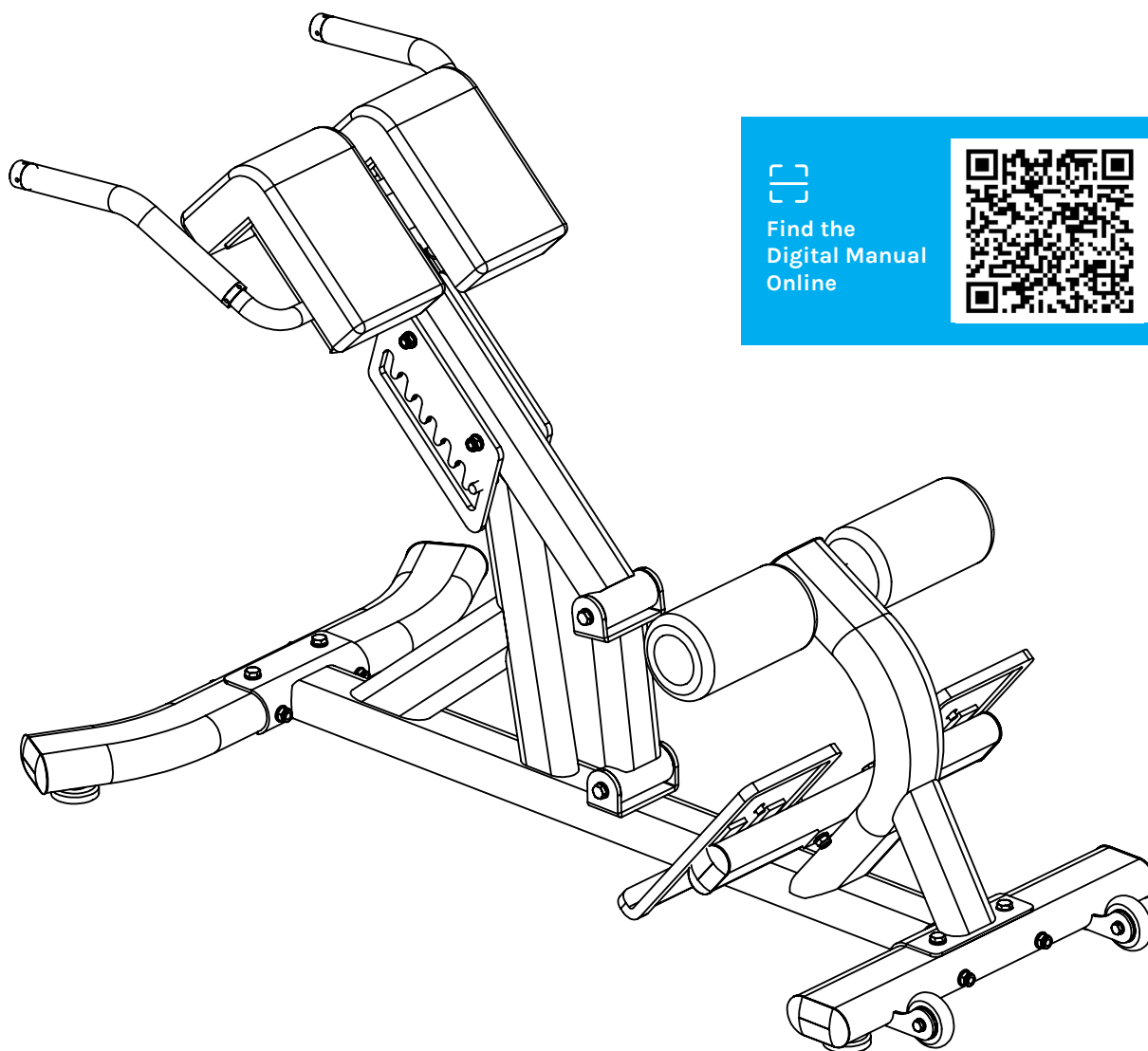


CORTEX[®]

AB-12 Alpha Series Commercial Roman Chair

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

 **For your safety and health, please use this product correctly.**

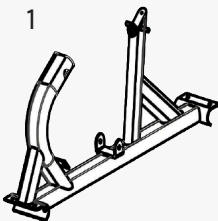
Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

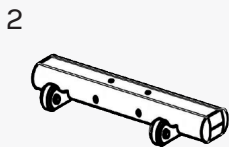
Save these instructions.

- 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.
- Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
- The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.
- 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 object around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Never operate the machine if the machine is not functioning properly.

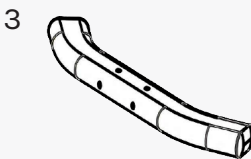
II. PARTS LIST



Main Frame: 1



Front Ground Piece: 1



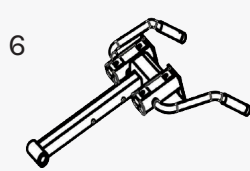
Back Ground Piece: 1



Adjustable Foot Pads: 4



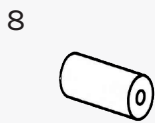
Connecting Frames: 1



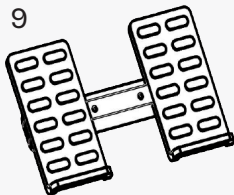
Handlebar Frame: 1



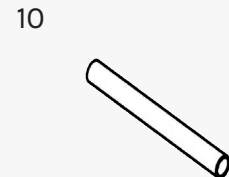
Adjustable Solder Lugs: 2



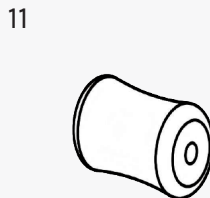
Rotating Shaft: 2



Pedaling Frame: 1



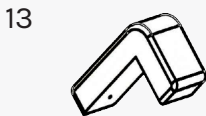
Foam Tubes: 1



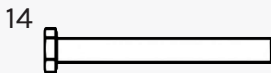
Foam: 2



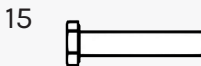
Foam End Caps: 2



Cushion: 2



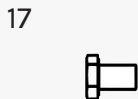
M10x120: 6



M10x70: 4



M10x60: 2



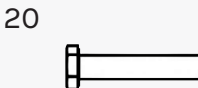
M10x20: 4



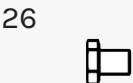
Φ10 Gasket: 28



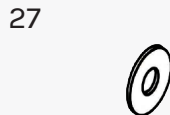
M10 Lock Nut: 12



M8x65: 4



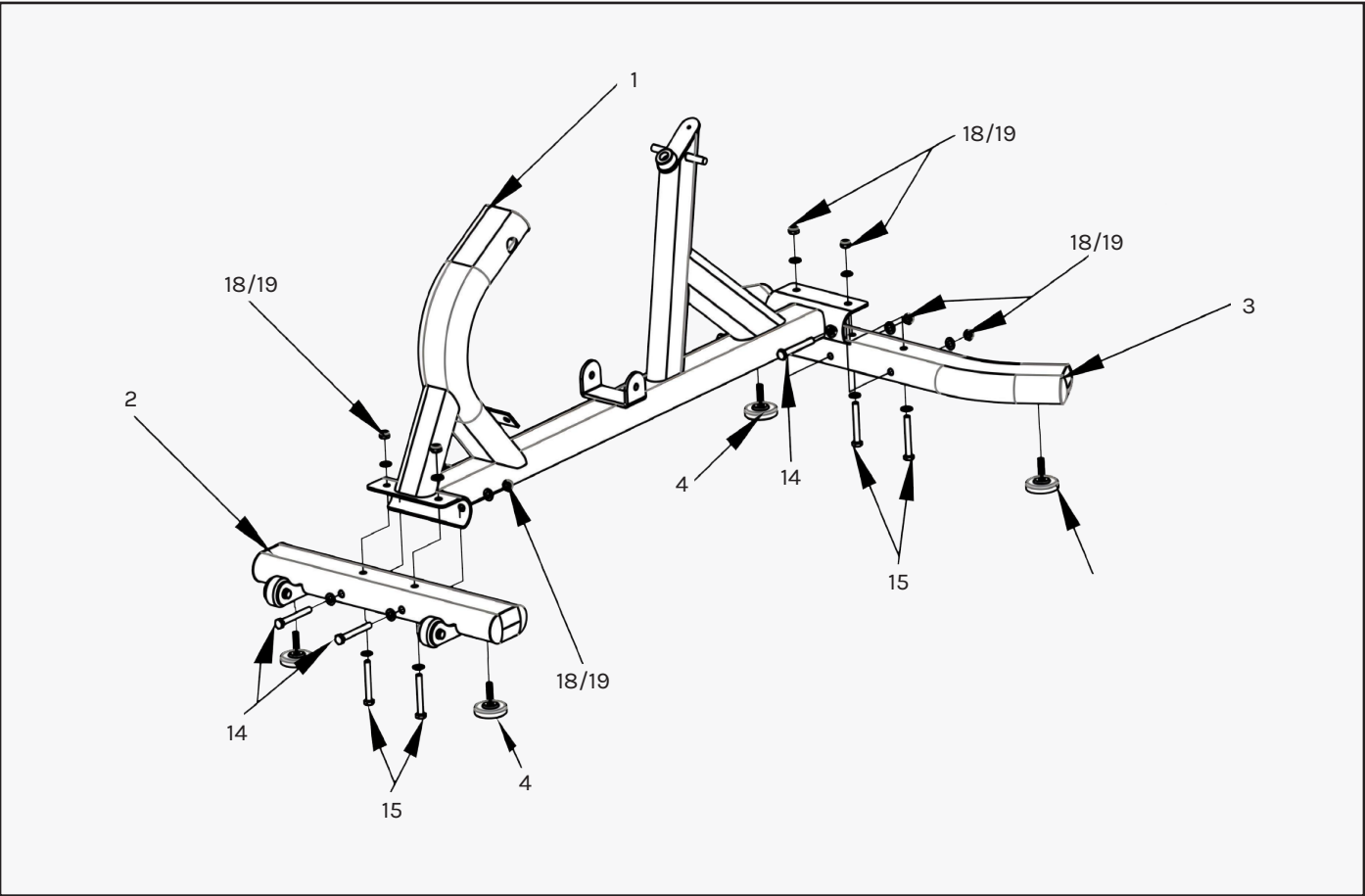
M8x16: 2



Φ8 Gasket: 8

III. ASSEMBLY INSTRUCTIONS

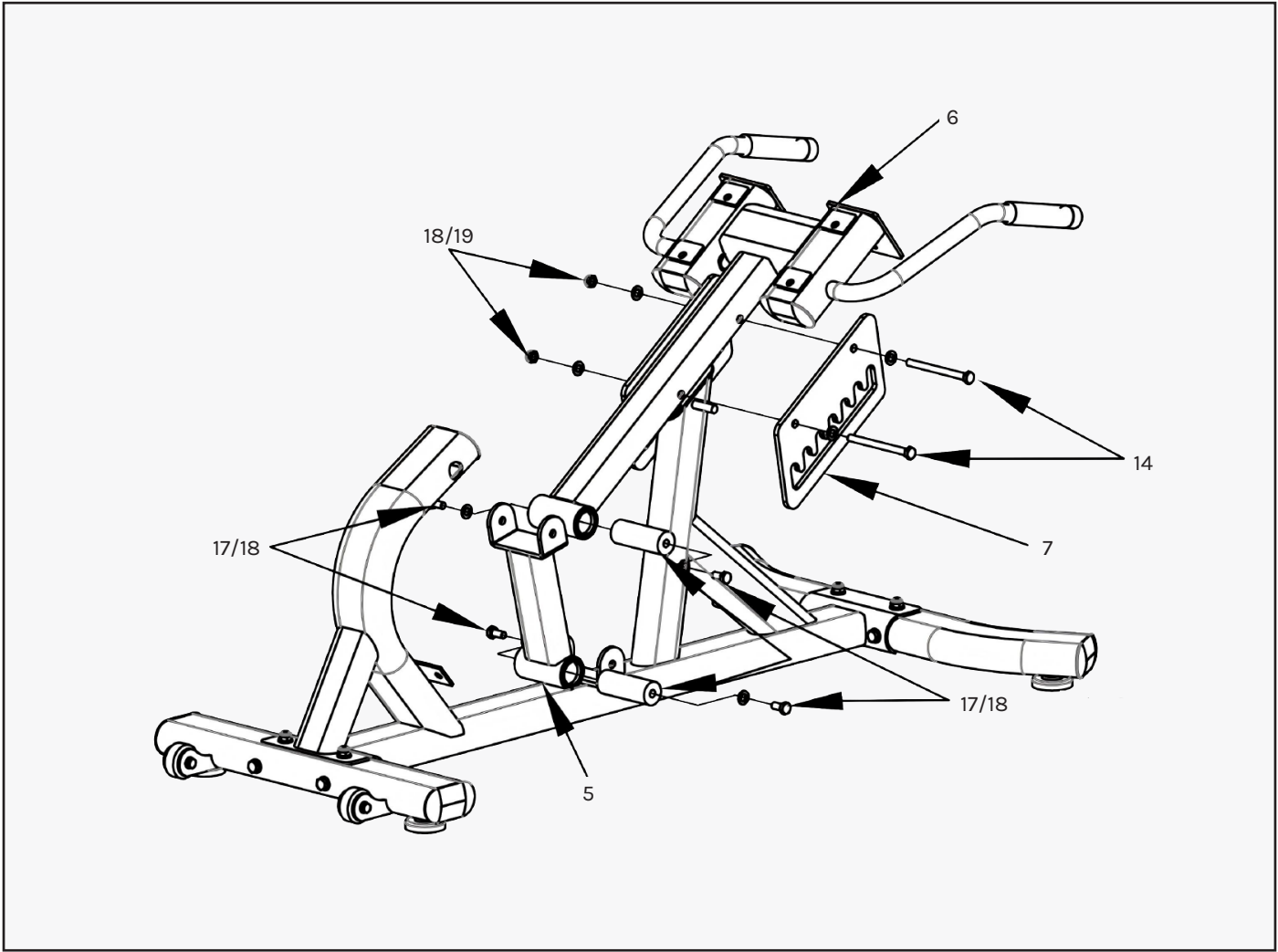
Washers should be placed at both ends of each bolt—under the bolt head and under the nut—unless the instructions specify otherwise. During the initial stages of assembly, all bolts and nuts should be tightened by hand. Once the full assembly is complete, a wrench should be used to securely fasten all connections. Some parts may come pre-assembled from the factory. For safety and ease, it is recommended that the product be installed by at least two people.



STEP 1

1. Connect Main Frame (1) to Front (2) and Back (3) Ground Pieces:
 - Side Bolts: Use 4 x M10x120 bolts (14), 8 x washers (18), and 4 x lock nuts (19).
 - Bottom Bolts: Use 4x M10x70 bolts (15), 8 x washers (18), and 4 x lock nuts (19).
2. Attach Adjustable Foot pads (4) under the Front (2) and Rear (3) ground piece. If ground is not leveled turn the foot pads until they are firmly touching the ground.

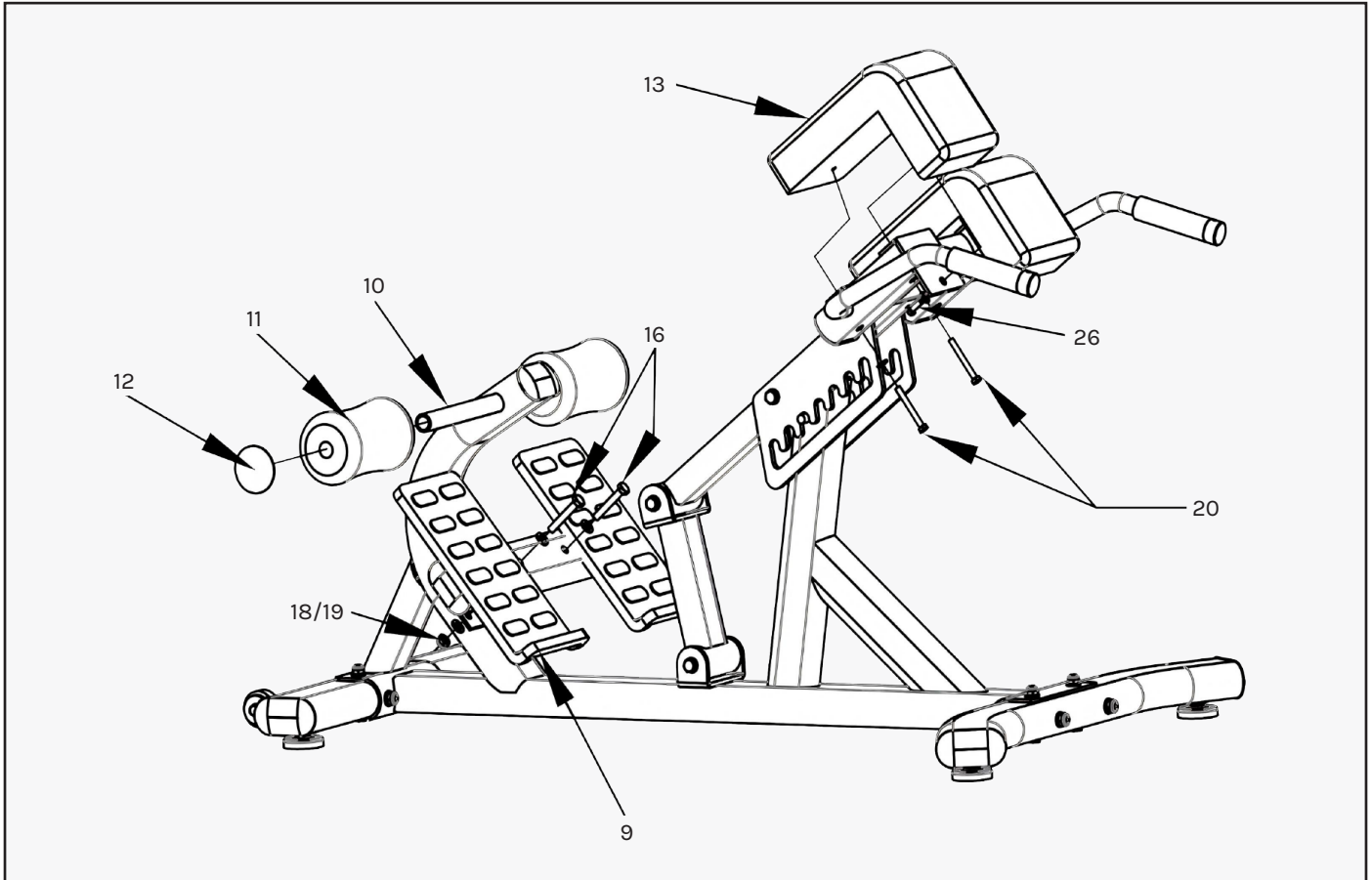
No.	Name	Qty.	No.	Name	Qty.
1	Main Frame	1	14	M10x120	4
2	Front Ground Piece	1	15	M10x70	4
3	Back Ground Piece	1	19	M10 Lock Nut	8
4	Adjustable Foot Pads	4	18	M10 Gasket	16



STEP 2

1. Attach Connecting Frame (5) to the main frame using 2x M10x20 bolts (17), 1x rotating shaft and 2x M10 gaskets.
2. Attach Handlebar frame (6) to Connecting Frame (5) using 2x M10x20 bolts (17), 1x rotating shaft and 2x M10 gaskets.
3. Place the Handlebar frame (6) onto the front upright post of the main frame and secure using the Adjustable Solder Lugs (7), 2x M10x120 bolts (14), 4 x washers (18), and 2 x lock nuts (19).

No.	Name	Qty.	No.	Name	Qty.
5	Connecting Frames	1	17	M10x20	4
6	Handlebar Frame	1	18	M10 Gasket	8
7	Adjustable Solder Lugs	2	19	M10 Lock Nut	2
14	M10x120	2			



STEP 3

- 1. Begin by attaching the pedaling frame (9) to the main structure using 2x M10x65 bolts (16), each with a washer (18) on both ends, and secure them with M10 lock nuts (19).
- 2. Next, slide the foam (11) onto the foam tube (10), then cap both ends with the foam end caps (12) before installing the completed tube onto the pedaling frame.
- 3. Install the two cushions (13) by securing them with 4x M8x65 bolts (20) , 2x M8x16 bolts (26) and 6 x M8 gaskets (27).

No.	Name	Qty.	No.	Name	Qty.
9	Pedaling Frames	1	18	M10 Gasket	4
10	Foam Tubes	1	19	M10 Lock Nut	2
11	Foam	2	20	M8x65	4
12	Foam End Caps	2	26	M8x16	2
13	Cushion	2	27	M8 Gasket	6
16	M10x65	2			

Please tighten all bolts and nuts securely using a wrench.

- 1. Your equipment is now fully assembled.
- 2. Before use, ensure all pulleys and wire ropes are properly secured.
- 3. During initial use, the wire rope may need to be adjusted to suit your specific setup and usage.

IV. 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



V. SECURITY SUPPORT INFORMATION

REPORTING

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

DEVICE SUPPORT PERIOD

This product will receive security updates for a minimum of 12 months from the date of purchase.

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