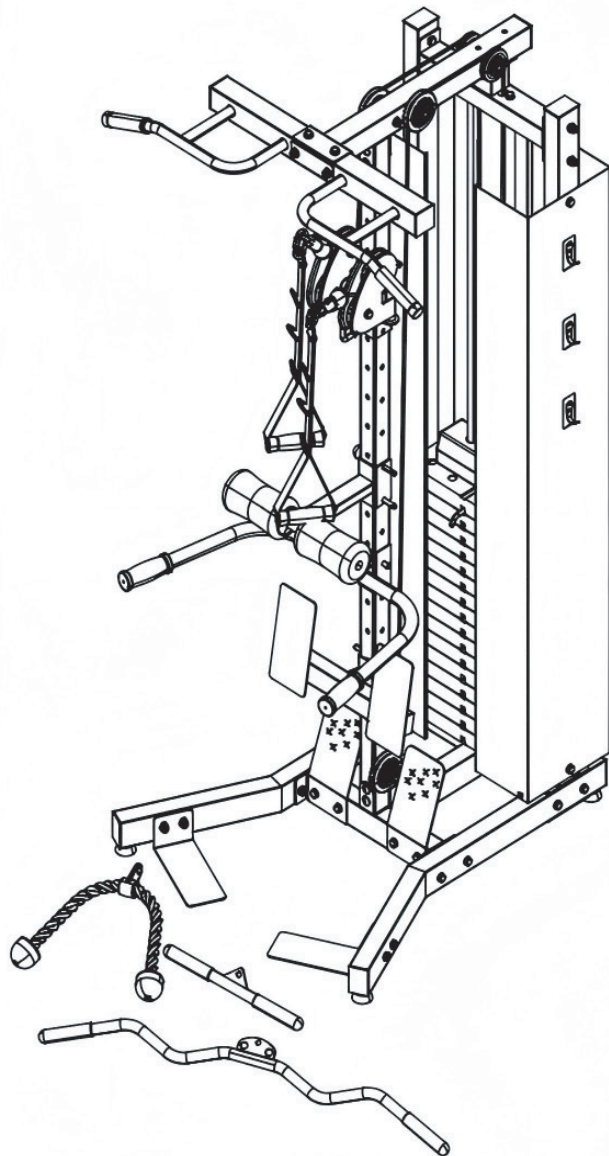


CORTEX[®]

FT-13 Functional Trainer Cable 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



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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

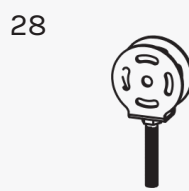
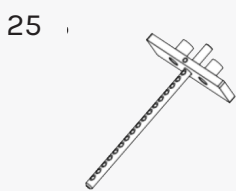
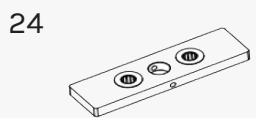
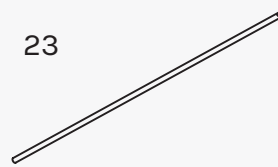
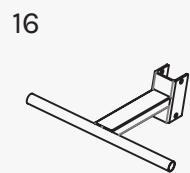
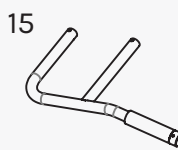
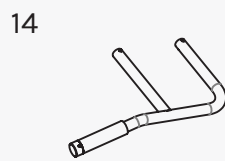
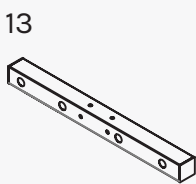
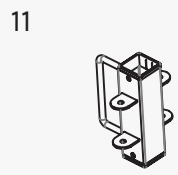
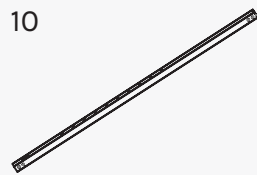
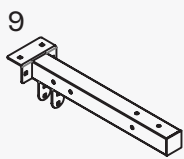
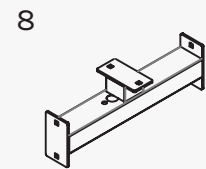
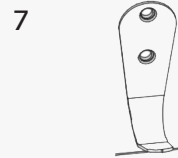
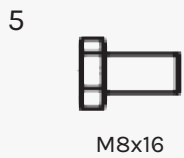
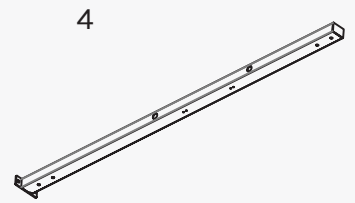
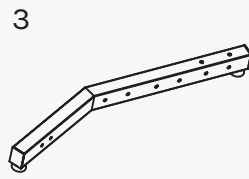
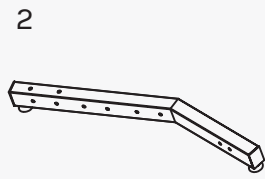
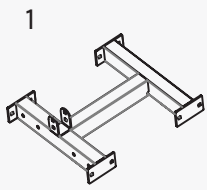
1. Please read, study and understand the instructions and all warning labels before use.
(It is recommended to be familiar with the normal operation and use methods of the device before using this product. Information is available on this manual and at local retailers).
2. Please keep this manual and 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

No.	Name	Qty.	No.	Name	Qty.
1	Ground - Connecting Bracket	1	29	Selection Pin	1
2	Left - Side Ground - Bending Pipe	1	30	Large Pulley	7
3	Right - Side Ground - Bending Pipe	1	31	Small Pulley	3
4	Upright Column	1	32	Steel Wire Rope	1
5	Bolt M8x16	2	33	Iron Mesh Cover	2
6	M8	2	34	Leg - Press Frame	1
7	Stainless Steel Hook	6	35	4 - Level Adjustable Pull Handle	2
8	Counterweight Upper Frame	1	36	High - Pull Handle	1
9	Upper Connecting Bracket	1	37	Low - Pull Handle	1
10	Stainless - Steel Pipe	1	38	Large C Buckle	5
11	Fly - Bird Outer Sliding Sleeve	1	39	Parallel Bars	1
12	Fly - Bird Pulley Box	2	40	90 - Degree Connecting Plate	10
13	Front Upper Beam	1	41	110 - Degree Connecting Plate	3
14	Left Pull - Up Handle	1	42	Bolt M10x125	1
15	Right Pull - Up Handle	1	43	Bolt M10x110	2
16	Leg - Hooking Small Frame	1	44	Bolt M10x100	2
17	Foam Rubber	2	45	Bolt M10x95	4
18	Foam Rubber End Cap	2	46	Bolt M10x90	3
19	Ball - Head Pin	3	47	Bolt M10x85	6
20	Large Hair Tie	1	48	BoltM10x75	24
21	Patterned Tread Plate	2	49	Bolt M10x70	10
22	Small - Bird Tread Plate	2	50	Bolt M10x45	5
23	Guide Rod	2	51	Bolt M10x20	8
24	Iron Counterweight Block	18	52	10 Flat Gasket	120
25	Iron Counterweight Head	1	53	M10 Locknut	55
27	Shock - Absorbing Pad	2	54	Bolt M6x10	
28	Small Single Pulley Frame	1	55	Nut M6	



29



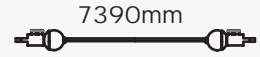
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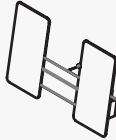
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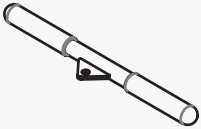
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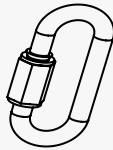
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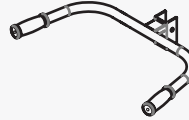
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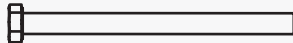
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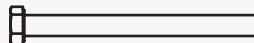


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M10x125

43



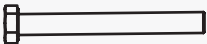
M10x110

44



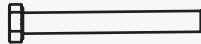
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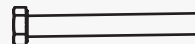
M10x95

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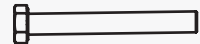
M10x90

47



M10x85

48



M10x75

49



M10x70

50



M10x45

51



M10x20

52



M10 glask

53



M10

54



M6x10

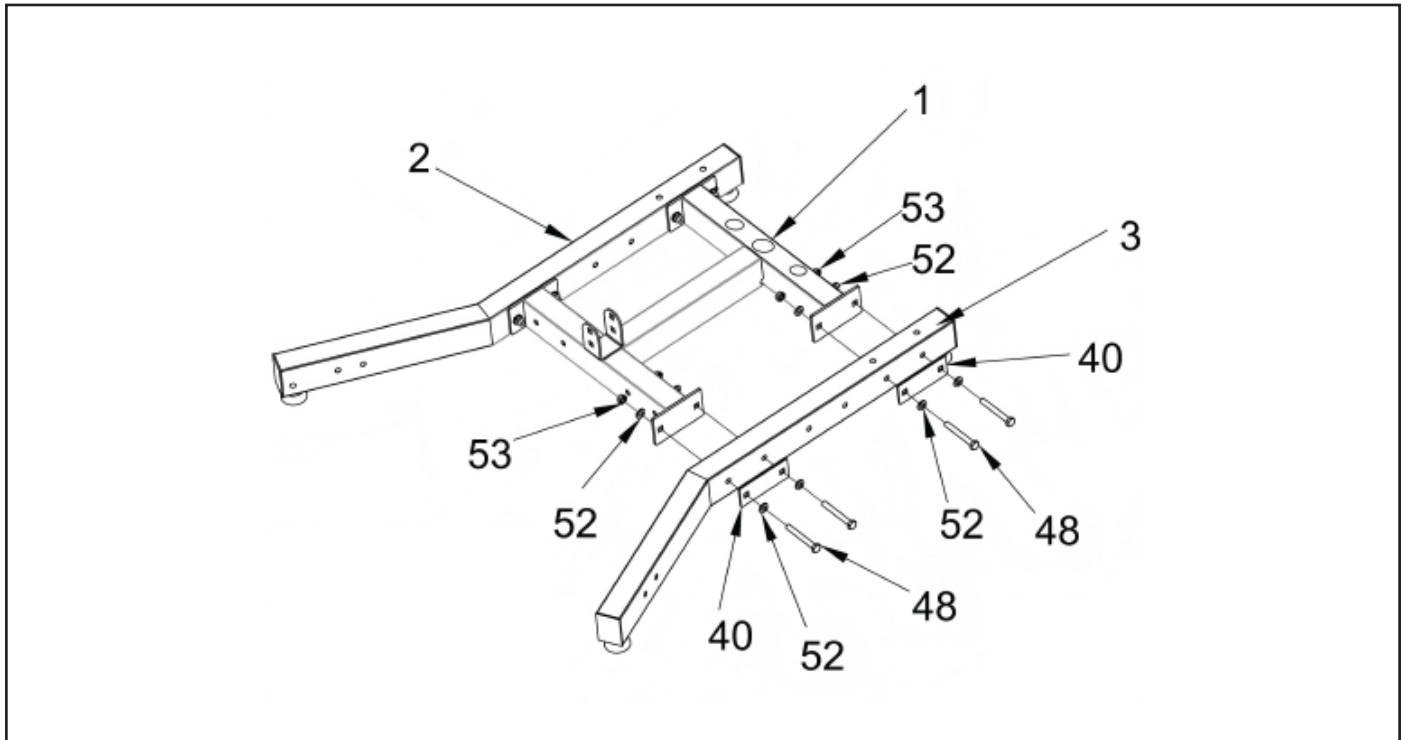
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M6

IV. ASSEMBLY INSTRUCTIONS

Washers should be placed on both ends of the bolt—one under the bolt head and the other under the nut—unless specified otherwise in the instructions. During the initial assembly, all bolts and nuts should be hand-tightened. For final assembly, use a wrench to securely fasten them. Some parts and components may already be pre-assembled at the factory. It is recommended that at least two people work together to install this product.

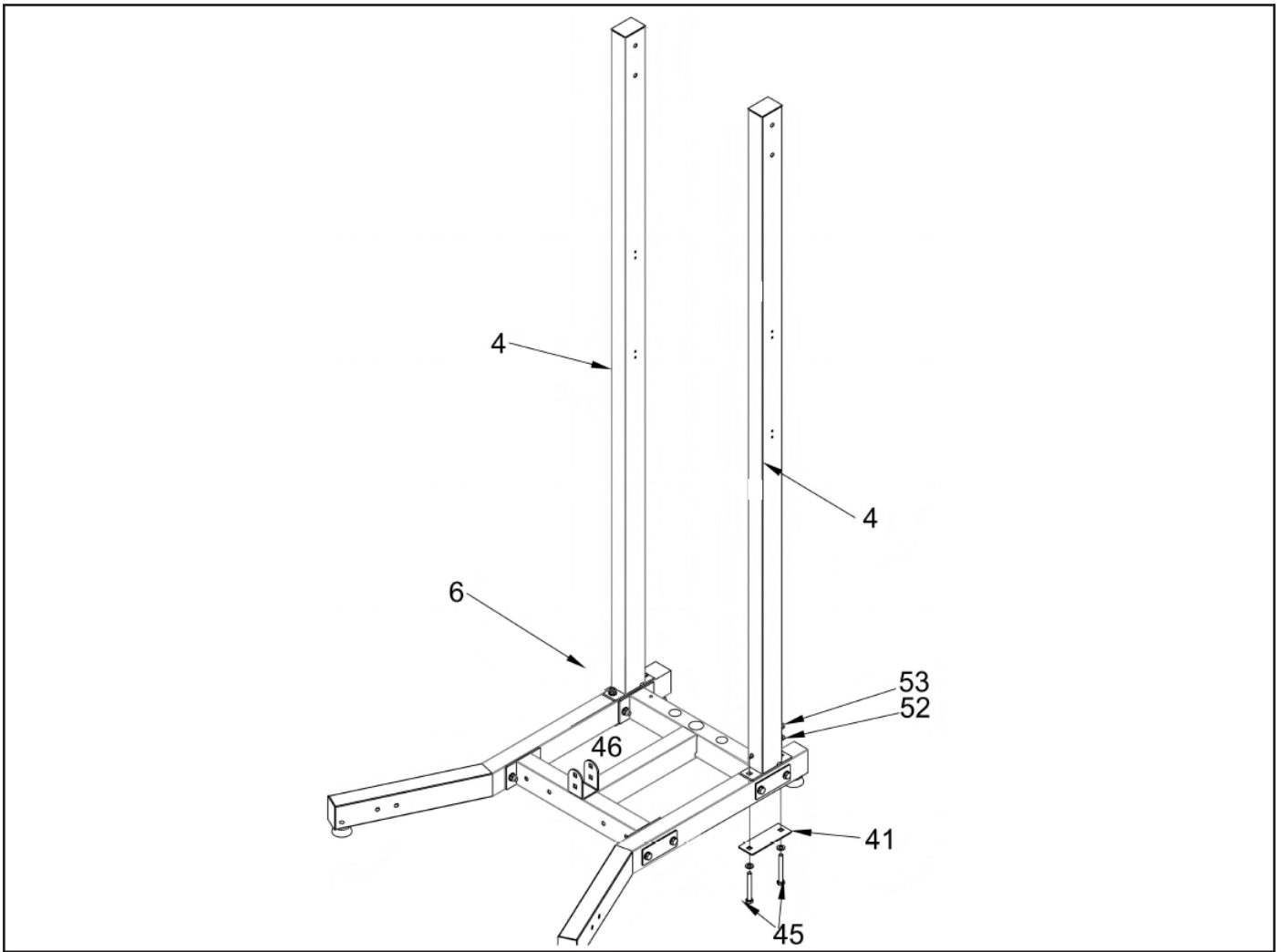


STEP 1

1. Position the Ground-Connecting Bracket (1) in the center. Attach the Left-Side (2) and Right-Side (3) Ground-Bending Pipes using the 90-Degree Connecting Plates (40).
2. Insert M10x75 Bolts (48) through the connecting points. Place a Flat Gasket (52) under both the bolt head and the locknut (53) on each side.
3. Hand-tighten all bolts and nuts first to allow for alignment.
4. Once aligned, use a wrench to securely tighten all fasteners.

No.	Name	Qty.
1	Ground - Connecting Bracket	1
2	Left - Side Ground - Bending Pipe	1
3	Right - Side Ground - Bending Pipe	1
40	90 - Degree Connecting Plate	4

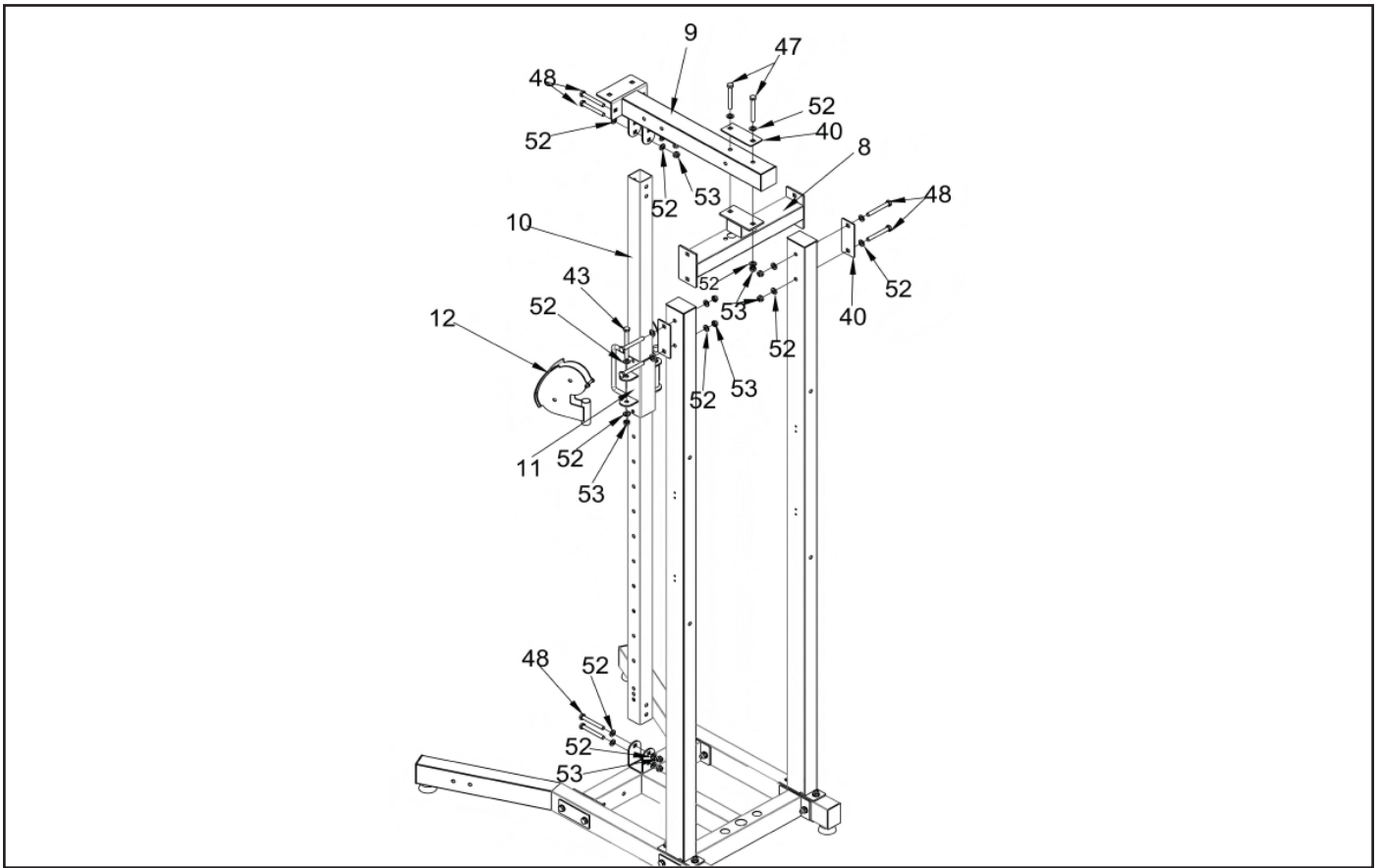
No.	Name	Qty.
48	Bolt M10x75	8
52	10 Flat Gasket	16
53	M10 Locknut	8



STEP 2

1. Attach the Upright Columns (4) to the ground frame using Bolts M10x95 (45), Connecting Plate (41) and Flat Gaskets (52).
2. Hand-tighten all bolts initially to align the structure, then fully tighten with a wrench.

No.	Name	Qty.	No.	Name	Qty.
4	Upright Column	2	52	10 Flat Gasket	4
41	110 - Degree Connecting Plate	2	53	M10 Locknut	4
45	Bolt M10x95	4			

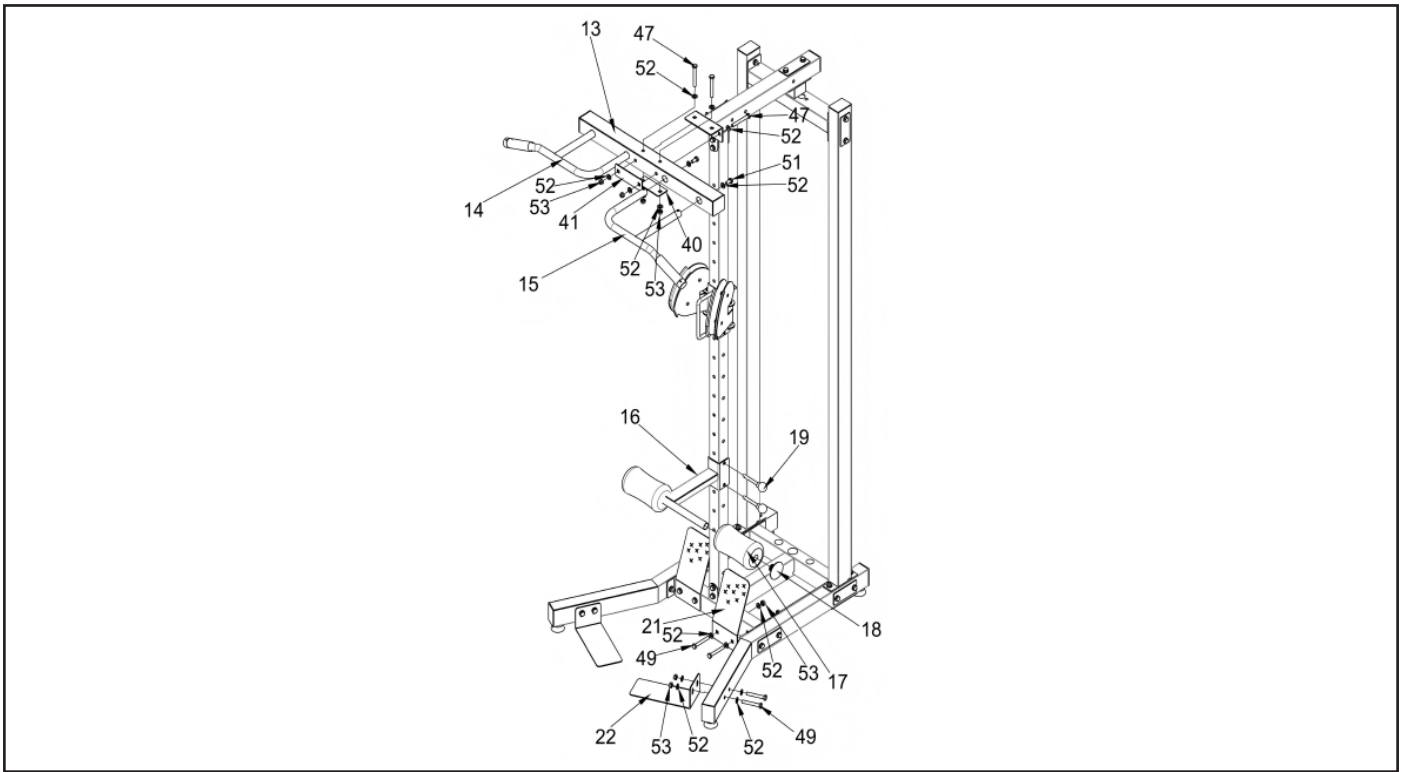


STEP 3

1. Attach the Counterweight Upper Frame (8) to the top of the Upright Columns using 90-Degree Connecting Plates (40), Bolts M10x75 (48), Flat Gaskets (52), and Lock Nuts (53).
2. Install the Stainless Steel Pipe (10) to the ground frame using Bolts M10x75 (48), Flat Gaskets (52), and Lock Nuts (53).
3. Slide the Fly-Bird Outer Sliding Sleeves (11) onto the vertical Stainless-Steel Pipe (10), then attach the Fly-Bird Pulley Boxes (12) using Bolts M10x110 (43), Flat Gaskets (52), and Lock Nuts (53).
4. Mount the Stainless-Steel Pipe (9) horizontally between the Upright Columns and the Upper Frame using Connecting Plate (40), Bolts M10x85 (47), Flat Gaskets (52), and Lock Nuts (53). On the other side align the holes to Steel Pipe (10) and secure using Bolts M10x75 (48), Flat Gaskets (52), and Lock Nuts (53).
5. Ensure all bolts are hand-tightened first for alignment, then fully tighten using a wrench.

NOTE: Confirm that the sliding sleeves move smoothly and the pulley boxes are securely fixed before continuing.

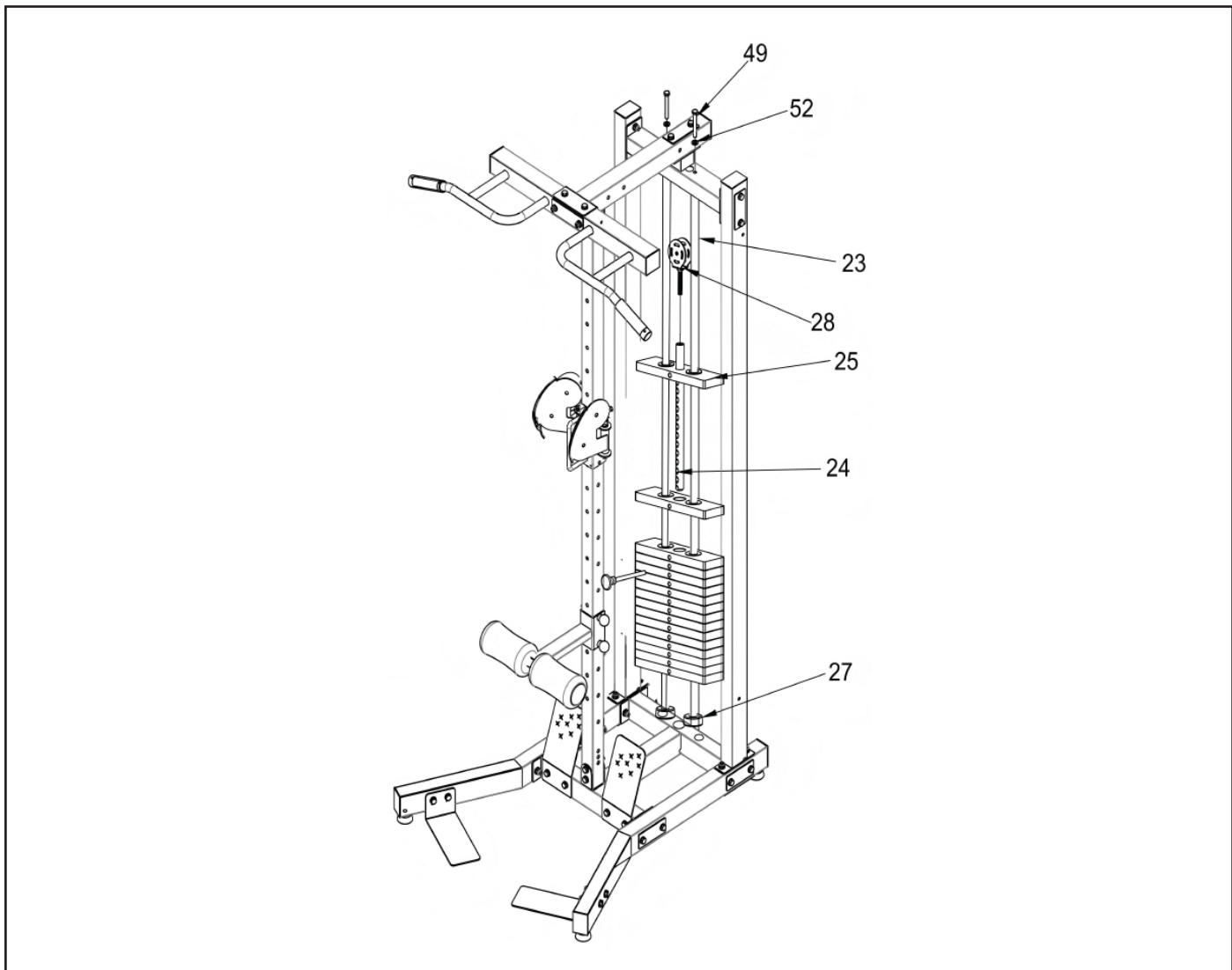
No.	Name	Qty.	No.	Name	Qty.
8	Counterweight Upper Frame	1	43	Bolt M10x110	2
9	Stainless - Steel Pipe	9	47	Bolt M10x85	2
10	Stainless - Steel Pipe	1	48	Bolt M10x75	8
11	Fly - Bird Outer Sliding Sleeve	1	52	10 Flat Gasket	24
12	Fly - Bird Pulley Box	2	53	M10 Locknut	12
40	90 - Degree Connecting Plate	3			



STEP 4

1. From the top, secure Front Upper Beam (13) to Steel Pipe (9) using Bolts M10x85 (47), Flat Gaskets (52), Connecting Plate (40) and Lock Nuts (53). Then from the front, secure using Bolts M10x85 (47), Flat Gaskets (52), Connecting Plate (41) and Lock Nuts (53).
2. Attach Left and Right Pull Handle (14 & 16) to Front Upper Beam (13) using Bolts M10x20 (51) and Flat Gasket (52).
3. Install Auxiliary Handles to the back columns as pictured using Bolts M10x20 (51) and Flat Gasket (52).
4. Install Patterned Tread Plates as pictured using Bolts M10x70 (49), Flat Gasket (52) and Lock Nuts (53).
5. Install Small Bird Tread Plates (22) using Bolts M10x70 (49), Flat Gasket (52) and Lock Nuts (53).
6. Place Foam Rubber (17) on the tube of Leg Hooking Small Frame (16) then the Foam Rubber End Cap (18) to secure. This is an accessory for the rack and when it is in use, lock with 2x Ball Head Pins as shown in image.

No.	Name	Qty.	No.	Name	Qty.
13	Front Upper Beam	1	22	Small - Bird Tread Plate	2
14	Left Pull - Up Handle	1	40	90 - Degree Connecting Plate	1
15	Right Pull - Up Handle	1	47	Bolt M10x85	4
16	Leg - Hooking Small Frame	1	49	Bolt M10x70	8
17	Foam Rubber	2	51	Bolt M10x20	4
18	Foam Rubber End Cap	2	52	10 Flat Gasket	28
19	Ball - head Pin	2	53	M10 Locknut	12
21	Patterned Tread Plate	2			



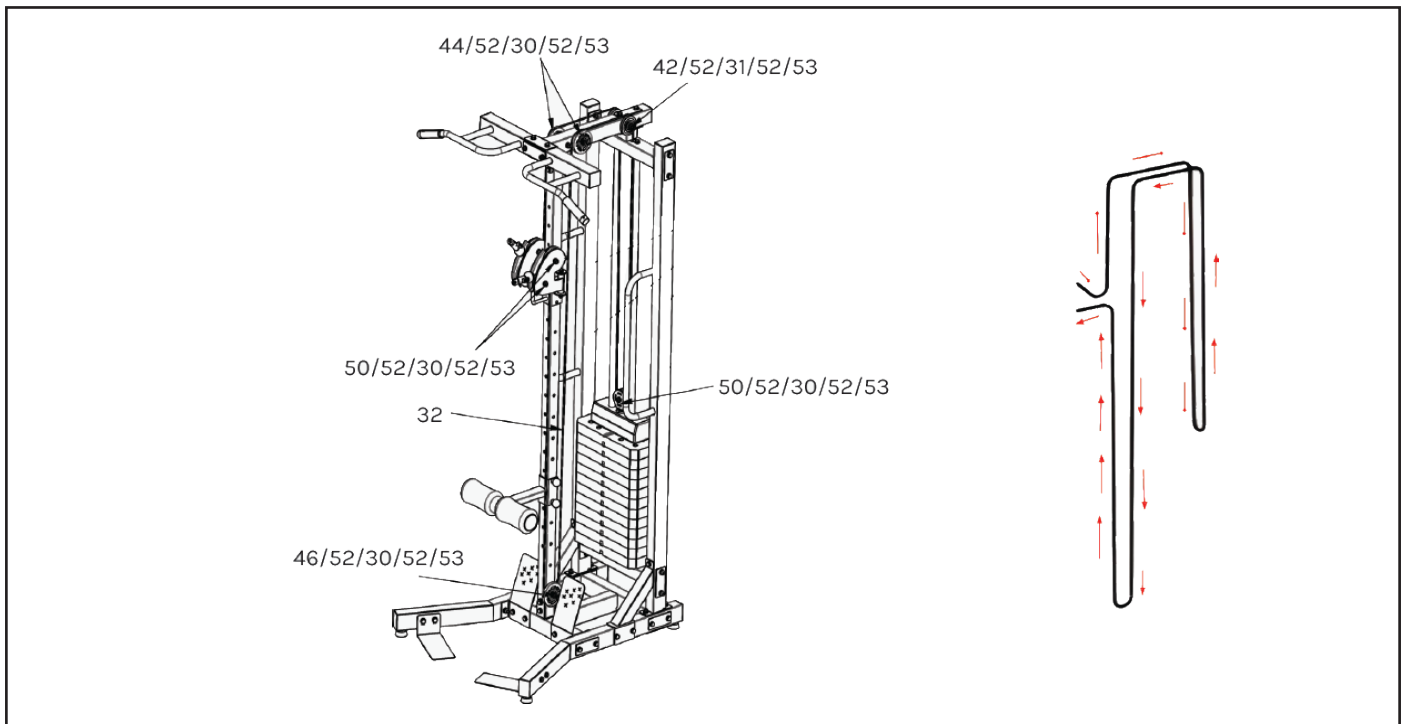
STEP 5

! IMPORTANT NOTE:

The Counterweight block semi-circle pin hole should have downward for all blocks.

1. On the outer holes of Counterweight Base Frame (5), place the Guide Rods (23) followed by the Shock Absorbing Pad (27).
2. Add the Counterweight Blocks (24) to the Guide Rods (23), followed by the Counterweight Selection Rod (26) into the middle hole of Counterweight Base Frame (5).
3. Secure the top of the Guide Rod using Bolts M10x70 (49) and Flat Gasket (52).
4. Add the final Counterweight Head (25), and secure Small Single Pulley Frame (28) to the Counterweight Selection Rod (26).

No.	Name	Qty.	No.	Name	Qty.
23	Guide Rod	2	28	Small Single Pulley Frame	1
24	Counterweight Block	16	49	Bolt M10x70	2
25	Counterweight Head	1	52	10 Flat Gasket	2
27	Shock - Absorbing Pad	2			



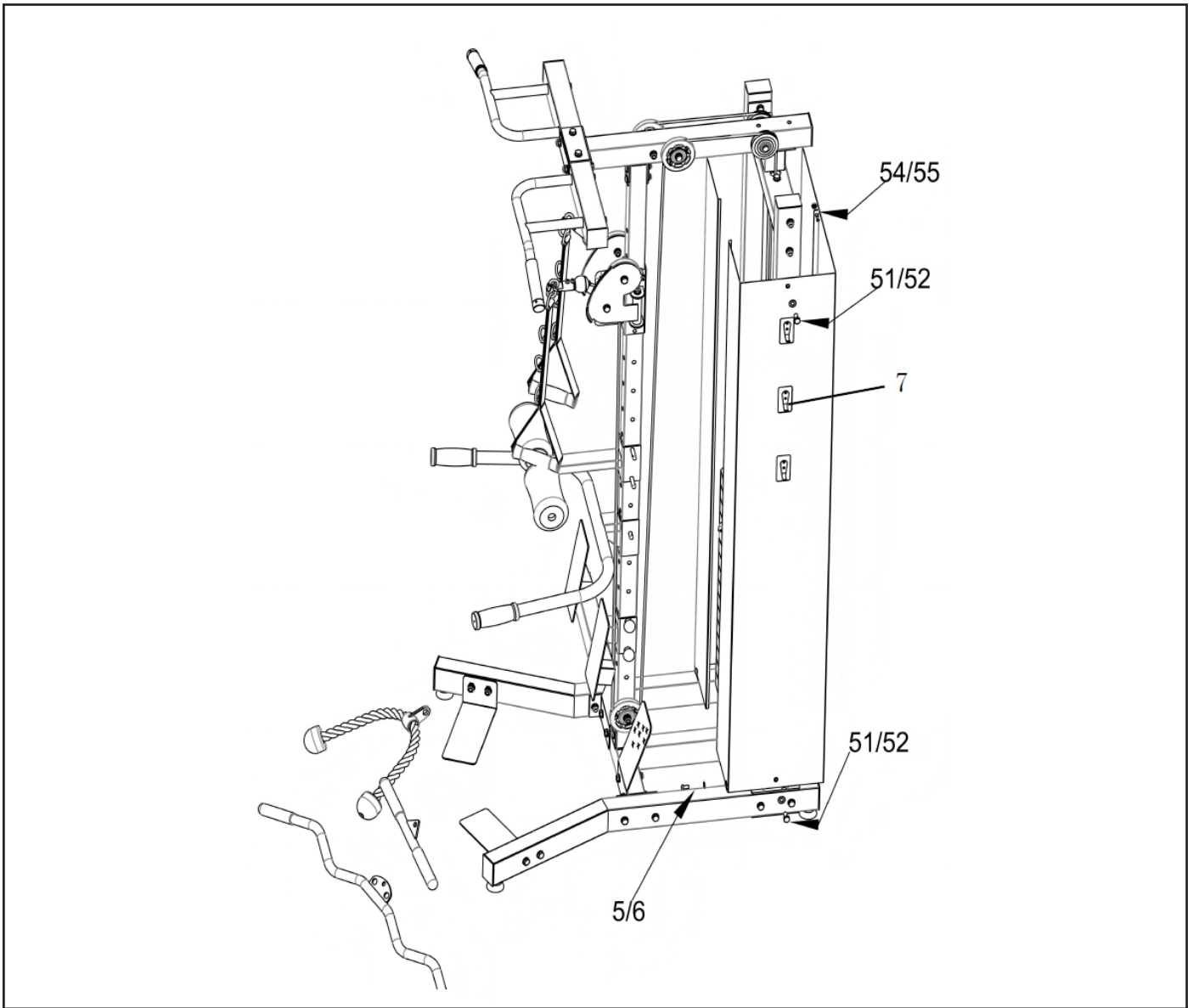
STEP 6

! IMPORTANT NOTE:

Thread the steel wire rope (32) before securing pulleys with bolts.

1. Start at the top left large pulley (30), thread the cable (32) through the Large Pulley (30) and secure using Bolt M10X45 (50), 2x Flat Gaskets (52), and Locknut (53).
2. Route the cable to the top left large pulley frame, add the Large Pulley (30) and secure with Bolt M10X100 (44), 2x Flat Gaskets (52), and Locknut (53).
3. Next, to the top small pulley frame, add the Small Pulley (31) and secure using Bolt M10x125 (42), 2x Flat Gaskets (52), and Locknut (53).
4. Continue down to the small pulley frame and add the Small Pulley (31) and secure using Bolt M10X45 (50), 2x Flat Gaskets (52), and Locknut (53).
5. Route the cable back up to the top small pulley frame, add the Small Pulley and secure using Bolt M10x125 (42), 2x Flat Gaskets (52), and Locknut (53).
6. Moving forward to the top large pulley frame, add the Large Pulley (30) and secure using Bolt M10X100 (44), 2x Flat Gaskets (52), and Locknut (53).
7. Going back down, route to the large pulley frame, add the Large Pulley (30) and secure with Bolt M10x90 (46), 2x Flat Gaskets (52), and Locknut (53).
8. Finally going back up to the last large pulley frame, add Large Pulley (30) and secure using Bolt M10X45 (50), 2x Flat Gaskets (52), and Locknut (53).

No.	Name	Qty.	No.	Name	Qty.
32	Steel Wire Rope	1	46	Bolt M10x90	1
30	Large Pulley	7	50	Bolt M10x45	5
31	Small Pulley	3	52	10 Flat Gasket	18
42	Bolt M10x125	1	53	M10 Locknut	9
44	Bolt M10x100	2			



STEP 7

1. Install Iron mesh covers (33) using 2x Bolt M10x20 (51) and 2x 10 Flat gasket (52) and repeat for the other side.
2. Connect the 2x covers together using 3x Bolt M6x10 (54) and 3x Nut M6 (55).

No.	Name	Qty.	No.	Name	Qty.
33	Iron Mesh Cover	2	55	Nut M6	3
51	Bolt M10x20	4	5	Bolt M8x16	2
52	10 Flat Gasket	4	6	Nut M8	2
54	Bolt M6x10	3			

FINAL CHECKS BEFORE USE

1. Tighten all bolts and nuts using a wrench to ensure stability.
2. Your equipment is now fully assembled.
3. Inspect all pulleys and wire ropes to make sure they are properly secured.
4. During initial use, adjust the wire rope tension as needed to suit actual operation.

V. EXERCISE GUIDE

ⓘ PLEASE NOTE:

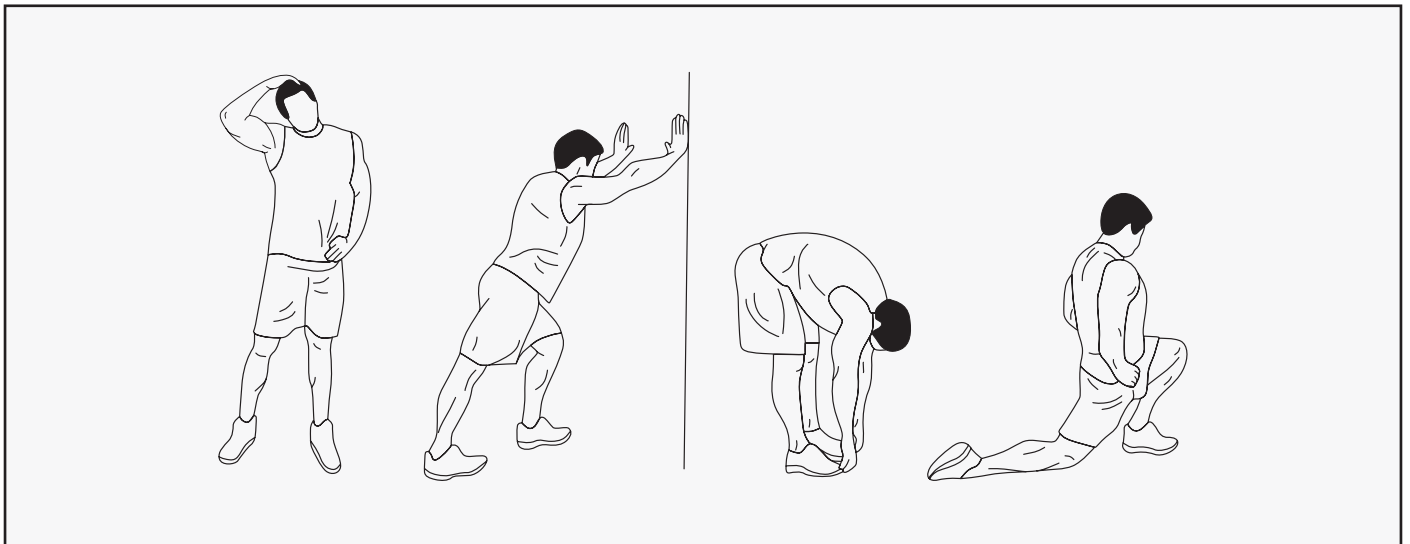
Before beginning any exercise program, consult your physician. This is important for individuals over the age of 45 or with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to a healthy lifestyle is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the strain on your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

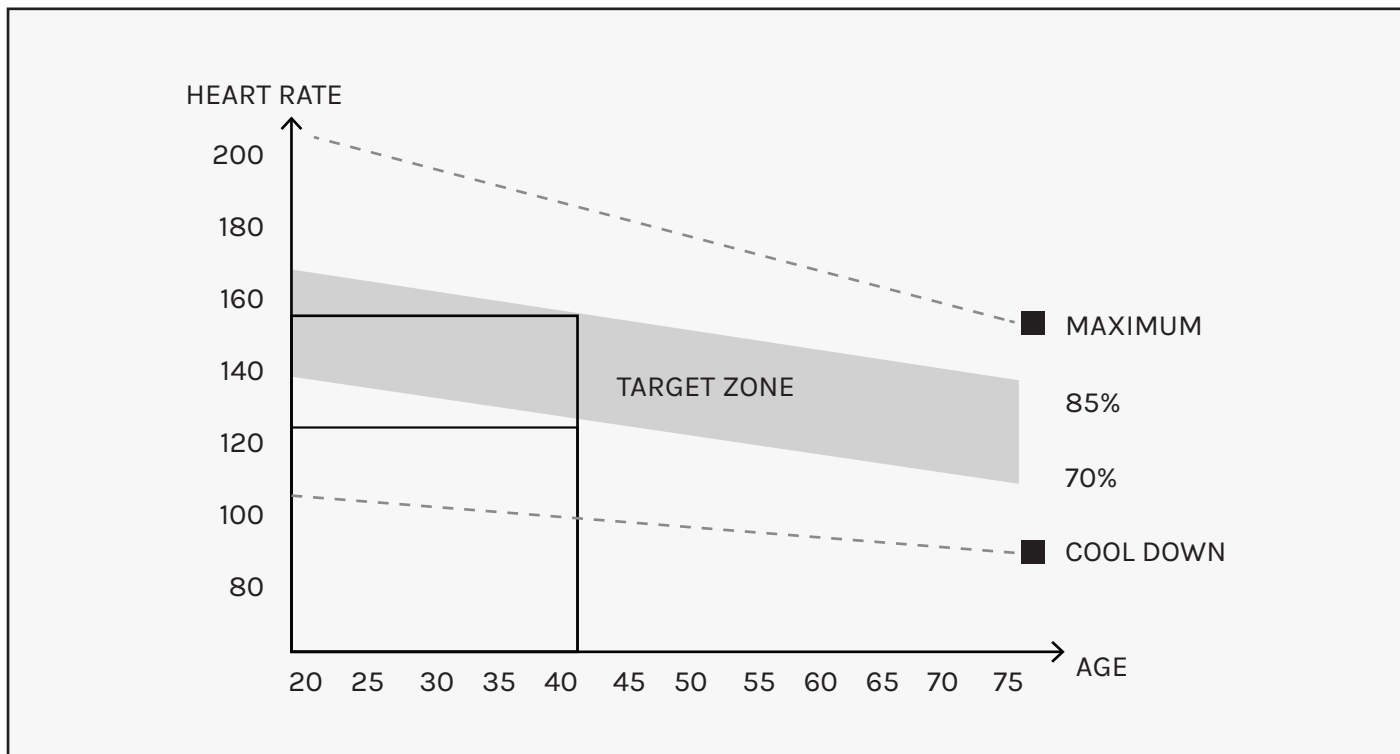
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VI. 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



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