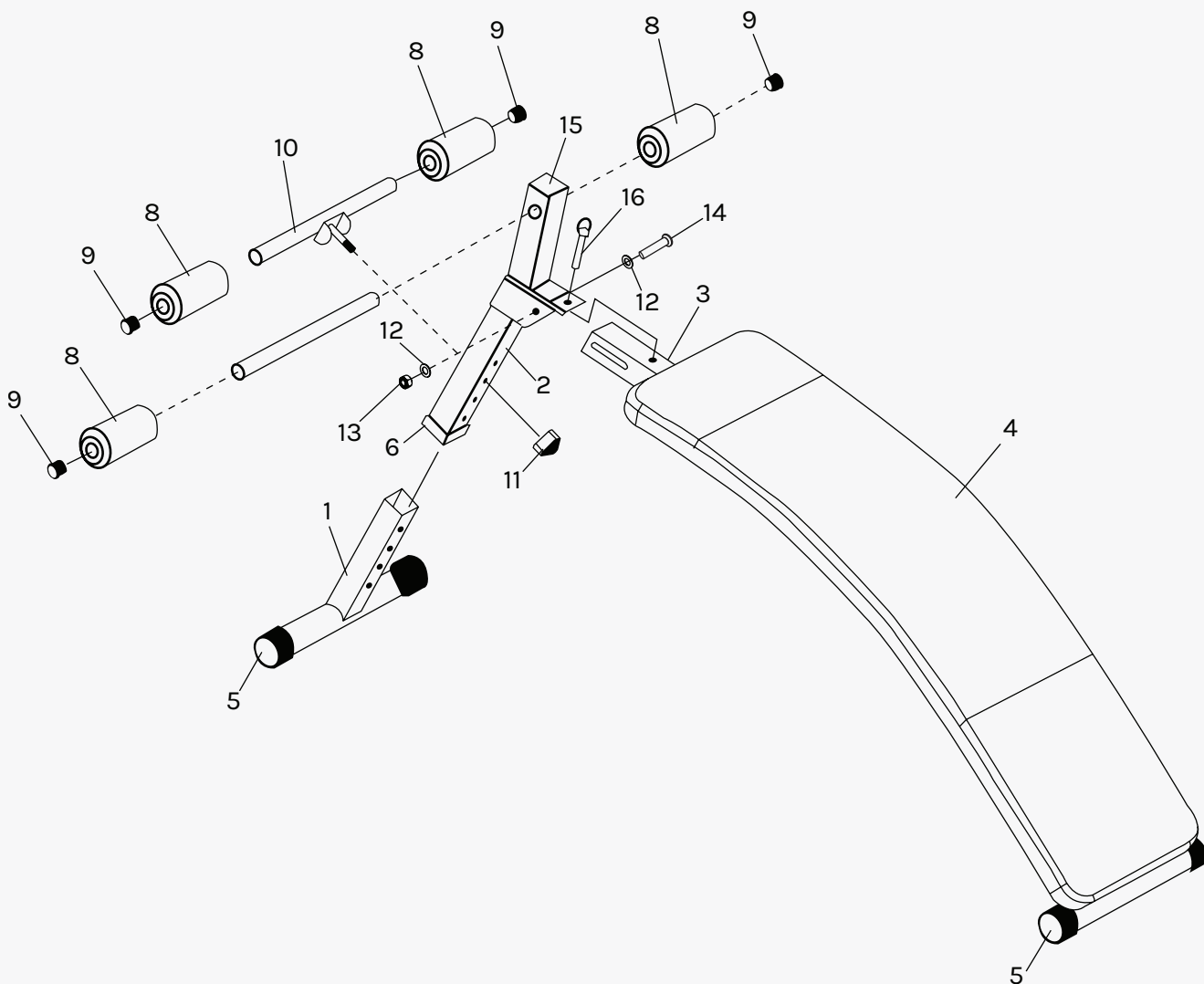
1. Connect the Vertical Frame (#91) to the Rear Base Support (#88) with 2 Washers Φ 10 (#14) and 2 Aircraft Nuts M10 (#20) to the pre-installed Carriage Bolt M10x70 (#32) on the Rear base Support (#88).
2. Two Carriage Bolts M10x90 (#31), 2 Washers Φ 10 (#14), 2 Aircraft Nuts M10 (#20) and a Board (#92) are used to connect the Parallel Support Bar (#99), the Vertical frame (#91) and the Upper Frame (#90).
3. Insert the Lat Bar (#100) into the Parallel Support Bar (#99) and lock with 4 Washers Φ 10 (#14), 2 Hex Bolts M10x20 (#49), 1 Hex Bolt M10x65 (#67) and 1 Aircraft Nut M10 (#20).



- | | | | |
|---|-------------------|--|-------------------|
|  | #14 Ø10 - 6pcs |  | #72 M8x10 - 4pcs |
|  | #20 M10 - 3pcs |  | #54 M8x85 - 2pcs |
|  | #49 M10x20 - 2pcs |  | #110 M8x65 - 4pcs |
|  | #31 M10x90 - 2pcs |  | #39 Ø8 - 8pcs |
|  | #33 M10x70 - 1pc | | |

STEP 11

1. Attach the Left Dip Arm (#101) and the Right Dip Arm (#102) to the Vertical Frame (#91). Secure it with 1x Hex Bolt M10*70mm (#33), 2x Washer Ø10 (#14), and 1x Aircraft Nuts M10mm (#20). Connect the two arms (#101) and (#102) with 4 Hex Bolts M8x10 (#72), 4 washers Ø8 (#39), and 1 Plate (4 holes) (#71).
2. Plug the Vertical Tube Bar (#103) into the hole of Right Dip Arm (#101) and (#102) with 2 Hex bolts M10x20 (#49).
3. Attach the Arm Pad (#106) to the Right and left Dip Arm (#101) and (#102). Secure it with 4 Hex Bolts M8*65mm (#110), and 4x WasherØ8 (#39).
4. Attach the Padded Back Support (#108) to the Vertical Frame (#91). Secure it with 2x Hex Bolts M8x85mm (#54), and 2x Washer Ø8 (#39).
5. Attach the Foot Stand (#97) to the Vertical Frame (#91). Secure it with 2x Carriage Bolt M10 x 90mm (#31), Bracket (#22), 2x Washer Ø10 (#14), and 2x Aircraft Nuts M10 (#20).



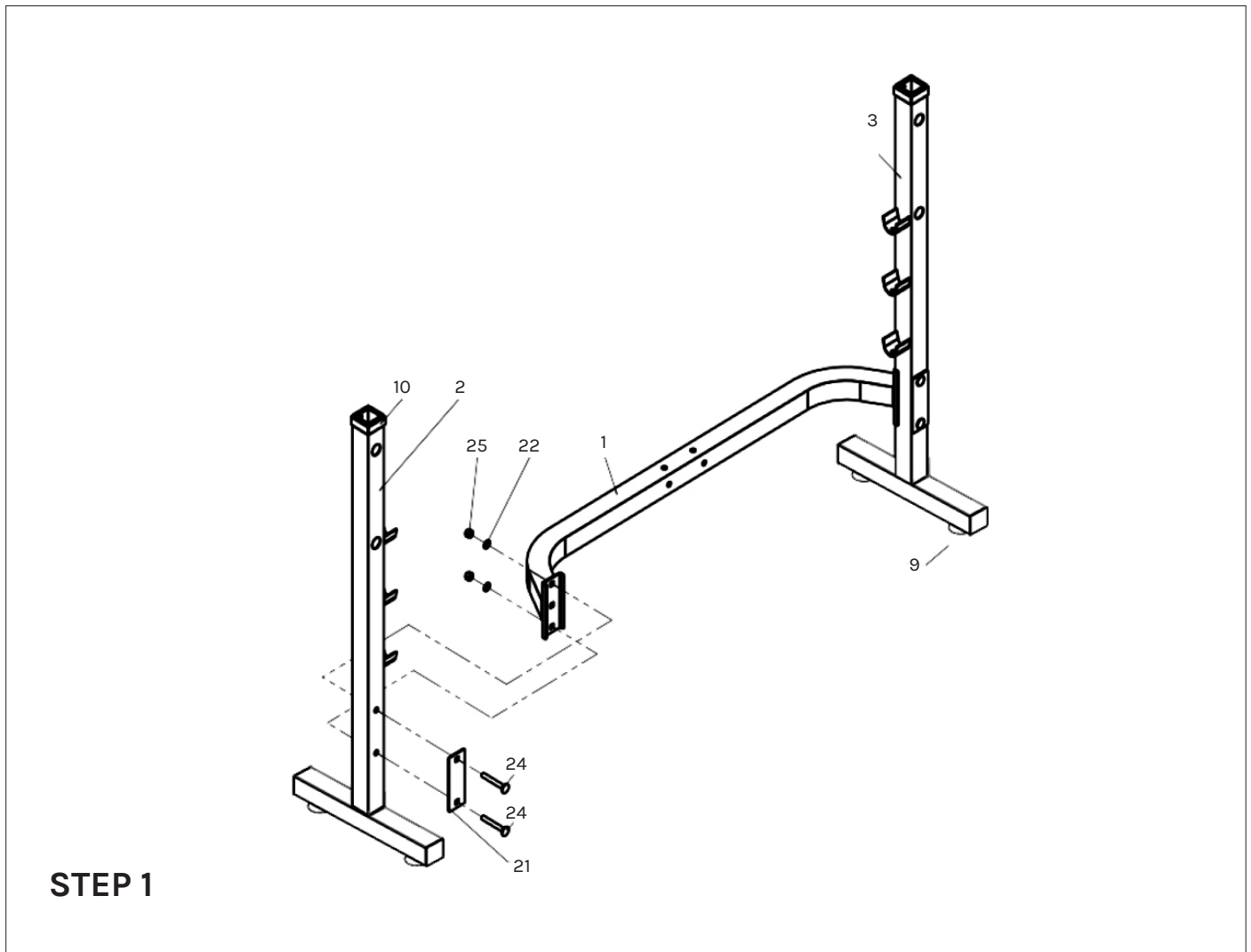
STEP 12

1. Attach 1x Arch Frame (#3) to the Front Vertical Stand (#2). Secure it with 1x Carriage Bolt M10 x 70mm (#14), 2x Washerφ10 (#12) and 1x Allen Bolt M10mm (#13).
2. Attach the 1x Base Frame (#1) to the Front Vertical Stand (#2). Adjust the height and secure it with 1x Adjustable Position Foam Tube (#10) and 1x Lock Knob (#11).
3. Push 4x Foam Rolls (#8) onto Long Foam Tube (#7) and Adjustable Position Foam Tube (#10).
4. Put Plus (#9) onto the two ends of Long Foam Tube (#7) and Adjustable Positional Foam Tube (#10).
5. Check that all the parts is tight.

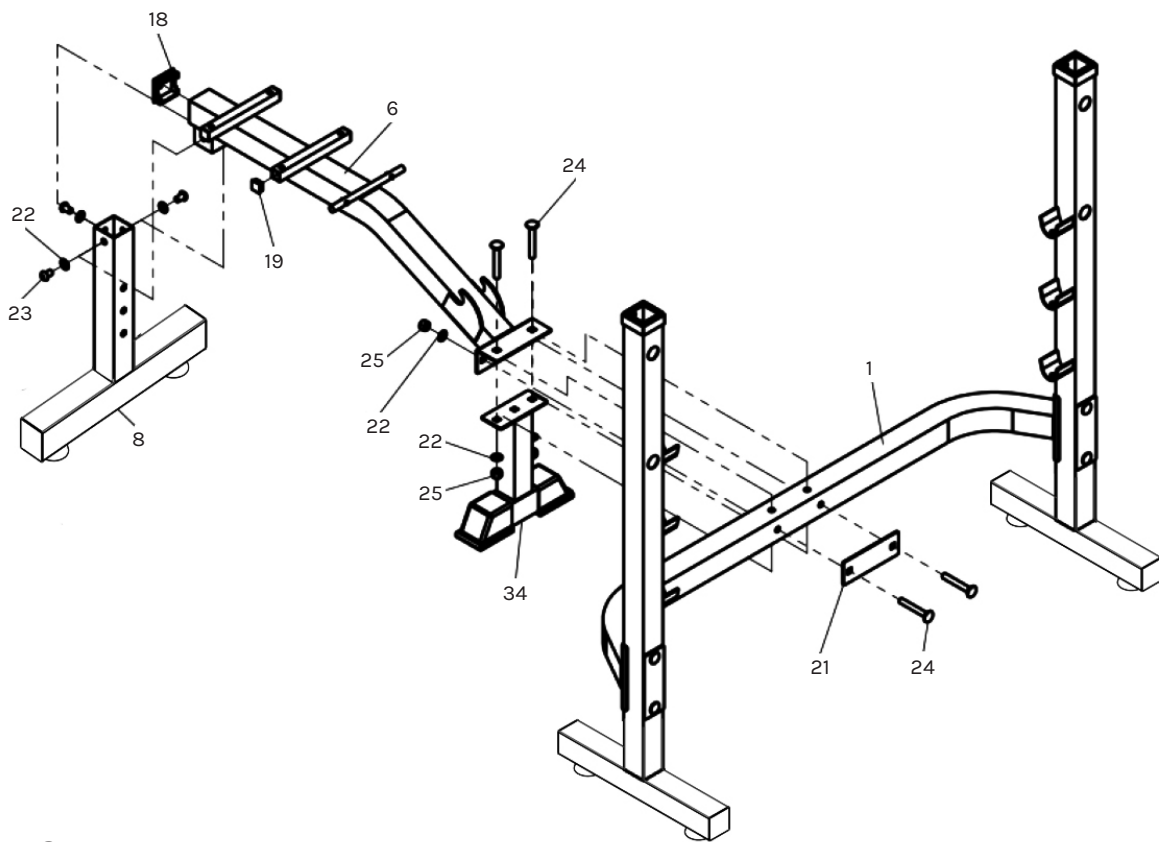
V. MF-4000 PARTS LIST

Key No.	Description	Qty.	Key No.	Description	Qty.
1	Tube	2	18	Tube Plug	1
2	Left Support Tube	1	19	Tube Plug	4
3	Right Support Tube	1	20	Tube Plug	4
4	Back Cushion	1	21	Bracket	3
5	Pad Tubes	2	22	Washer	Φ10 13
6	Main Support Tube	1	23	Hex Bolt	M10x16mm 3
7	Seat Pad	1	24	Carriage Bolt	M10x70mm 8
8	Front Support Tube	1	25	Nut	M10 9
9	Tube Sleeve	8	26	Washer	Φ8 8
10	Tube Shroud	2	27	Hex Bolt	M8x40mm 4
11	Tube	1	28	Hex Bolt	M8x35mm 4
12	Plates Support Tube	2	29	Hex Bolt	M10 x 190mm 1
13	Adjustable Tube	1	30	Foam Tube	1
14	Right Welded Tube	1	31	Knot	M10 1
15	Left Welded Tube	1	32	Foam	2
16	Right Safe Tube	1	33	Tube Plug	2
17	Left Safe Tube	1	34	Plate	1

VI. MF-4000 ASSEMBLY INSTRUCTIONS



- a. Secure the 1 x Tube (#1) to the 1x Left Support Tube (#2) and 1 x Right Support Tube (#3) with:
- 4 x Carriage Bolts M10 x 70mm (#24)
 - 4 x Washers Φ 10 (#22)
 - 4 x Nuts M10 (#25)
 - 2 x Bracket (#21)
- b. Attach 4 x Tube Sleeve (#9) to 1 x Left Support Tube (#2) and 1 x Right Support Tube (#3).



STEP 2

a. Secure 1 x Tube (#1) to 1 x Main Support Tube (#6) with:

- 2 x Carriage Bolts M10 x 70mm (#24)
- 2 x Washers Φ 10 (#22)
- 2 x Nuts M10 (#25)
- 1 x Bracket (#21)

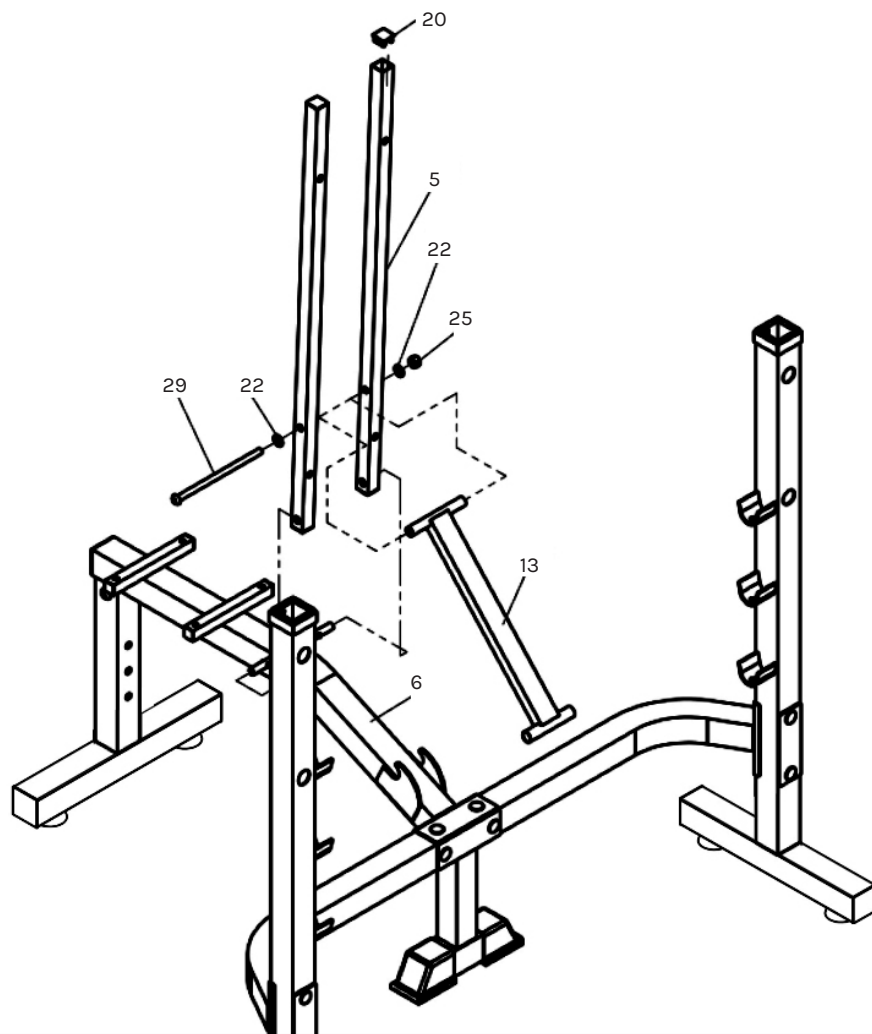
b. Secure 1 x Plate (#34) to 1 x Tube (#1) with:

- 2 x Carriage Bolts M10 x 70mm (#24)
- 2 x Washers Φ 10 (#22)
- 2 x Nuts M10 (#25)

c. Secure 1 x Front Support Tube (#8) to 1 x Main Support Tube (#6) with:

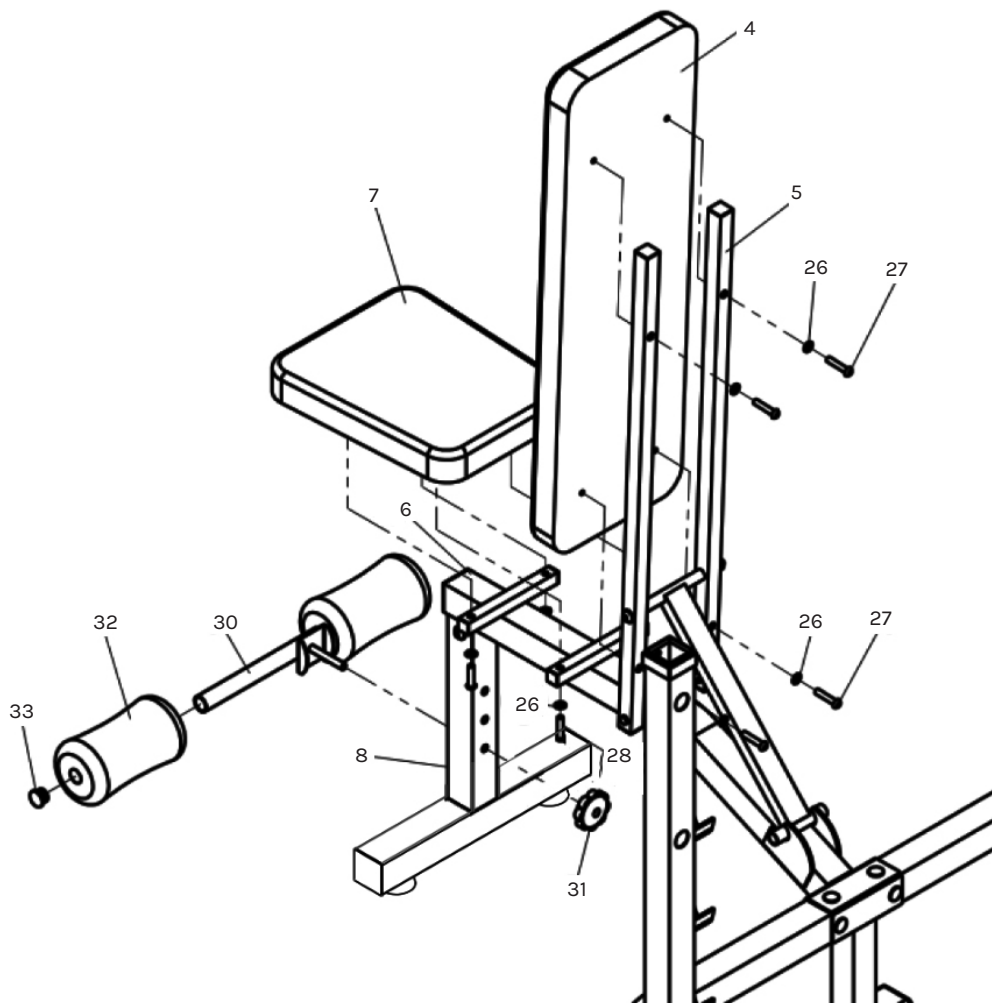
- 3 x Hex bolts M10 x 16mm (#23)
- 3 x Washers Φ 10 (#22)
- 2 x Nuts M10 (#25)

d. Attach 4 x Tube Sleeve (#9) to 1 x Front Support Tube (#8) and 1 x Plate (#34). Attach 4 x Tube Plug (#19) and 1 x Main Support Tube (#6).



STEP 3

- a. Attach 1 x Adjustable Tube (#13) between 2 x Pad Tubes (#5), then secure 2 Pad Tubes (#5) onto 1 x Main Support Tube (#6) with:
- 1 x Hex Bolts M10 x 190mm (#29)
 - 2 x Washers Φ 10 (#22)
 - 1 x Nuts M10 (#25)
- b. Attach 4 x Tube Plug (#20) to 2 x Pad Tubes (#5).



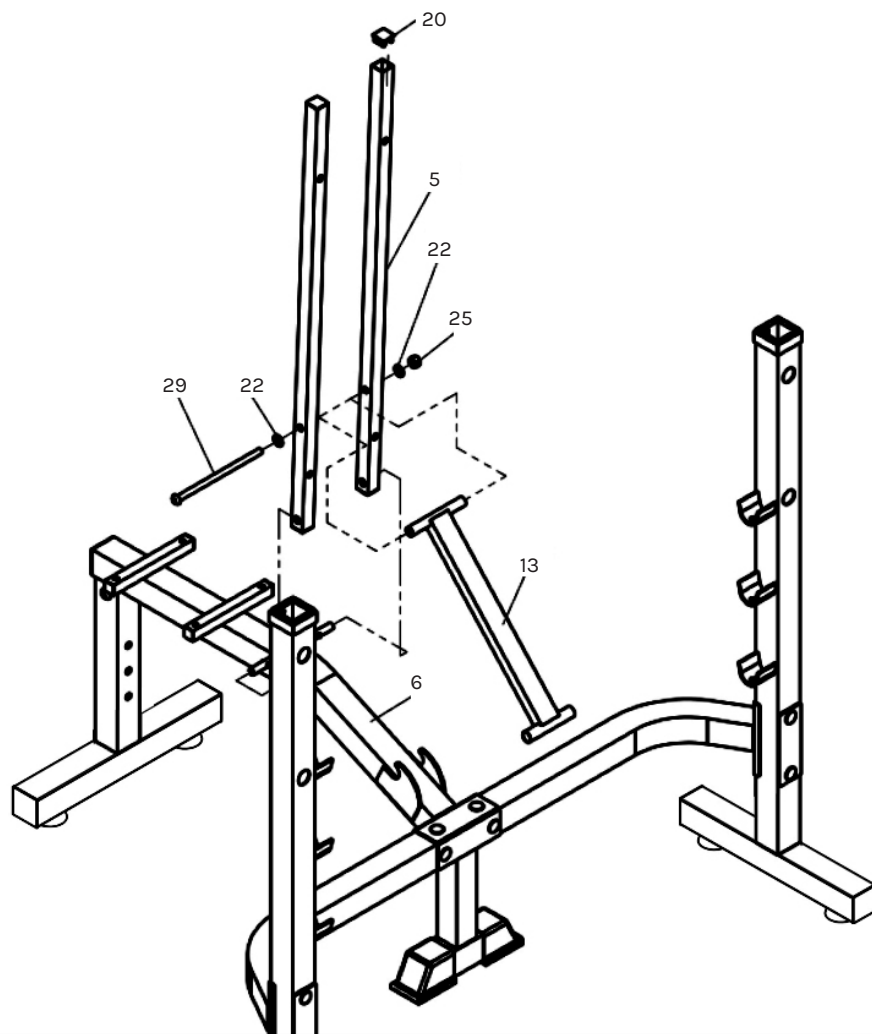
STEP 4

- a. Secure 1 x Back Cushion (#4) to 1 x Pad Tubes (#5) with:
 - 4 x Hex Bolts M8 x 40mm (#27)
 - 4 x Washers Φ 8 (#26)

- b. Secure 1 x Seat Pad (#7) to 1 x Main Support Tube (#6) with:
 - 4 x Hex Bolt M8 x 35mm (#28)
 - 4 x Washers Φ 8 (#26)

- c. Place 1 x Foam Tube (#30) onto 1 x Front Support Tube (#8) with:
 - 1 x Knot M10 (#31)

- d. Place 2 x Foam (#32) onto 1 x Foam Tube (#30), secure with 2 x Tube Plug (#33).

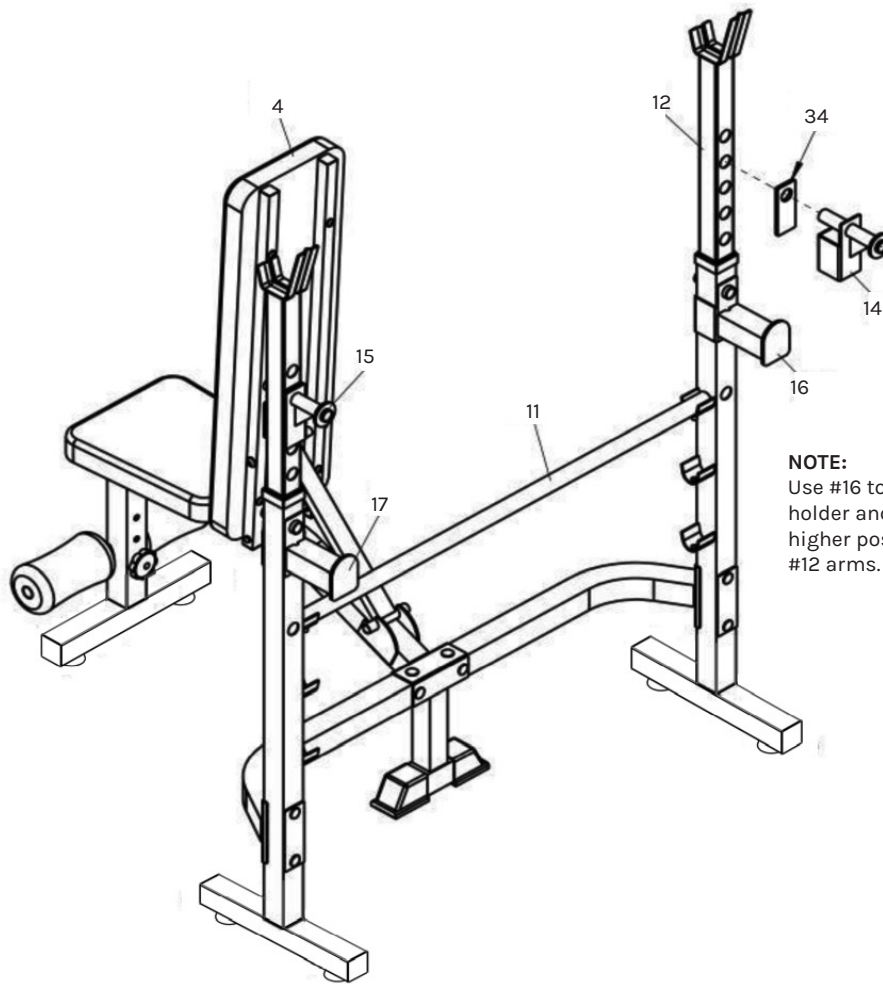


STEP 5

- a. Secure 1 x Plates Support Tube (#12) into 1 x Left Support Tube (#2) with:
 - 1 x Left Welded Tube (#15)
 - 1 x Left Safe Tube (17)

- b. Secure 1 x Plate Support Tube (#12) into 1 x Right Support Tube (#3) with:
 - 1 x Right Welded Tube (#14)
 - 1 x Right Safe Tube (#16)

- c. Place 1 x Tube (#11) along the allocated slot of the Left Support Tube (#2) and Right Support Tube (#3).



STEP 6

NOTE:
Use #16 to stabilize barbell holder and safety bars in higher positions involving #12 arms.

! NOTE:

When using the squat rack, please keep the Back Cushion (#4) straight. Place both Welded Tubes (#14) and (#15) into the 2 x Support Tubes (#12) with 2 x Plate (#34) in between. See above image.

VII. EXERCISE GUIDE

! PLEASE NOTE:

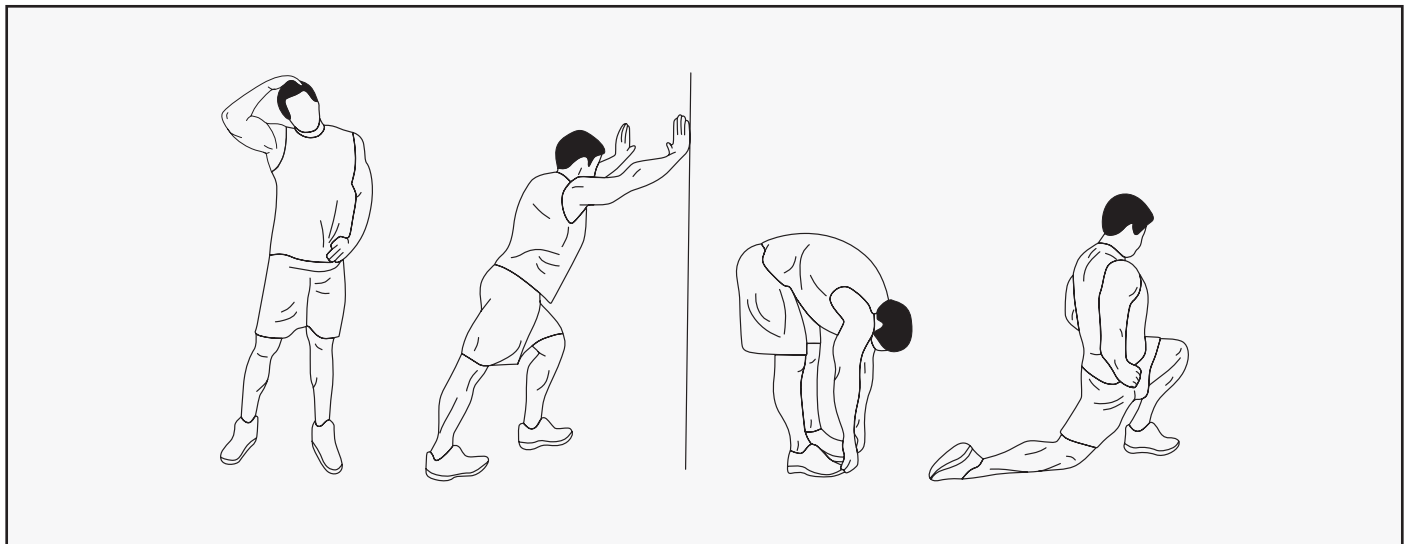
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

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

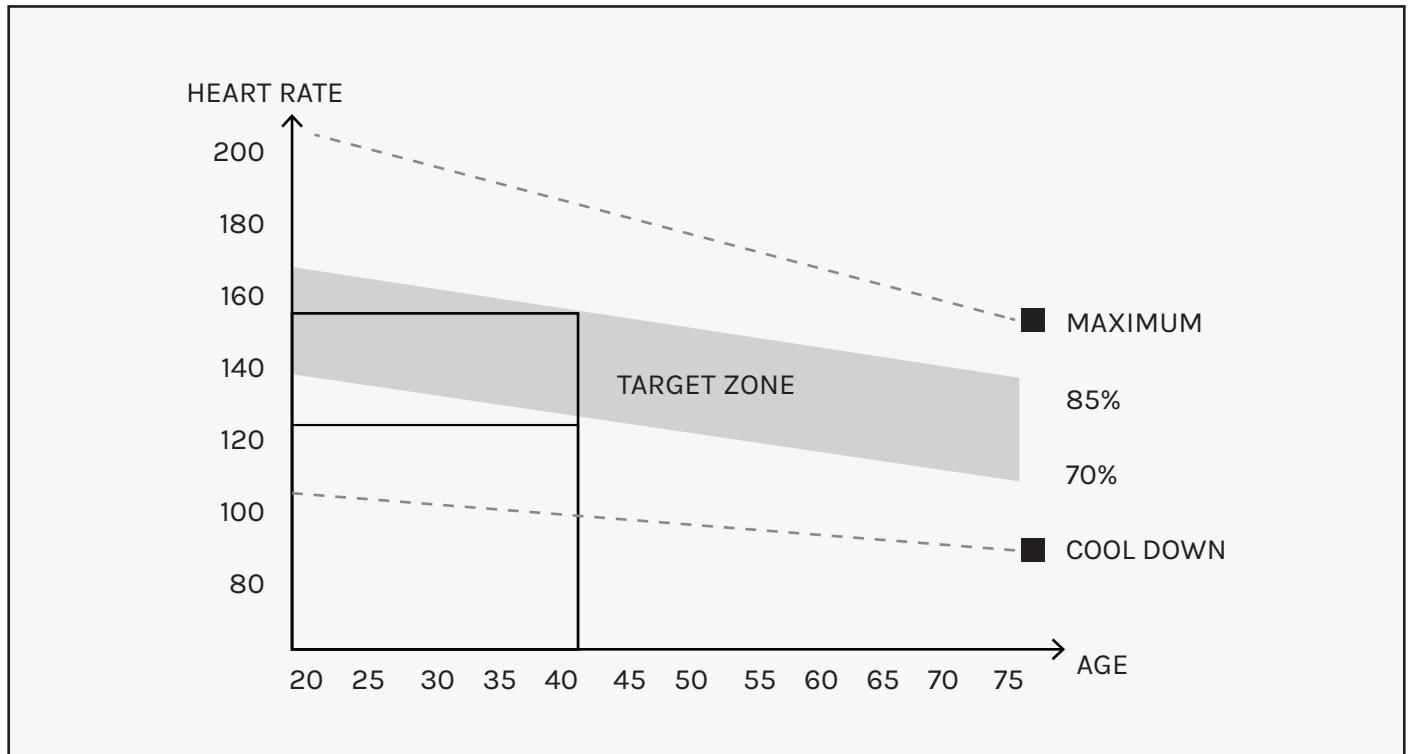
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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



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