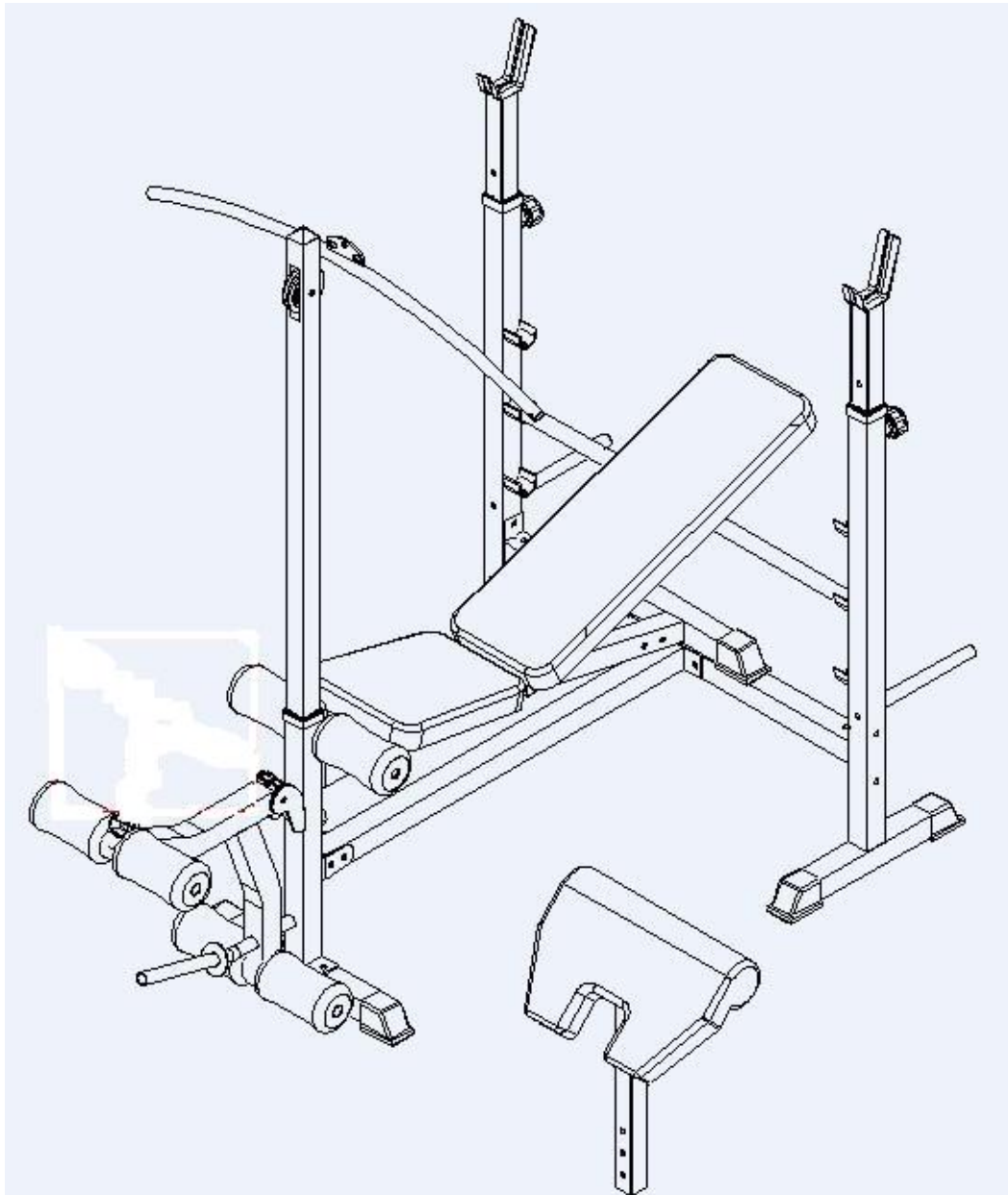




VISIT OUR BLOG FOR FITNESS TIPS,  
HEALTH TIPS, AND MUCH MORE!

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

## MF3000 OWNER'S 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.

# TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	ASSEMBLY INSTRUCTIONS	4
3.	WARRANTY	14

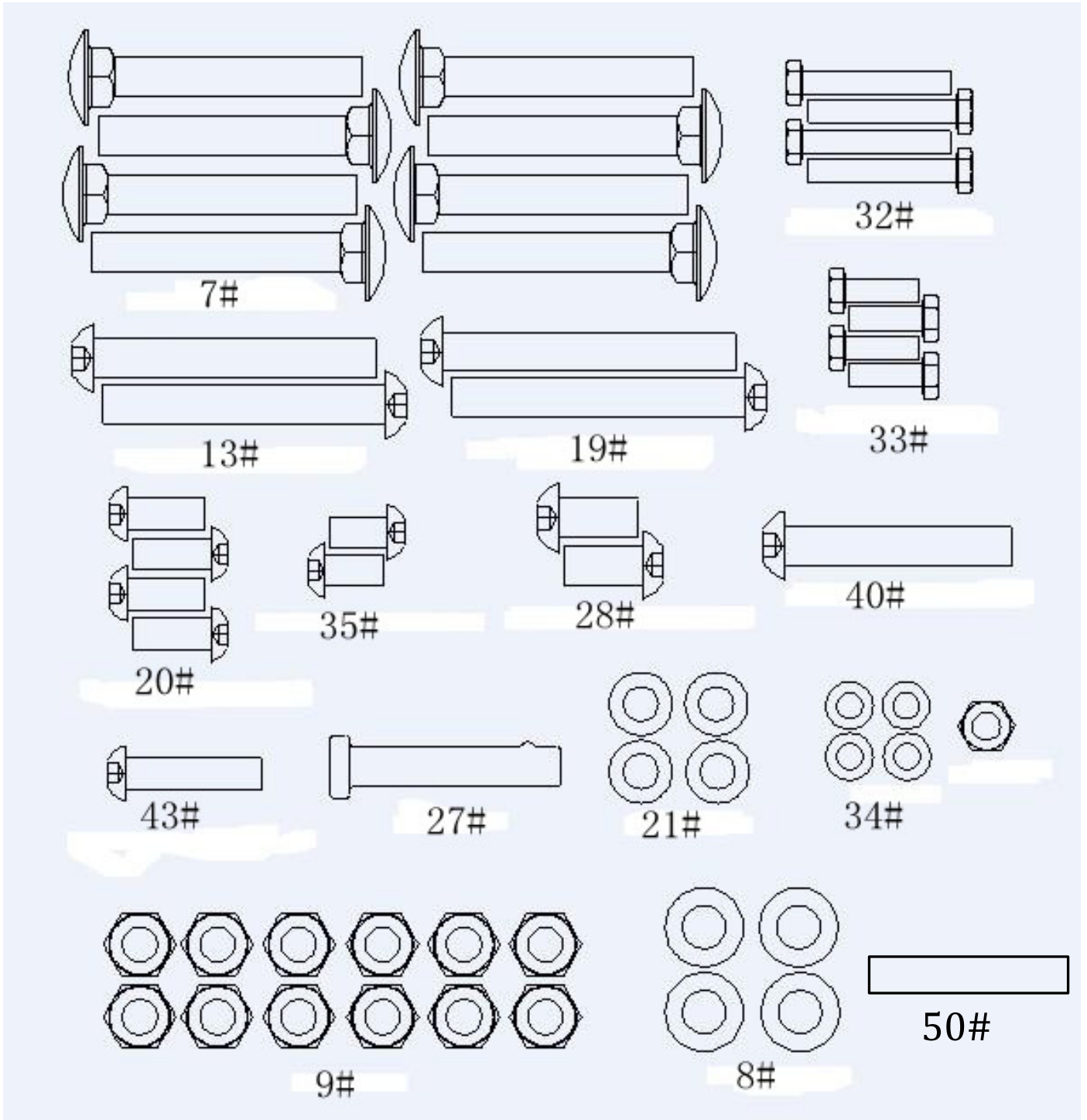
# 1. IMPORTANT SAFETY INSTRUCTIONS

**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 one 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.

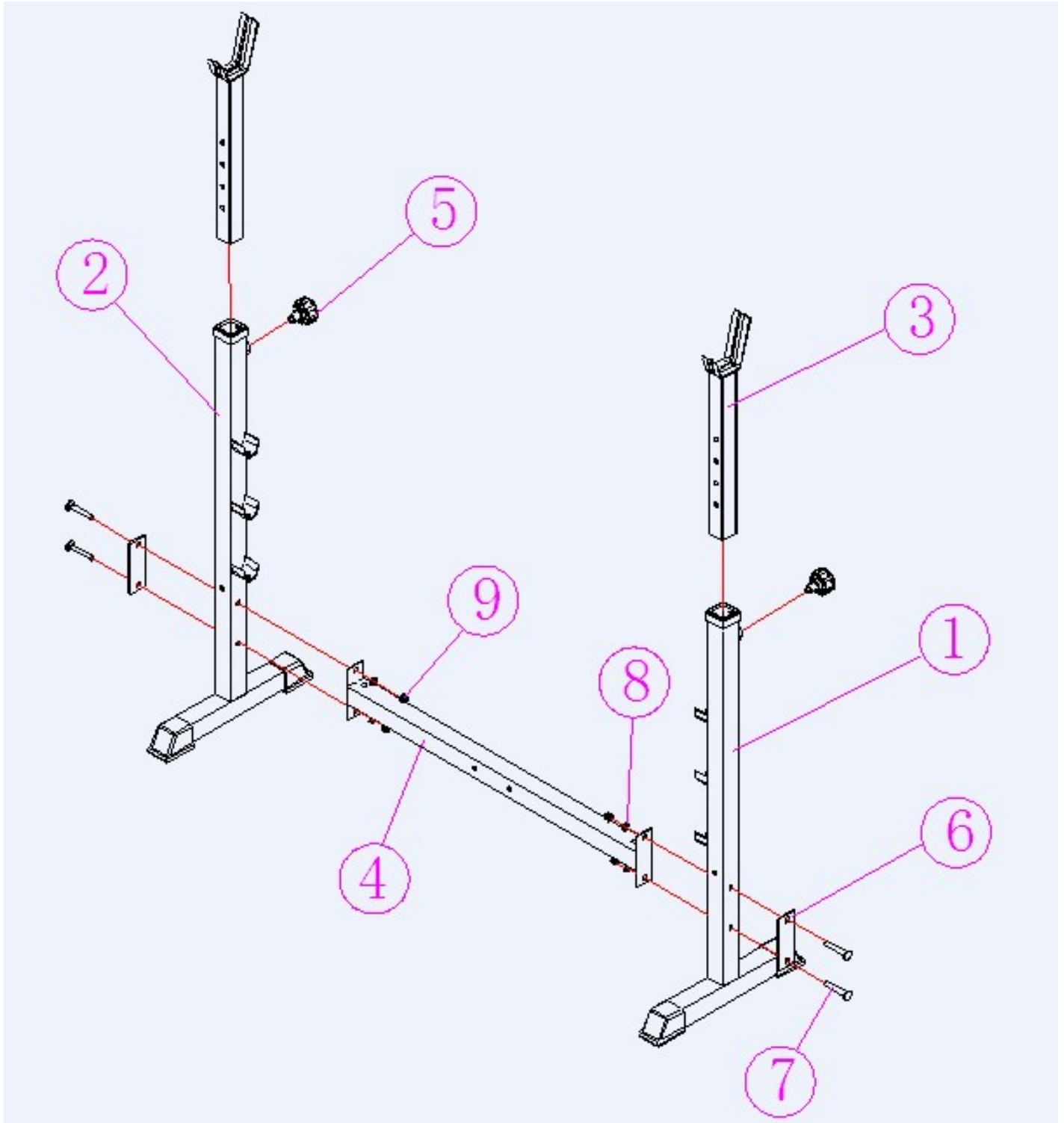
## 2. ASSEMBLY INSTRUCTIONS

### PARTS LIST



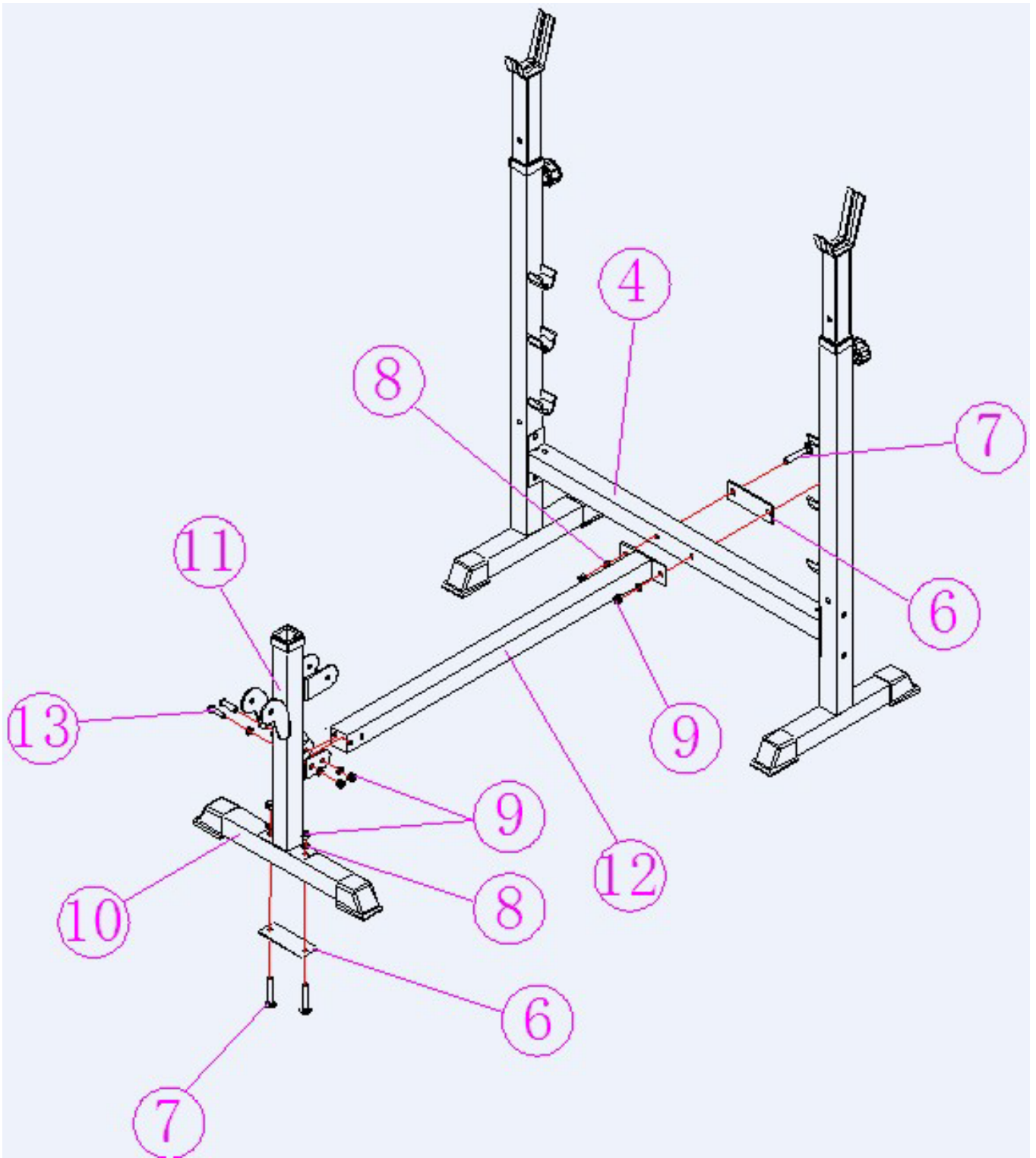
## STEP 1

1. Attach the Tube (#4) to the Frame (#1) and (#2), secured with Carriage Bolts M10\*70 (#7),  $\Phi$ 10washers (#8), M10 nuts (#9) and bracket (#6).
2. Insert the tube (#3) into the Frame (#1) and (#2), secured with Knob (#5).



## STEP 2

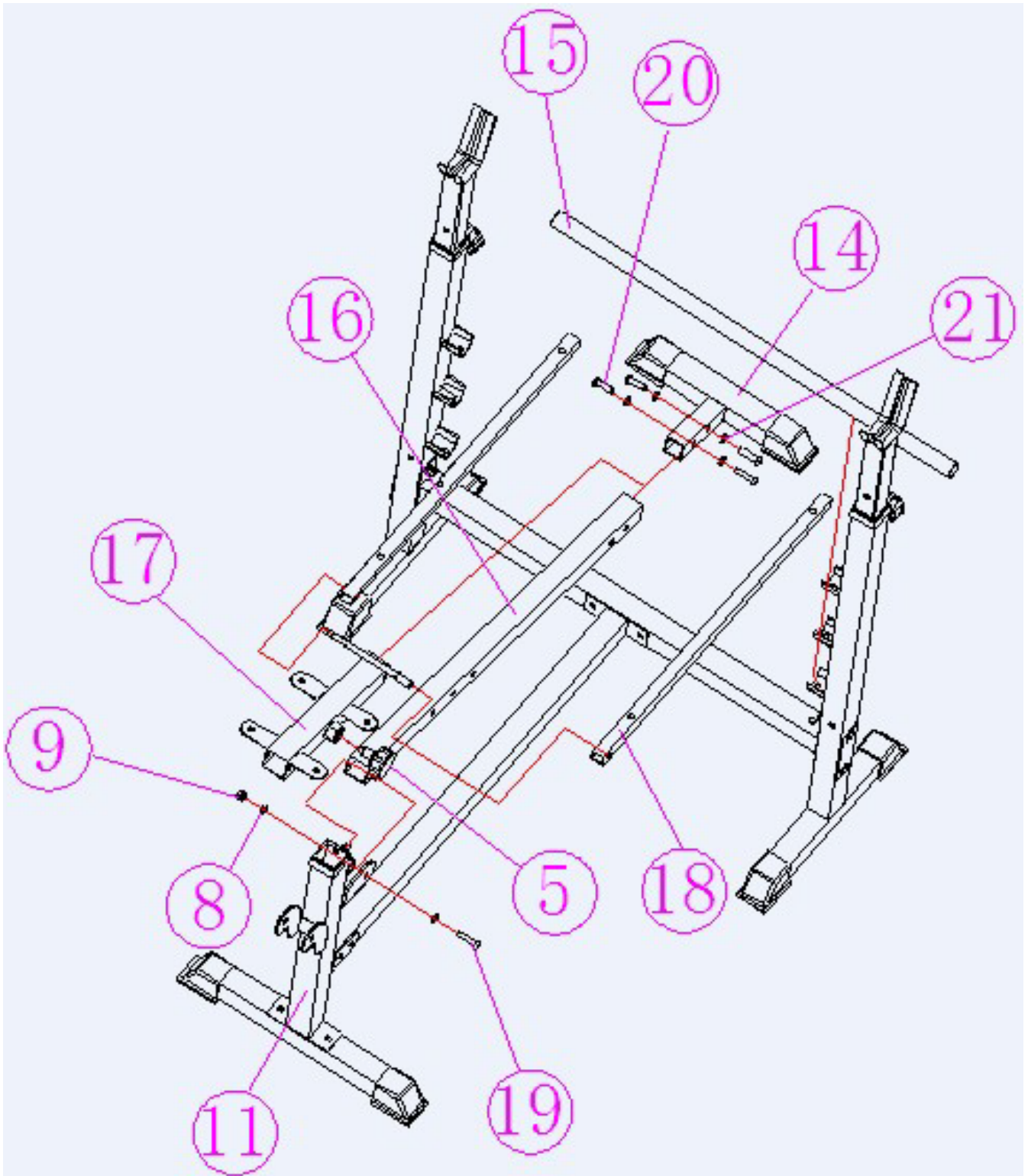
1. Attach the Tube (#11) to (#10), secured with Carriage Bolts M10\*70 (#7),  $\Phi$ 10washers (#8), M10 nuts (#9) and bracket (#6)
2. Attach (#12) to (#11) and (#4), secured with Hex bolts M10\*72(#13), Carriage Bolts M10\*70 (#7),  $\Phi$ 10washers (#8), M10 nuts (#9) and bracket (#6).



## STEP 3

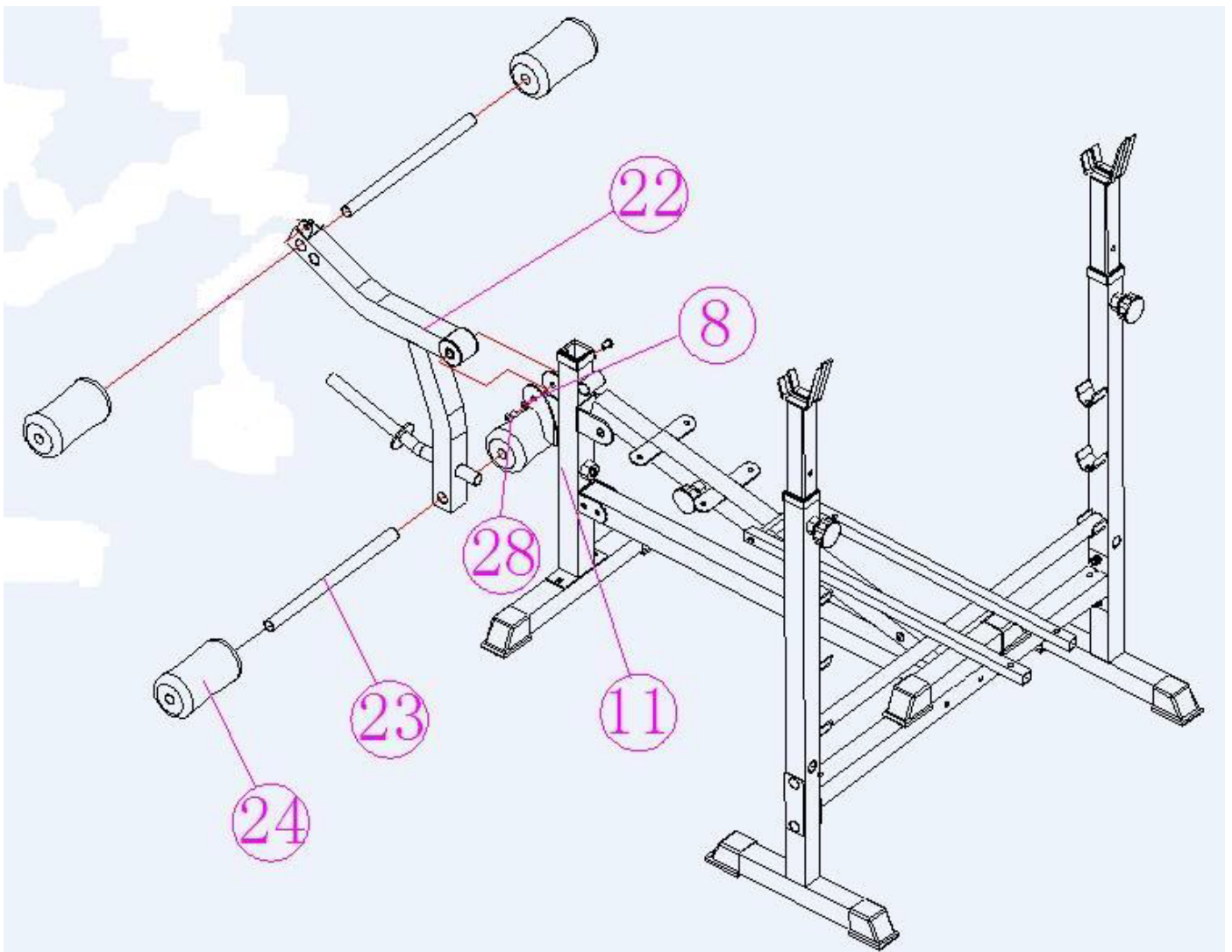
1. Attach (#17) to (#14) to the Tube (#16), secured with Hex Bolts M8\*20(#20),  $\Phi$  8washers (#21).  
Then attach the (#16) to the (#11), secured with Hex bolts M10\*75 (#19),  $\Phi$  10washers (#8), M10 nuts (#9).
2. Attach the tube (#15) to the two uprights tube (#1) and (#2) by placing it into the arch brackets on each side.
3. Attach the two tubes (#18) to (#17).





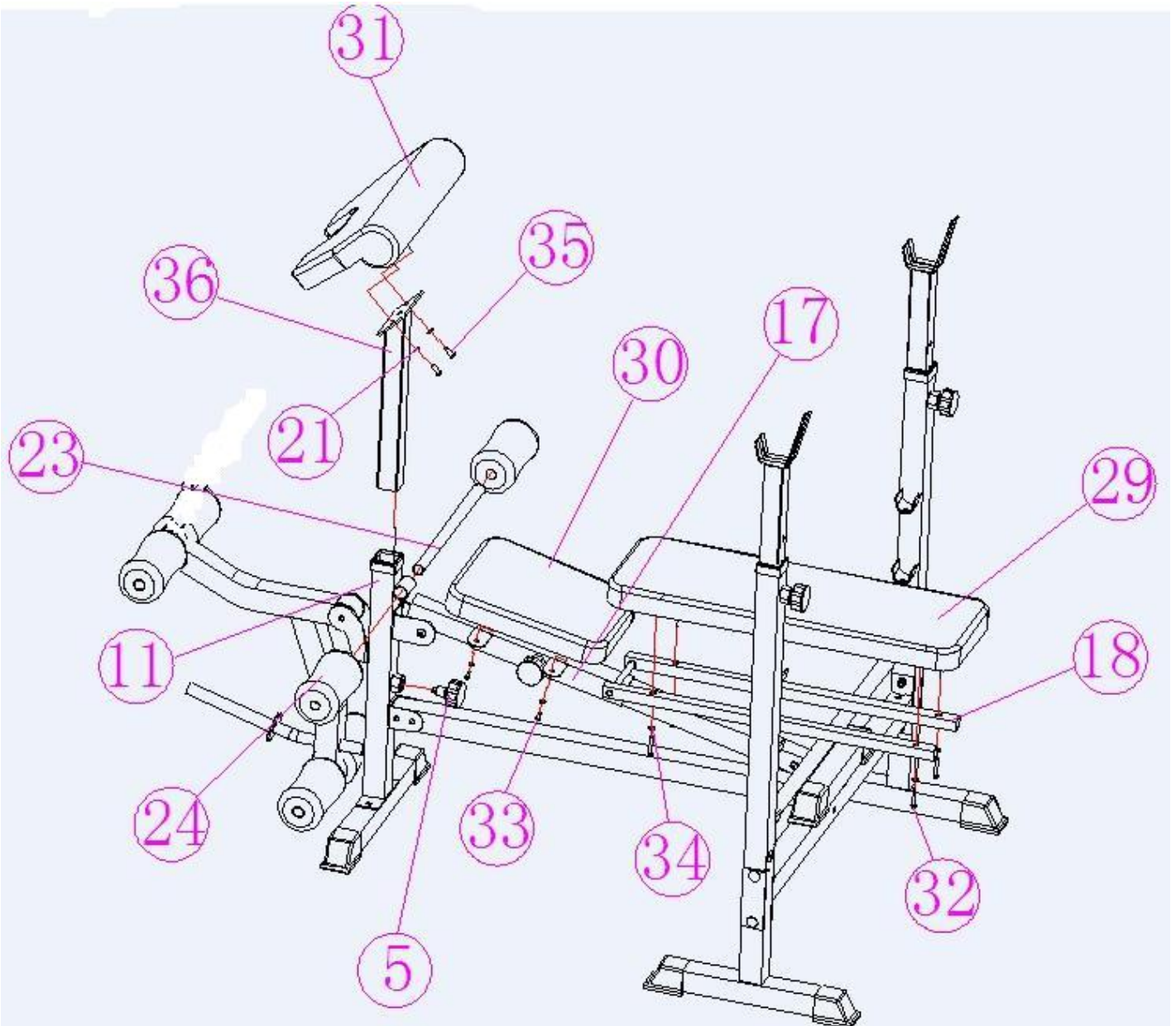
## STEP 4

1. Attach the tube (#22) to (#11), secured with Hex bolts M10\*20 (#28),  $\Phi$ 10washers (#8), M10\*55 tube (#50).
2. Insert the Foam tube (#23) into (#22), then insert foam rolls (#24).



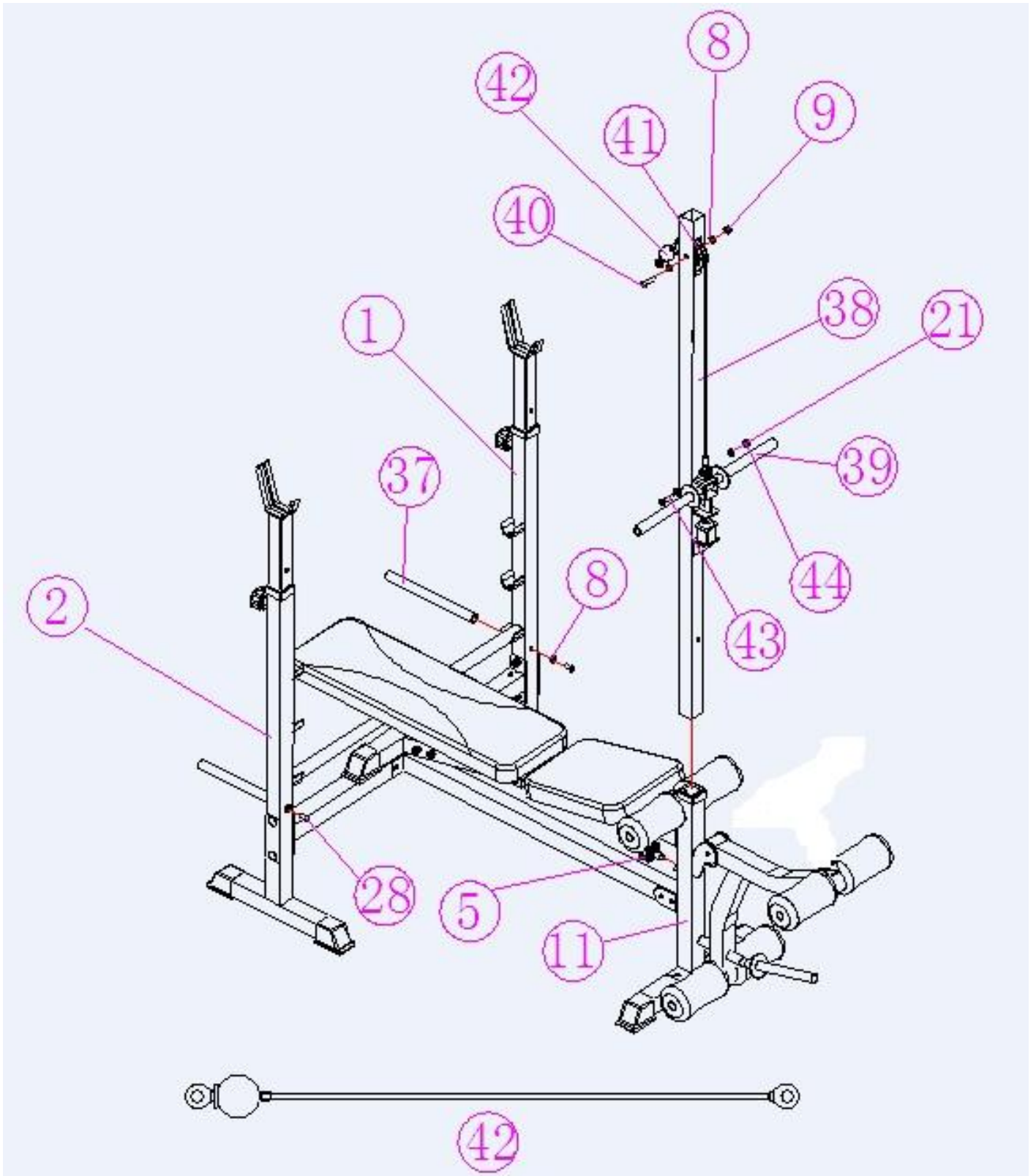
## STEP 5

1. Secure the pad (#29) to the tube (#18) with Hex bolt M6\*38(#32),  $\Phi 6$  washers (#34).
2. Secure the seat pad (#30) to the tube (#17) with Hex bolt M6\*16(#33),  $\Phi 6$  washers (#34).
3. Secure the pad (#31) to tube(#36) with Hex bolt M8\*20(#35),  $\Phi 8$  washers (#21), then put the tube(#36) into the tube (#11) secured with knob (#5).



## STEP 6

1. Attach the tube (#37) to (#1) and (#2), secure with Hex bolt M10\*20 (#28) and  $\Phi$ 10 washers (#8).
2. Insert the tube (#38) through (#39). Thread the cable (#42) through the pulley (#41). Then secure the pulley to the (#38) with Hex bolt M10\*50(#40),  $\Phi$ 10 washers (#8), M10 nuts (#9). Finally secure the end of the cable to the (#39) with Hex bolt M8\*35 (#43),  $\Phi$ 8 washers (#21), M8 nuts (#44).
3. To use the lat-pulldown attachment, please insert the tube (#38) into (#11) and secure with knob (#5)



### 3. 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.lifespanonline.com.au/Warranty-Policy>

Please email us through [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.