

**CORTEX<sup>®</sup>**

# Plate Loaded Weight Vest

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)



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# I. IMPORTANT SAFETY INSTRUCTIONS

Please keep this manual with you at all times.

- Keep the manual accessible at all times.
- Ensure all users are aware of warnings and precautions.
- Consult a doctor before starting an exercise program, especially if on medication or with health conditions.
- Stop exercising if you experience pain, dizziness, nausea, or other symptoms.
- The equipment is for adults only; keep children and pets away.
- Use indoors only, ensure adequate space, and wear suitable clothing.
- Take care when lifting or moving the equipment to avoid injury.
- The equipment is not for commercial use.

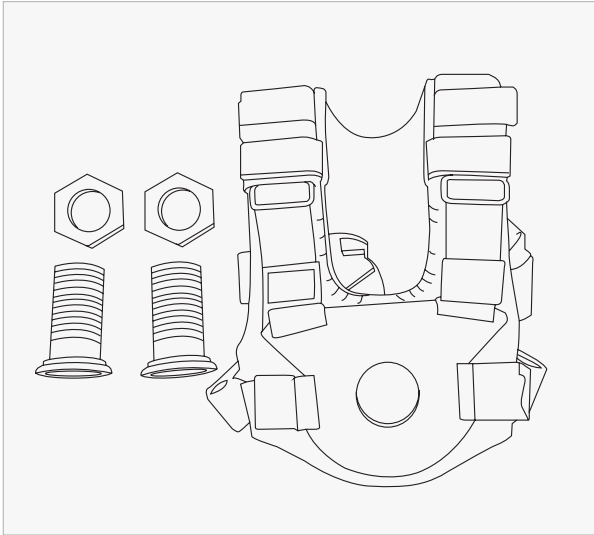
# II. SAFETY GUIDELINES

- Max weight capacity: 80 kg (40 kg front and 40 kg back).
- Use regular gym plates and secure them properly.
- Distribute weight evenly between the front and back.
- Ensure the vest fits snugly and all straps are secure.
- Use controlled movements; avoid new exercises with the vest initially.
- For press-ups, remove the front bolt and hex-nut to allow a full range of motion. It is recommended to have assistance when loading and unloading the back plate.
- Gradually increase weight as strength improves.
- Ensure to fully tighten the hexagonal nuts before using. Once plates are loaded carefully lift the plates over your head and secure strap to body. Seek assistance if unsure about using the vest.
- Limit vest use to avoid fatigue and poor posture.
- Always warm up before and cool down after use.
- Start with manageable amounts of weight and gradually increase as your strength improves.

# III. MAINTENANCE GUIDELINES

- Inspect the vest for wear and tear before each use.
- Clean the vest with a damp cloth after each session.
- Avoid harsh chemicals like bleach or fabric softeners.
- Store the vest in a cool, dry place away from sunlight.
- Handle weight plates carefully; ensure they are securely fastened.
- Replace damaged components immediately.
- Air out the vest after use to prevent odours.
- Follow the manufacturer's instructions for maintenance.

# IV. ASSEMBLY INSTRUCTIONS



2x Hexagonal Nuts - (7.3cm width)

2x Bolts/weight holders - (10.7cm by 6.9cm)

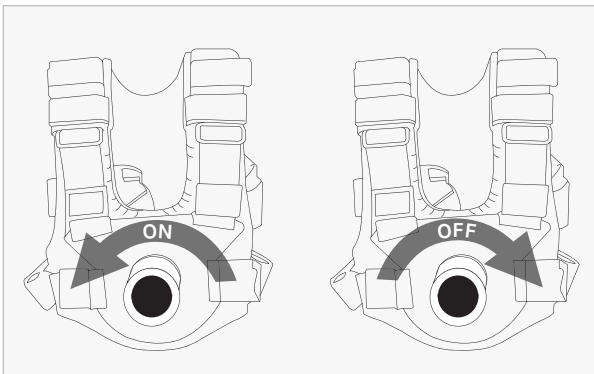
1x Weight Loading Vest

This consists of:

- 1 x padded vest
- 1 x front plate
- 1 x back plate
- 2 x velcro side straps

1) Place the Bolt between the chest plate and chest padding of the our vest. The round opening of the plate has thread for attaching the Bolt, so be cautious not to damage this. Loosen the small velcro rectangles holding the plate flush to the vest if you need extra room.

2. Insert the Bolt through the hole from underneath the plate underneath the plate until the base of the Bolt is flush with the plate. Secure by gently turning to the left until it stops. **DO NOT OVER TIGHTEN!**



At this point the Bolt should be firmly attached to the vest plate. Fold down the small velcro strips that secure the plate to the vest.

3. Repeat the process for the other side.

4. Wear the vest and adjust the straps to your fit.

5. Attach the weights on the front and back using another person's assistance if necessary. For lighter weights, you can load the plates to the vest first (or just load the back on first) and putting it on yourself if you have no one to assist. Be careful lifting the weights over your head.

6. Use the Hexagonal Bolts to secure weights onto plate.

# 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)



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