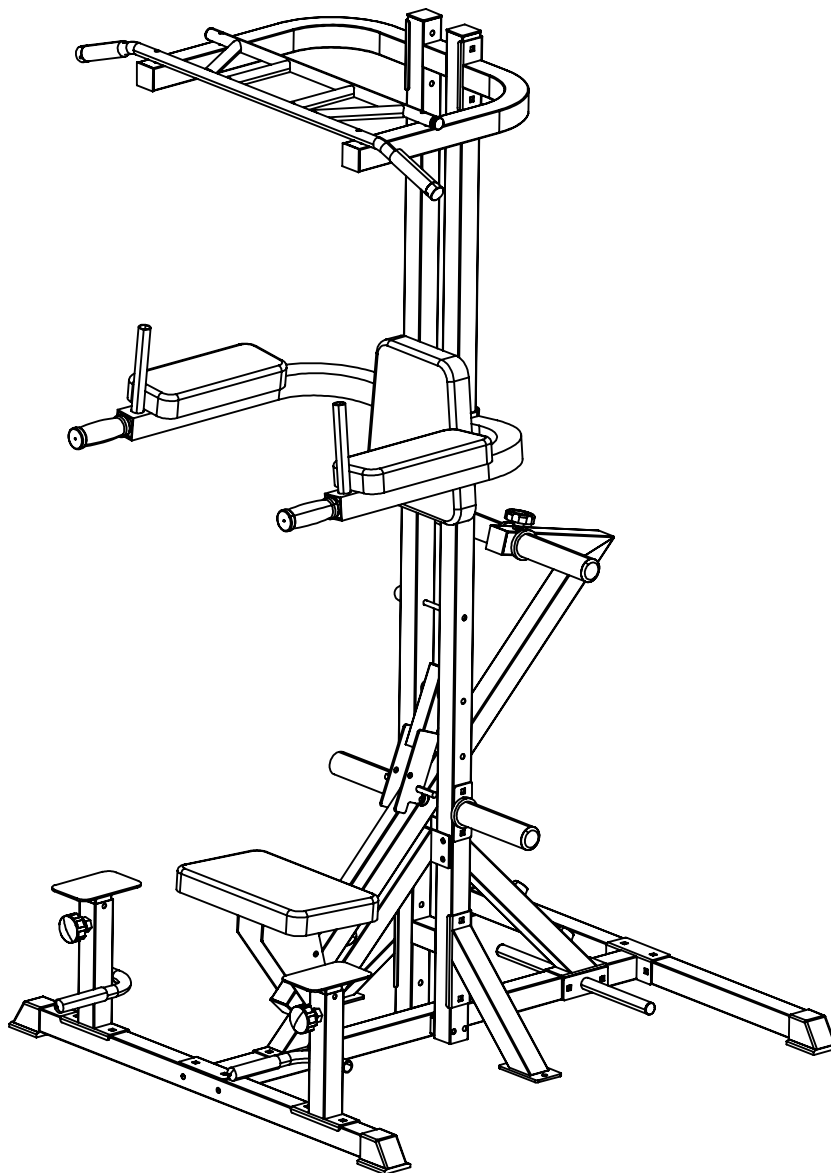


CORTEX[®]

PTX-200 Assisted Chin Up and Dip Machine

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



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Care Instructions	04
III. Parts List	05
IV. Assembly Instructions	06
V. Warranty	12
VI. Security Support Information	13

I. IMPORTANT SAFETY INSTRUCTIONS

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

Please keep this manual with you at all times

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **Please note:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.

II. CARE INSTRUCTIONS

IMPORTANT

- Where necessary, lubricate any 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 weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

III. PARTS LIST



Rear Ground Frame:
1pc.



Middle Ground Frame:
1pc.



Front Ground Frame:
1pc.



Neutral Frame:
1pc.



Front Diagonal
Support Frame: 1pc.



Rear Diagonal Support
Frame: 1pc.



Outer Pedal Frame
- Right: 1pc.



Outer Pedal Frame
- Left: 1pc.



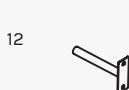
Inner Pedal
Frame: 2pcs.



Left and Right Diagonal
Frames: 2pcs.



Rocking Frame: 1pc.



Weight Support
Bracket: 4pcs.



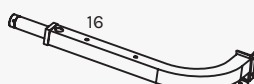
Guide Frame: 1pc.



Short Stop Frame: 1pc.



Knee Pad Frame: 1pc.



Left Support: 1pc.



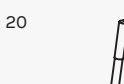
Right Support: 1pc.



4-Hole Fixing
Plate - Wide: 1pc.



Pull-up Frame: 2pcs.



Vertical Handle: 2pcs.



Pull-up Ladder
Frame: 1pc.



Back Pad: 1pc.



Knee Pad: 1pc.



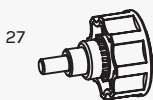
Elbow Pad: 2pcs.



110 Flat Connecting
Plate: 5pcs.



90 Flat Connecting
Plate: 2pcs.



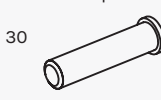
M18 Pull Pin: 2pcs.



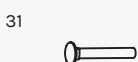
M10 Knob Handle: 1pc.



50mm Weight
Inner Tube: 1pc.



200mm Sleeve: 4pcs.



Carriage Bolt
M10x70: 14pcs.



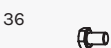
Hex Bolt
M10x190: 2pcs.



Hex Bolt
M10x180: 5pcs.



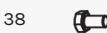
Hex Bolt
M10x70: 12pcs.



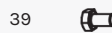
Hex Bolt
M10x20: 4pcs.



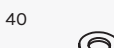
Hex Bolt
M8x65: 8pcs.



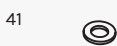
Hex Bolt
M8x16: 2pcs.



Hex Bolt
M8x10: 4pcs.



Ø10 Washer: 58pcs.



Ø8 Washer: 14pcs.



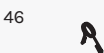
M10 Nut: 35pcs.



Ball Head Pin: 1pc.



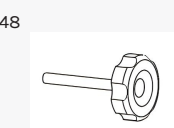
Ø50 Circlip: 2pcs.



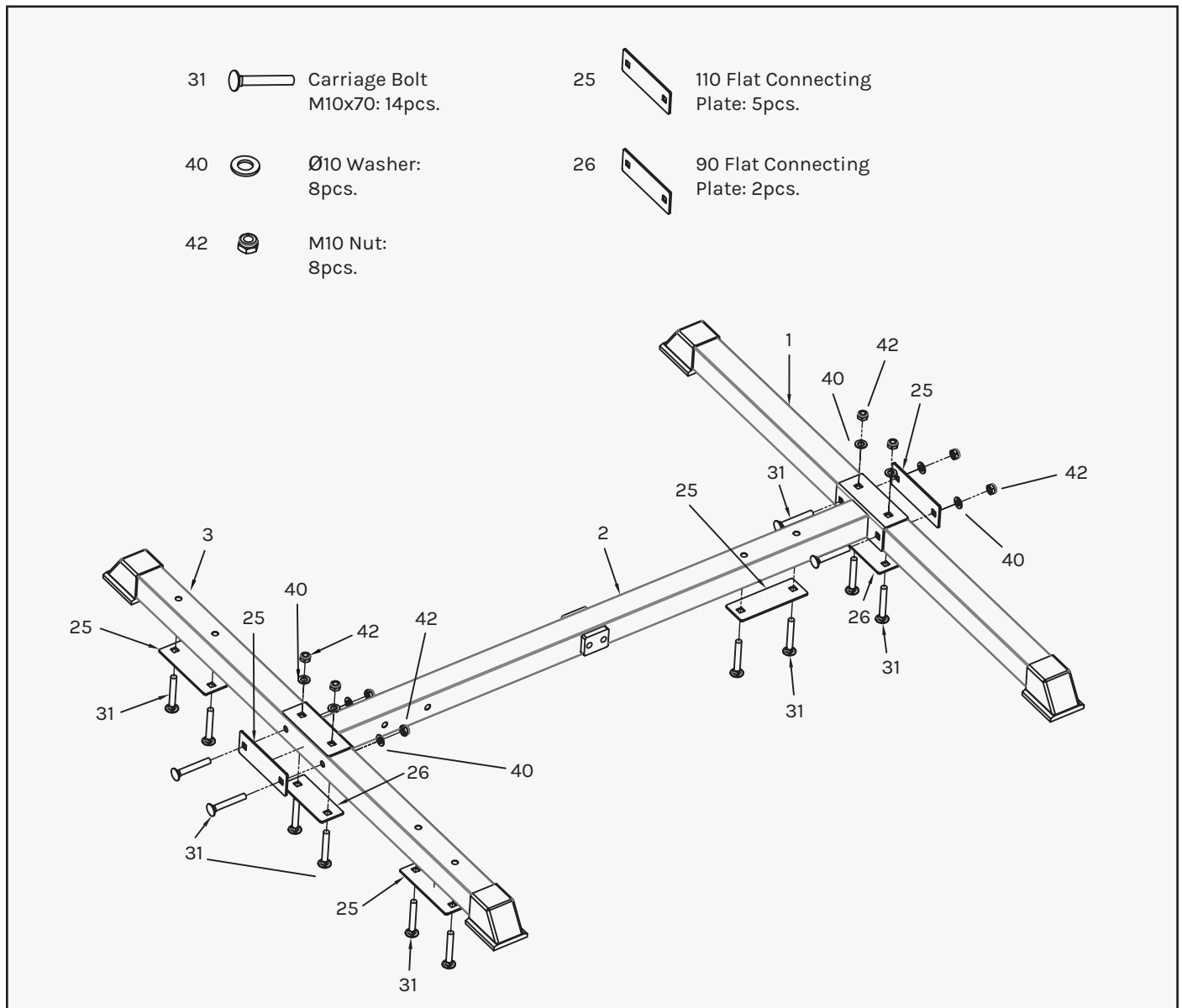
Ø25 Circlip: 2pcs



Carriage Bolt
M10x80: 2pcs.

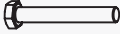


IV. ASSEMBLY INSTRUCTIONS

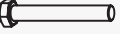


STEP 1

1. Pre-install: Align the bolt hole of the 110 flat connecting plate (#25) under middle ground frame (2) and place 2x Bolts (#31).
2. Align the holes on the rear ground frame (#1) to the middle ground frame. Place a 90 flat connecting plate (#26) to connect both parts together using 2x bolts (#31), 2x washer (#40) and 2x Nut (42).
3. Connect the side of the rear ground frame (#1) to the middle ground frame using 110 flat connecting plate (#25), 2x bolts (#31), washer (#40) and 2x Nut (42).
4. Align the holes on the front ground frame (#3) to the middle ground frame. Place a 90 flat connecting plate (#26) underneath to connect both parts together using 2x bolts (#31), 2x washer (#40) and 2x Nut (42).
5. Connect the side of the front ground frame (#3) to the middle ground frame using 110 flat connecting plate (#25), 2x bolts (#31), washer (#40) and 2x Nut (42).
6. Pre-install: Align the bolt hole of the 2x 110 flat connecting plate (#25) under front ground frame (#3) and place 2x Bolts (#31) per plate.

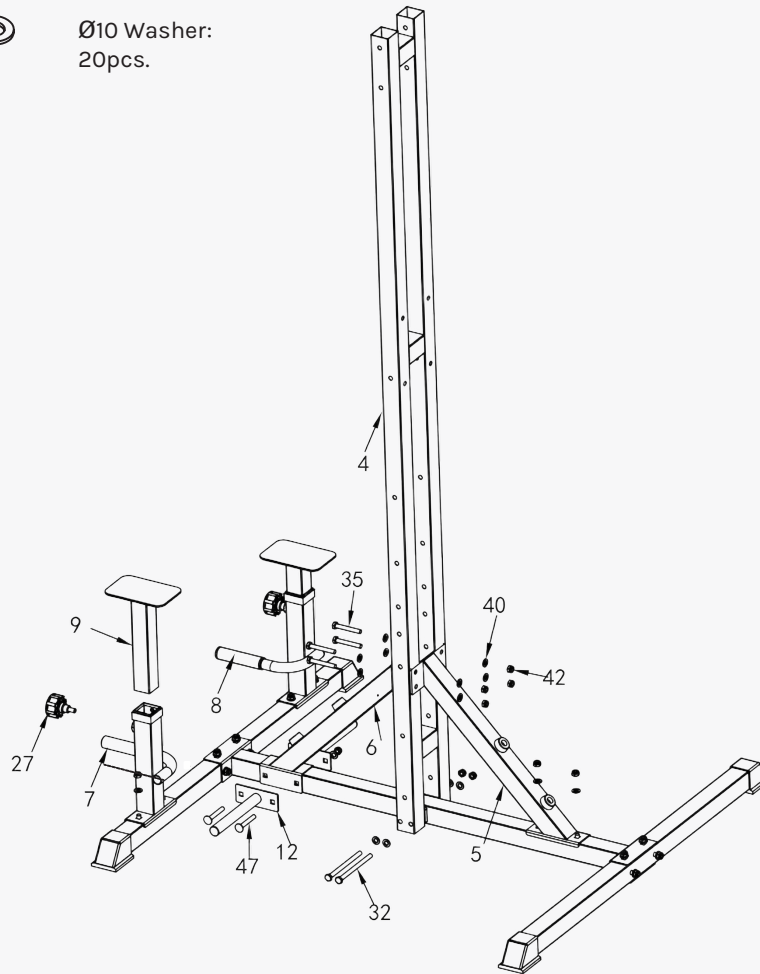
32  Hex Bolt
M10x190: 2pcs.

47  Carriage Bolt
M10x80: 2pcs.

35  Hex Bolt
M10x70: 4pcs.

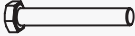
42  M10 Nut:
14pcs.

40  Ø10 Washer:
20pcs.



STEP 2

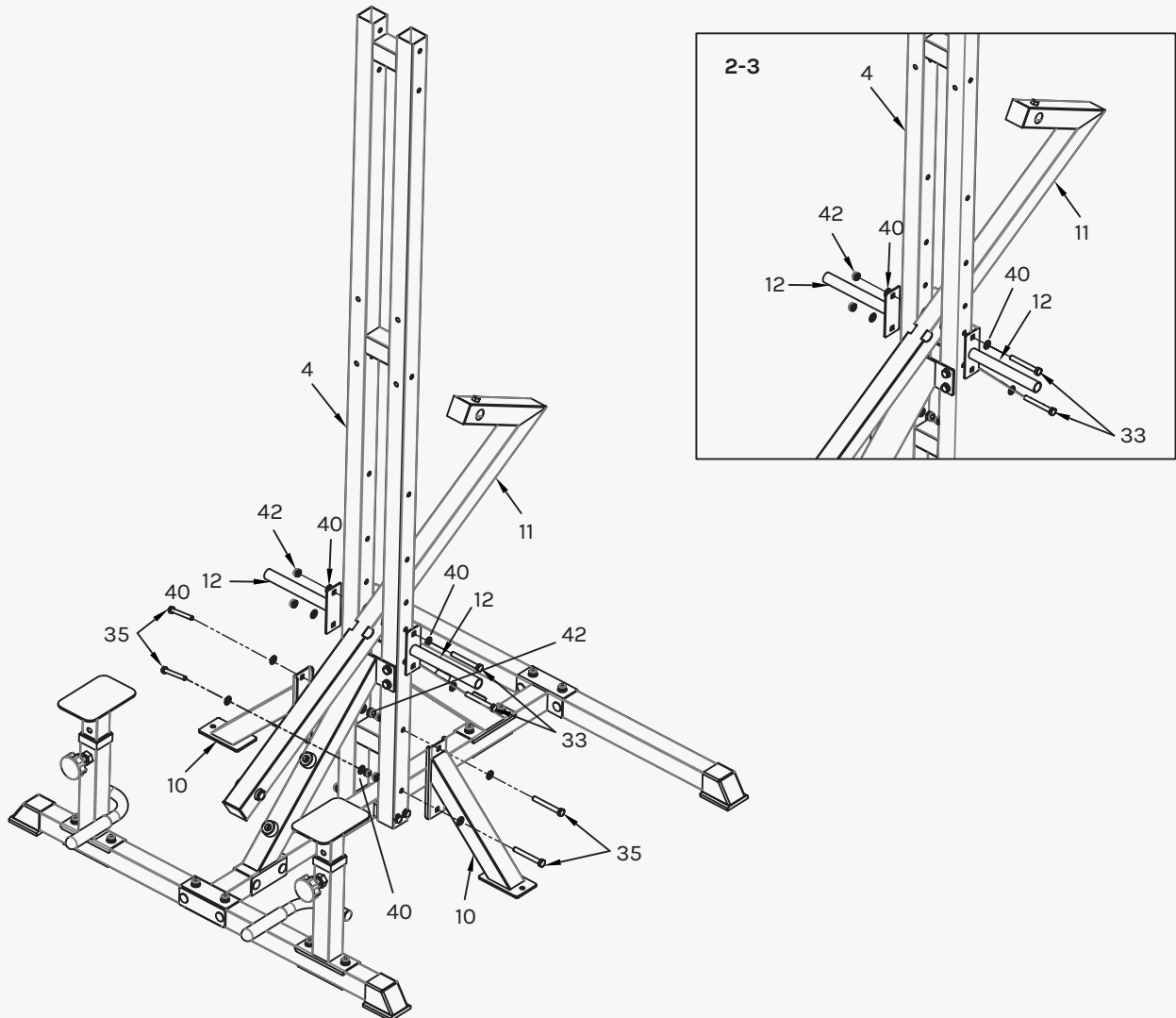
1. Place the 2x inner pedal frame (#9) into the 2x outer pedal frame left (#7) and right (#8). Secure with 2x M18 pull pins (#27).
2. Place both of the outer pedal frame left (#7) and right (#7) to the previously pre-installed bolts on front ground frame (#3) and secure using washer (#40) and Nut (42). NOTE: The left and right outer pedal frame should have both handles facing each other, as pictured. This handle is for the push ups.
3. Install the neutral frame (#4) to the middle ground frame (#2) using 2x bolt (#32), 4x washer (#40) and 2x nuts (#42).
4. Secure front diagonal beam (#6) on the middle ground frame (#2) using 2x bolts (#31), 2x washer (#40) and 2x nuts (#42).
5. Secure the rear diagonal beam (#5) to the middle ground frame (#2) where the pre-installed bolt is and secure using 2x washer (#40) and 2x nuts (#42).
6. Finally secure the top section of both parts (#5) and (#6) to the neutral frame (#4) using 4x bolts (#35), 8x washers (#40) and 4x nuts (#42).

35  Hex Bolt
M10x70: 4pcs.

40  Ø10 Washer:
12pcs.

33  Hex Bolt
M10x180: 2pcs.

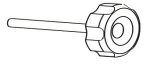
42  M10 Nut: 6pcs.

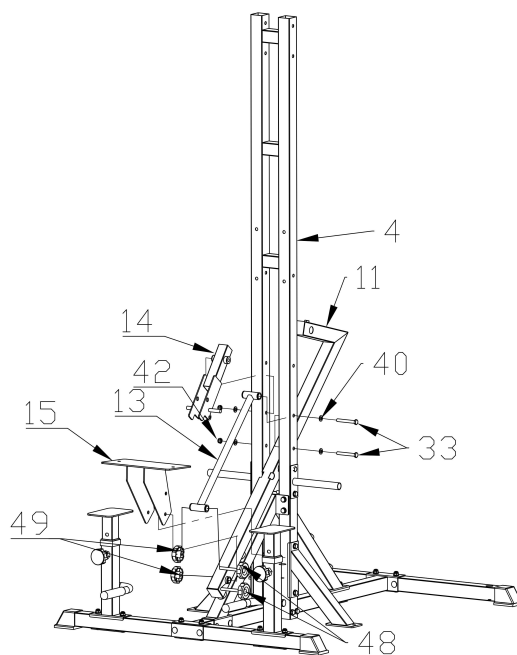
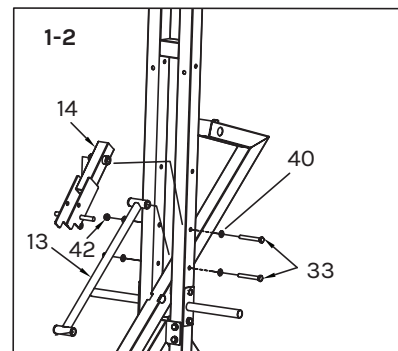
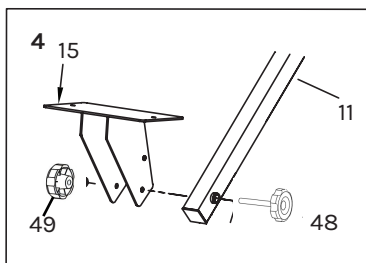
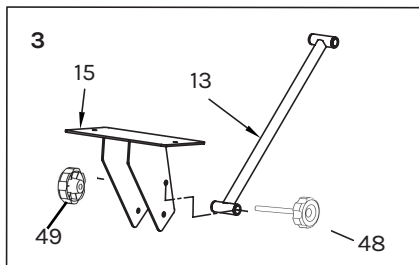


STEP 3

1. Connect the 2x left and right diagonal frame (#10) onto the two bottom holes of neutral frame (#4). Secure each side using 2x bolts (#35), 4x washers (#40) and 2x nuts (#42).
2. Place the rocking frame (#11) in the middle of the neutral frame (#4).
3. Align one of the weight support bracket (#12) to the 2 bolt holes as pictured. Place 2x washers (#40) onto 2x bolts (#33), then place it through the parts (#12), (#11) and (#4).

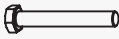
Once the screw is on the other side of (#4), attach another weight support bracket (#12), followed by 2x washers (#40) and 2x nuts (#42).

- 49  2PCS
- 48  2PCS 33 Hex Bolt
M10x180: 2pcs.
- 40  Ø10 Washer:
4pcs. 42  M10 Nut:2pcs.



STEP 4

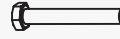
1. Place guide frame (#13) in between neutral frame (#4) and secure using 1x bolt (#33), 2x washer (#40) and nut (#42).
2. Place short stop frame (#14) in between the neutral frame (#4) and secure using 1x bolt (#33), 2x washer (#40) and nut (#42).
3. Install guide frame (#13) in between knee pad frame (#15) and secure using 1x bolt (#44), 2x washer (#40) and nut (#42).
4. Secure the bottom of rocking frame (#11) in between the knee pad frame (#15) using 1x bolt (#44), 2x washer (#40) and 1s nut (#42).

33  Hex Bolt
M10x180: 1pc.

39  Hex Bolt
M8x10: 4pcs.

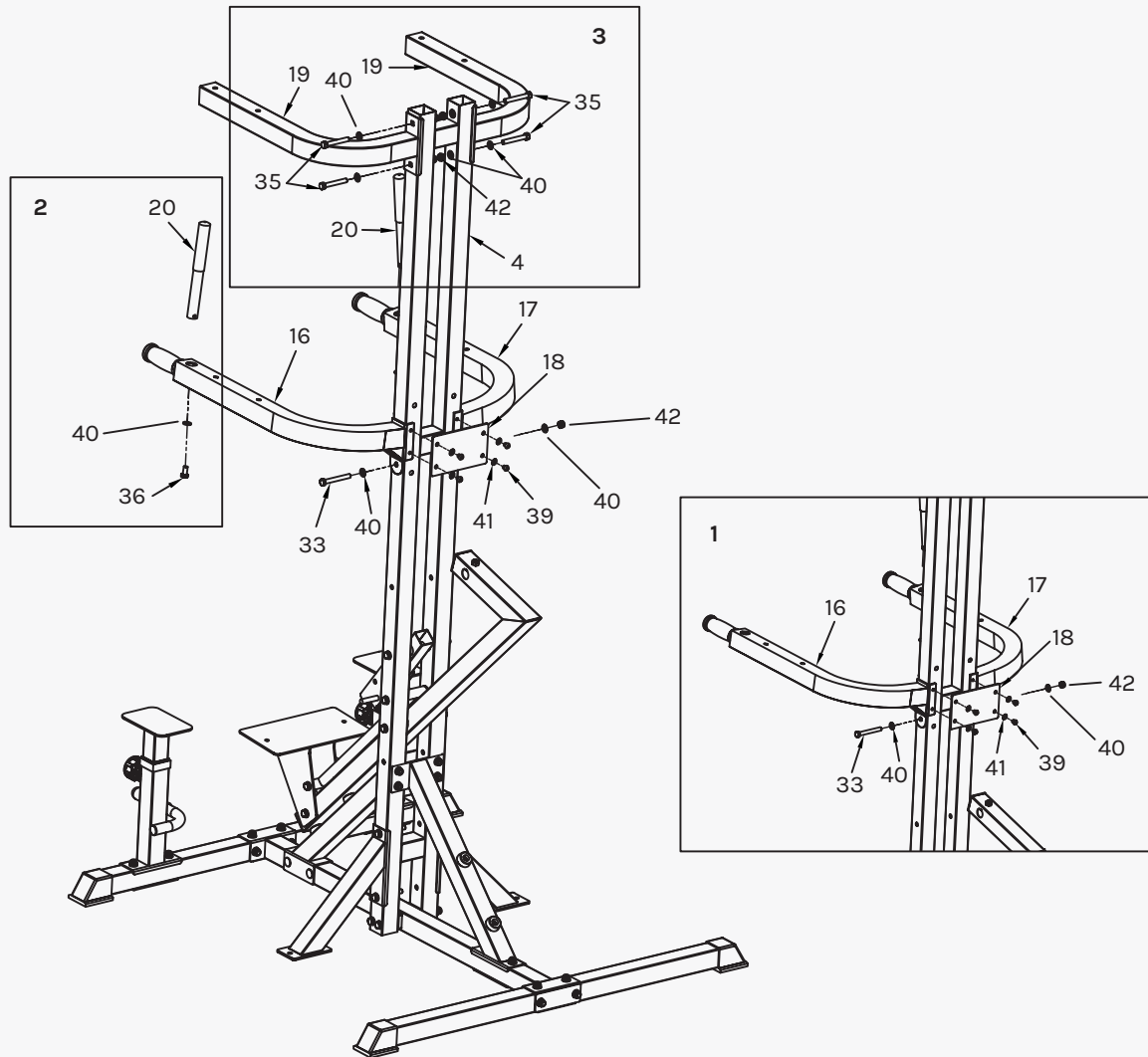
40  Ø10 Washer:
12pcs.

41  Ø8 Washer:
4pcs.

34  Hex Bolt
M10x70: 4pcs.

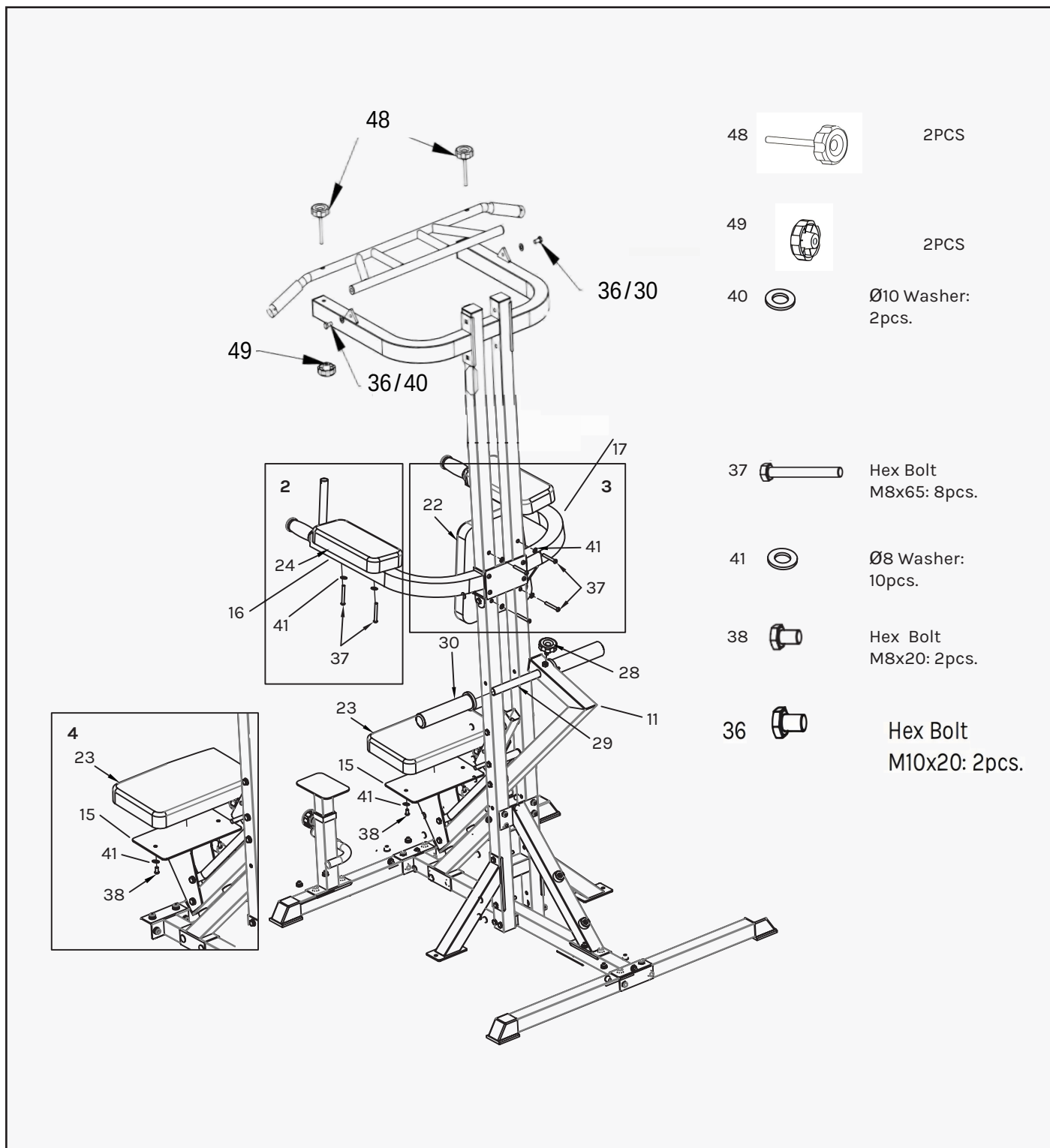
36  Hex Bolt
M10x20: 2pcs.

42  M10 Nut: 5pcs.



STEP 5

1. Place left and right support (#16 & #17) on the neutral frame (#4) and align the bolt holes at the back with the 4-hole fixing plate (#18), then secure using 4x washer (#41) and 4x bolt (#39). Lastly, secure from the side of left/right support (#16 & 17) using 1x bolt (#33), 2x washer (#40) and nut (#42).
2. Attach vertical handle (#20) onto both left and right support (#16 & #17) using 1x bolt (#36) and 1x washer (#40) per side.
3. Connect the 2x pull up frame (#19) onto the neutral frame (#4) using 2x bolt (#35), 4x washers (#40) and 2x nuts (#42) per side.



STEP 6

1. Install the pull up ladder frame (#21) to the top of both (#19) using 4x bolts (#34), 8x washer (#40) and 4x nuts (#42).
2. Secure the 2x elbow pads (#24) onto parts (#16) and (#17) using 2x bolts (#37) and 2x washer (#41) per side.
3. Secure the back pad (#22) onto the neutral frame (#4) using 4x bolts (#37) and 4x washers (#41).
4. Place the knee pad (#23) onto (#15) using 2x bolts (#38) and 2x washer (#41).
5. Place the 450mm weight inner tube (#29) into the hole on (#11) and secure with M10 knob handle (#28). Next place 2x 200mm sleeve (#30) onto (#29) and use allen key to secure in place.

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



VI. 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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