

# **CORTEX<sup>®</sup>**

## **FT-40 Cable Crossover 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 should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



# TABLE OF CONTENTS

I. Important Safety Instructions .....	04
II. Parts List .....	05
III. Assembly Instructions .....	06
IV. Exercise Guide .....	12
V. Warranty .....	14

# I. IMPORTANT SAFETY INSTRUCTIONS

---

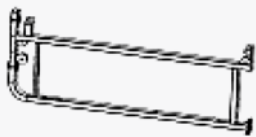
 **WARNING: Read all instructions before using this machine.**

Please keep this manual with you at all times.

- 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. PARTS LIST

1 x 1pc.



2 x 1pc.



3 x 1pc.



4 x 2pcs.



5 x 2pcs.



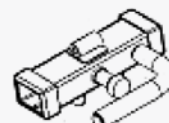
6 x 1pc.



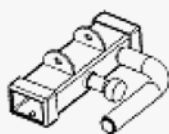
7 x 1pc.



8 x 1pc.



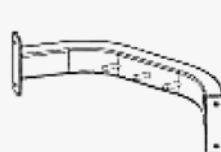
9 x 1pc.



10 x 4pcs.



11 x 2pcs.



12 x 2pcs.



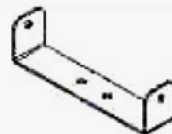
13 x 2pcs.



14 x 4pcs.



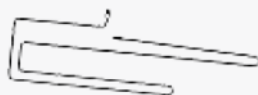
15 x 4pcs.



16 x 4pcs.



17 x 2pcs.



18 x 2pcs.



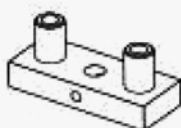
19 x 4pcs.



20 x 2pcs.



21 x 2pcs.



22 x 2pcs.



23 x 34pcs.



24 x 2pcs.

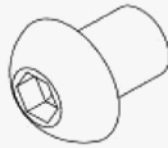


25 x 2pcs.



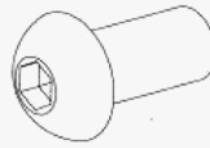
26 x 8pcs.

M8x10 Bolt



27 x 16pcs.

M8x16 Bolt



28 x 4pcs.

M8x45 Bolt



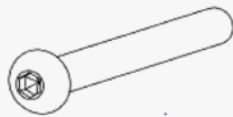
29 x 4pcs.

M10x70 Bolt



30 x 4pcs.

M10x75 Bolt



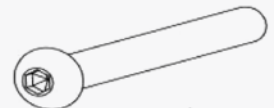
31 x 8pcs.

M10x85 Bolt



32 x 4pcs.

M10x95 Bolt



33 x 2pcs.

M12x100 Bolt



34 x 20pcs.

M10 Nut



35 x 2pcs.

M10 Nut



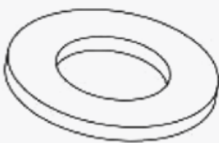
36 x 28pcs.

M8 Washer



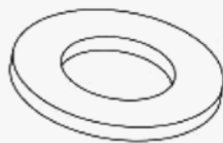
37 x 40pcs.

M10 Washer



38 x 4pcs.

M12 Washer



39 x 4pcs.

M8 Spring Washer



40 x 2pcs.

M12 Nut

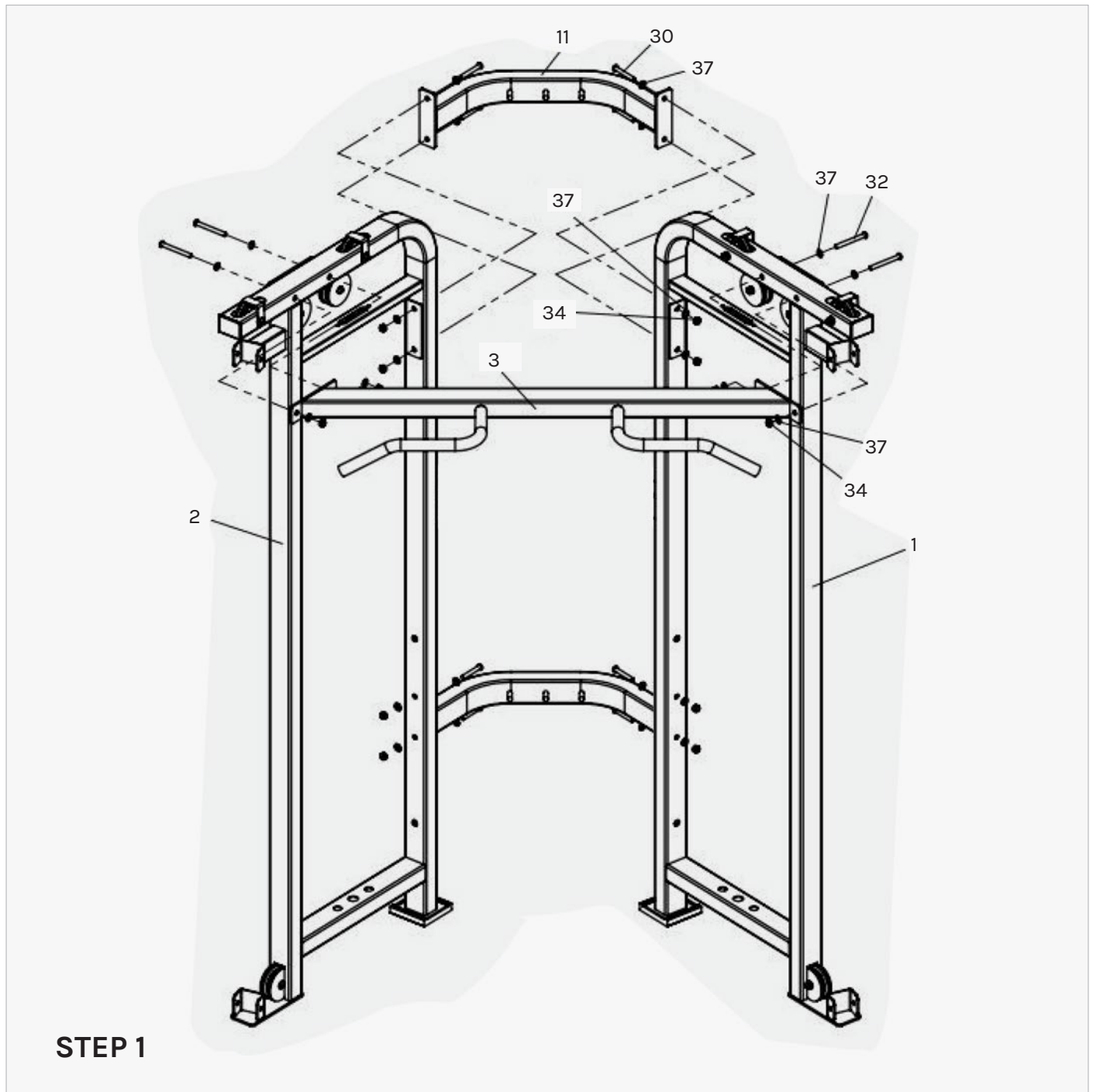


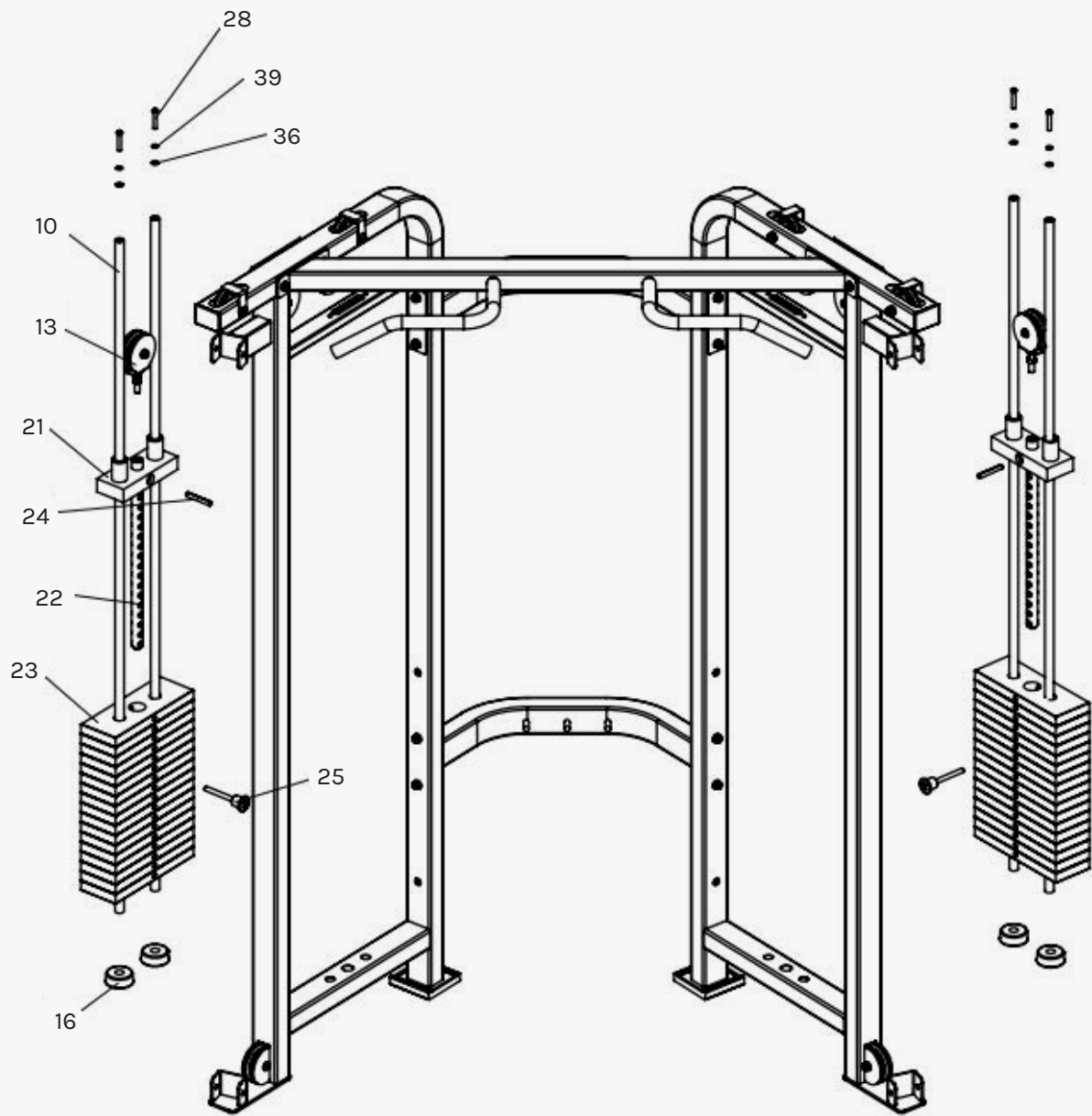
41 x 2pcs.

M1x95 Bolt

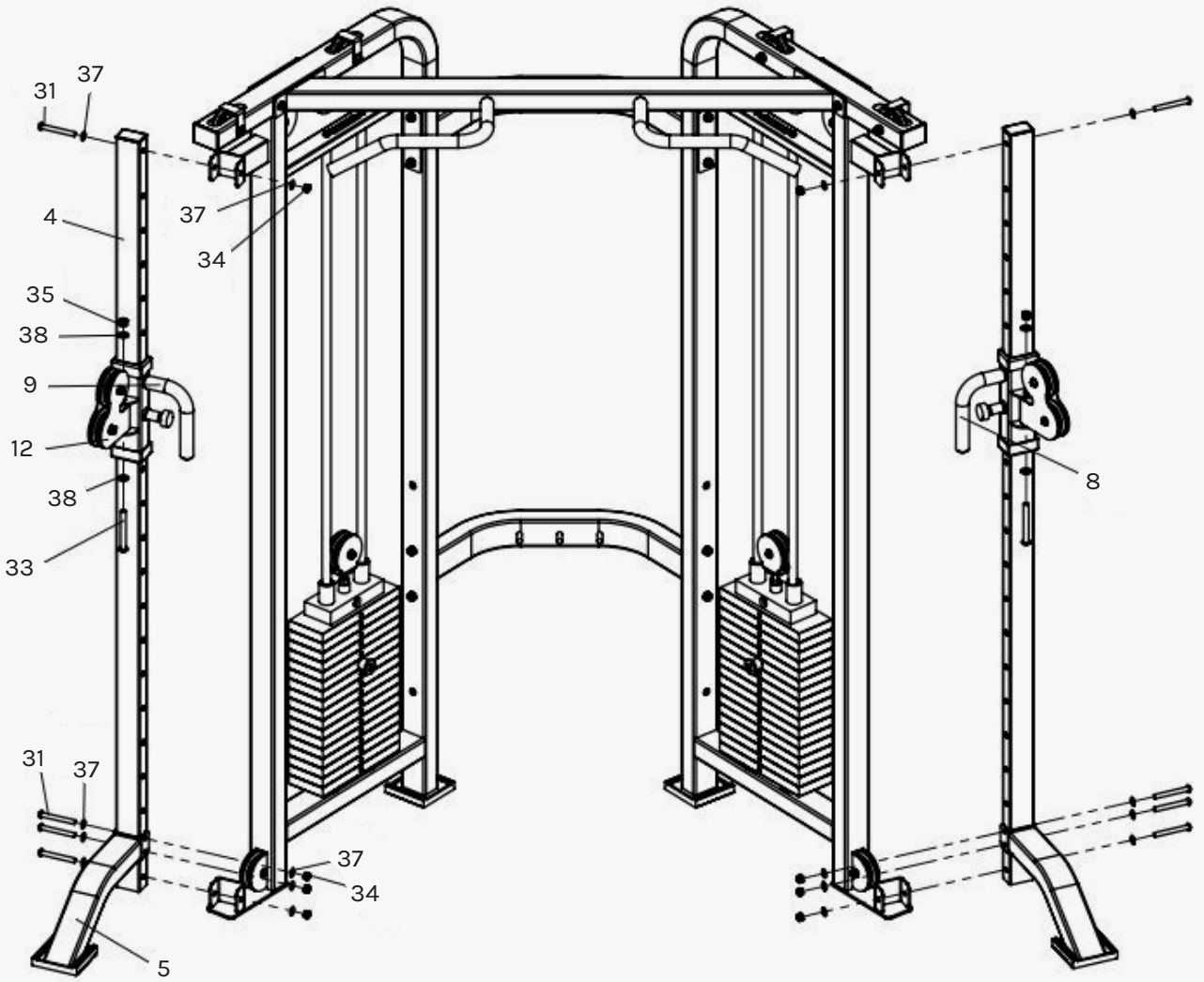


# III. ASSEMBLY INSTRUCTIONS



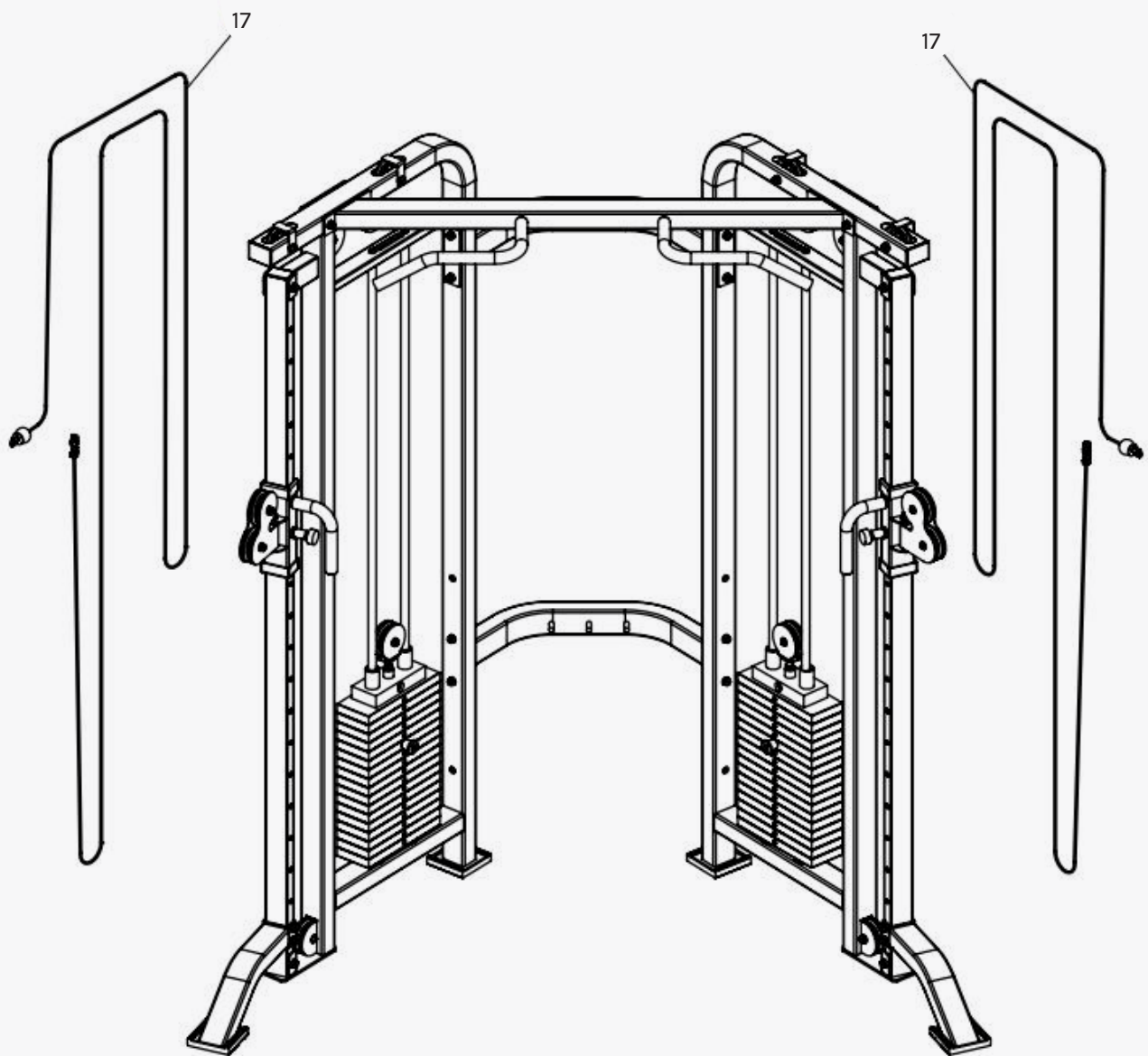


**STEP 2**

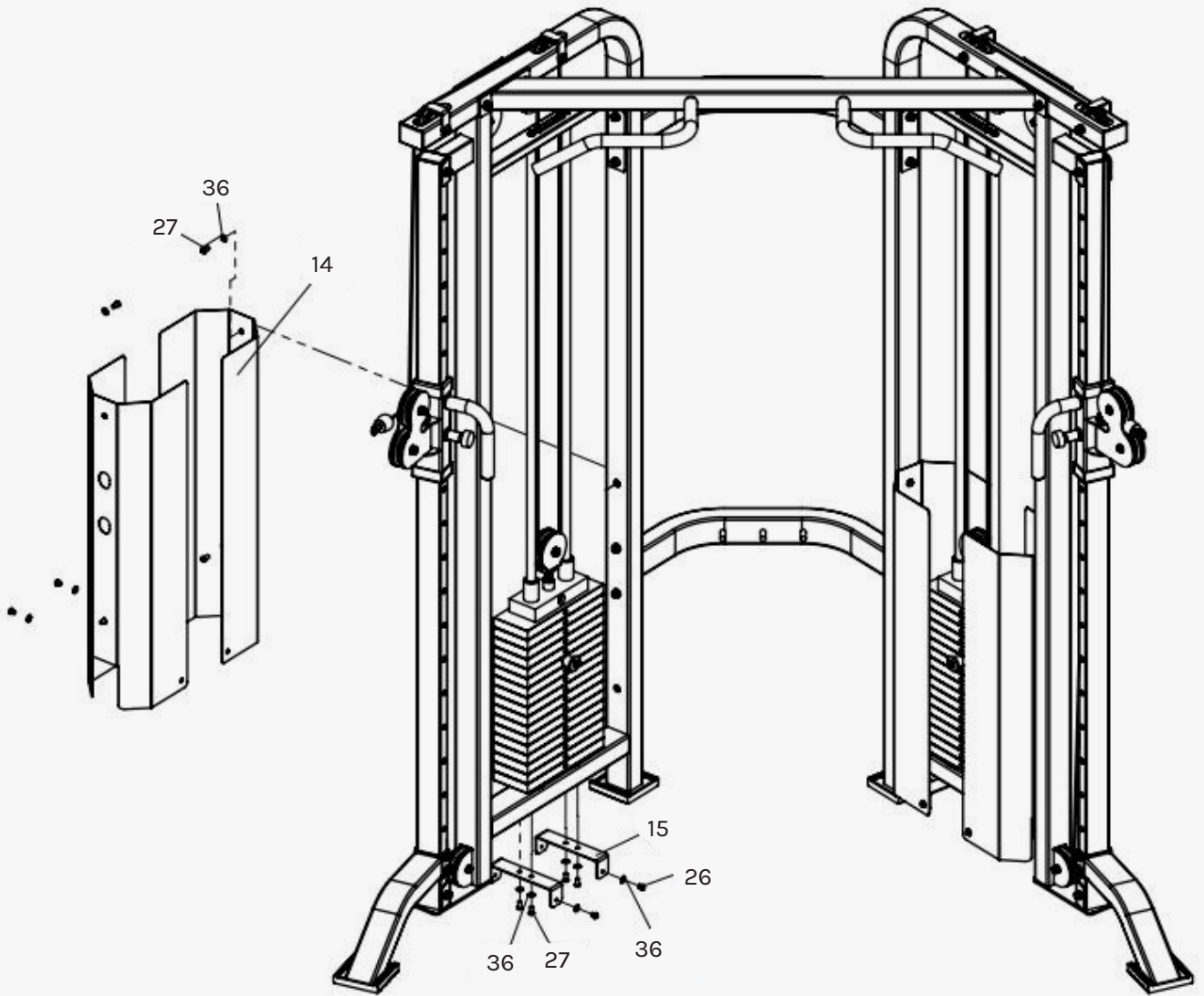


**STEP 3**

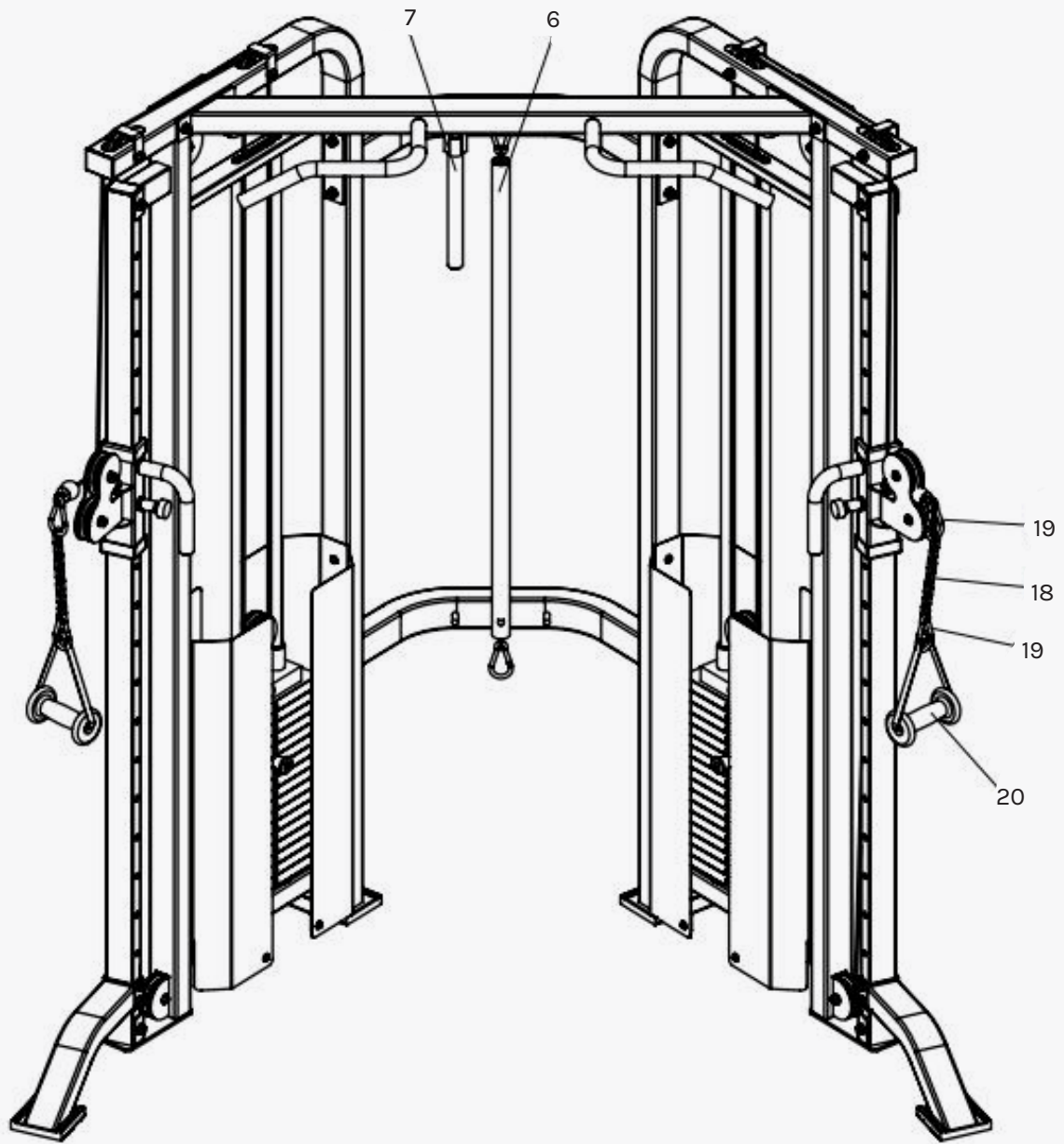




**STEP 4**



**STEP 5**



**STEP 6**

# IV. 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.

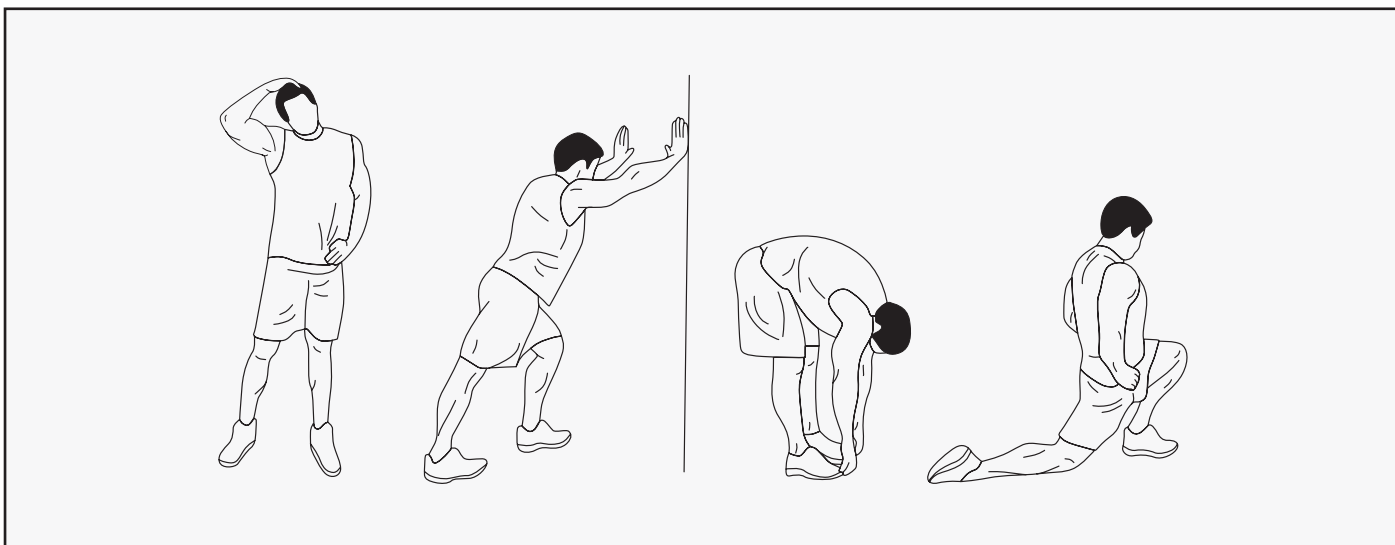
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

Exercising is a great way to control your weight, improve your fitness and reduce the effect of ageing 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

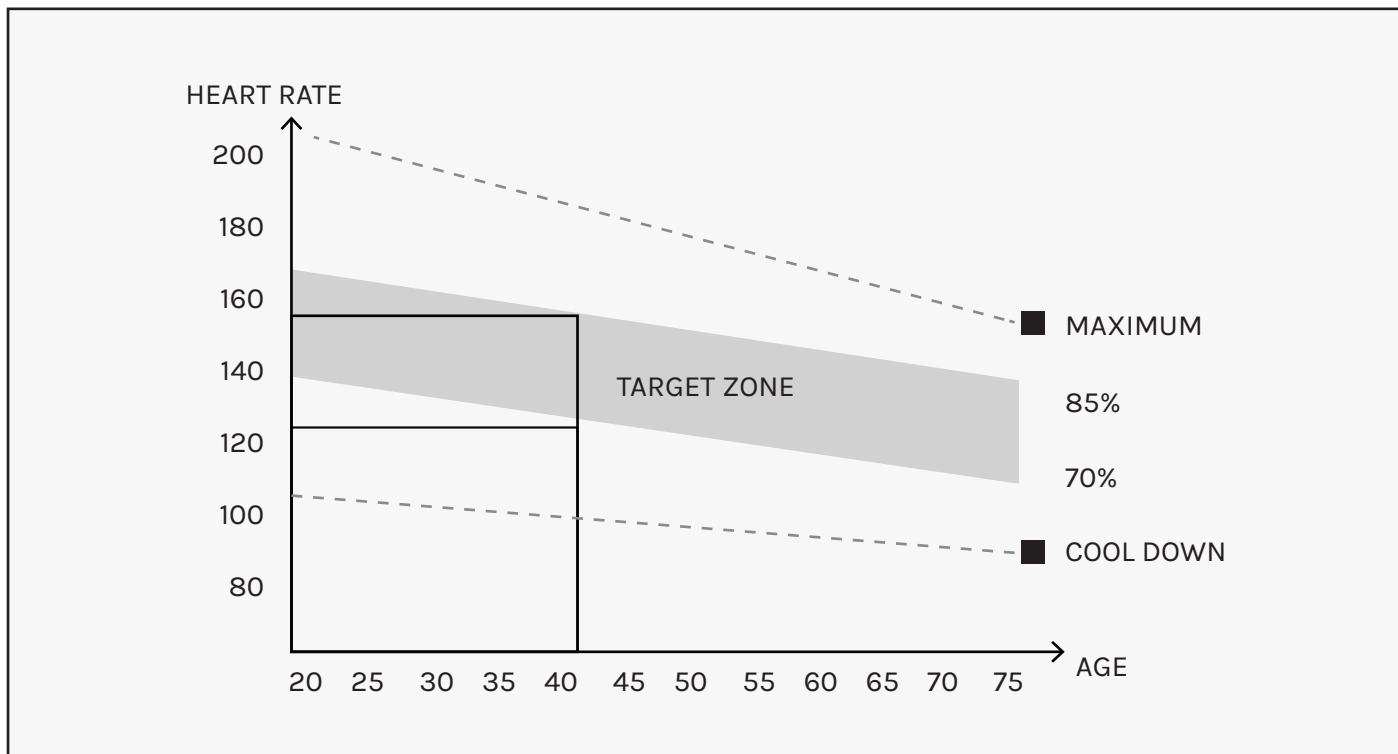
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

# 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](http://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](https://lifespanfitness.com.au/warranty-form)





***CORTEX***<sup>®</sup>

[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)