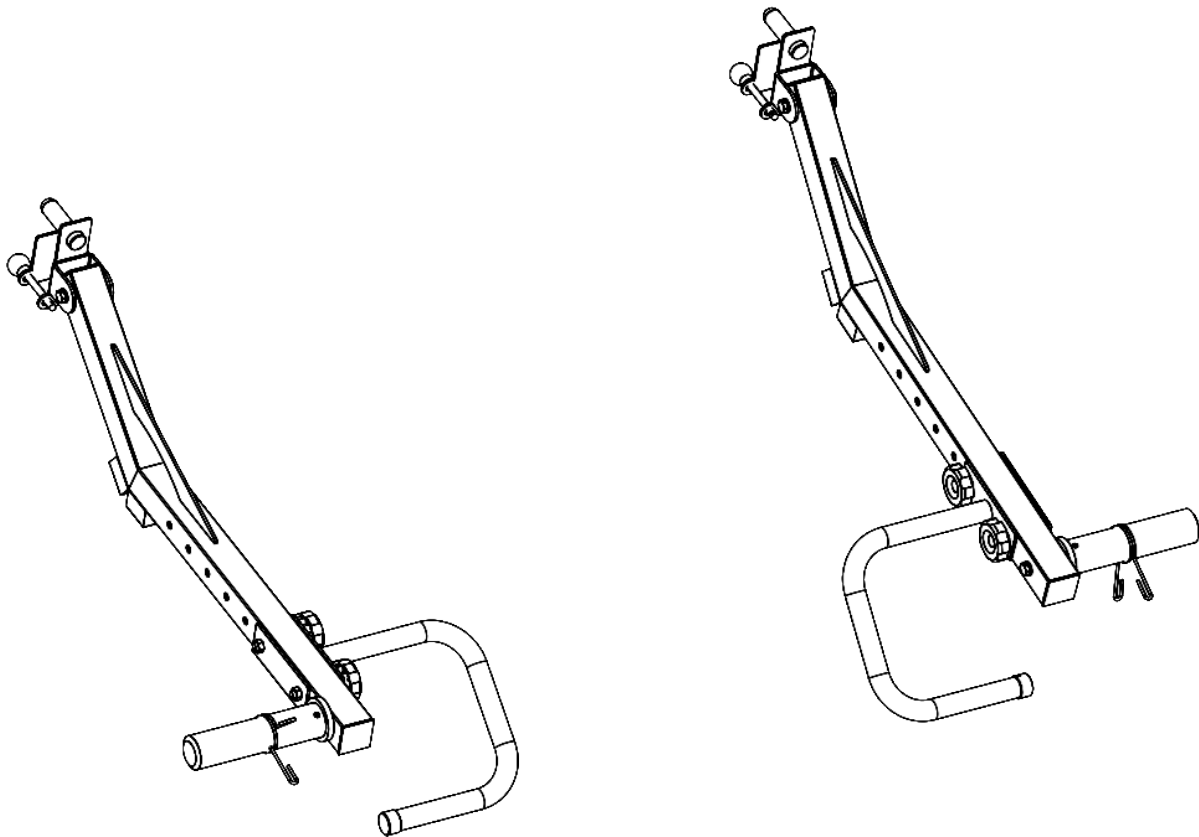


CORTEX[®]

SM25/SM26/PR4 Jammer Arm Upgrade

USER MANUAL



Find the
Digital Manual
Online



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



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I. IMPORTANT SAFETY INSTRUCTIONS

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

To ensure your safety, read the following precautions before using this product.

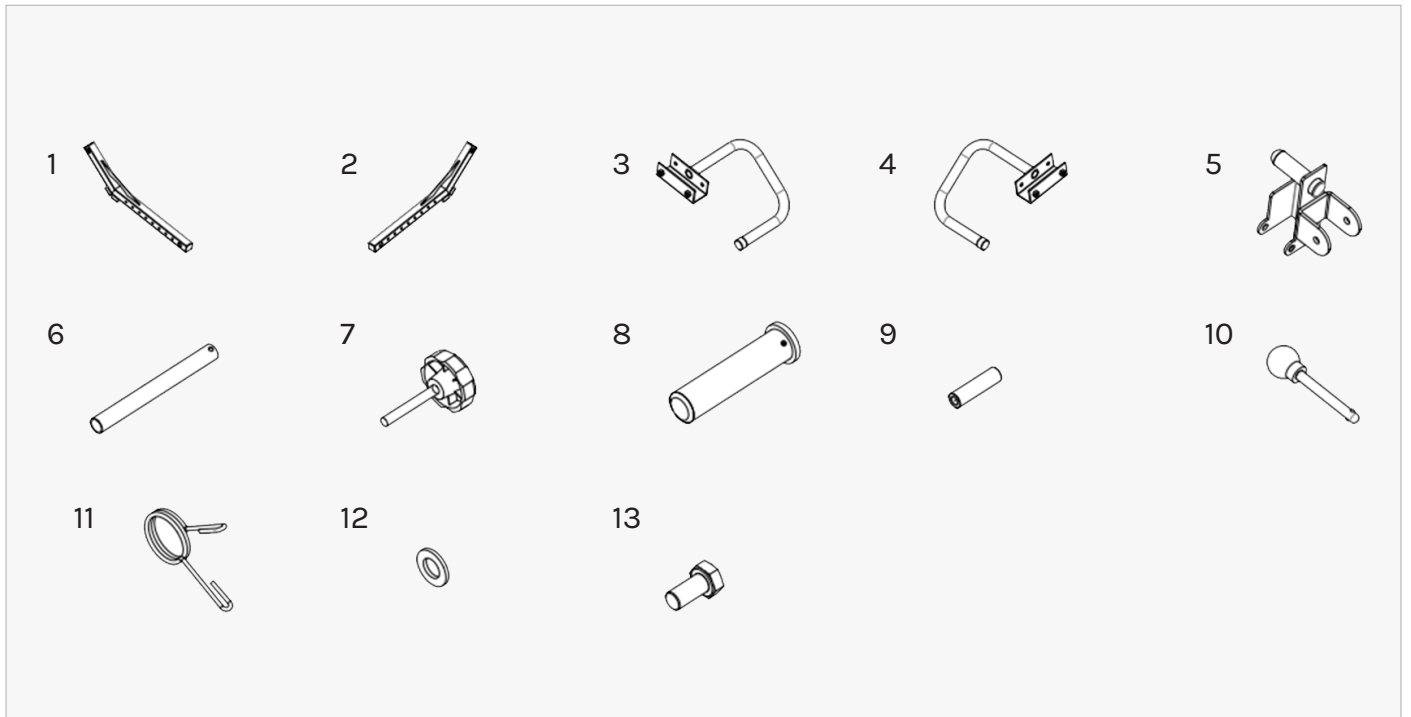
- Please read, study and understand the instructions and all warning labels before use. (It is recommended to be familiar with the normal operation and use methods of the device before using this product. Information is available on this manual and at local retailers).
- Please keep this manual and ensure that all the warning labels are clear and complete.
- This product is recommended to be installed by more than two people.
- Please consult your doctor's advice before starting the exercise.
- Please ensure safety when the children are present.
- Be careful when using it with children present.
- Please check any signs of wear of the wire rope regularly. If there is wear, it may cause some danger to you.
- **Please note** any signs of machinery that may occur, including part wear, loose hardware, and welding cracks. Stop using the device with the above signs immediately and contact the after-sales service department of our company.
- You can complete the assembly with a wrench, or an inner hexagon wrench.
- Adhere to the weight loading as recommended from the website specification.
- The product is subject to change without notice and the final interpretation belongs to the division.

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 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 the weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

III. PARTS LIST

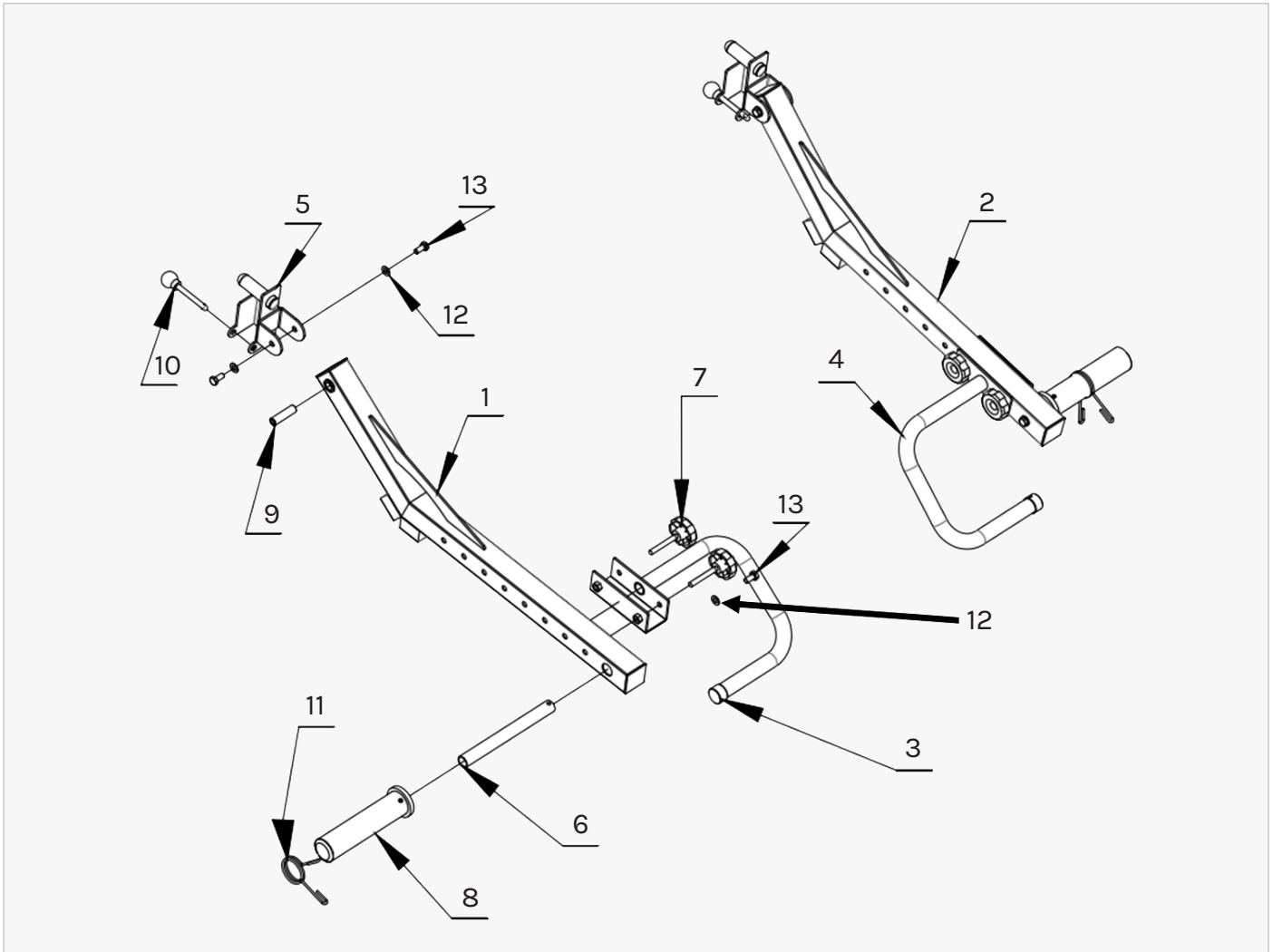
Part No.	Description	Qty	Part No.	Description	Qty
1	Left Forearm	1	8	Sleeve	2
2	Right Forearm	1	9	Axis	2
3	Left Forearm Handle	1	10	Ball Stud	2
4	Right Forearm Handle	1	11	Φ50 Jump Ring	2
5	Front Lifting Base	2	12	Φ10 Piece	6
6	Forearm Weight Rod	2	13	M10*16 Bolt	6
7	M10*70 Knob	4			



IV. ASSEMBLY INSTRUCTIONS

! IMPORTANT:

- Place a gasket at both ends of the bolt—opposite the bolt head and nut—unless stated otherwise.
- For preliminary assembly, hand-tighten all bolts and nuts. Once fully assembled, use a wrench to secure them.
- Certain spare parts have been pre-assembled at the factory.
- This product is best installed by two or more people.



1. Attach (#3) Left forearm handle to (#1) Left forearm as shown in the diagram, then secure it with 2x (#7) M10*70 knob.
2. Insert (#6) Forearm weight rod into (#1) Left forearm and secure with (#13) M10*16 bolt and (#12) Φ 10 piece.
3. Place (#8) Sleeve onto (#6) and clamp (#11) Φ 50 Jump ring on the outside to secure.
4. Insert (#9) Axis into (#1) Left forearm, then attach (#5) Front lifting base to (#1) Left forearm and secure with 2x (#12) Φ 10 piece and 2x (#13) M10*16 bolt. Repeat the same steps for right arm.
5. To use the jammer arms slot in (#5) Front lifting base onto the rack (for left and right arms) and slot in (#10) ball pin on both sides.

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



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