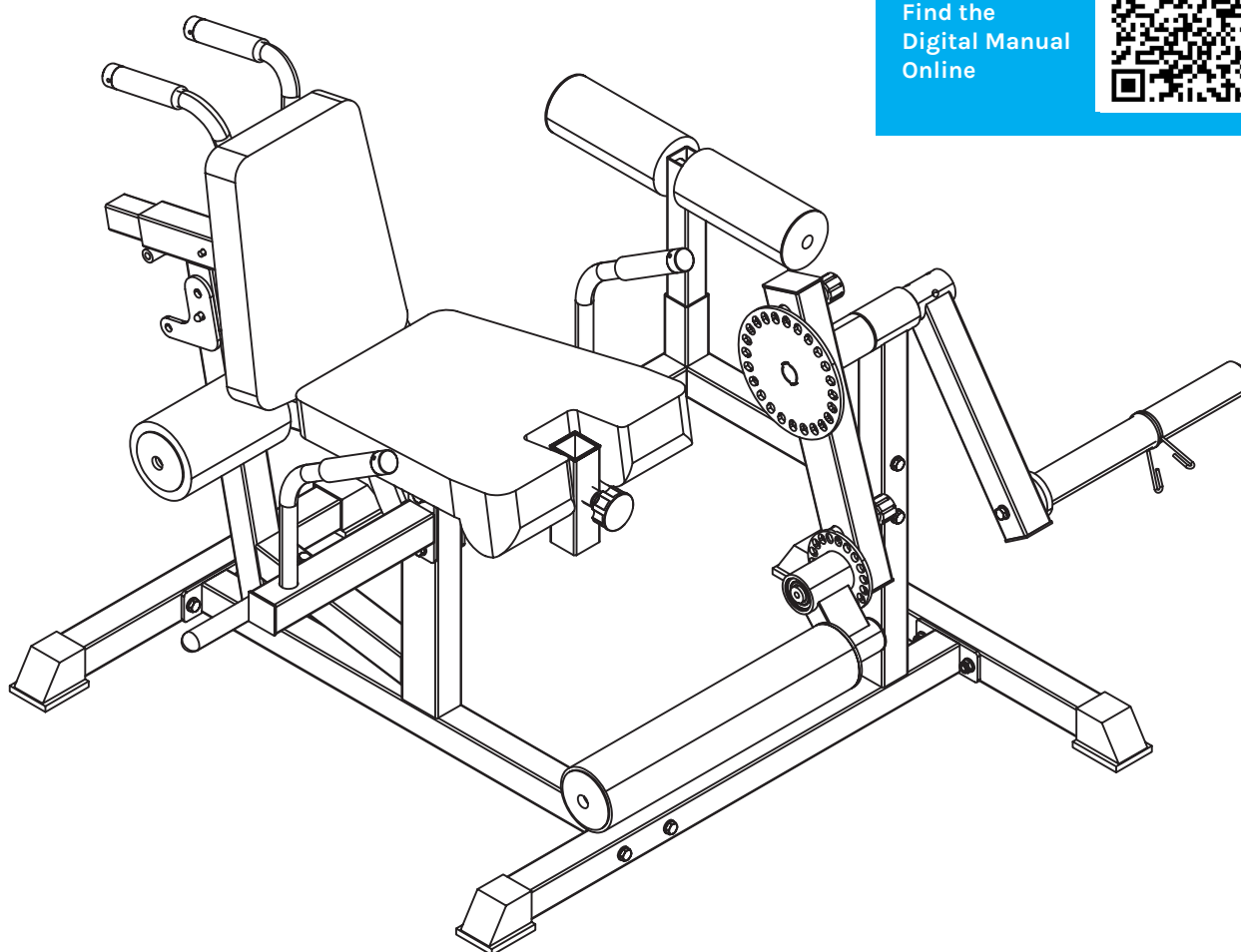


CORTEX[®]

Leg and Back Extension with Prone Leg Curl Machine

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. Safety Information 03
- II. Before Assembly 04
- III. Assembly Instructions 05
- IV. Final Checks 11
- V. Care and Cleaning 11
- VI. Maintenance 11
- VII. Warranty 12
- VIII. Security Support Information 13

I. SAFETY INFORMATION



WARNING: Read all instructions before using this product. Retain this manual for future reference.

- This equipment is intended for indoor use. Set it up on a solid, flat, level surface and maintain sufficient unobstructed space for mounting, dismounting and exercise.
- Read the entire manual before assembly or use. Ensure every user understands the warnings, adjustments and intended operation of the equipment.
- Consult your doctor before starting an exercise programme, particularly if you have a medical condition or take medication that affects your heart rate or blood pressure.
- Stop exercising immediately if you experience chest pain, dizziness, nausea, extreme shortness of breath or other unusual symptoms. Seek medical advice before resuming exercise.
- Keep children and pets away from the equipment. Only one person may use the machine at a time.
- Wear suitable exercise clothing and footwear. Keep loose clothing, hair and jewellery away from moving parts.
- Before each use, check that the frame, welds, fasteners, adjustment mechanisms and pads are secure and undamaged. Do not use the equipment until damaged or loose components have been repaired or replaced.
- Keep hands and fingers clear of pivot points and moving parts, particularly when changing the machine configuration or adjusting the pads.
- Do not exceed the maximum user weight.

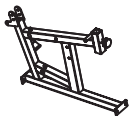
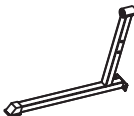
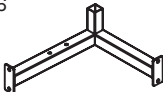
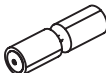
PRODUCT-SPECIFIC SAFETY

- Do not adjust the back pad, leg rollers or pivoting arms while the equipment is under load or another person is using it.
- Use controlled, smooth movements. Do not use sudden or jerky motions or force the equipment beyond its normal travel.

II. BEFORE ASSEMBLY

- Unpack the components and compare the supplied items and hardware with the parts list. Check pre-installed hardware before reporting missing components.
- Assemble the machine on a level, protected surface with adequate working space. Obtain assistance when lifting or positioning large frame sections.
- Use the part numbers and hardware specifications shown with each step.

PARTS LIST

1  Base Frame 2pcs.	2  Main Frame 1pc.	3  Front Support Frame 1pc.	4  Support Bracket 1pc.	5  Single Handlebar 1pc.
6  Connecting Frame 1pc.	7  Foam Roller Support 1pc.	8  Backrest Connecting Bracket 1pc.	9  Foam Roller 1pc.	10  Connecting Shaft 1pc.
11  Backrest Support Frame 1pc.	12  Seat Support Frame 1pc.	13  Angle Adjustment Mechanism 1pc.	14  Connecting Arm 1pc.	15  Leg Roller Assembly 1pc.
16  Weight Loading Sleeve 1pc.	17  Backrest Cushion 1pc.	18  Seat Cushion 1pc.	19  Ball Pin (90mm) 2pcs.	20  Spring Collar (Ø50mm) 1pc.
HARDWARE NOTE: Some screws are pre-installed on the parts.				
26  Flat Washer (Ø10mm) 30pcs.	27  M10 Nut 14pcs.	28  Hex Bolt M10 x 200mm 1pc.	29  Hex Bolt M10 x 80mm 3pcs.	30  Hex Bolt M10 x 70mm 10pcs.
31  Hex Bolt M10 x 20mm 1pc.	32  Hex Bolt M8 x 40mm 4pcs.	33  Hex Bolt M8 x 20mm 4pcs.	34  Flat Washer (Ø8mm) 8pcs.	

III. ASSEMBLY INSTRUCTIONS

STEP 1 - Assemble the Base Frame

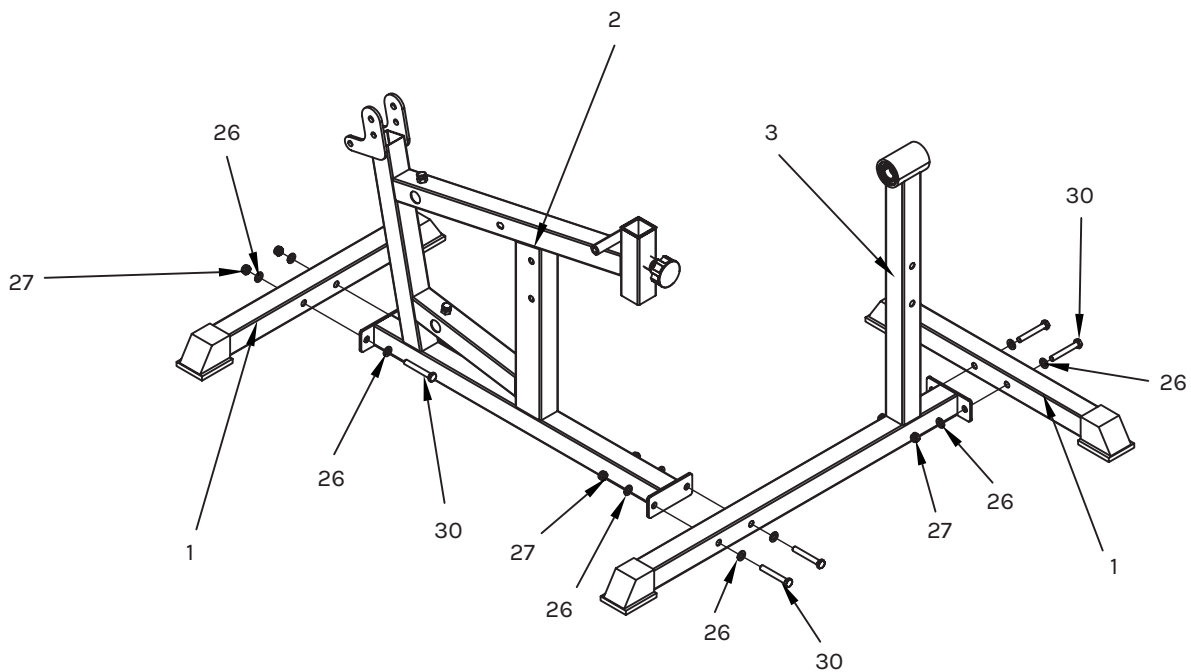
1. Attach the 2x Base Frames (1) to the Main Frame (2) and Front Support Frame (3), as shown in the diagram.
2. Align the mounting holes and secure using:
 - 6x Hex Bolts M10 x 70mm (30)
 - 12x Flat Washers x Ø10mm (26)
 - 6x M10 Nuts (27)
3. Ensure a Flat Washer (26) is fitted beneath each bolt head and nut.
4. Align the frames and tighten all bolts securely.

TIP: Assemble the equipment on a flat, level surface. Do not fully tighten the bolts until all mounting holes are aligned.

30  M10x70: 6

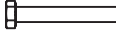
27  M10 Nut: 6

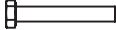
26  φ10 Gasket: 12



STEP 2 - Install the Support Bracket, Handlebar and Connecting Frame

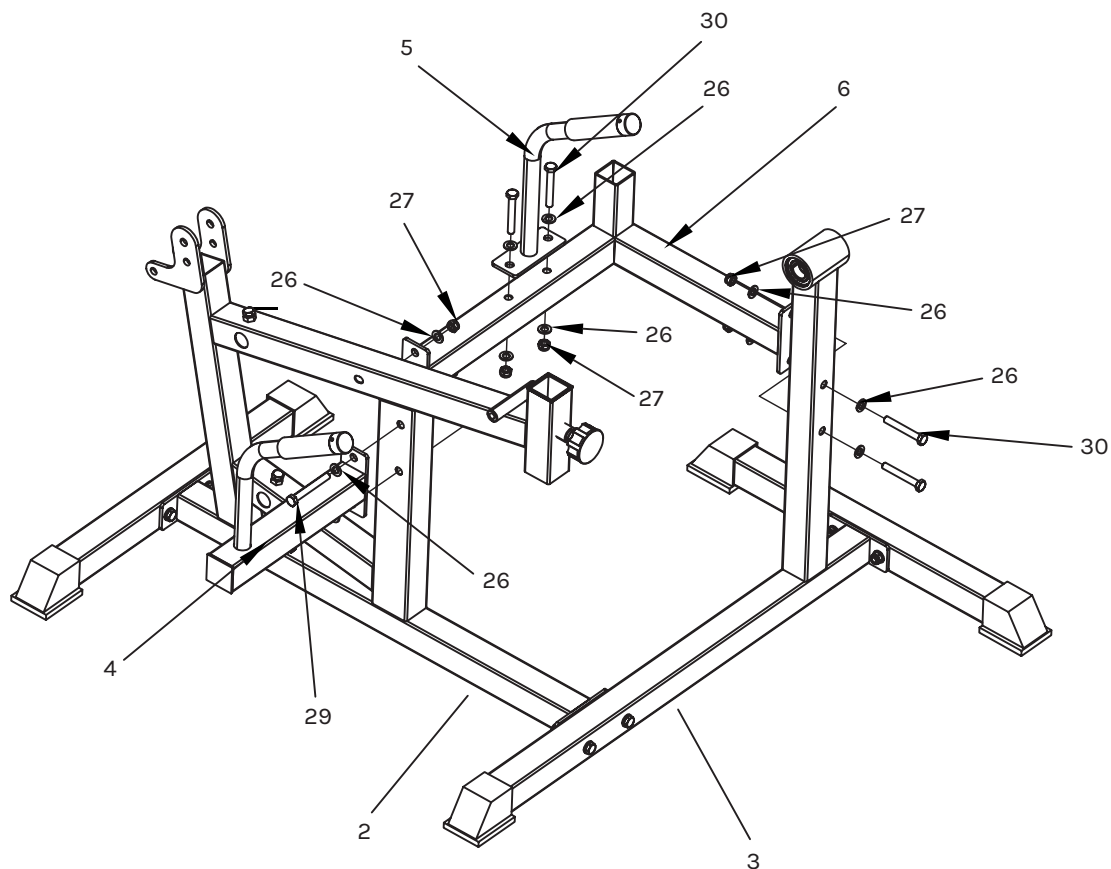
1. Position the Support Bracket (4) and Connecting Frame (6) the on the Main Frame (2), as shown in the diagram.
2. Secure the Support Bracket together with the Main Frame and Connecting frame using 2x Hex Bolts M10 x 80mm (29), 4x Flat Washers Ø10mm (26) and 2x M10 Nuts (27).
3. On the other side of the Connecting Frame (6) line up the holes to the Front Support Frame (3), and secure using 2x Hex Bolts M10 x 70mm (30), 4x Flat Washers Ø10mm (26) and 2x M10 Nuts (27).
4. Position the Single Handlebar (5) on the Connecting Frame (6), aligning the mounting holes and secure using 2x Hex Bolts M10 x 70mm (30), 4x Flat Washers Ø10mm (26) and 2x M10 Nuts (27).
5. Ensure all components are correctly aligned before tightening the bolts securely.

29  M10x80: 2

30  M10x70: 4

27  M10 Nut: 6

26  φ10 Gasket: 12



STEP 3 – Install the Foam Roller Support and Backrest Connecting Bracket

1. Position the Backrest Connecting Bracket (8) on the Main Frame (2), as shown in the diagram.
2. Align the mounting holes and secure using 1x Hex Bolt M10 x 80mm (29), 2x Flat Washers Ø10mm (26) and 1x M10 Nut (27). Then insert the Ball Pin (19) into the corresponding hole below the bolted one.
3. Place the Foam Roller Support (7) into the post on Connecting Frame (6), following the orientation shown in the diagram.
4. Install the Connecting Shaft (10) and Foam Roller (9) in their respective positions, as illustrated. You will need to remove the bolt on that is pre-installed on the Foam Roller rods. Connecting Shaft also has a sleeve that need to be removed first to insert the rod into the Main Frame.



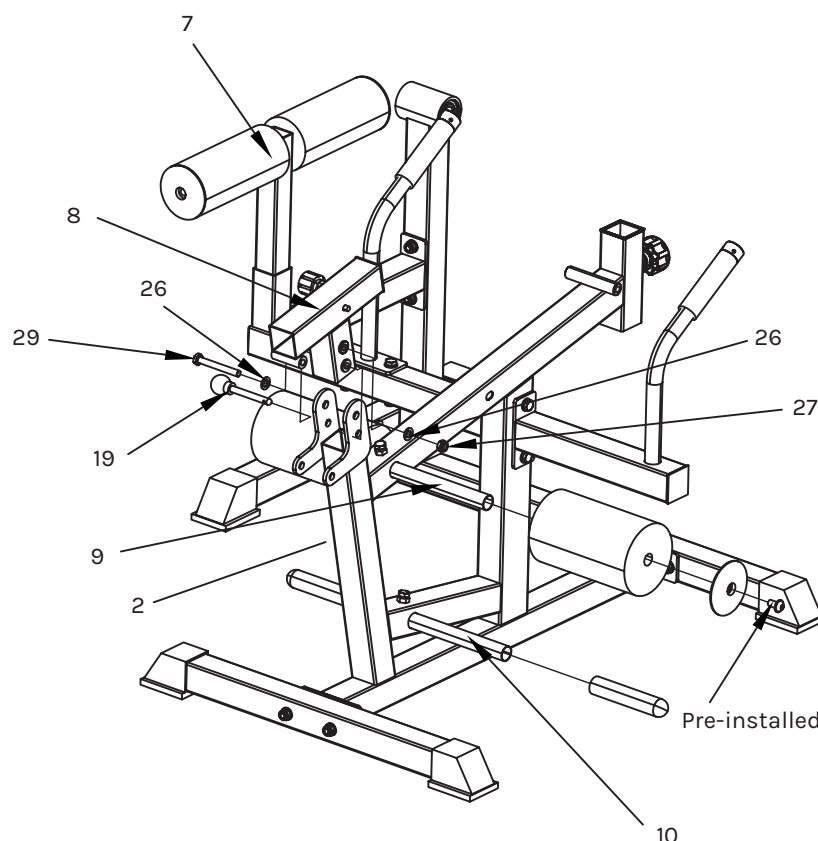
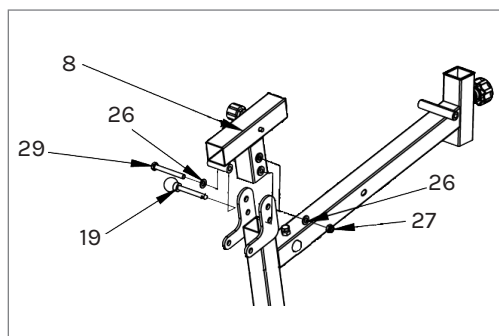
IMPORTANT:

Check the pre-installed hardware shown in the diagram and ensure it is securely fastened before using the equipment.

29  M10x80: 1

27  M10 Nut: 1

26  φ10 Gasket: 2



STEP 4 – Install the Backrest and Seat Support Frames

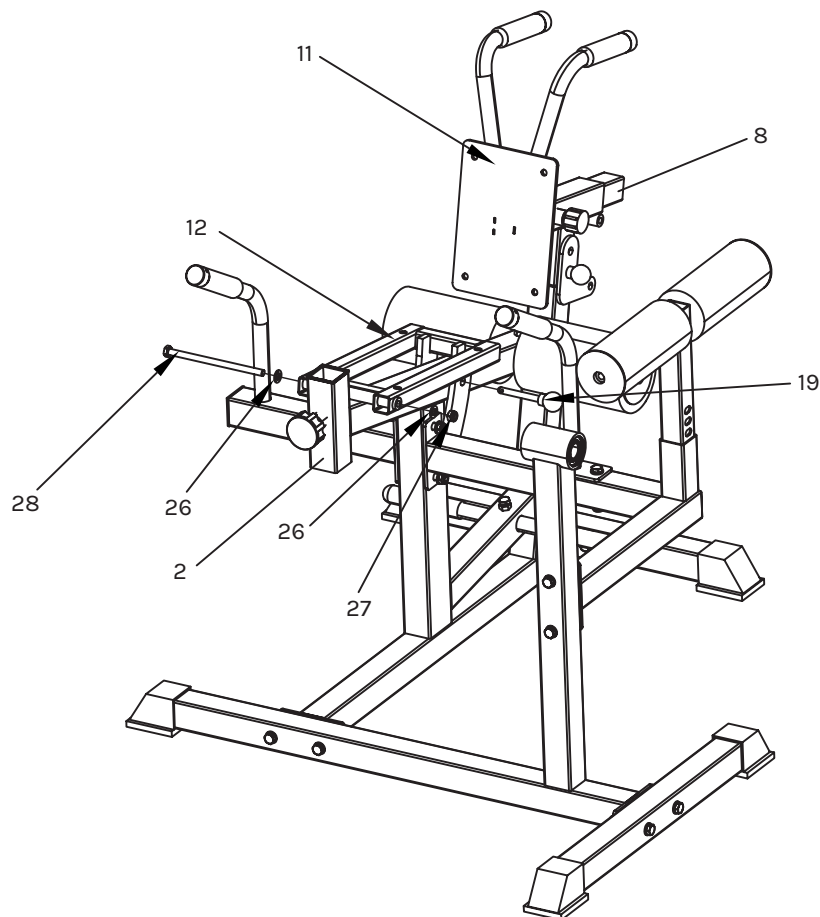
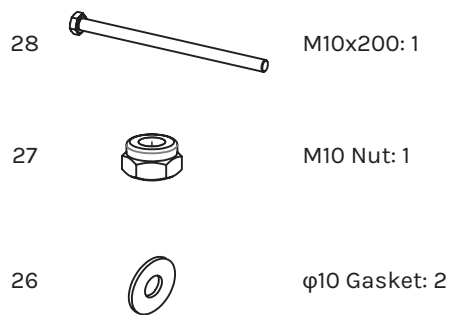
TIP: Keep hands clear of the pivot when fitting arm #12.

1. Position the Backrest Support Frame (11) onto the Backrest Connecting Bracket (8), as shown in the diagram. Secure with the lock pin.
2. Align the Seat Support Frame (12) with the mounting points on the Main Frame (2).
3. Align the pivot holes and insert the Hex Bolt M10 x 200mm (28) through the connecting components. Secure using 2x Flat Washers Ø10mm (26) and 1x M10 Nut (27).
4. Insert the Ball Pin (19) into the corresponding adjustment hole to secure the assembly.



IMPORTANT:

Do not overtighten the pivot bolt. Ensure the adjustable components can move freely and that the Ball Pin (19) is fully engaged before use.



STEP 5 – Install the Angle Adjustment Mechanism and Leg Roller Assembly

TIP: Align arm #14 on pivot #13 before fitting its hardware.

1. Position the Angle Adjustment Mechanism (13) on the Front Support Frame (3), as shown in the diagram.
2. Attach the Connecting Arm (14) to the Angle Adjustment Mechanism (13) using the pre-installed hardware.
3. Align the Leg Roller Assembly (15) with the lower mounting point of the Angle Adjustment Mechanism (13).
4. Secure the assembly using the pre-installed hardware as indicated in the diagram.
5. Install the Weight Loading Sleeve (16) onto the Connecting Arm (14) using 1x Hex Bolt M10 x 20mm (31) and 2x Flat Washers Ø10mm (26).
6. Attach the Spring Collar Ø50mm (20) to the Weight Loading Sleeve (16).
7. Check that all components are securely attached and that the Angle Adjustment Mechanism operates correctly.

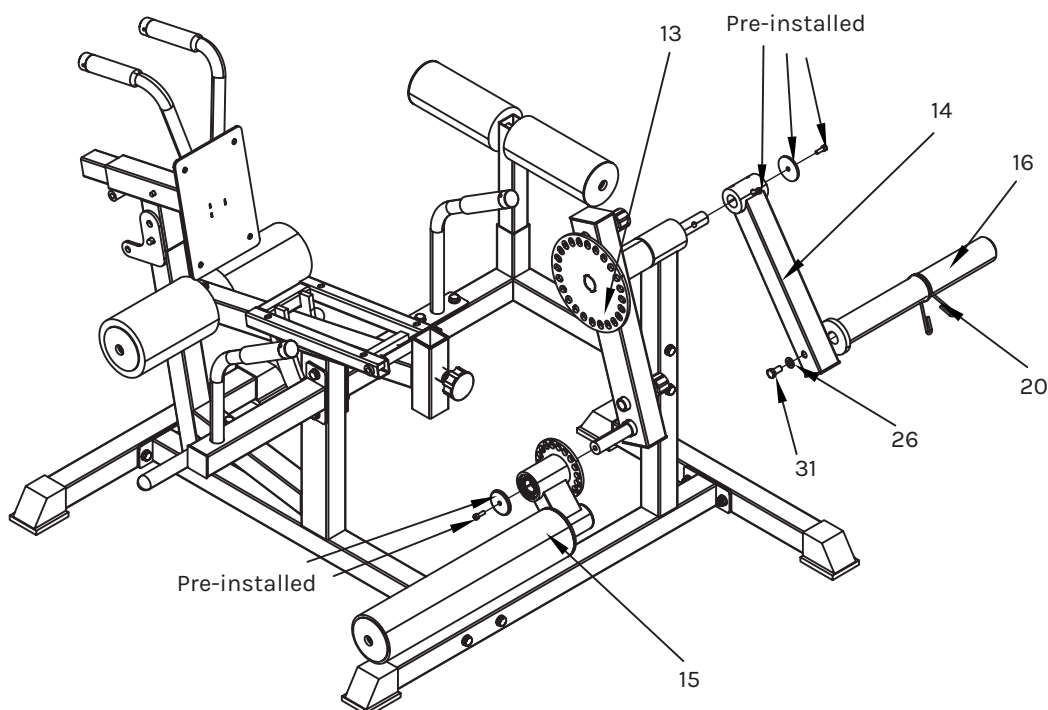


IMPORTANT:

Ensure the Angle Adjustment Mechanism (13) is fully engaged before use. Keep hands and fingers clear of the adjustment mechanism and moving parts.

31  M10x20: 1

26  φ10 Gasket: 2



STEP 6 – Install the Backrest and Seat Cushions

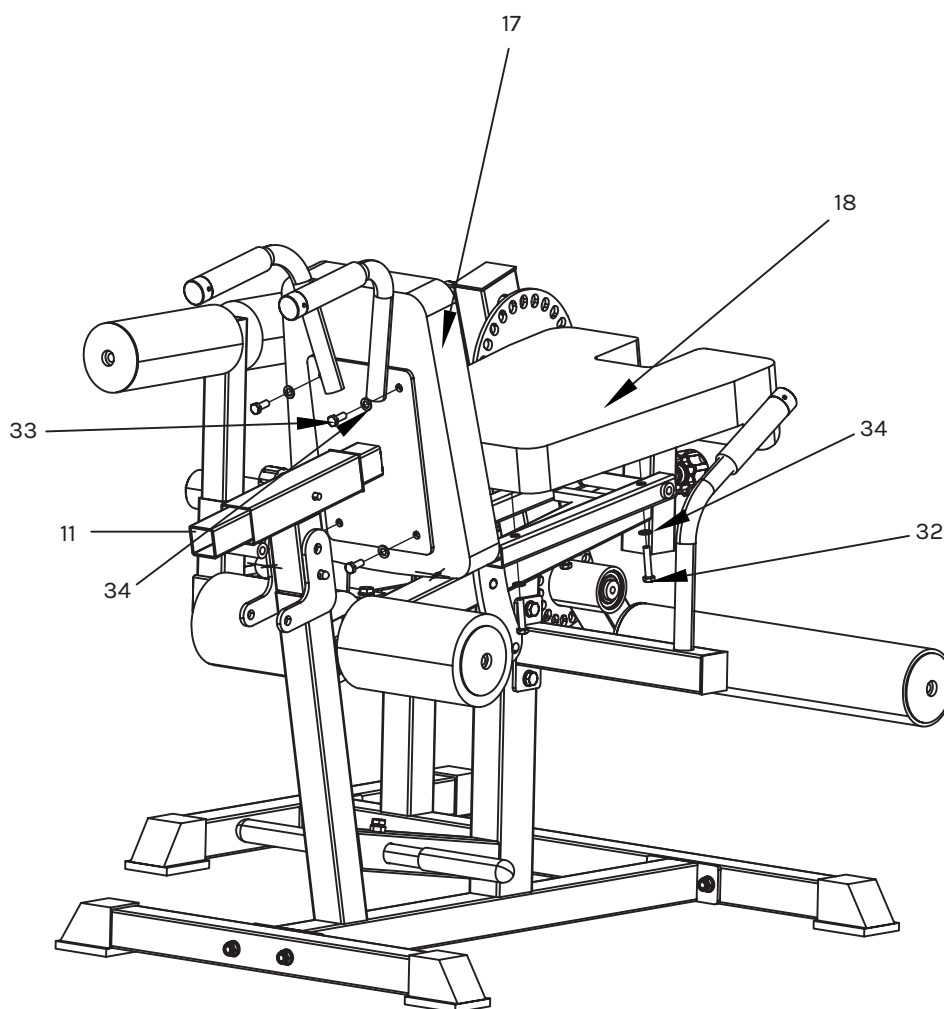
1. Position the Backrest Cushion (17) onto the Backrest Support Frame (11), aligning the mounting holes.
2. Secure the Backrest Cushion using:
 - 4x Hex Bolts M8 x 20mm (33)
 - 4x Flat Washers Ø8mm (34)
3. Position the Seat Cushion (18) onto the Seat Support Frame (12), aligning the mounting holes.
4. Secure the Seat Cushion using:
 - 4x Hex Bolts M8 x 40mm (32)
 - 4x Flat Washers Ø8mm (34)

TIP: Start all bolts by hand before fully tightening to ensure the cushions remain correctly aligned.

32  M8x40: 4

33  M8x20: 4

34  φ8 Gasket: 8



IV. FINAL CHECKS

- Tighten all assembly fasteners. Check that the machine sits level and that the seat and back pads are secure.
- Move each adjustable or pivoting component through its intended range without a user on the equipment. Check for interference, loose hardware or unusual noise.
- Check that all adjustment pins and locking devices are fully engaged before use. Do not use the machine if a component does not lock securely.

V. CARE AND CLEANING

- After each use, wipe the pads, hand grips and frame with a soft cloth. Dry the equipment before storage.
- Avoid abrasive cleaners and do not strike the plastic, padded or metal components with heavy or sharp objects.

VI. MAINTENANCE

- Inspect moving parts, frame joints, fasteners, pads and adjustment mechanisms regularly for wear, damage or loosening. Stop using the machine if any defect is found.
- Retighten loose bolts and nuts as needed. Inspect welded joints for visible cracking.
- Lubricate only the moving joints requiring lubrication, using sewing-machine oil. Do not apply grease to these joints; keep lubricant away from pads, grips and the floor.
- Check that all adjustment and locking mechanisms operate smoothly and engage fully before returning the equipment to use.

VII. 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 the website:

Australian Website: <https://www.lifespanfitness.com.au/pages/product-support-forms>

New Zealand Website: <https://lifespanfitness.co.nz/pages/warranty-claim>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit the above links and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to:

Australian Website



New Zealand Website



VIII. 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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