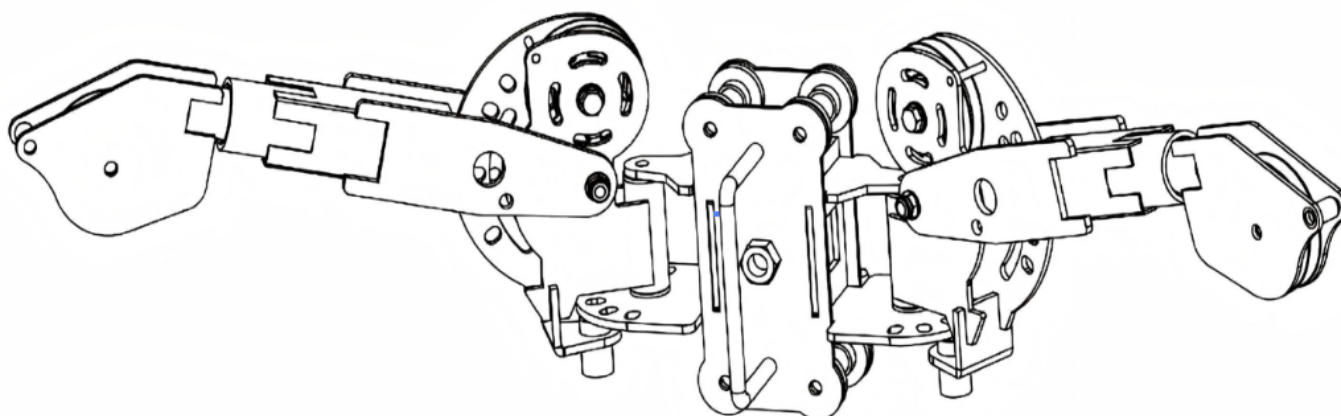


CORTEX[®]

FT-12 Functional Trainer BodyAxis Arms

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



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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

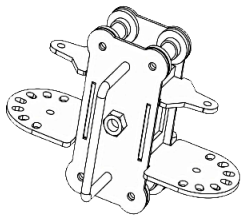
1. Please read, study and understand the instructions and all warning labels before use.
(It is recommended to be familiar with the normal operation and use methods of the device before using this product. Information is available on this manual and at local retailers).
2. Please keep this manual and ensure that all the warning labels are clear and complete.
3. This product is recommended to install by more than two people.
4. Please consult your doctor's advice before starting the exercise.
5. Please ensure safety when the children are present.
6. Be careful when using it with children present.
7. Please check any signs of wear of the wire rope regularly. If there is wear, it may cause some danger to you.
8. Please keep your hands, limbs and clothes stretch to use the device.
9. 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.
10. You can complete the assembly with a wrench, or an inner hexagon wrench.
11. The product is subject to change without notice, please refer to online manuals for the most recent updates.
12. This product is for indoor use only.

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.
- Check and adjust the tension of wire rope on a regular basis.
- 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.

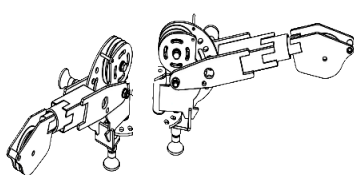
III. PARTS LIST

1



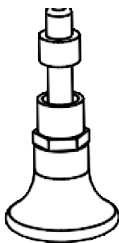
Fly - Bird Outer Sliding Sleeve: 1

2



Fly - Bird Pulley Arm: 2

3



M20 Pull Pin: 4

4



86mm Shaft: 2

5



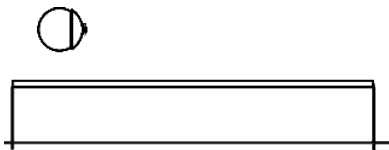
M10X20: 4

6

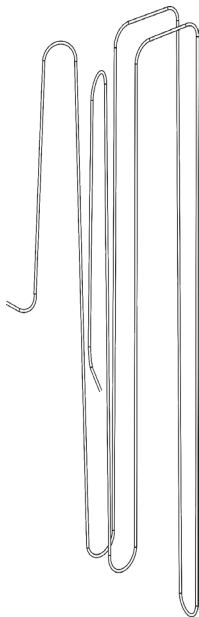


M10 Glask: 4

7



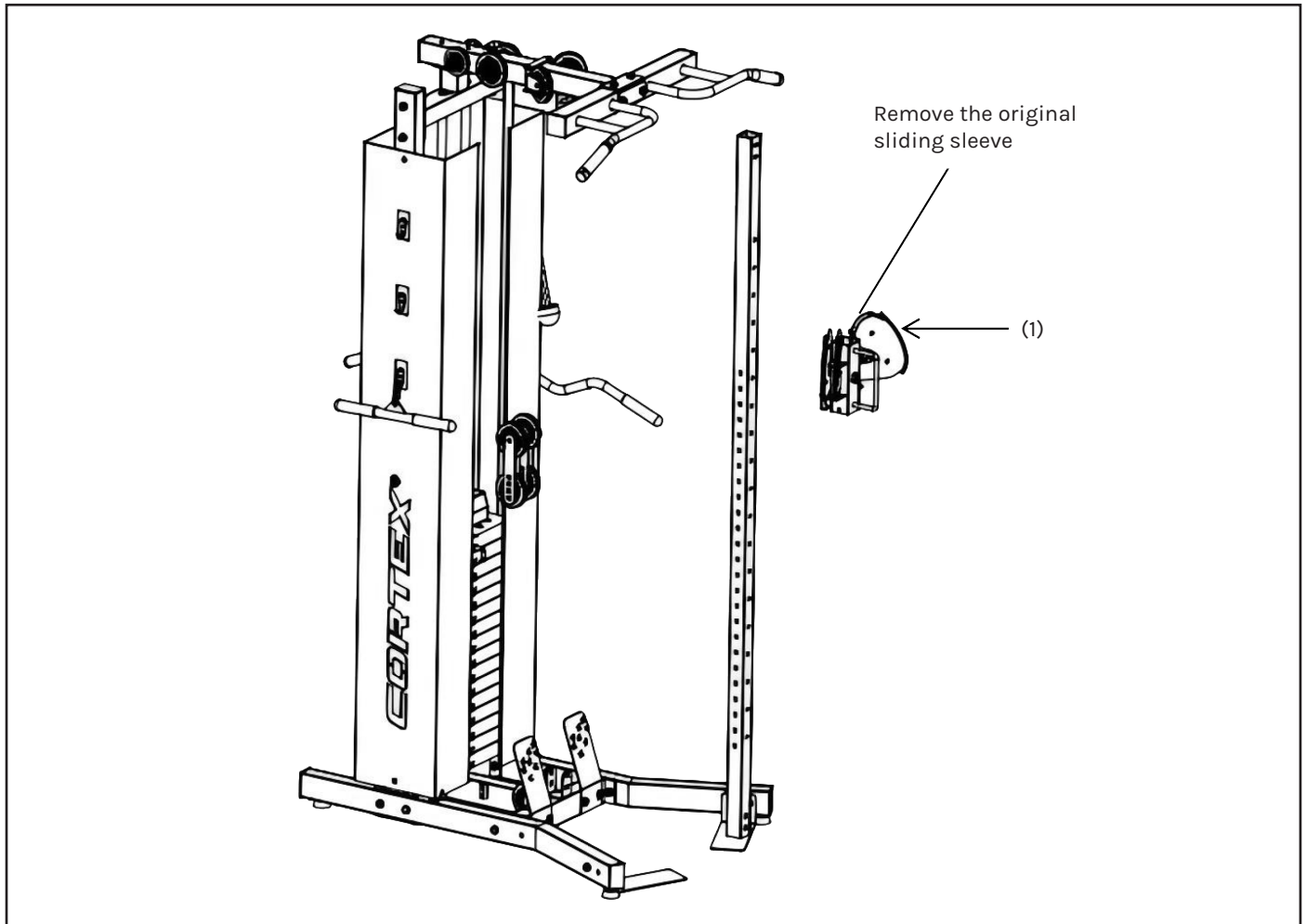
10020mm x 1qty
Cable Length



IV. ASSEMBLY INSTRUCTIONS

! STOP! Please Read.

- This is an accessory for the FT-12 Functional Trainer Cable Machine. If you have purchased the trainer, install this accessory with the FT-12 manual. Steps for this will in Option 1.
- If you have already installed the FT-12 Functional Trainer Cable Machine., you will need to partially dismantle and re-install using this manual and the FT-12 Manual. Steps for this will be Option 2.



STEP 1

Option 1:

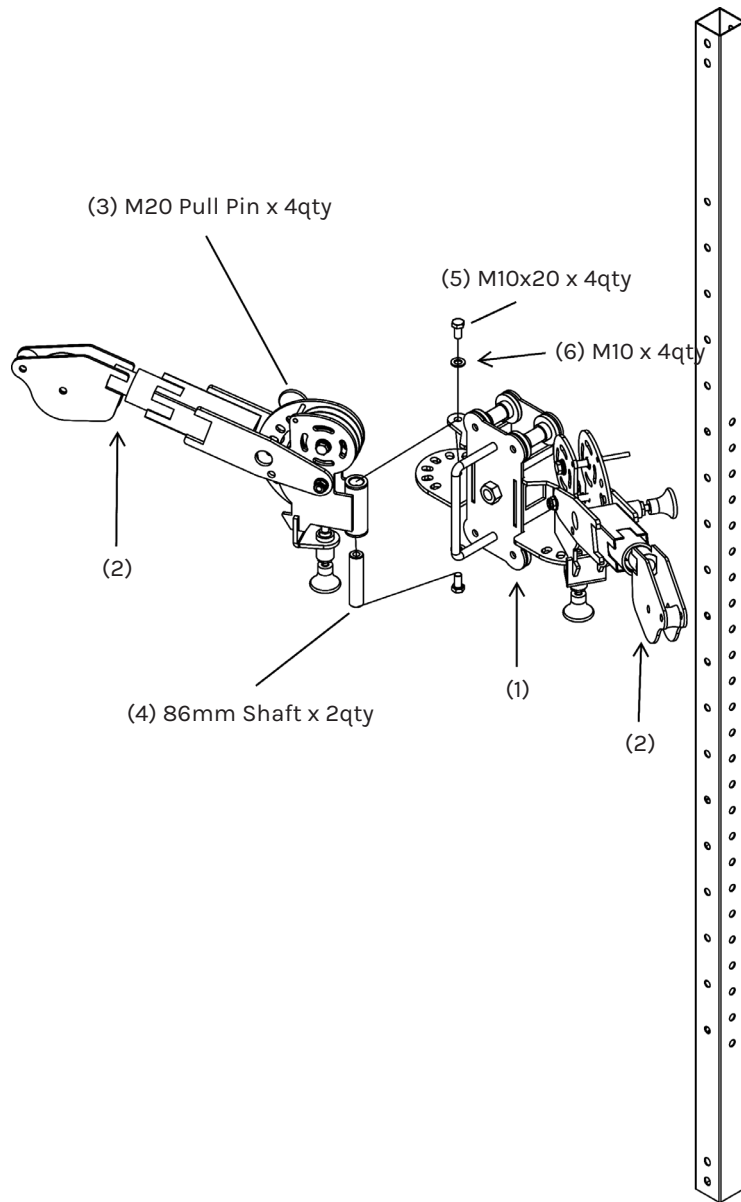
Slide in the sleeve (1) to the front column. You will need to use the lock pin from the FT-12 parts list. Refer to FT-12 manual for the front column fitting.

Option 2:

1. Find the steps for the front column installation in the FT-12 manual and unbolt the column from the frame. You will also need to remove the cables and use the cable provided with this accessory in the next steps.

TIP: Keep all the removed parts in a safe area and sorted so you do not need lose or mix them up.

2. Attach the same way as option 1 for the sleeve (1).



STEP 2

Option 1/Option 2:

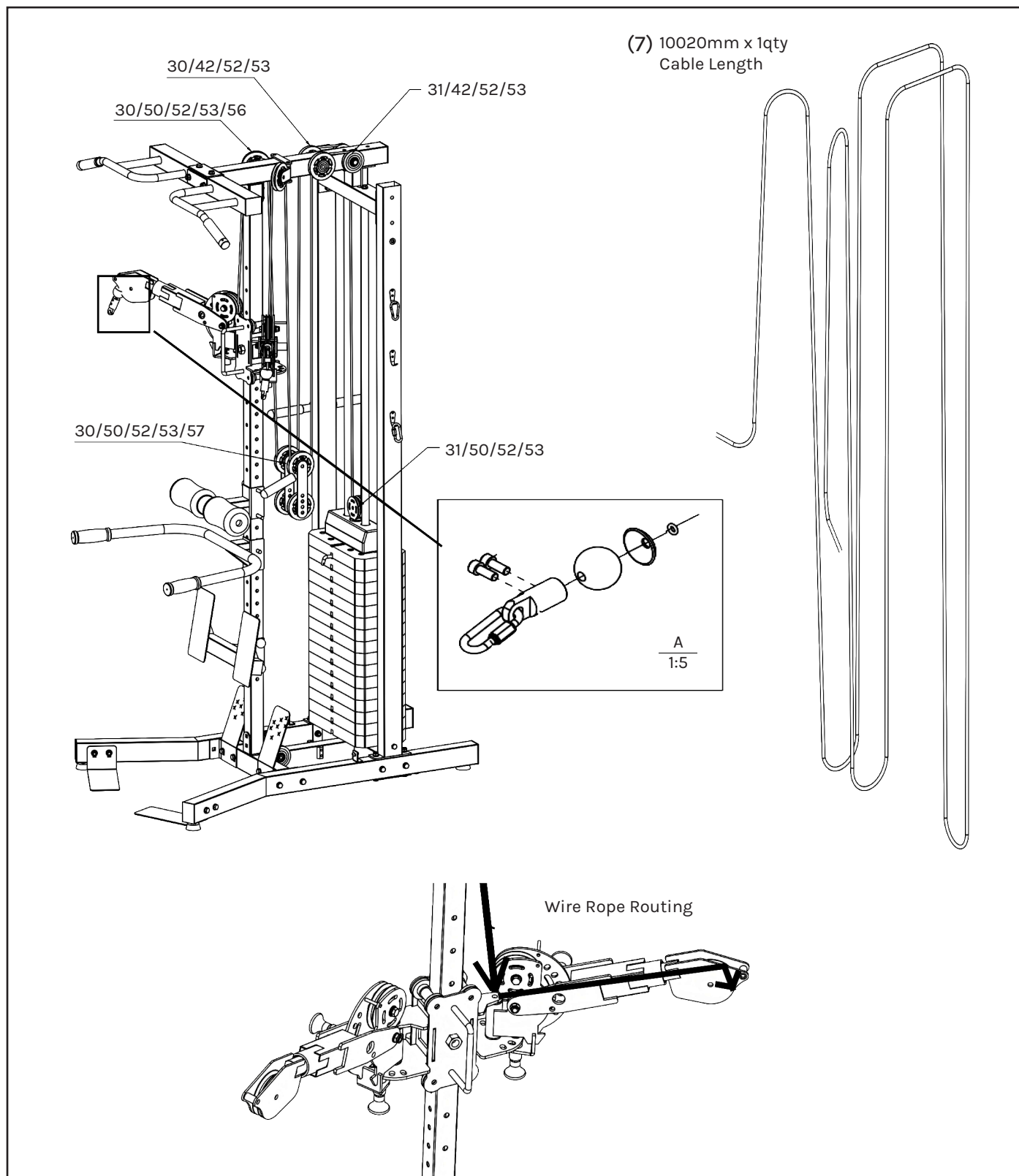
1. Position the 2 x Fly-Bird Pulley Arms (2) on either side of the Fly-Bird Outer Sliding Sleeve (1), as shown.
2. Align the mounting holes and insert the 2 x 86 mm Shafts (4) through the pulley arm connections.
3. Secure the shafts using the 4 x M10 x 20 Bolts (5) and 4x M10 Washers (6).
4. Insert the M20 Pull Pins (3) into the corresponding adjustment holes to secure the pulley arms in position.
5. Check that all pull pins are fully engaged and both pulley arms are securely attached.

TIP: Do not overtighten the pivot bolts; the pulley arms should be able to move for adjustment and lock securely with the pull pins.



WARNING:

When in use, make sure the pull pins are fully slotted into the holes and tightened after each adjustment.



STEP 3

Option 1/Option 2:

1. Feed the cable (7) into the arm (2) as pictured and continue routing the cables the same way as per the FT-12 manual. Parts for fixing the cables and pulleys will be used from the FT-12 manual. Refer to installation steps in FT-12 Manual.
2. Re-attach the existing parts for the ends of the cable (as pictured) after routing the cable (7) to arm (2) from the FT-12 Manual.

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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