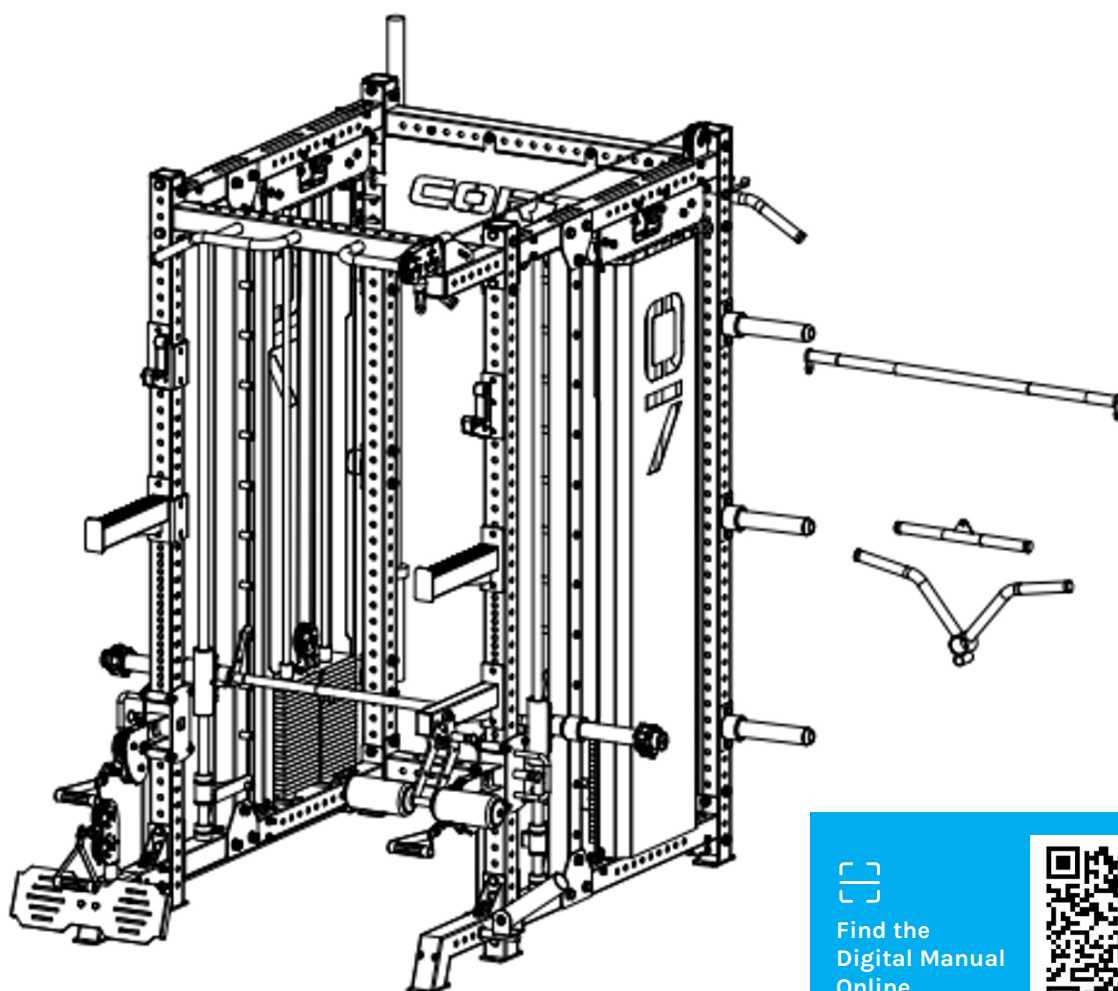


CORTEX[®]

AR07 Alpha Series Commercial Multi Gym

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 may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

- I. Important Safety Instructions 03
- II. Assembly Preparation 04
- III. Parts List 05
- IV. Assembly Instructions 11
- V. Final Assembly & Pre-use Inspection 31
- VI. Operating Safety 32
- VII. Care & Maintenance 33
- VIII. Warranty 35
- IX. Security Support Information 36

I. IMPORTANT SAFETY INSTRUCTIONS

Read this manual completely before assembly or use. Keep it for future reference and service inspections. Failure to follow these instructions may result in serious injury or equipment damage.

 **WARNING: Commercial strength equipment contains heavy moving parts, loaded cables, weight stacks and pinch points. Assembly and inspection must be completed before any exercise is performed.**

- Use at least two adults for assembly. A third person is recommended when lifting upper frame members, guide rods and other large components.
- Assemble the unit on a firm, level surface with adequate clearance around all training stations. The floor must be suitable for the combined weight of the equipment, users and loaded weights.
- Keep children, pets and bystanders away from the assembly area and away from the equipment during use.
- Do not use the machine if the frame rocks, fasteners are loose, a cable is damaged, a pulley does not rotate freely, a safety catch does not engage, or any part appears bent, cracked or worn.
- Keep hands, fingers, hair, loose clothing and jewellery clear of weight stacks, pulleys, cables, guide rods, Smith sleeves and all other moving parts.
- Never adjust a cable attachment, selector pin, safety arm or Smith hook while a load is moving.
- Ensure the weight selector pin is fully inserted through the selected plate and selector stem before each set. Use only the correct selector pin.
- For Smith-machine exercises, set both Smith safety stops to an appropriate and equal height before loading the integrated Smith Bar. Confirm both bar hooks engage securely before entering or leaving the exercise position. For free-bar exercises using the separate Olympic Rod, set the left/right rack hooks and safety arms to matching heights before loading.
- Use appropriate collars/clips when loading Olympic plates. Load and unload the bar evenly to reduce the risk of tipping or sudden movement.
- Use only compatible, load-rated handles, clips and accessories. Make sure all cable safety hooks are fully closed before use.
- Users should be instructed in correct exercise technique and should work within their capability. Stop exercising immediately if pain, dizziness, faintness or unusual discomfort occurs.
- Do not modify, drill, weld or alter the frame, cables, pulleys, safety mechanisms or weight-stack system.

COMMERCIAL FACILITY RESPONSIBILITY

- Facility staff should inspect the machine regularly, remove damaged equipment from service immediately, and keep a written maintenance record.
- If local regulations, the site risk assessment or the installation environment require additional securing or anchoring, this must be completed by a suitably qualified installer.

II. ASSEMBLY PREPARATION

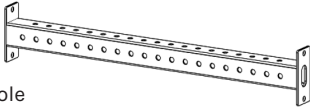
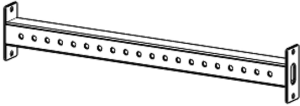
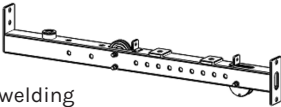
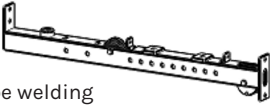
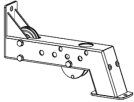
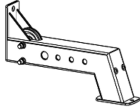
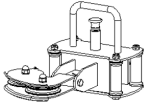
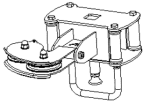
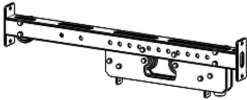
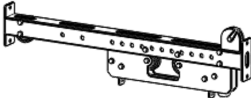
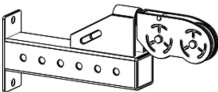
BEFORE YOU START

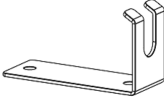
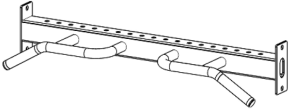
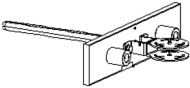
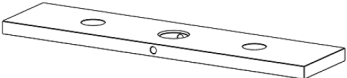
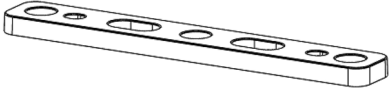
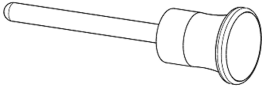
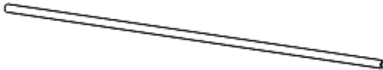
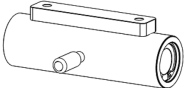
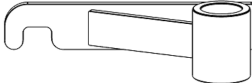
- Choose the final installation area before assembly wherever possible. The completed machine is large and difficult to relocate.
- Unpack and identify all components against the Parts Reference and Hardware Reference. Do not discard packaging until assembly is complete.
- Protect flooring and painted components from scratching. Place heavy parts flat on cardboard or a protective mat.
- Use suitable metric spanners/sockets and hand tools for the supplied fasteners. A spirit level and rubber mallet may also be useful.
- Unless a step specifically requires final tightening, start bolts by hand and keep major frame connections slightly loose until Step 7 so the frame can be aligned.
- Never force a bolt through a misaligned hole. Reposition the frame and check part orientation first.

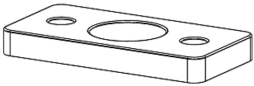
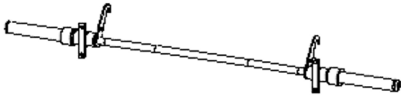
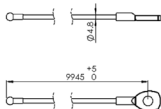
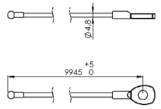
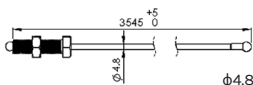
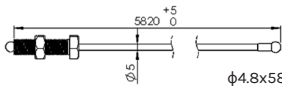
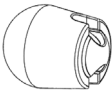
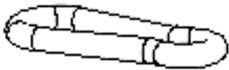
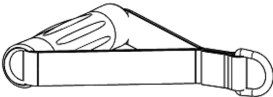
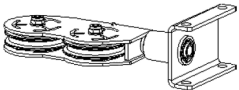
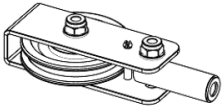
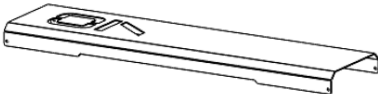
FASTENER TIGHTENING

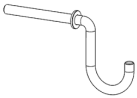
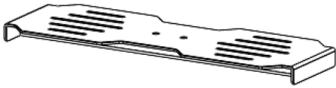
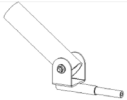
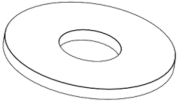
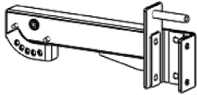
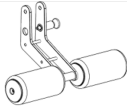
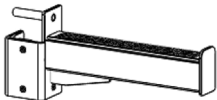
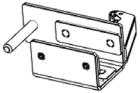
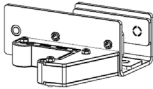
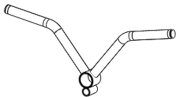
- Use washers and lock nuts exactly as shown in the diagrams.
- Tighten lock nuts so the joint is secure without crushing frame tubes, brackets or pivot bushings.
- Pivots must remain free to move after tightening. Structural frame joints must not move once final tightening is complete.

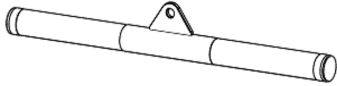
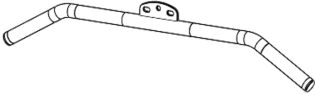
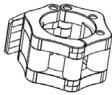
III. PARTS LIST

No.	Name		Qty.
1	Q1031-01 Rear column welding		2
2	D315-06 Lower connecting welding with upper hole		1
3	D315-08 Rear hook connection welding		1
4	D315-01 Low-tension counterweight bottom tube welding		1
5	D315-02 High-strength counterweight bottom tube welding		1
6	D315-03 Front column welding		2
7	D315-10 Low-tension front foot		1
8	D315-11 High-tension front foot		1
9	Right slide / pulley carriage		1
10	Left slide / pulley carriage		1
11	D315-04 Low-tension top beam		1
12	D315-05 High-tension top beam		1
13	Q1031-09 Top branch welding		1

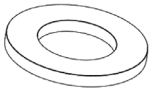
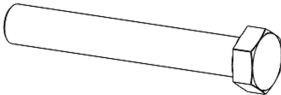
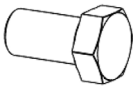
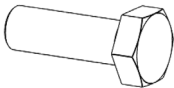
No.	Name		Qty.
14	Q1031-6004 Olympic rod lock plate		2
15	D315-07 Front handlebar welding		1
16	Q1032-5002 Decorative panel 2		8
17	Q1035-03 Smith hook post riser		2
18	Counterweight head plate		2
19	Counterweight plate		38
20	X60-0611 Rubber pad		4
21	Q1031-6001 Weight stack guide rod		4
22	Q1006-6012 Guide rod fixing plates		2
23	Weight stack pin		2
24	Q1035-6003 Smith guide rod		2
25	Q1035-19-A Smith sliding sleeve		2
26	056 Guide rod protector / pad		4
27	D315-23 Smith safety stop - right extension		1

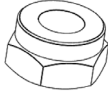
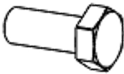
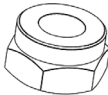
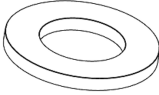
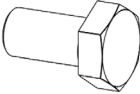
No.	Name		Qty.
28	D315-24 Smith safety stop - left extension		1
29	Q1035-6007 Smith guide rod mounting brackets		2
30	Q1028 Smith Bar		1
31	D315-2202 Right functional-trainer cable		1
32	D315-2202 Left functional-trainer cable		1
33	D315-2203 Low-pull cable		1
34	D315-2204 High-pull cable		1
35	Steel cable end		4
36	WG Carabiner hook		4
37	Q1001-5023 Low-pull handle		3
38	Double pulley		1
39	Hanging pulley		2
40	D315-1702 Large protective panel		2
41	D315-1701 Back panel		1

No.	Name		Qty.
42	Q1031-18 Hook welding part		4
43	D202-0054 Pulley limiting sleeve		8
44	Q1031-06 Foot pedal		1
45	D315-09 Ground / landmine base pre-assembly		1
46	D315-2201 Copper bushing		2
47	Large washer Ø30 x Ø11 x 2		1
48	Q1031-17 Storage peg		6
49	D315-15 Leg presser fixing frame		1
50	D315-16 Leg presser with foam		1
51	D315-13-L Left safety frame		1
52	D315-14-R Right safety frame		1
53	D315-18 Left hook welding		1
54	D315-19 Right hook welding		1
55	D211-20 Landmine handle		1

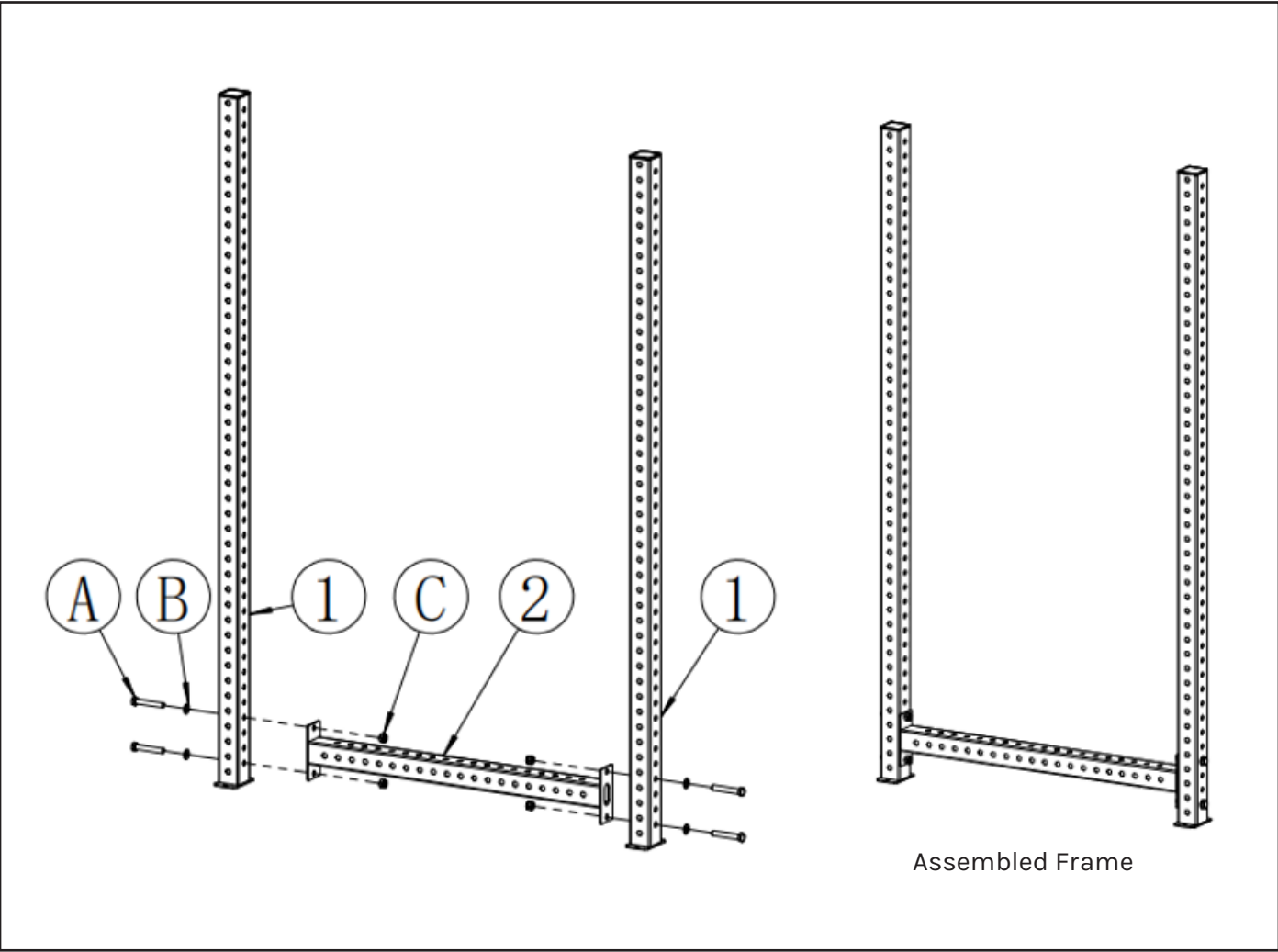
No.	Name		Qty.
56	D211-21 Row handle		1
57	D211-22 Lat pulldown handle		1
58	D211-23 Push rod welding		1
59	Q1035-6006 Barbell clip		2
60	1001-5025 2.2 m Olympic barbell		1

HARDWARE REFERENCE

Code	Hardware		Qty.
A	M16 x 100 external hex bolt		36
B	M16 flat washer		67
C	M16 lock nut		51
D	M16 x 110 external hex bolt		18
E	M16 x 30 external hex bolt		8
F	M10 x 30 external hex bolt		8
G	M12 x 25 external hex bolt		4
H	M12 flat washer		6

Code	Hardware		Qty.
J	M12 x 100 bolt		3
K	M12 lock nut		3
L	M10 x 25 external hex bolt		4
M	M10 lock nut		14
N	M10 flat washer		16
O	M10 x 20 external hex bolt		9
P	M10 x 45 external hex bolt		2

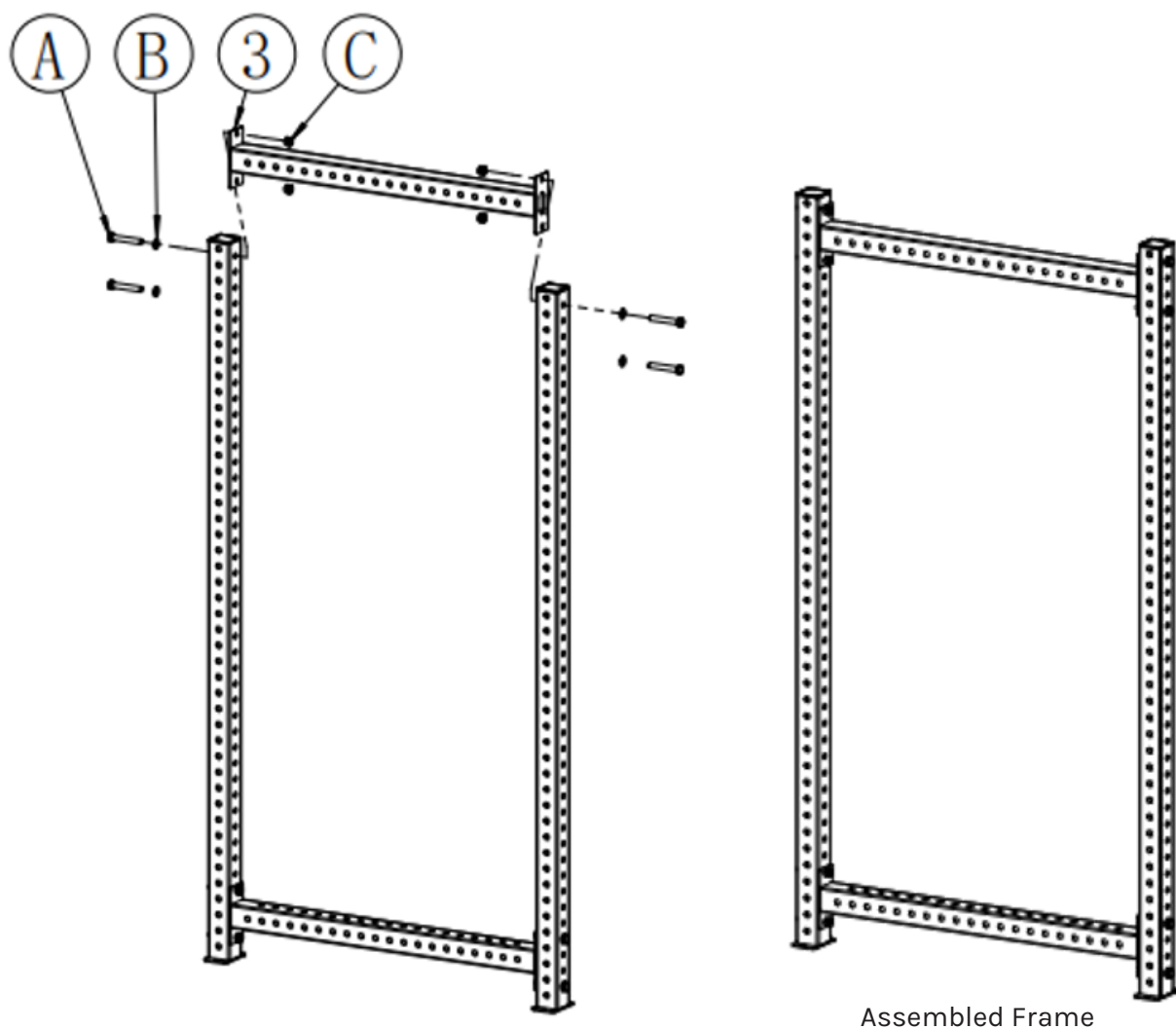
IV. ASSEMBLY INSTRUCTIONS



STEP 1 Assemble the Rear Uprights and Lower Rear Connector

- 1. Lay the two Rear Columns (1) parallel on a protected, level floor with the mounting holes facing the same direction.
- 2. Position the Lower Connecting Welding (2) between the lower ends of the two rear columns, matching the orientation shown in the diagram.
- 3. Insert four M16 x 100 Bolts (A) through the frame joints with M16 Washers (B), then fit the M16 Lock Nuts (C).
- 4. Leave the fasteners slightly loose at this stage so the frame can be squared during the next steps.
- 5. Stand the rear frame upright with assistance and confirm both columns are vertical and the lower connector is level.

Parts Used	Hardware Used
#1 - Rear columns x 2	A - M16 x 100 bolts x 4
#2 - Lower connecting welding with upper hole x 1	B - M16 washers x 4
	C - M16 lock nuts x 4



TIP:
Keep the rear frame supported until the lower side frames are installed in Step 3.

STEP 2

Install the Rear Upper Connector

1. Position the Rear Hook Connection Welding (3) across the top of the two rear columns.
2. Align the end plates with the upper mounting holes in each rear column.
3. Secure the connector with four M16 x 100 Bolts (A), M16 Washers (B) and M16 Lock Nuts (C), as shown.
4. Check that the upper and lower rear connectors are parallel before lightly tightening the fasteners.

Parts Used

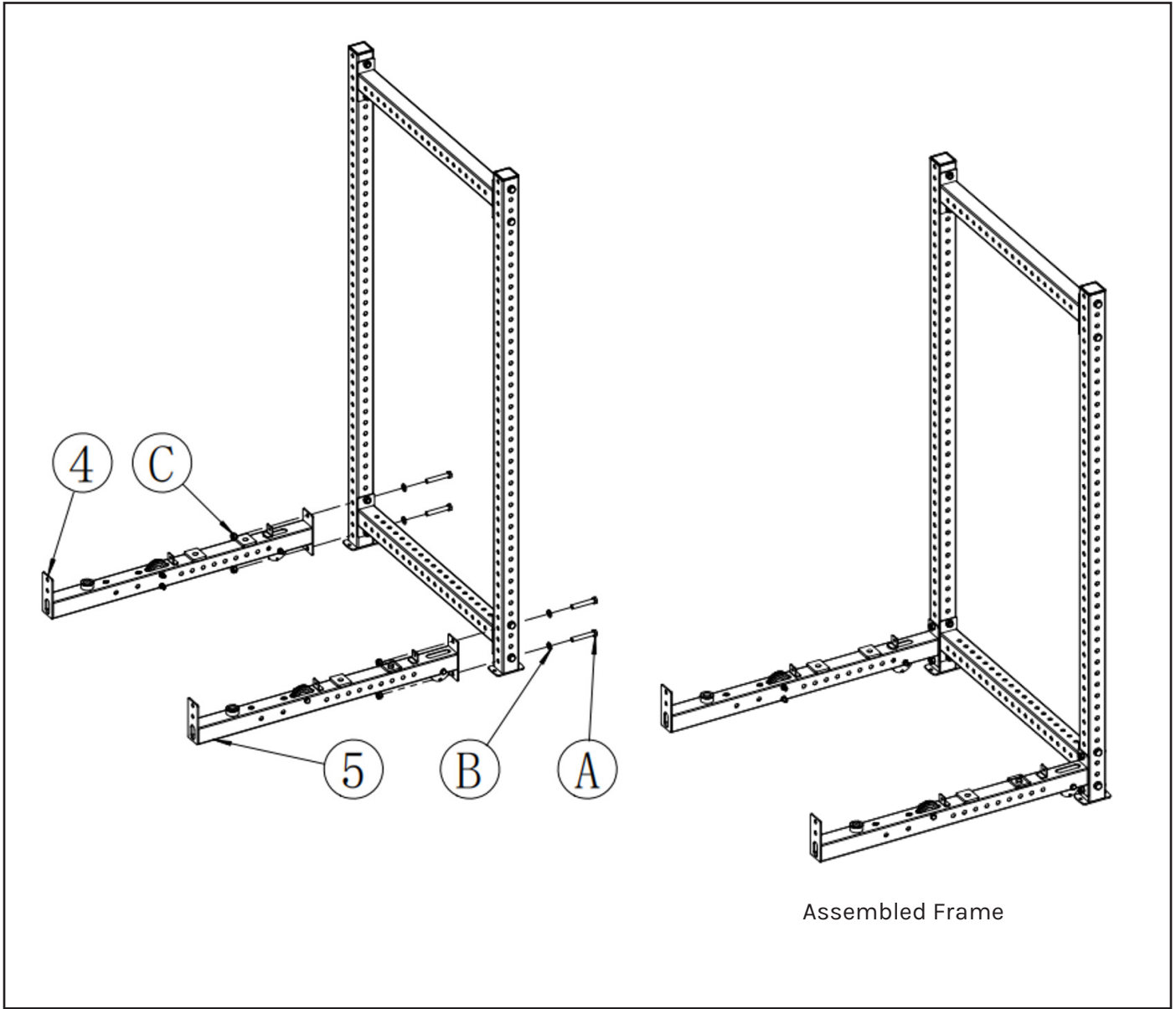
#3 - Rear hook connection welding x 1

Hardware Used

A - M16 x 100 bolts x 4

B - M16 washers x 4

C - M16 lock nuts x 4

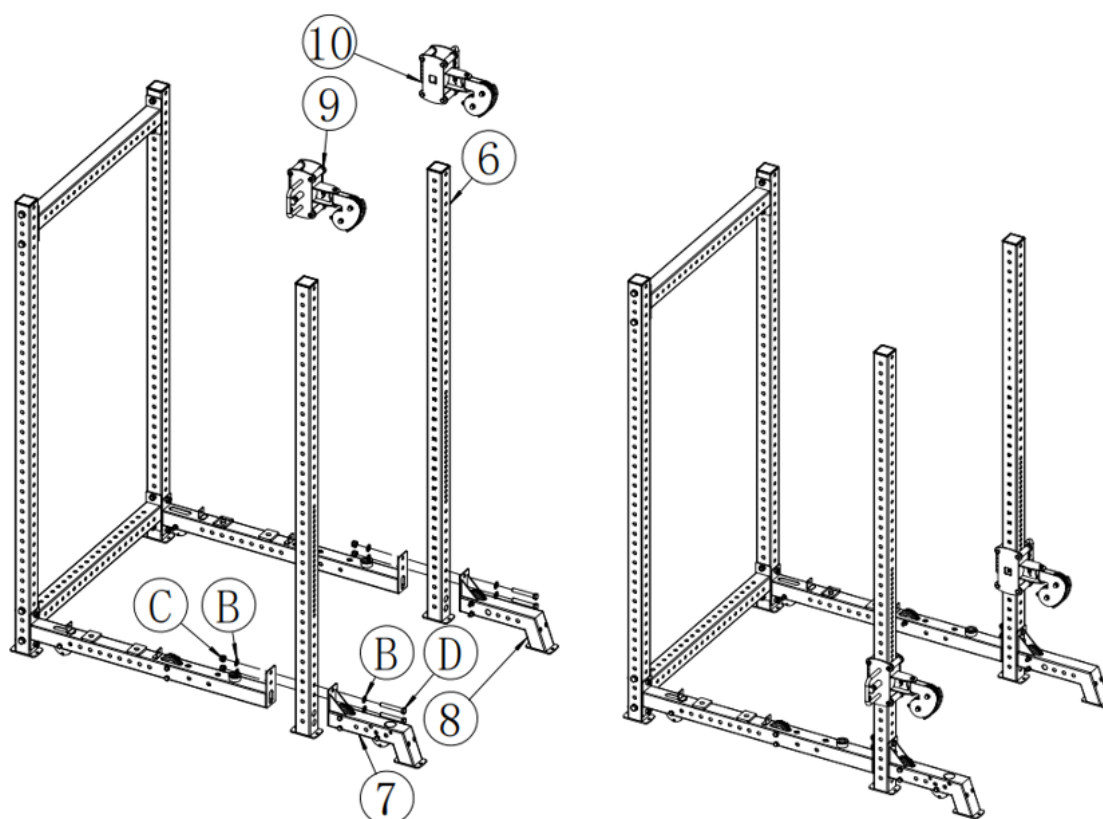


STEP 3

Install the Lower Weight-Stack Base Tubes

1. Position the Low-Tension Counterweight Bottom Tube (4) on one side of the rear frame and the High Tension Counterweight Bottom Tube (5) on the opposite side.
2. Align each bottom tube with the lower mounting holes of the rear columns, keeping both tubes pointing forward and parallel.
3. Fit the M16 x 100 Bolts (A), Washers (B) and Lock Nuts (C) through the mounting points shown in the diagram.
4. Confirm both base tubes sit flat on the floor and remain square to the rear frame before lightly tightening.

Parts Used	Hardware Used
#4 - Low-tension bottom tube x 1	A - M16 x 100 bolts x 4
#5 - High-tension bottom tube x 1	B - M16 washers x 4
	C - M16 lock nuts x 4



Assembled Frame



WARNING:

Support each front column while fitting the pulley carriage. Do not allow the carriage to drop freely down the upright.

STEP 4

Install the Front Uprights and Adjustable Pulley Carriages

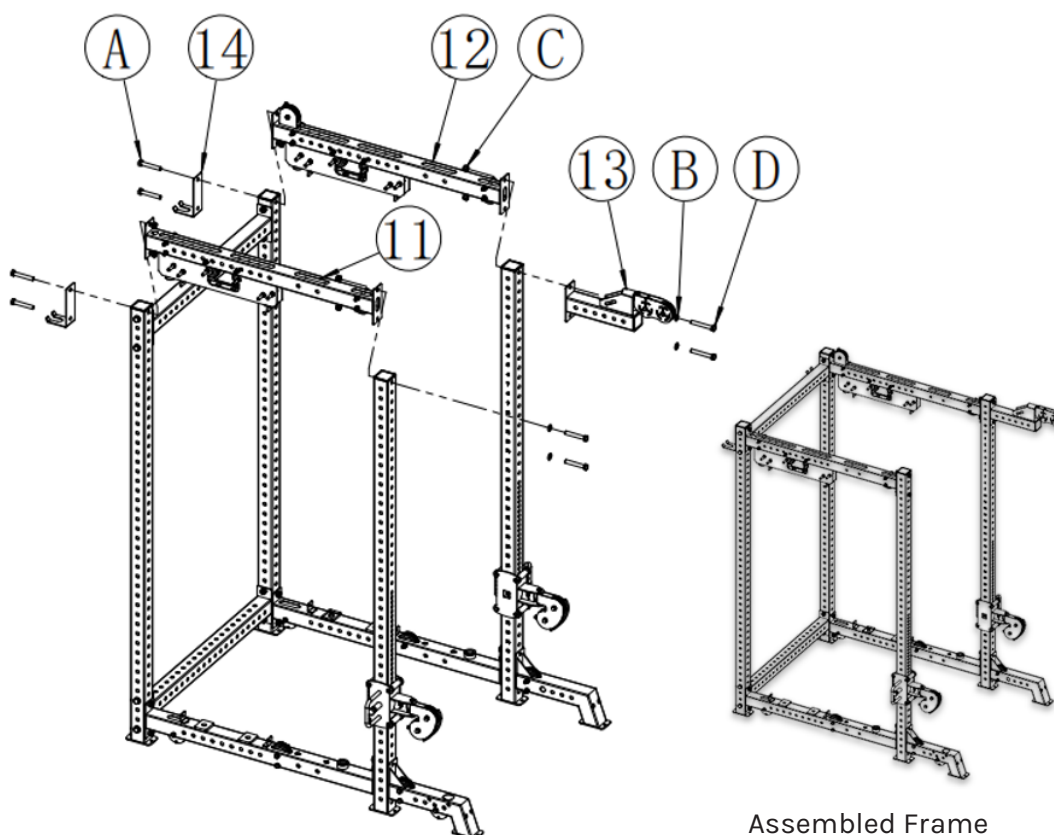
1. Position one Front Column (6) at the front end of each lower weight-stack base tube.
2. Fit the Low-tension Front Foot (7) and High-tension Front Foot (8) at the front base positions shown.
3. Join the front column/base assemblies using the M16 x 110 Bolts (D), M16 Washers (B) and Lock Nuts (C). Do not fully tighten yet.
4. Before the tops of the front columns are enclosed by the upper frame, slide the Right Pulley Carriage (9) and Left Pulley Carriage (10) onto their corresponding columns in the orientation shown.
5. Move each carriage up and down by hand to confirm it slides freely and its locking mechanism can engage the column holes.

Parts Used

- #6 - Front columns x 2
- #7 - Low-tension front foot x 1
- #8 - High-tension front foot x 1
- #9 - Right pulley carriage x 1
- #10 - Left pulley carriage x 1

Hardware Used

- D - M16 x 110 bolts x 4
- B - M16 washers x 8
- C - M16 lock nuts x 4



TIP:

Use at least two adults for the upper-frame components. A third person is recommended to steady the uprights while bolts are inserted.

STEP 5

Install the Upper Weight-Stack Beams and Top Branch Assembly

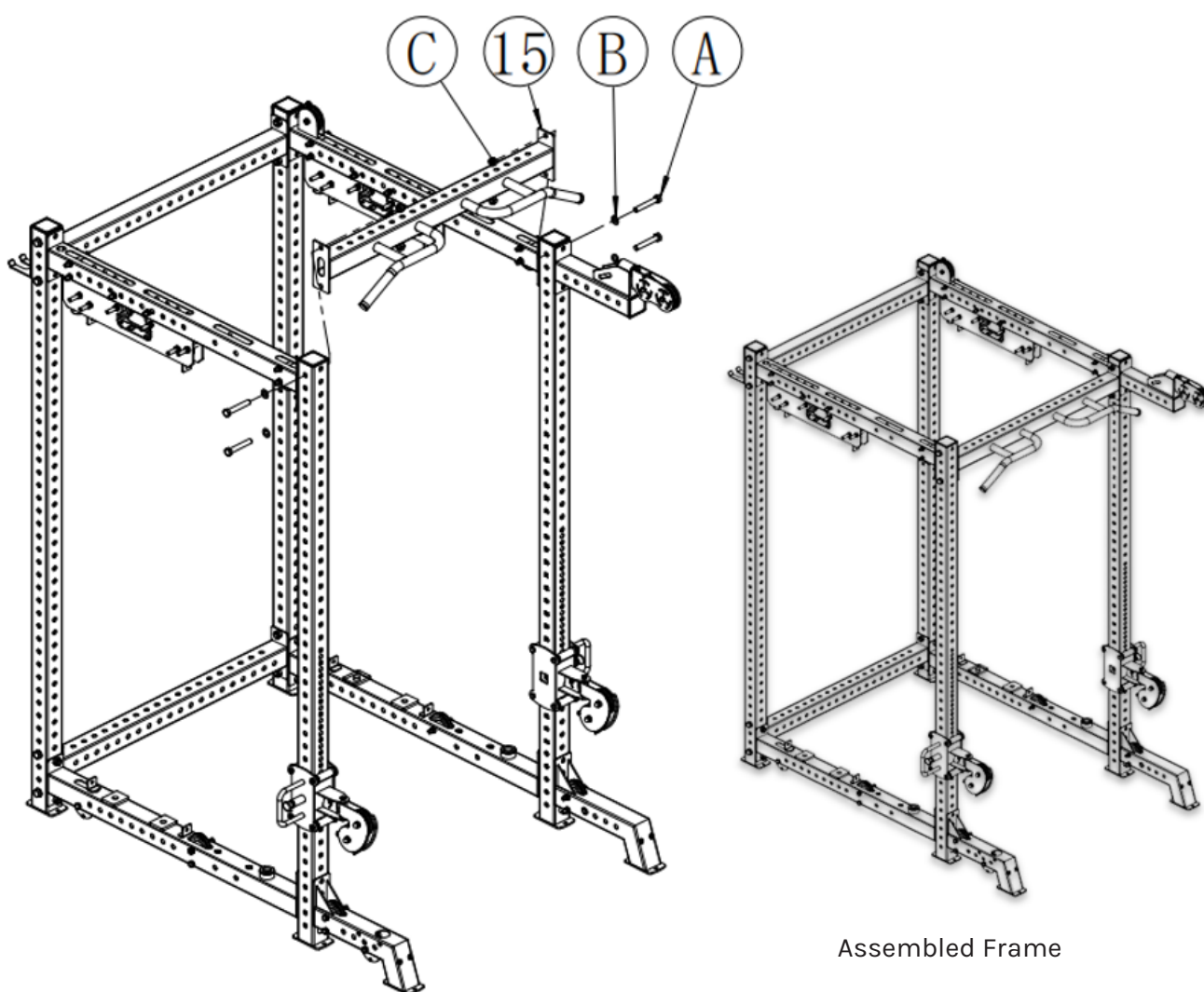
1. With assistance, lift the Low-Tension Top Beam (11) and High-Tension Top Beam (12) into position across the upper frame.
2. Align the ends of the top assemblies with the corresponding rear and front uprights, following the left/right orientation in the diagram.
3. Install the Top Branch Welding (13) at the outer upper position shown and secure it using the M16 x 110 hardware (D/B/C).
4. Fit the two Olympic Rod Lock Plates (14) at the opposite upper mounting points and secure the top beams with the M16 x 100 hardware (A/C) shown.
5. Check that all four uprights remain vertical and that the upper beams are level before tightening only enough to hold alignment.

Parts Used

#11 - Low-tension top beam x 1
#12 - High-tension top beam x 1
#13 - Top branch welding x 1
#14 - Olympic rod lock plates x 2

Hardware Used

D - M16 x 110 bolts x 2
B - M16 washers x 4
A - M16 x 100 bolts x 6
C - M16 lock nuts x 8



TIP:

Do not use the handlebar to pull or lift the machine during assembly.

STEP 6

Install the Front Handlebar Assembly

1. Position the Front Handlebar Welding (15) across the upper front of the machine with the handles facing outward, as shown.
2. Align both end plates with the upper front frame mounting holes.
3. Secure the assembly with four M16 x 100 Bolts (A), four M16 Washers (B) and four M16 Lock Nuts (C).
4. Confirm the handlebar is centred and level before tightening.

Parts Used

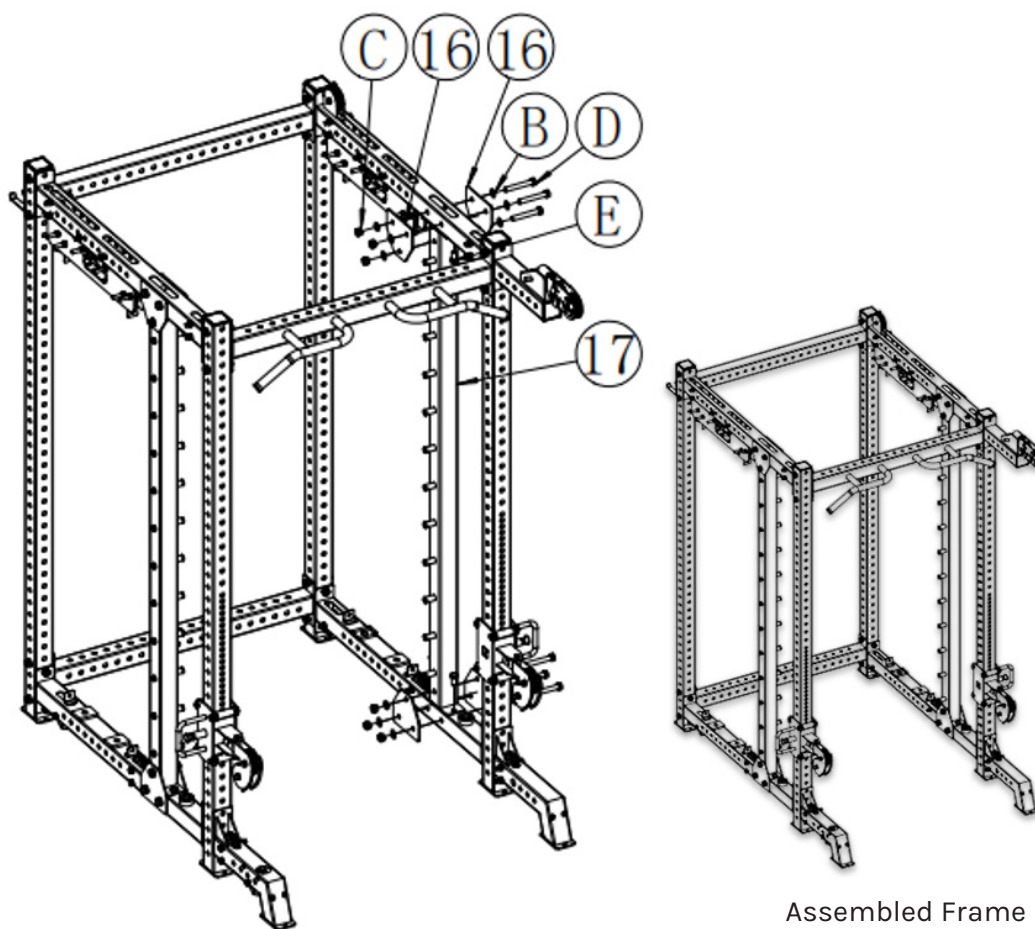
#15 - Front handlebar welding x 1

Hardware Used

A - M16 x 100 bolts x 4

B - M16 washers x 4

C - M16 lock nuts x 4



Assembled Frame



IMPORTANT:

The frame should be square and stable before weight plates, guide rods and cables are installed.

STEP 7

Install the Smith Hook Risers and Decorative Panels

1. Position the two Smith Hook Post Riser (17) vertically inside the front section of the frame, one on each side.
2. Align the upper and lower mounting points with the main frame and secure them using the M16 x 110 Bolts (D), Washers (B) and Lock Nuts (C) shown in the diagram.
3. Fit the eight Decorative Panels (16) at the indicated upper and lower mounting locations.
4. Secure the decorative panels using the M16 x 30 Bolts (E).
5. Square the complete frame: verify all feet sit flat, uprights are vertical and the side frames are parallel. Fully tighten the structural M16 fasteners installed in Steps 1-7.

Parts Used

#16 - Decorative panels x 8

#17 - Smith hook post risers x 2

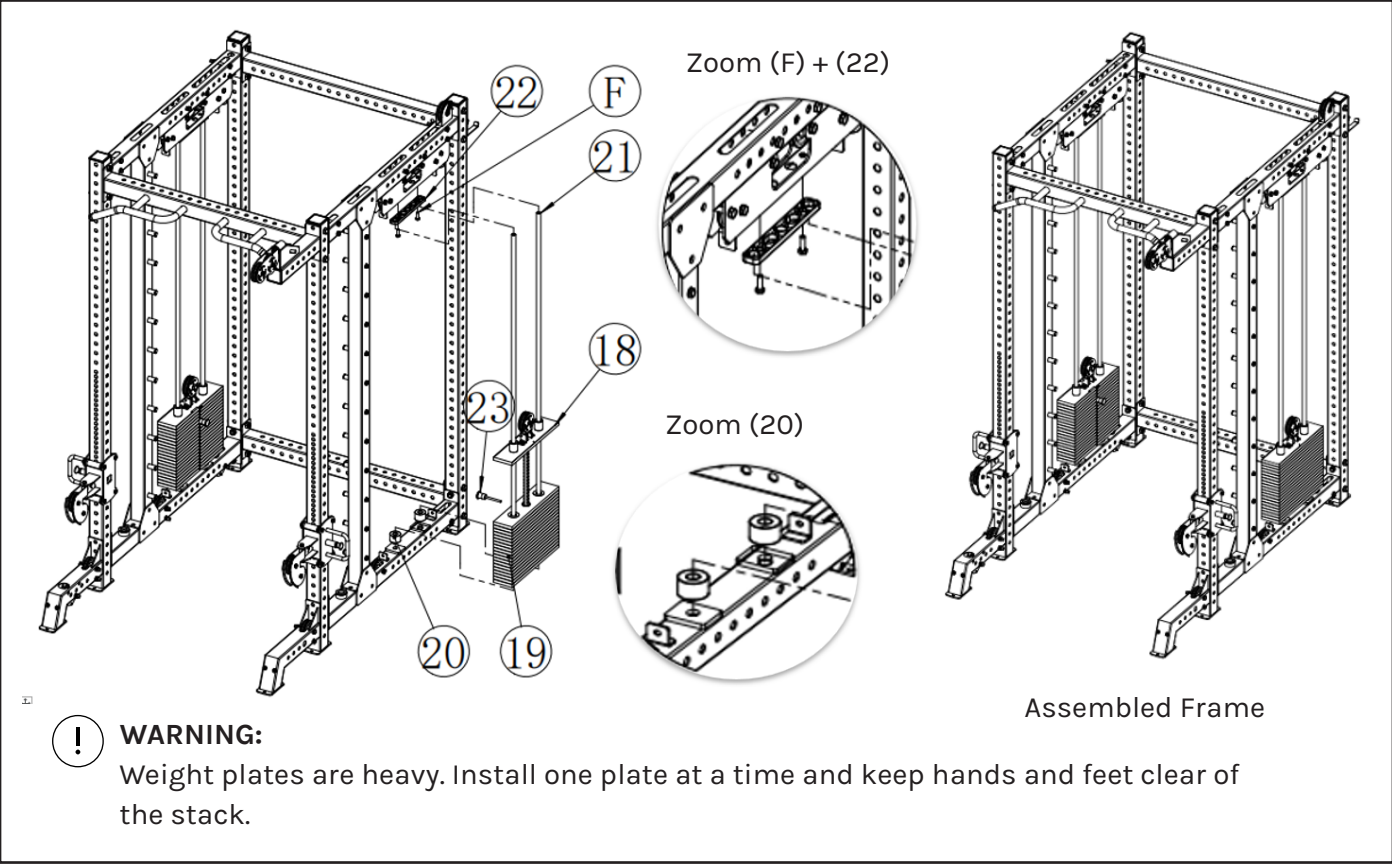
Hardware Used

D - M16 x 110 bolts x 12

B - M16 washers x 24

C - M16 lock nuts x 12

E - M16 x 30 bolts x 8



WARNING:

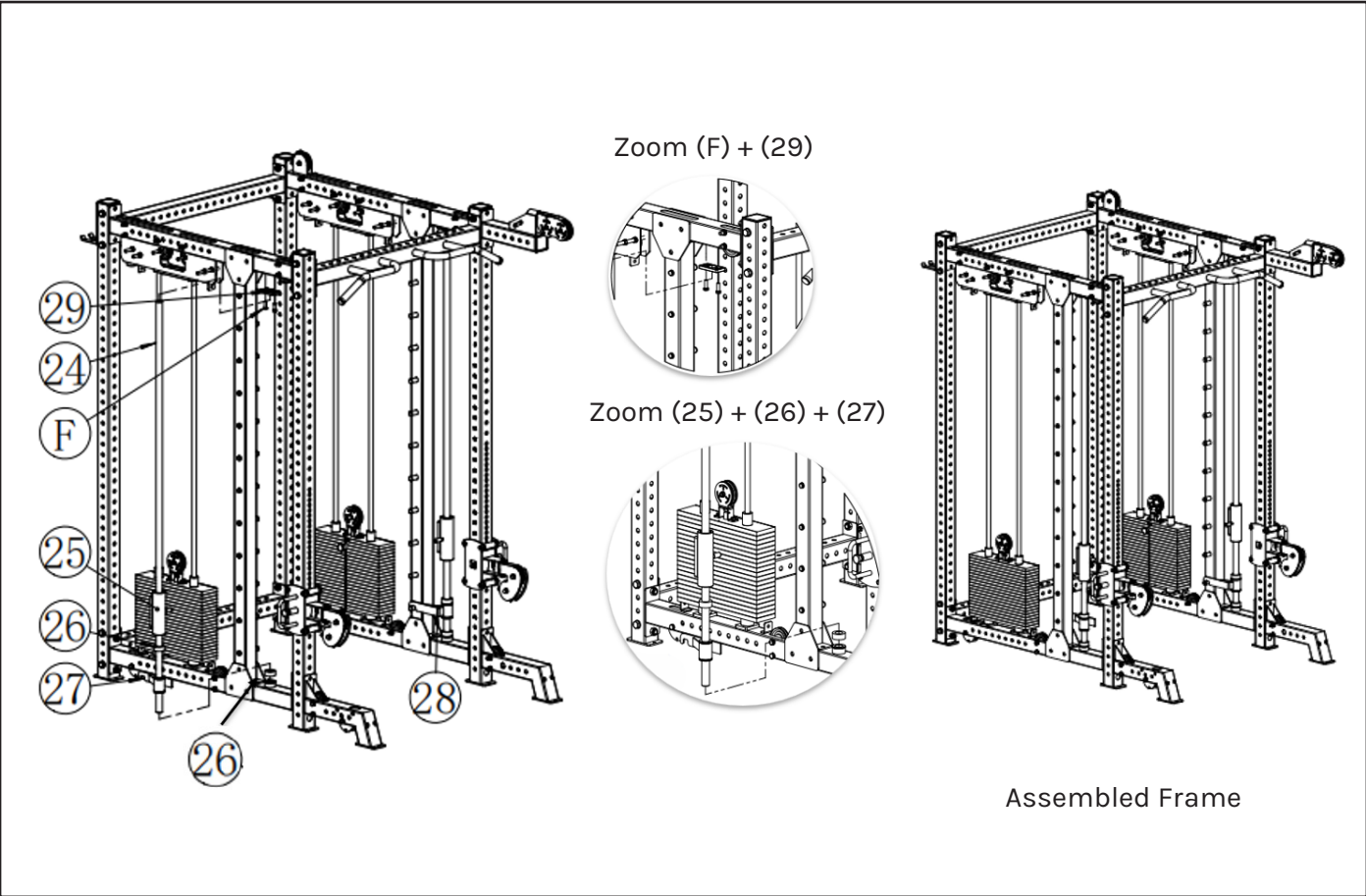
Weight plates are heavy. Install one plate at a time and keep hands and feet clear of the stack.

STEP 8
Assemble the Two Weight Stacks

- INSTALLATION ORDER:** Rubber Pads (20) -> Weight Stack Guide Rods (21) -> Weight Plates (19) -> Counterweight Head Plates (18) -> Guide Rod Fixing Plates (22) with M10 x 30 Bolts (F) -> Weight Stack Pins (23).
1. Place two Rubber Pads (20) at the base of each weight-stack position.
 2. Install two Weight Stack Guide Rods (21) for each weight stack, passing them through the base/pad locations shown.
 3. Carefully slide 19 Weight Plates (19) onto each pair of guide rods, keeping fingers clear between plates. The 38 plates are divided evenly between the two stacks.
 4. Install one Counterweight Head Plate (18) on top of each stack in the correct orientation.
 5. Secure the top of the guide rods with the Guide Rod Fixing Plates (22) and M10 x 30 Bolts (F), then fit the Weight Stack Pins (23) in the positions shown.
 6. Check that each stack moves vertically without binding, the plates rest evenly on the rubber pads, and each Weight Stack Pin (23) can be fully inserted and removed without forcing it.

Parts Used
#18 - Counterweight head plates x 2
#19 - Weight plates x 38
#20 - Rubber pads x 4
#21 - Weight stack guide rods x 4
#22 - Guide rod fixing plates x 2
#23 - Weight stack pins x 2

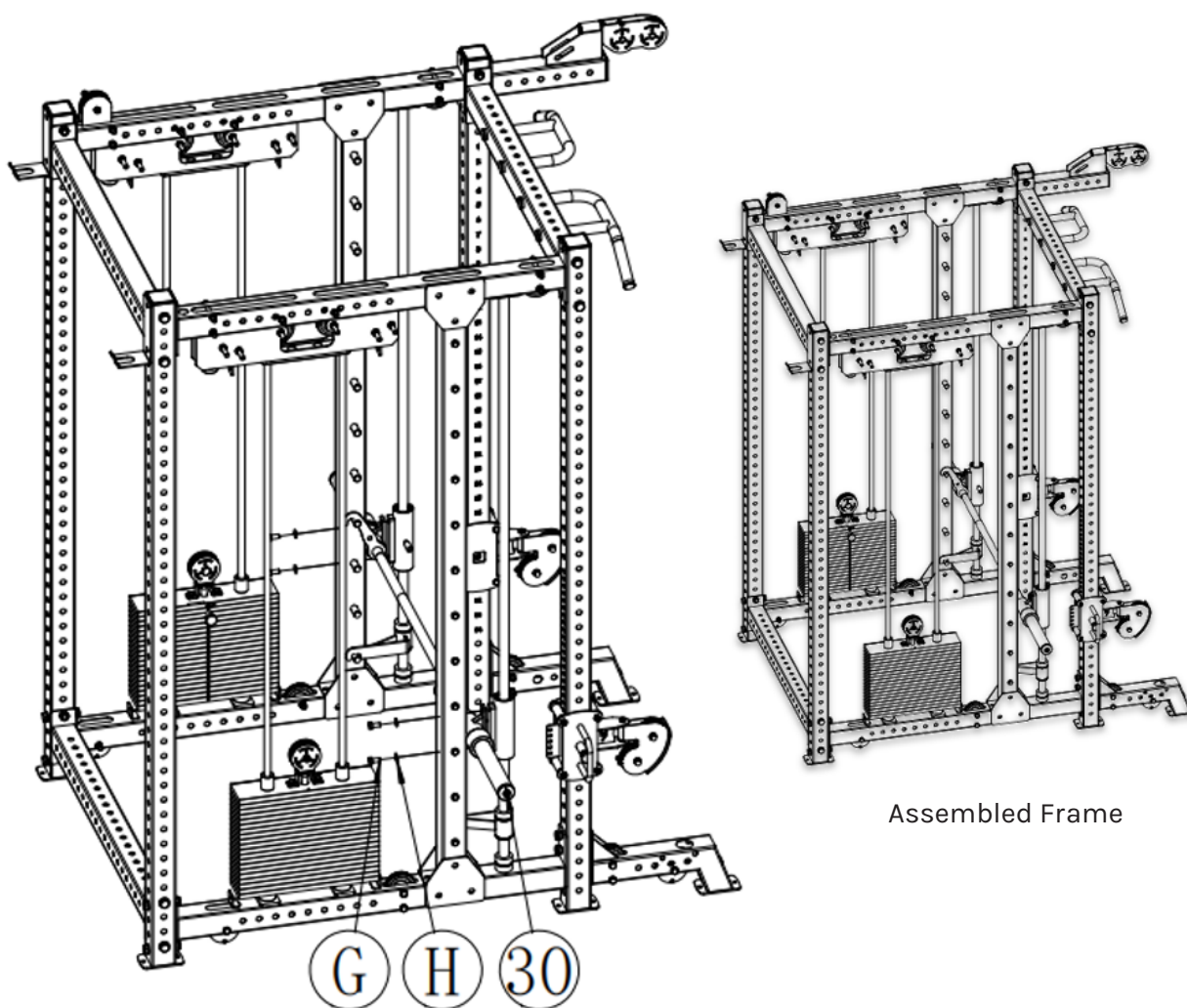
Hardware Used
F - M10 x 30 bolts x4



STEP 9
Install the Smith Guide Rods, Sliding Sleeves and Safety Stops

1. Fit the Guide Rod Pads (26) at the lower Smith guide-rod mounting points.
2. Insert one Smith Guide Rod (24) vertically on each side of the machine.
3. Before securing the top ends, slide one Optical Shaft Sleeve Assembly (25) onto each guide rod in the orientation shown.
4. Install the Smith Safety Stop - Right Extension (27) and Smith Safety Stop - Left Extension (28) below the sliding sleeves, ensuring the hooks face the correct direction for engagement.
5. Secure the upper ends of both guide rods using the Guide Rod Mounting Brackets (29) and M10 x 30 Bolts (F).
6. Move each sleeve through its full travel and test that both safety stops engage the rack positions securely. Confirm the left and right stops face the correct direction and can be set to matching heights.

Parts Used	Hardware Used
#24 - Smith guide rods x 2	F - M10 x 30 bolts x 4
#25 - Smith sliding sleeve x 2	
#26 - Guide rod pads x 4	
#27 - Smith safety stop - right extension x 1	
#28 - Smith safety stop - left extension x 1	
#29 - Guide rod mounting brackets x 2	



! WARNING:
Support the Smith Bar during fitting and keep hands clear of the hooks and rack pegs. Do not load the bar until both hooks and both Smith safety stops engage correctly at matching heights.

STEP 10

Install the Smith Bar

1. With assistance, position the Smith Bar (30) between the two Smith Sliding Sleeves (25), with the bar hooks facing the rack pegs as shown in the assembly drawing.
2. Align the mounting holes on the Smith Bar brackets with the mounting points on both Smith Sliding Sleeves (25).
3. Install four M12 x 25 Bolts (G) with four M12 Flat Washers (H).
4. Tighten the fasteners evenly. Raise and rotate the bar by hand to confirm both sliding sleeves move freely and the left and right bar hooks engage corresponding rack pegs at the same height.

Parts Used

#30 - Q1028 Smith Bar x 1

Hardware Used

G - M12 x 25 bolts x 4

H - M12 washers x 4

STEP 11

Route and Connect the Cable System

Cable 32 (and Cable 31)

1. Feed the Left Functional-Trainer Cable (32) to Right Pulley Carriage (9). Fit a Steel Cable End (35) to the free cable terminal: insert the cable terminal fully into the large opening of the Steel Cable End, then seat it into the retaining slot/clip so the terminal is captured and cannot pull back out. Position the Steel Cable End (35) at the Right Pulley Carriage (9), as shown.
2. Route the opposite end of Cable (32) through the inside of Low-tension Front Foot (7), then along Low Tension Counterweight Bottom Tube (4) to the lower pulley opening.
3. Route Cable (32) upward through the two lower pulleys on Low-Tension Top Beam (11). Make sure the cable sits fully inside each pulley groove and passes beneath the cable retainers.
4. Route the cable downward around the pulley on the Counterweight Head Plate (18), then bring it back upward through the final two pulleys on Low-Tension Top Beam (11).
5. Feed Cable (32) into the Hanging Pulley (39), then route it through the internal tube/channel of Low Tension Top Beam (11) until the cable exits again at the front end of the frame.
6. Secure Cable (32) to the rear of Sliding Sleeve (9) using the M10 x 25 Bolt (L) and M10 Lock Nut (M), as shown. Repeat the same mirrored routing procedure for Cable (31) on the opposite side, using the corresponding carriage and frame components shown in the diagram.
7. Check the tension of Cables (31) and (32). Adjust from the cable end until excessive slack is removed, while ensuring the weight-stack head plate remains fully seated when the cable is at rest. Tighten the adjustment securely after setting the tension.

Cable 33 (and Cable 34)

8. Feed Low-Pull Cable (33) into the Double Pulley (38). Fit a Steel Cable End (35) to the non-threaded cable terminal in the same manner: insert the terminal fully into the Steel Cable End and seat it securely in the retaining slot/clip. Pull firmly on the connection to confirm it is locked. Orient the cable so the threaded bolt end runs toward the rear of the pulley assembly.
9. Align the mounting hole of the Double Pulley (38) with Low-tension Front Foot (7). Feed the threaded end of Cable (33) through Low-tension Front Foot (7), along Low-Tension Counterweight Bottom Tube (4), and out through the rear opening at the final pulley position.
10. Once Cable (33) has been threaded through the frame, return to the front and secure the Double Pulley (38) to Low-tension Front Foot (7) using the M12 x 100 Bolts (J) and M12 Lock Nuts (K), as shown.
11. Complete the routing of Cable (33) to the Hanging Pulley (39), then thread the cable adjustment bolt into the threaded mounting point on the Hanging Pulley (39). Complete the corresponding high-pull routing for Cable (34), following the pulley path shown in the diagram.
12. Check the tension of Cables (33) and (34). Adjust from the threaded bolt ends until excessive slack is removed and the weight stacks move smoothly without being lifted when at rest. Tighten the adjustment securely after the correct tension is set.

IMPORTANT:

Before use, check that all four cables are fully seated in every pulley groove and that every cable terminal, retaining clip, bolt and lock nut is secure. The cables should be tensioned enough to remove excessive slack, but not so tightly that a weight-stack head plate lifts when the machine is at rest. Incorrect routing or an unsecured cable end can cause sudden loss of resistance or cable damage.

Parts Used

#31 - Right cable x 1

#32 - Left cable x 1

#33 - Low-pull cable x 1

#34 - High-pull cable x 1

#35 - Steel cable ends x 4

#36 - Carabiner / safety hooks x 4

#37 - Low-pull handles x 3

#38 - Double pulley x 1

#39 - Hanging pulleys x 2

Hardware Used

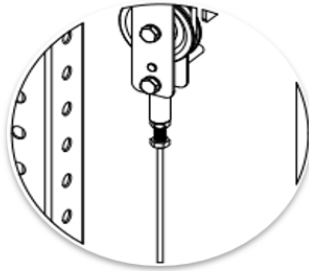
J - M12 x 100 bolts x 2

K - M12 lock nuts x 2

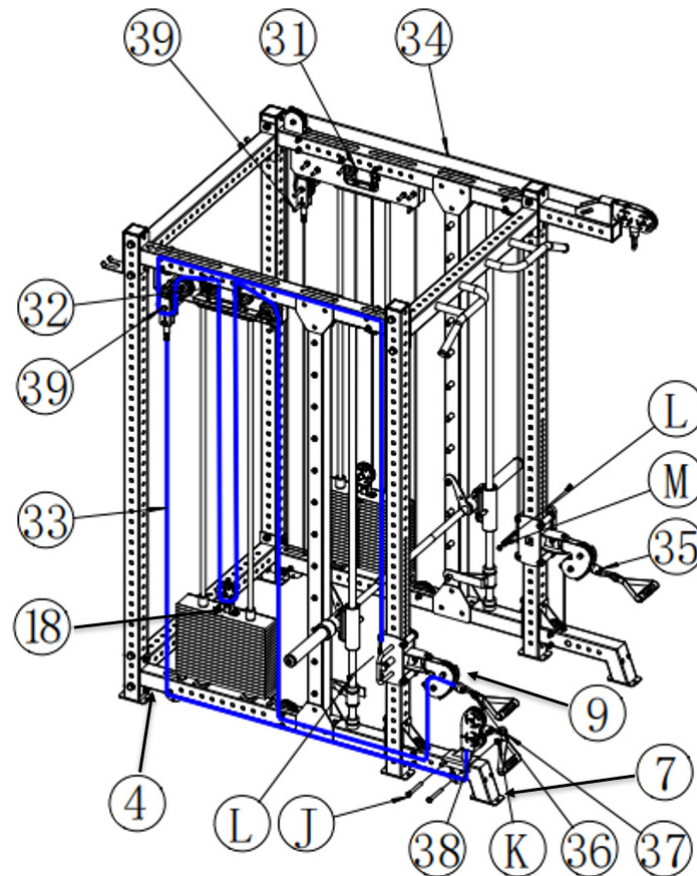
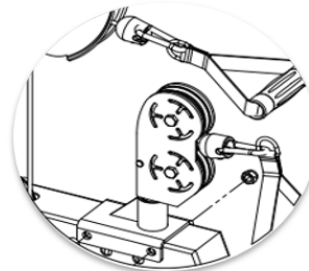
L - M10 x 25 bolts x 4

M - M10 lock nuts x 2

Zoom (39) + Cable (33)



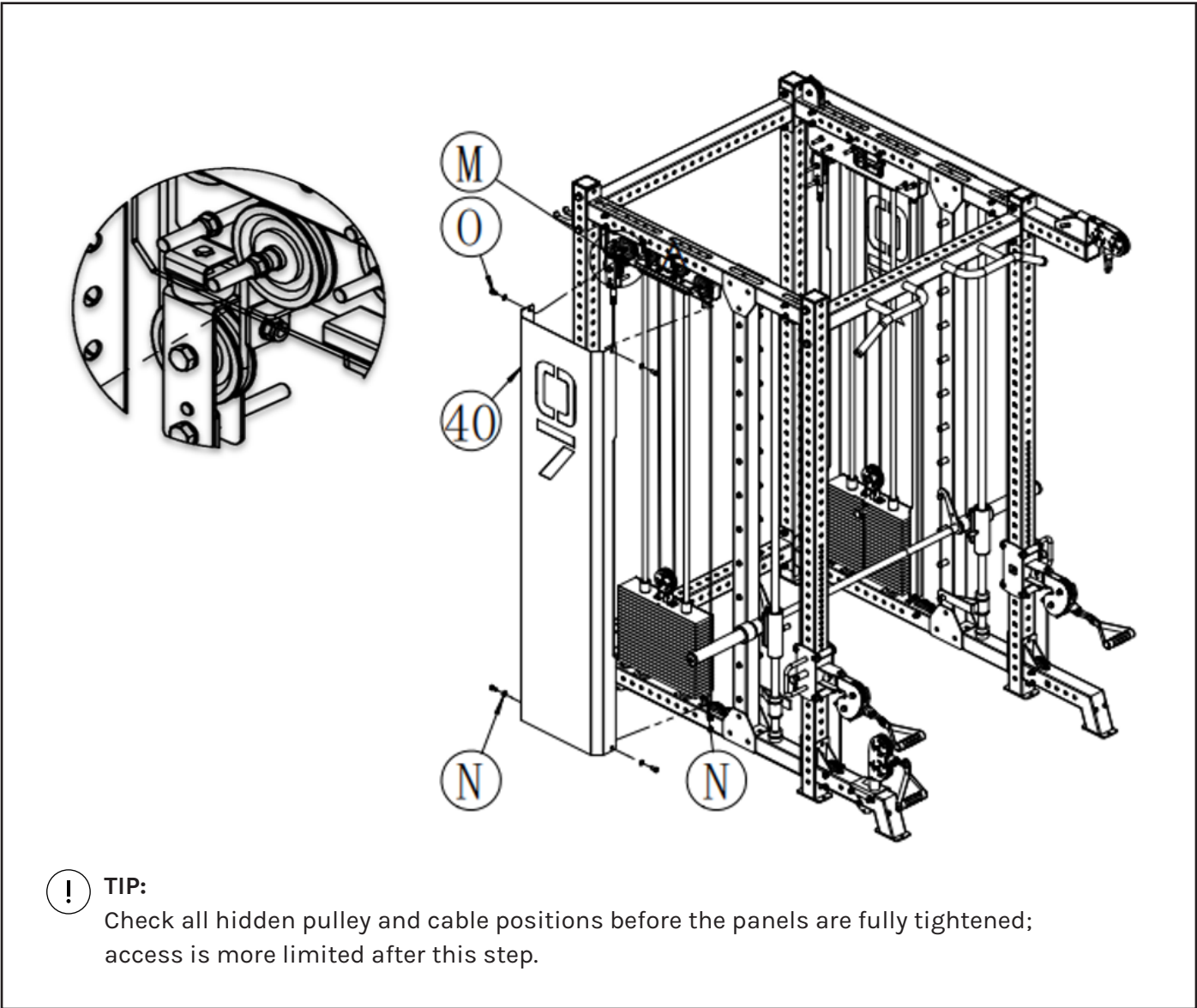
Zoom (38) + Cable (33) + (J) + (K)

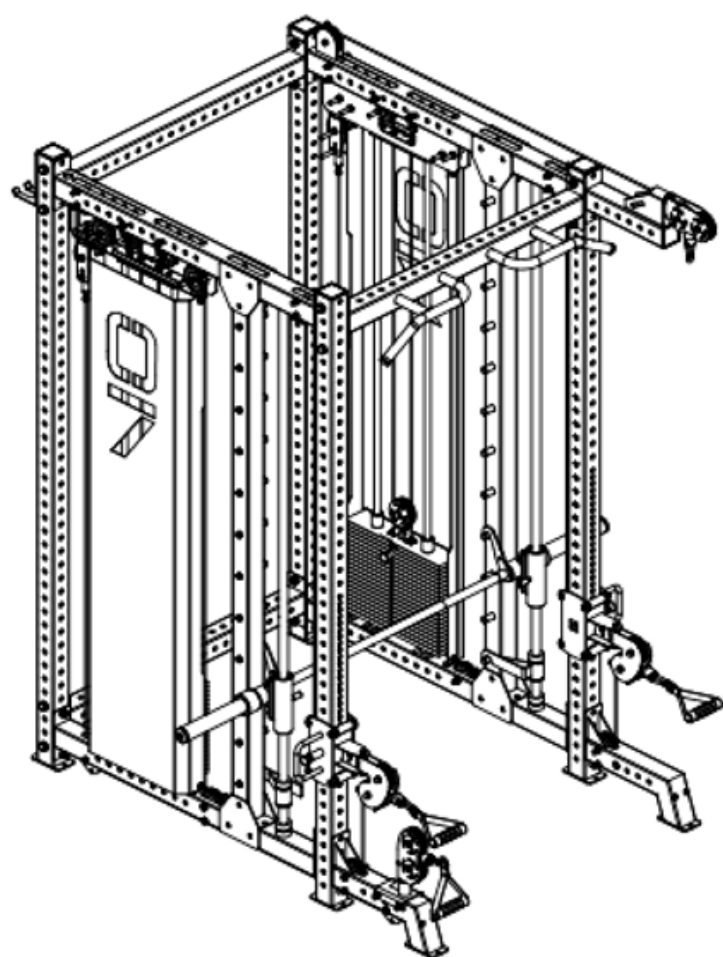
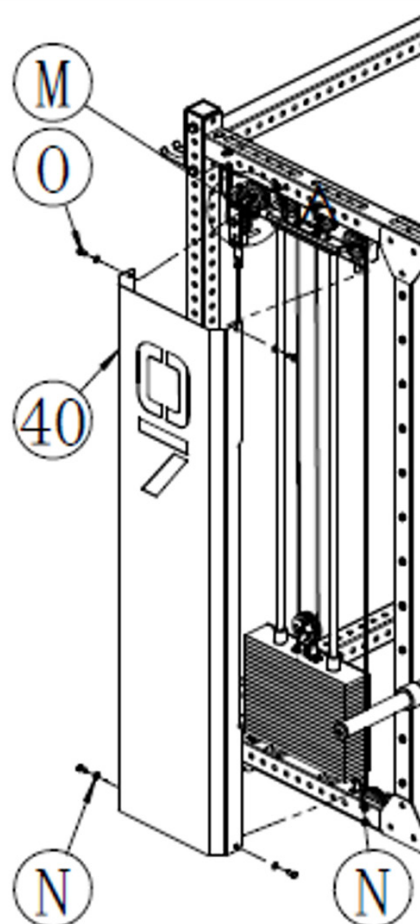


STEP 12
Install the Large Side Protective Panels

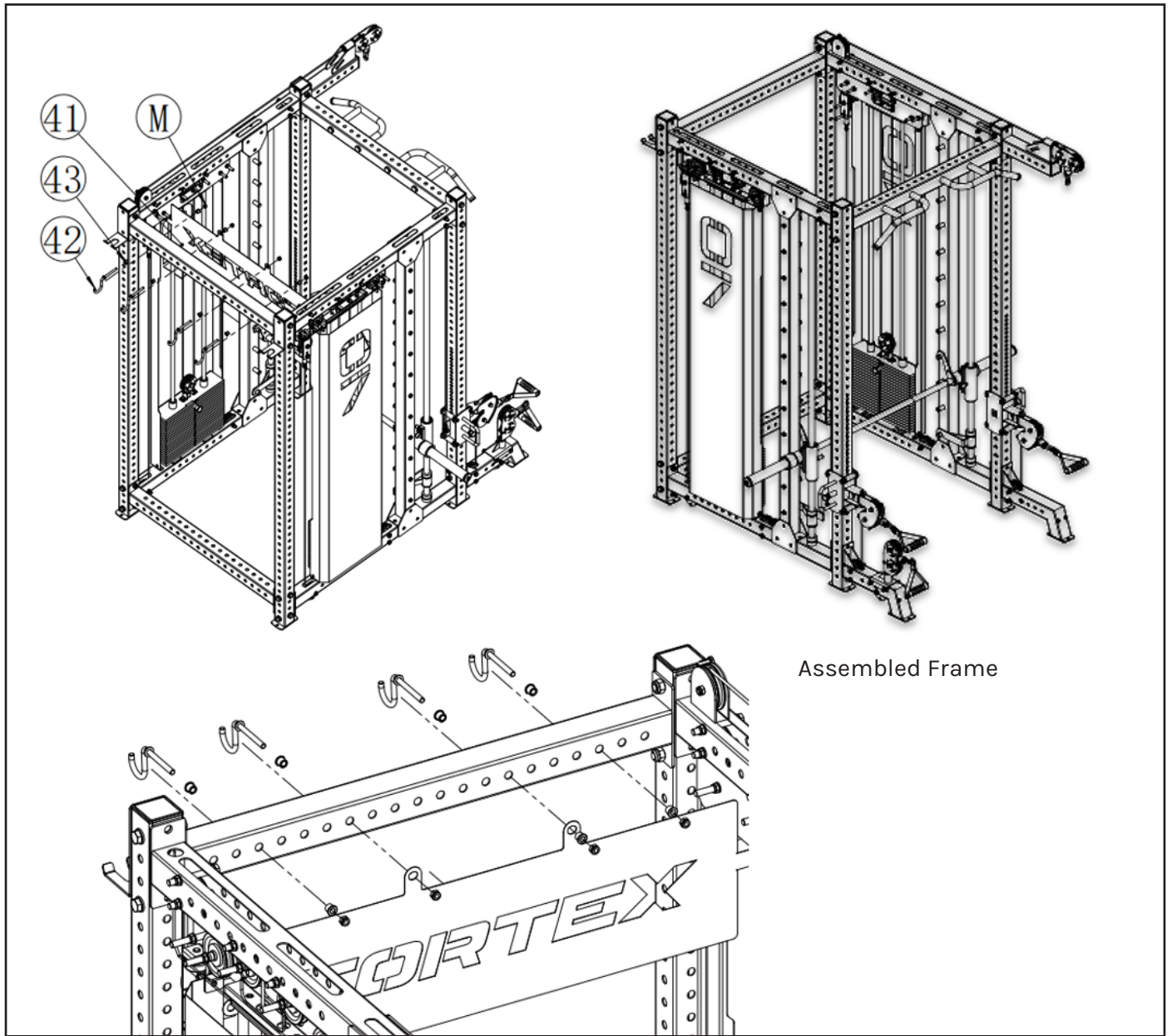
- 1. Position one Large Protective Panel (40) over each weight-stack side, matching the panel orientation shown in the diagram.
- 2. Align all panel mounting holes with the frame brackets. Make sure no cable is trapped between the panel and frame.
- 3. Secure the panels using the M10 x 20 Bolts (O), M10 Flat Washers (N) and M10 Lock Nuts (M).
- 4. Tighten the fasteners evenly so the panels sit flat without distortion.
- 5. Cycle both weight stacks by hand and confirm the plates, cables and pulleys have clear movement behind the panels.

Parts Used	Hardware Used
#40 - Large protective panels x 2	N - M10 washers x 16
	O - M10 x 20 bolts x 8
	M - M10 lock nuts x 8





Assembled Frame



Assembled Frame

STEP 13

Install the Back Panel, Accessory Hooks and Pulley Limit Sleeves

1. Position the Back Panel (41) at the rear upper frame in the orientation shown.
2. Install the four Hook Welding Parts (42) at the indicated frame mounting locations.
3. Fit the eight Pulley Limiting Sleeves (43) to the pulley positions shown. These sleeves must retain the cable within the pulley path without contacting the cable during normal movement.
4. Use the M10 Lock Nuts (M) where indicated and tighten securely.
5. Inspect the rear cable route again and confirm all pulleys rotate freely after the hooks and sleeves are installed.

Parts Used

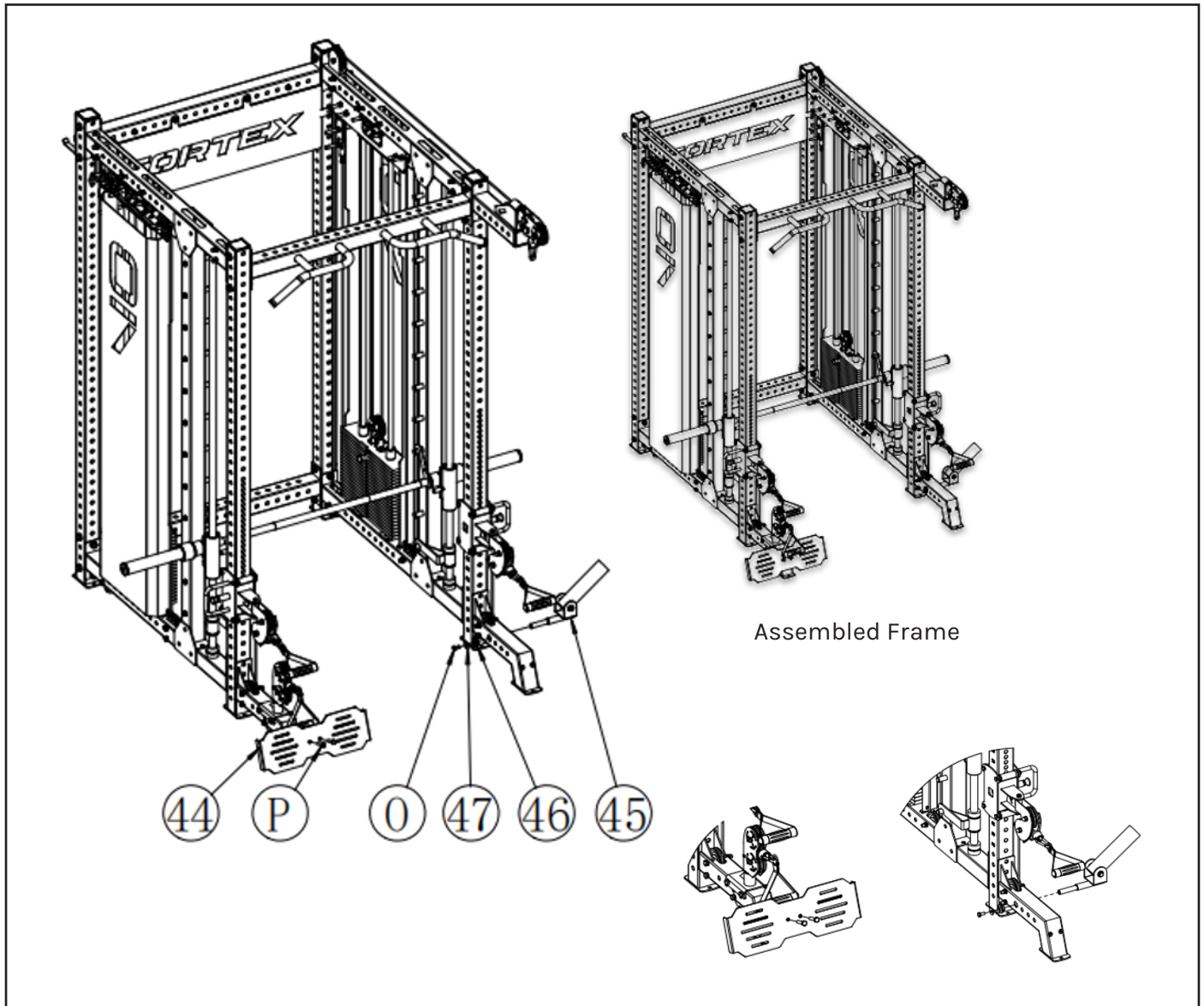
#41 - Back panel x 1

#42 - Hook welding parts x 4

#43 - Pulley limiting sleeves x 8

Hardware Used

M - M10 lock nuts x 4



Assembled Frame

STEP 14

Install the Foot Pedal and Ground / Landmine Base

1. Position the Foot Pedal (44) at the low-pull station and secure it with the M10 x 20 Bolt (O) at the mounting point shown.
2. At the opposite front base, position the Ground / Landmine Base Assembly (45).
3. Fit the two Copper Bushings (46) into the pivot points and install the Large Washer (47) in the orientation shown.
4. Secure the pivot using the two M10 x 45 Bolts (P).
5. Move the ground/landmine attachment through its available range and confirm it pivots smoothly without excessive play.

Parts Used

#44 - Foot pedal x 1

#45 - Ground / landmine base x 1

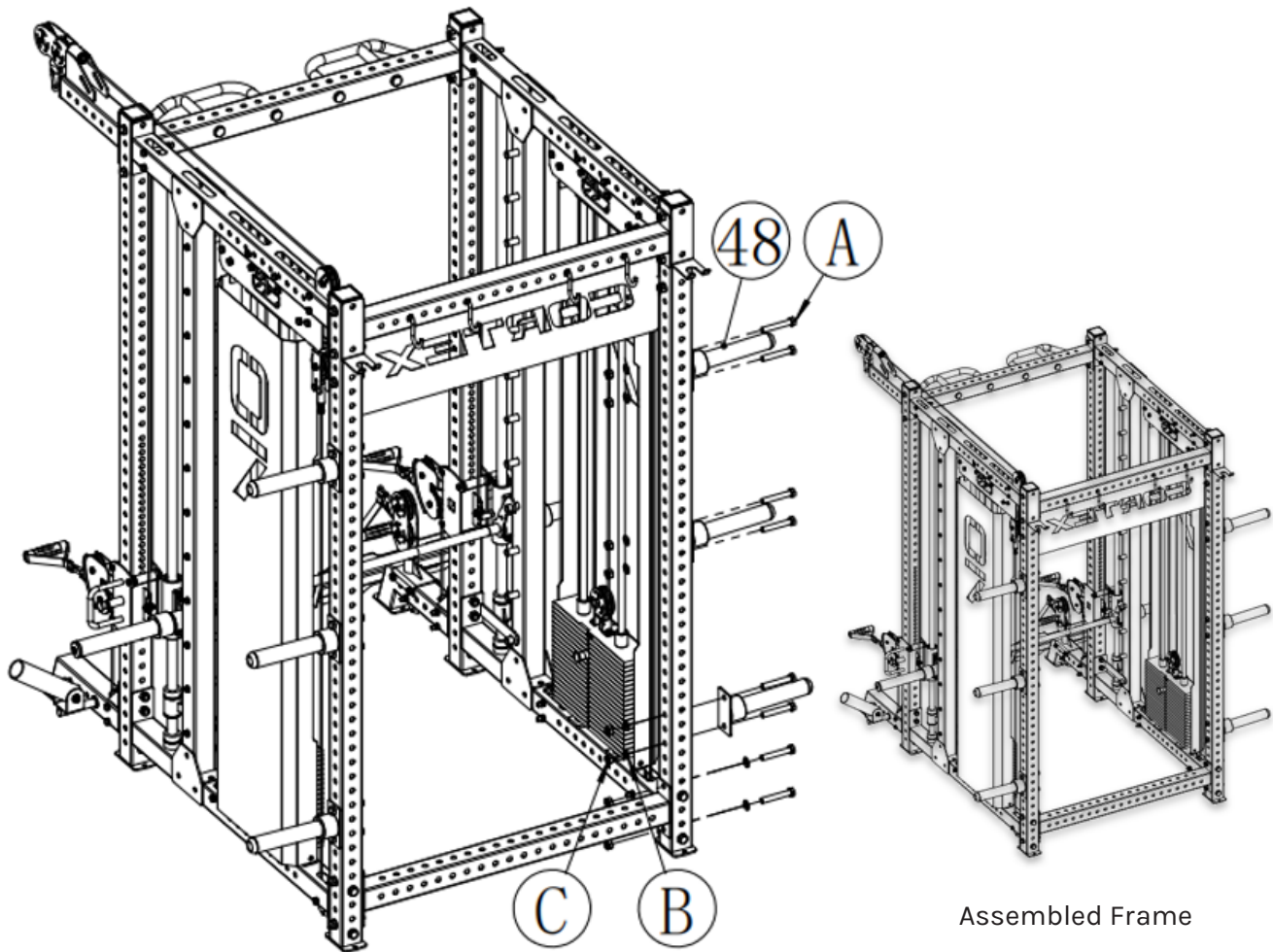
#46 - Copper bushings x 2

#47 - Large washer x 1

Hardware Used

O - M10 x 20 bolt x 1

P - M10 x 45 bolts x 2



WARNING:

Distribute stored plates evenly and do not exceed the product rating shown on the equipment label. Always secure loose plates appropriately.

STEP 15

Install the Weight-Plate Storage Pegs

1. Position the six Storage Peg (48) on the outer frame locations shown in the diagram.
2. Orient each peg so it projects outward and provides clear access for loading and unloading plates.
3. Fasten the storage pegs using the M16 x 100 Bolts (A), M16 Washers (B) and M16 Lock Nuts (C) at the mounting points shown.
4. Tighten the peg fasteners firmly and confirm no peg can rotate or move under hand pressure.

Parts Used

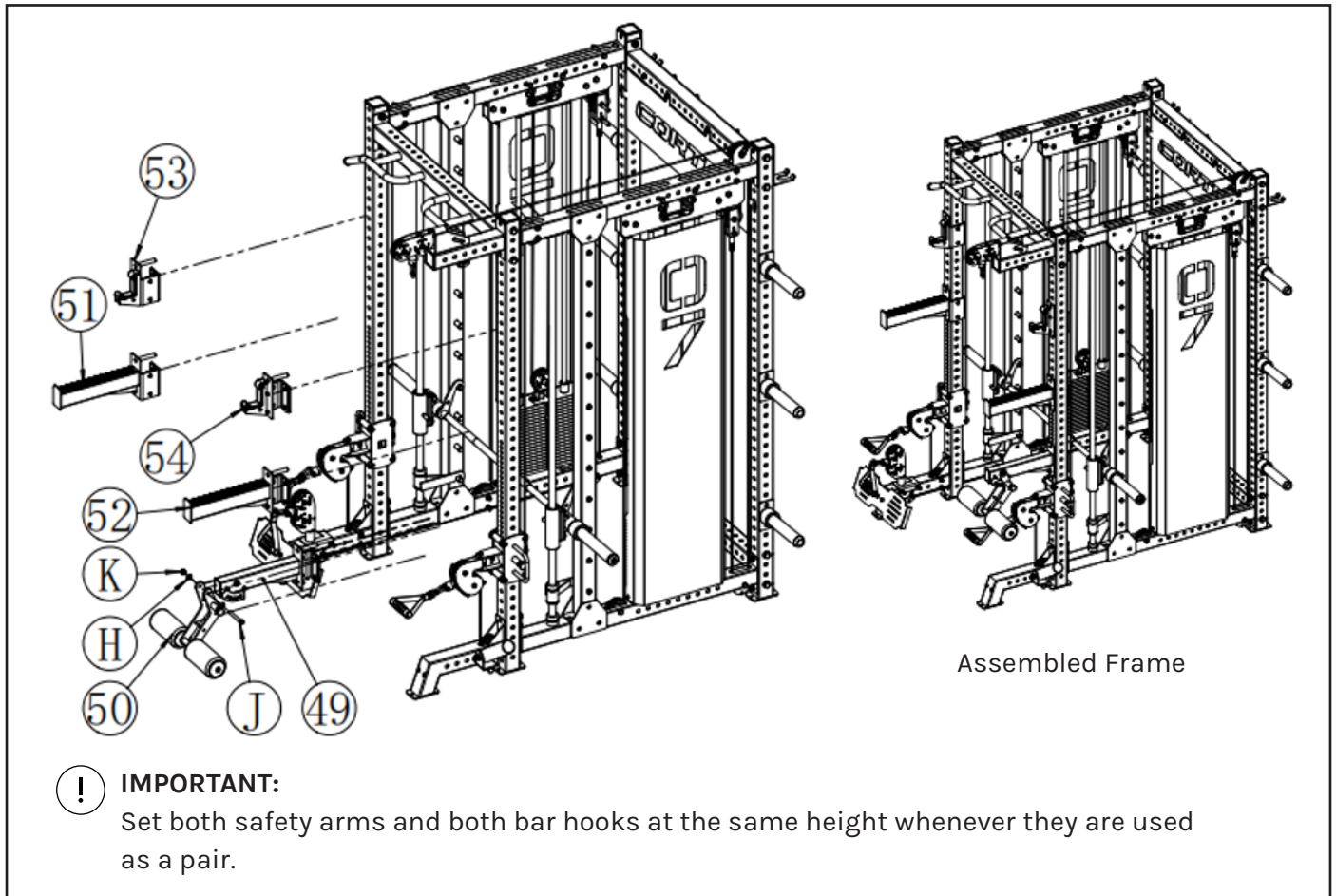
#48 - Storage peg x 6

Hardware Used

A - M16 x 100 bolts x 14

B - M16 washers x 15

C - M16 lock nuts x 14



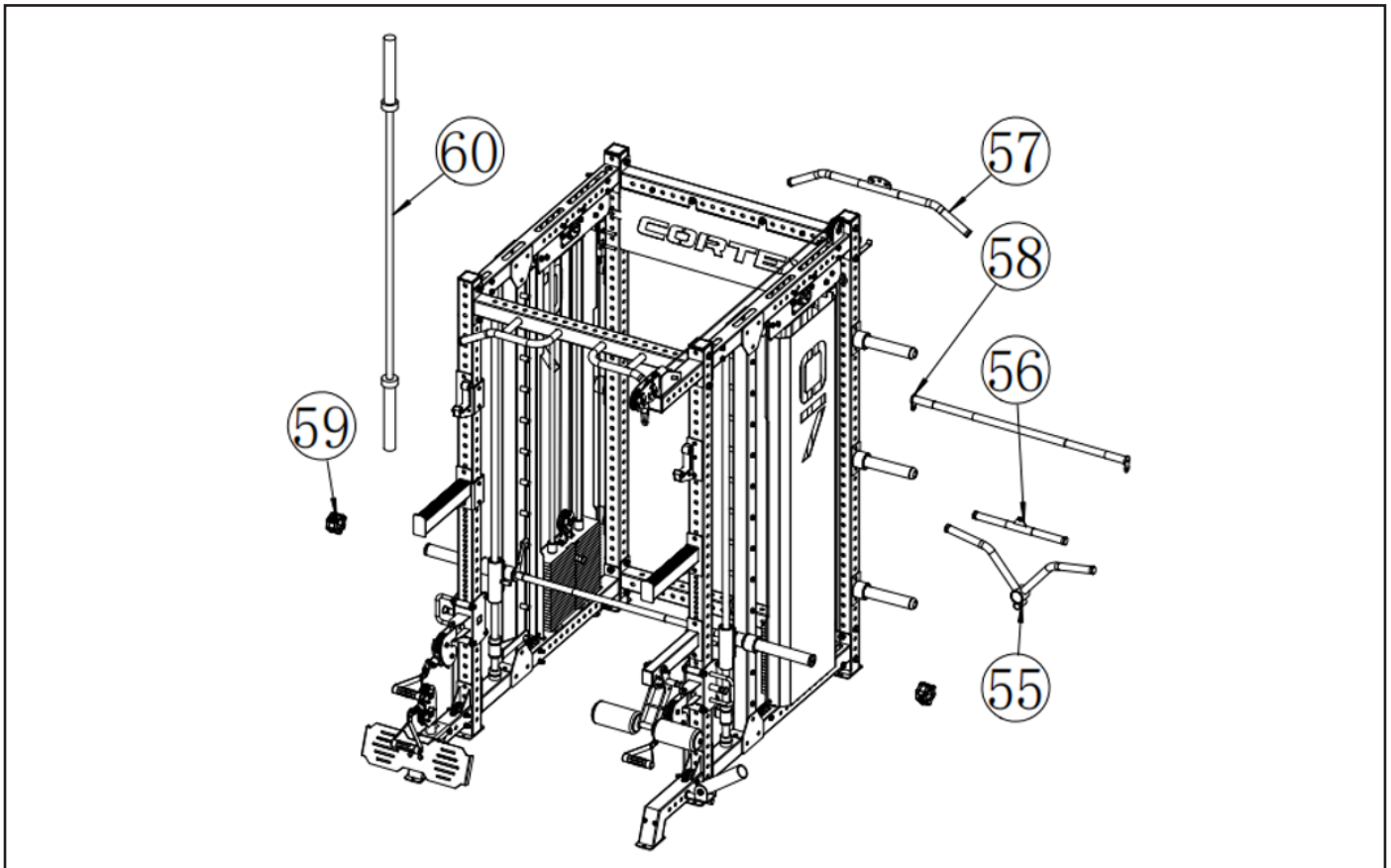
STEP 16

Install the Leg Assembly, Safety Arms and Bar Hooks

1. Install the Leg Presser Fixing Frame (49) at the lower front station shown in the diagram.
2. Fit the Leg Presser with Foam (50) into its fixing bracket and secure the pivot with the M12 x 100 Bolt (J), two M12 Washers (H) and the M12 Lock Nut (K). To adjust the angle of the leg presser, use the lock pin knob to choose to the available angles.
3. Check that the leg assembly pivots freely and that any adjustment/locking feature engages correctly.
4. Fit the Left Safety Frame (51) and Right Safety Frame (52) into the corresponding front uprights at matching heights.
5. Install the Left Hook Assembly (53) and Right Hook Assembly (54) in the positions shown, ensuring the hooks face inward toward the Smith bar working area.
6. Confirm all removable safety arms and hooks are fully seated in their mounting holes before proceeding.

Parts Used
#49 - Leg Presser fixing frame x 1
#50 - Leg Presser with foam x 1
#51 - Left safety frame x 1
#52 - Right safety frame x 1
#53 - Left hook assembly x 1
#54 - Right hook assembly x 1

Hardware Used
J - M12 x 100 bolt x 1
H - M12 washers x 2
K - M12 lock nut x 1



STEP 17

Install the Olympic Rod and Loose Exercise Attachments

1. Identify the 2.2 m Olympic Rod (60) as the separate free bar shown in the assembly drawing. Do not install it through the Smith Sliding Sleeves; the integrated Smith Bar was installed in Step 10.
2. When using the Olympic Rod (60), place it on the Left and Right Hook Assemblies (53/54) or the matching Safety Frames (51/52) as appropriate for the exercise. Set both sides to the same height and centre the rod before loading.
3. Fit the Barbell Clips (59) securely after loading plates onto the Olympic Rod (60). Load and unload both sides evenly.
4. Place or connect the Push Rod Welding (58), Row Bar (56), Lat Pulldown Bar (57) and Landmine Handle (55) assemblies to the appropriate cable carabiner/safety hooks when required for exercise or store them on the provided accessory hooks when not in use.
5. Confirm every cable attachment uses a fully closed hook, then perform the Final Assembly and Pre Use Inspection on the following page before the machine is used.

Parts Used
#55 - D211-20 Landmine handle x 1
#56 - D211-21 low-traction handle x 1
#57 - D211-22 high-tension handle x 1
#58 - D211-23 Push rod welding x 1
#59 - Barbell clips x 2
Item #60 - 2.2 m Olympic rod x 1

Hardware Used
No additional blister-pack hardware

V. FINAL ASSEMBLY & PRE-USE INSPECTION

Complete every check before the machine is released for exercise.

- Frame is square, level and stable; all feet contact the floor, and the unit does not rock.
- All structural bolts, washers and lock nuts are installed and securely tightened.
- Both adjustable pulley carriages lock positively into the selected height and move smoothly when released.
- Both weight stacks are correctly assembled, guide rods are secure, and the selector pin inserts fully at every plate position.
- All four cables follow the illustrated route, sit inside every pulley groove and do not rub on the frame, panels or other cables.
- Pulley-limiting sleeves and cable-retention parts are fitted at every required position.
- Pulleys rotate freely and no cable shows kinks, crushed sections, exposed wire or damaged coating.
- Smith guide rods are aligned; sleeves move smoothly; left and right safety stops engage securely; bar hooks engage securely.
- Barbell clips/collars, safety arms, hooks, accessory pegs and removable attachments are secure.
- Protective panels are secure and do not interfere with moving components.
- Foot pedal, ground/landmine base and leg assembly move freely where designed and have no excessive play.
- All packaging, tools and loose hardware have been removed from the exercise area.

FUNCTIONAL TEST:

With no user on the machine, select the lightest available resistance and slowly test each cable station through its full range. Then test the Smith bar movement and all safety catches. Stop immediately if anything binds, rubs, catches or moves unexpectedly.

AFTER THE FIRST FEW SESSIONS

- Recheck all structural fasteners after initial use, as bolted joints may settle slightly.
- Recheck cable seating, pulley alignment and weight-stack movement before the equipment enters normal commercial service.

VI. OPERATING SAFETY

These checks apply every time the equipment is used.

- Inspect the training area and machine before exercise. Remove the unit from service if any damage or abnormal movement is found.
- Choose resistance only while the weight stack is fully at rest. Insert the selector pin completely and never attempt to change plates while the stack is moving.
- Adjust pulley carriages, safety arms and hooks before starting the exercise. Make sure every adjustment pin or locking mechanism is fully engaged.
- Keep clear of the weight stacks and pulley lines while another person is exercising. In multi-user settings, users must remain outside each other's moving and loaded areas.
- For Smith exercises, set the safety stops before loading the bar. Load both sides evenly and use appropriate collars/clips.
- Always control resistance through the full movement. Do not release a handle or attachment while the cable is under tension.
- Only connect accessories using the supplied or approved safety hooks. Confirm the hook gate closes fully.
- Do not hang from storage pegs, protective panels, cable guides or any component not intended as a handle.
- Keep the floor dry and free from plates, attachments and other trip hazards.
- If the equipment produces unusual noise, increased friction, sticking movement or visible cable wear, stop using it and arrange inspection.



MEDICAL NOTICE:

People beginning a new exercise program or managing a medical condition should seek appropriate professional advice before training. Stop exercising if you feel pain, dizziness, nausea, faintness or unusual shortness of breath.

VII. CARE & MAINTENANCE

Regular inspection and cleaning are essential for safe commercial operation and long equipment life.

CLEANING

- Wipe sweat and moisture from the frame, handles, Smith bar, guide rods and attachments after use with a soft, slightly damp cloth.
- Use a mild, non-abrasive cleaner where required. Do not use strong solvents, chlorine-based cleaners, abrasive pads or high-pressure water.
- Dry metal surfaces after cleaning. Sweat, humidity and salt in the environment can accelerate corrosion if left on painted, plated or exposed metal surfaces.
- Inspect coating damage promptly. Keep chipped or scratched areas clean and dry and arrange suitable touch-up protection before corrosion spreads.
- Keep the equipment indoors and wipe it down after each use to help prevent rust; if surface rust appears, remove it promptly with a wire brush and recoat the affected area with suitable rust resistant paint.

CABLES AND PULLEYS

- Inspect the full visible length of every cable for broken strands, fraying, flattened sections, kinks, damaged coating, corrosion or loose end fittings.
- Check that each cable remains centred in the pulley groove and that all cable-retention sleeves are present and correctly positioned.
- Rotate pulleys by hand and check for roughness, wobble, cracks or excessive side play.
- Replace damaged cables, pulleys or attachment hardware before the machine is returned to service. Do not attempt to repair a damaged cable.

GUIDE RODS, SMITH MECHANISM AND WEIGHT STACKS

- Keep weight-stack and Smith guide rods clean and free from dust, hair and sticky residue.
- If movement becomes dry or noisy, clean the guide rods first. Apply only a light amount of manufacturer-approved silicone/PTFE-style lubricant if required.
- Check weight plates for cracks or damage and confirm the selector pin and top plate operate smoothly.
- Check both Smith safety stops, hooks and sleeve assemblies for positive engagement and smooth travel.

FASTENERS AND FRAME

- Check frame bolts, storage pegs, panels, pulley brackets, accessory hooks and pivot fasteners for looseness. Retighten as required.
- Inspect welds and frame tubes for cracks, deformation, impact damage or corrosion. Remove the machine from service if structural damage is suspected.
- Do not continue tightening a fastener that spins, will not hold torque, or appear to have damaged threads. Replace the affected hardware.

Frequency	Action
Before each use	Cables, pulleys, selector pins, Smith hooks/stops, safety arms, attachment clips, frame stability and training area.
Daily / after use	Wipe sweat and moisture from contact surfaces, guide rods, handles, frame and attachments. Keep floor area clear.
Weekly	Check pulley rotation, cable seating, weight-stack travel, pulley carriages, guide rods and visible fastener movement.
Monthly	Check and retighten structural fasteners; inspect all cable lengths and end fittings; check storage pegs, panels, hooks, pivots and corrosion.
Every 3 months	Detailed inspection of cable condition, pulley bearings/axles, Smith guide rods/sleeves, weight-stack guide rods and protective components. Clean and lubricate approved guide surfaces if required.
Annually or as required	Arrange a comprehensive service by a suitably competent technician, especially in high-volume commercial use.

VIII. 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



IX. 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.

CORTEX[®]

WWW.LIFESPANFITNESS.COM.AU