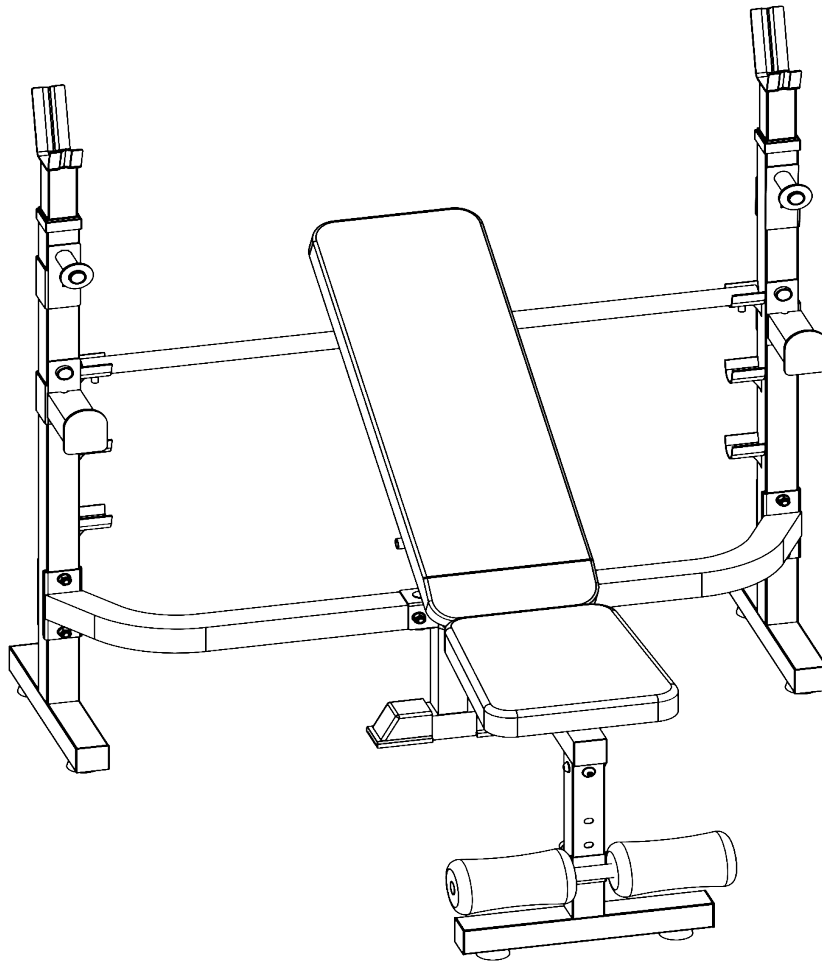


# **CORTEX<sup>®</sup>**

## **MF400 Weight Bench**

### **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](http://www.lifespanfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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

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Please always keep this manual with you.

- This equipment is designed for indoor and family use only.
- The equipment is not suitable for therapeutic use.
- 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.

## II. CARE INSTRUCTIONS

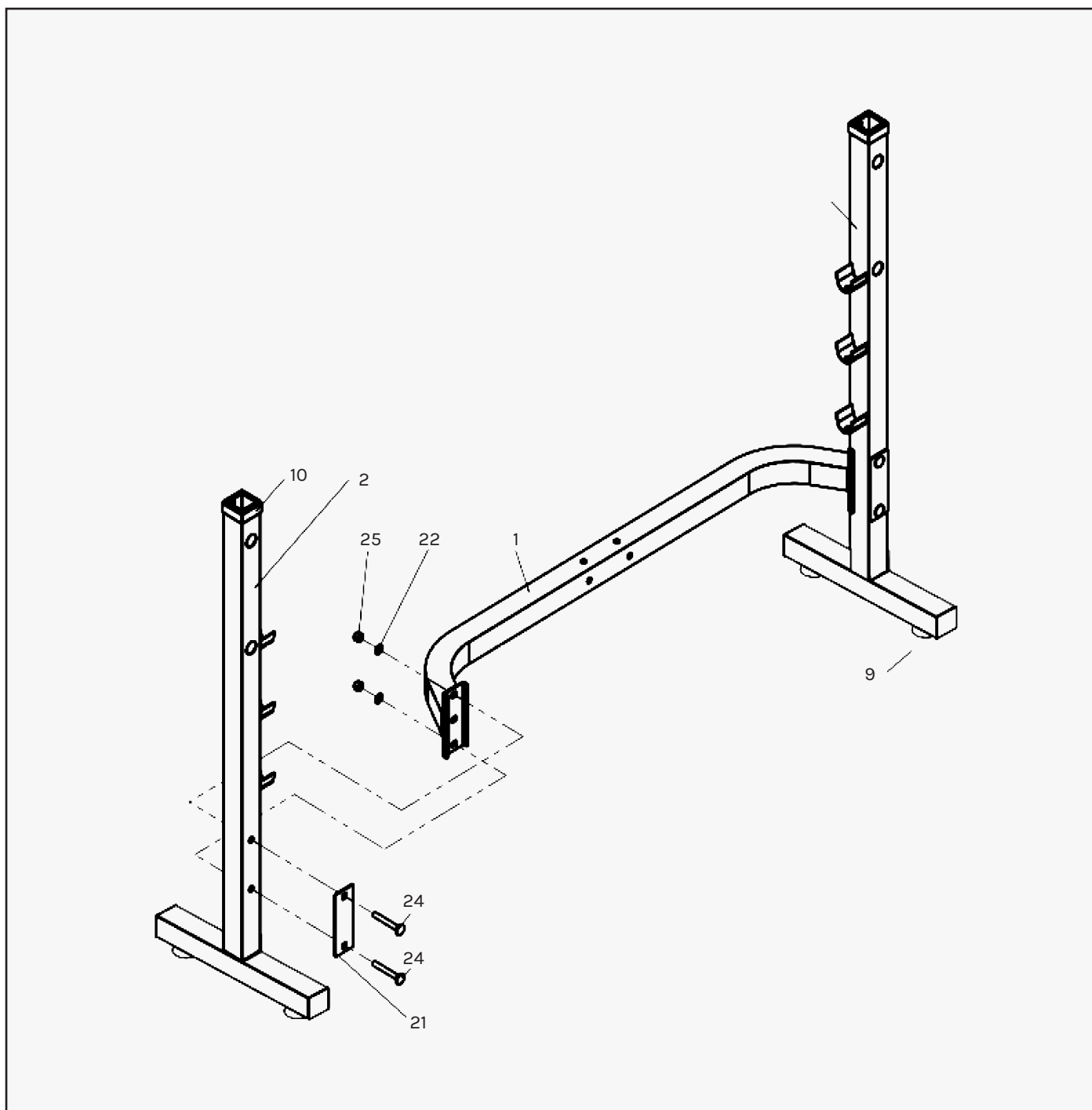
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- Lubricate moving joints with grease after periods of usage.
- Re-tighten any loose bolts.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

# III. PARTS LIST

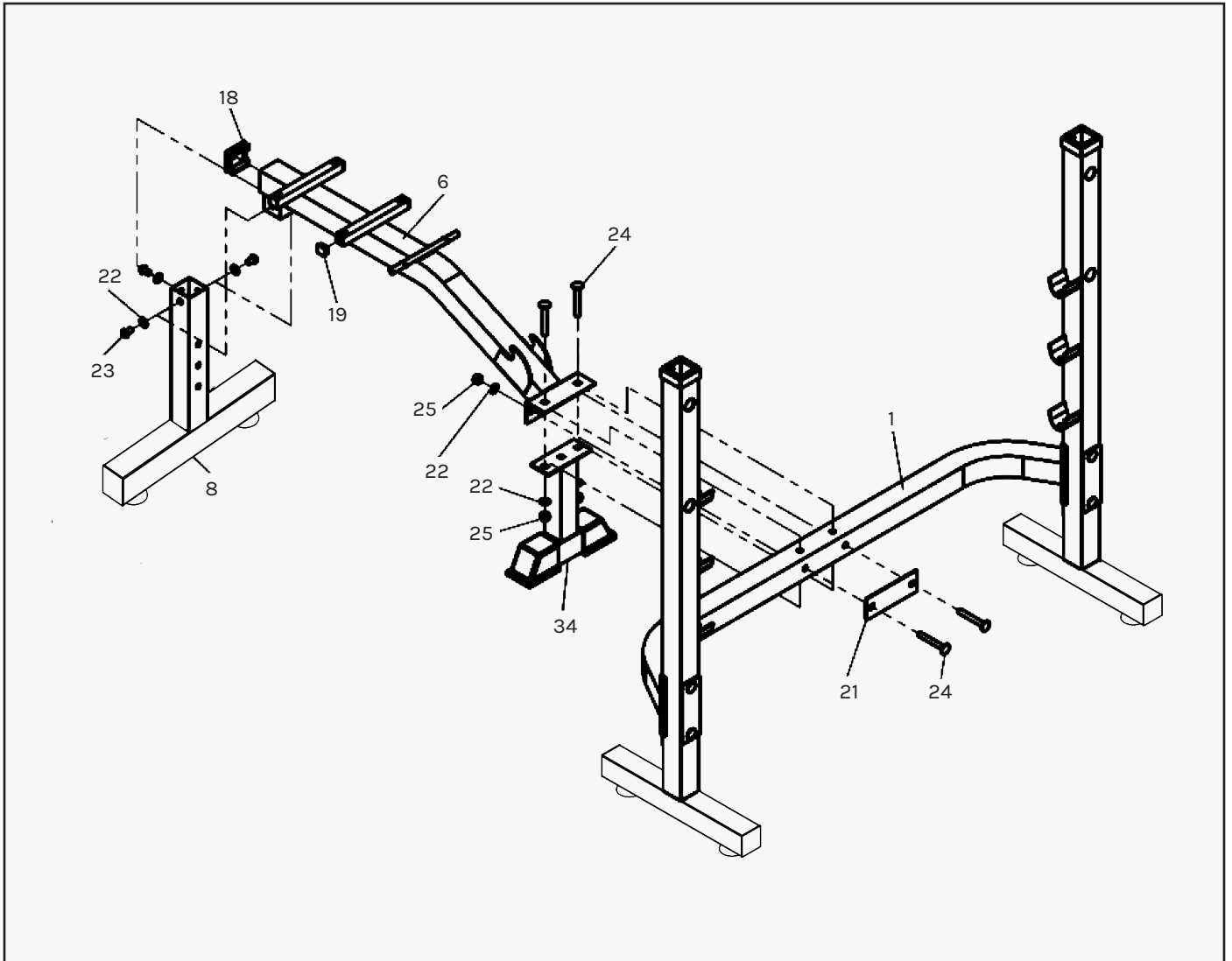
No.	Name	Model	Qty.	No.	Name	Model	Qty.
1	Tube		1	19	Tube Plug		4
2	Left Support Tube		1	20	Tube Plug		4
3	Right Support Tube		1	21	Bracket		3
4	Back Cushion		1	22	Washer	Φ10	13
5	Pad Tubes		2	23	Hex Bolt	M10x16mm	3
6	Main Support Tube		1	24	Carriage Bolt	M10x70mm	8
7	Seat Pad		1	25	Nut	M10	9
8	Front Support Tube		1	26	Washer	Φ8	8
9	Tube Sleeve		8	27	Hex Bolt	M8x40mm	4
10	Tube Shroud		2	28	Hex Bolt	M8x35mm	4
11	Tube		1	29	Hex Bolt	M10x190mm	1
12	Plates Support Tube		2	30	Foam Tube		1
13	Adjustable Tube		1	31	Knot	M10	1
14	Bar J-Hooks		2	32	Foam		2
16	Safety Bar Hooks		2	33	Tube Plug		2
18	Tube Plug		1	34	Plate		1

# IV. ASSEMBLY INSTRUCTIONS



## STEP 1

- a. Secure the 1x Tube (#1) to the 1x Left Support Tube (#2) and 1x Right Support Tube (#3) with:
  - 4x Carriage Bolts M10 x 70mm (#24)
  - 4x Washers  $\Phi 10$  (#22)
  - 4x Nuts M10 (#25)
  - 2x Bracket (#21)
- b. Attach 4x Tube Sleeve to 1x Left Support Tube (#2) and 1x Right Support Tube (#3).



## STEP 2

a. Secure 1x Tube (#1) to 1x Main Support Tube (#6) with:

- 2x Carriage Bolts M10 x 70mm (#24)
- 2x Washers  $\Phi 10$  (#22)
- 2x Nuts M10 (#25)
- 1x Bracket (#21)

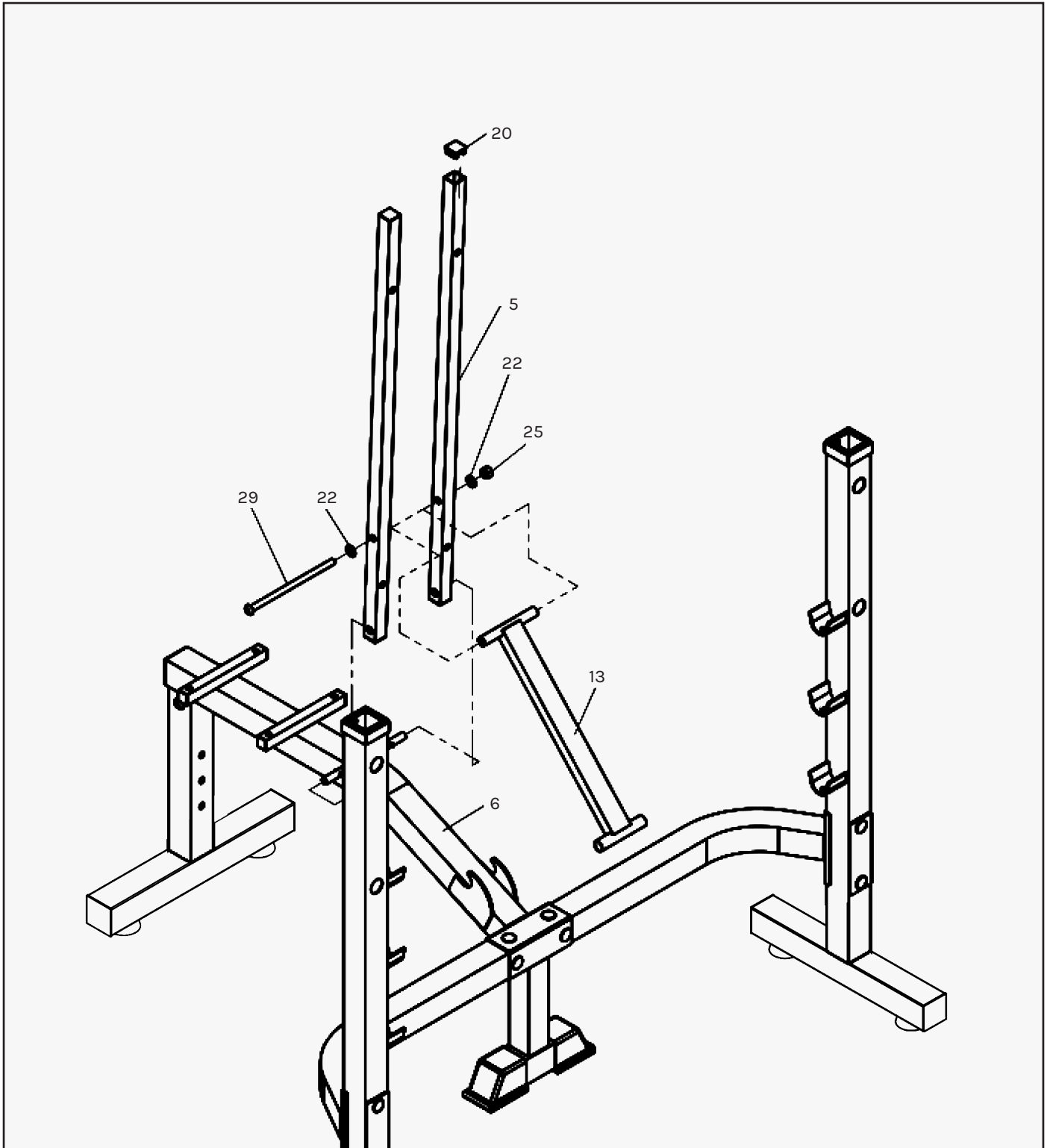
b. Secure 1x Plate (#34) to 1x Tube (#1) with:

- 2x Carriage Bolts M10 x 70mm (#24)
- 2x Washers  $\Phi 10$  (#22)
- 2x Nuts M10 (#25)

c. Secure 1x Front Support Tube (#8) to 1x Main Support Tube (#6) with:

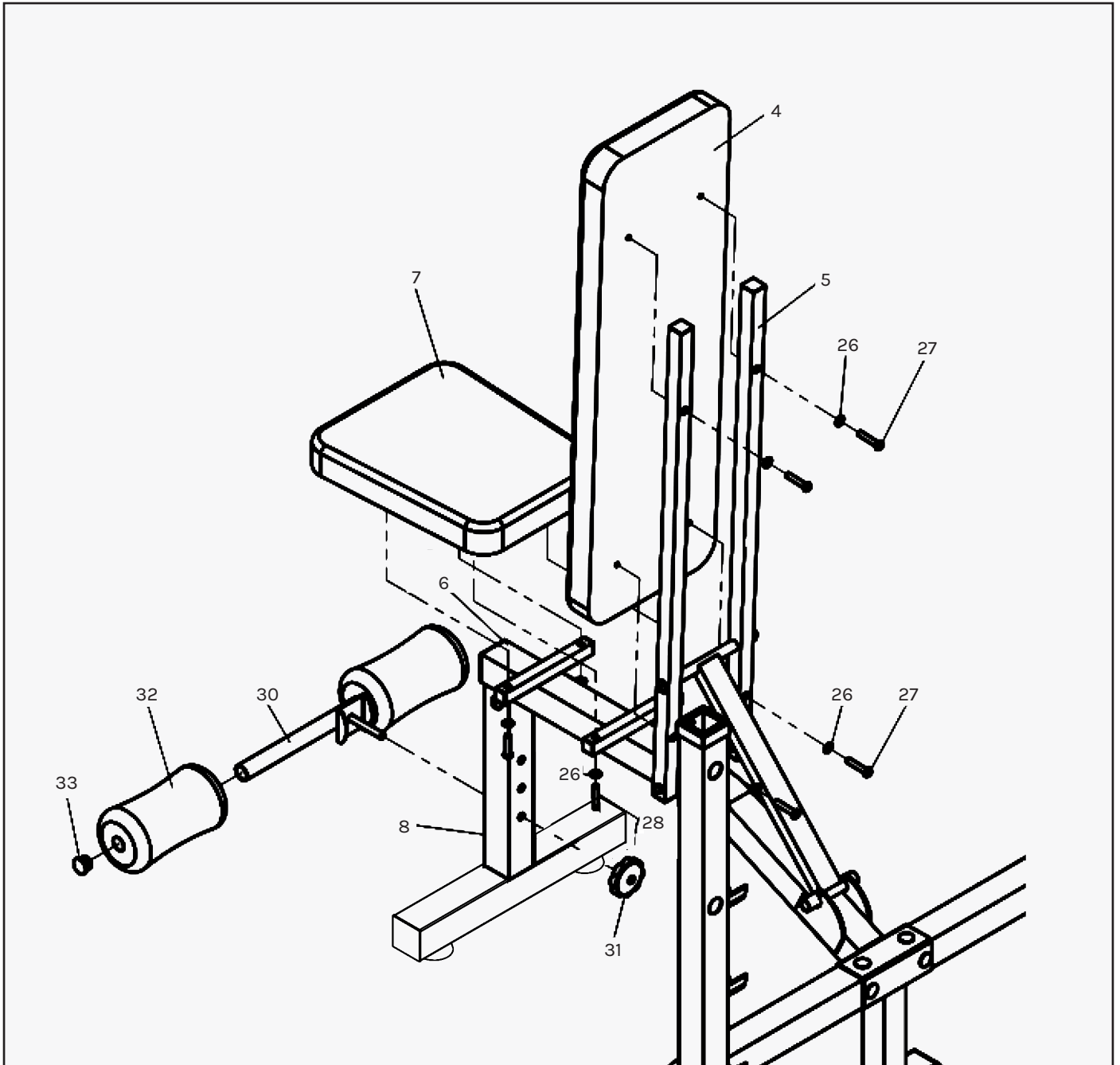
- 3x Hex bolts M10 x 16mm (#23)
- 3x Washer  $\Phi 10$  (#22)
- 2x Nuts M10 (#25)

d. Attach 4x Tube Sleeve to 1x Front Support Tube (#8) and 1x Plate (#34). Attach 4x Tube Plug (#19) and 1x Tube Plug (#18) to 1x Main Support Tube (#6).



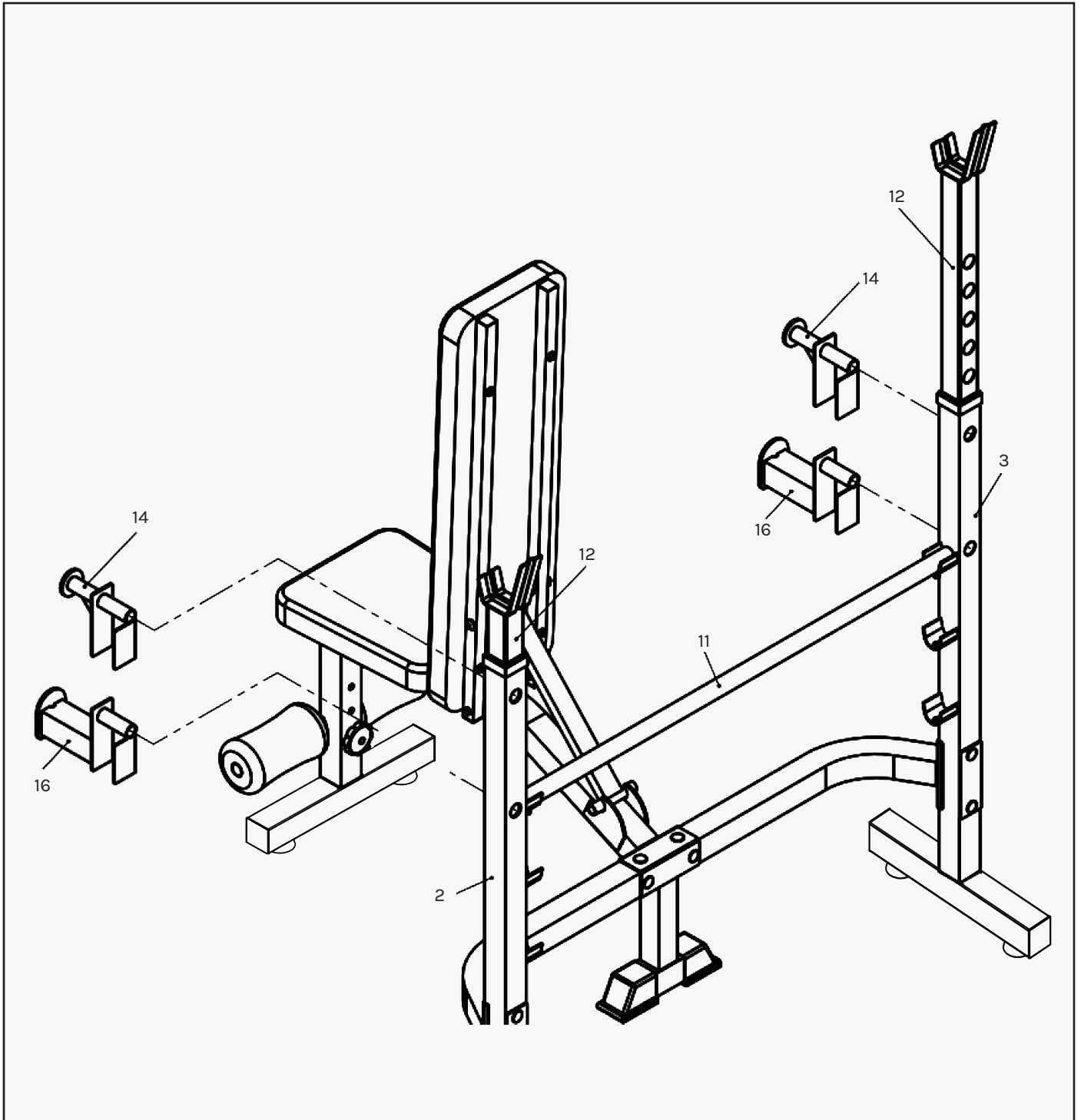
### STEP 3

- a. Attach 1x Adjustable Tube (#13) between 2x Pad Tube (#5), then secure 2x Pad Tubes (#5) onto 1x Main Support Tube (#6) with:
  - 1x Hex Bolts M10 x 190mm (#29)
  - 2x Washers  $\Phi 10$  (#22)
  - 1x Nuts M10 (#25)
- b. Attach 4x Tube Plug to 2x Pad Tubes (#5).



## STEP 4

- a. Secure 1x Back Cushion (#4) to 1x Pad Tubes (#5) with:
  - 4x Hex bolts M8 x 40mm (#27)
  - 4x Washers  $\Phi 8$  (#26)
- b. Secure 1x Seat Pad (#7) to 1x Main Support Tube (#6) with:
  - 4x Hex bolt M8 x 35mm (#28)
  - 4x Washers  $\Phi 8$  (#26)
- c. Place 1x Foam tube (#30) onto 1x Front Support Tube (#8) with:
  - 1x Knot M10 (#31)
- d. Place 2x Foam onto 1x Foam Tube, secure with 2x Tube Plug.



## STEP 5

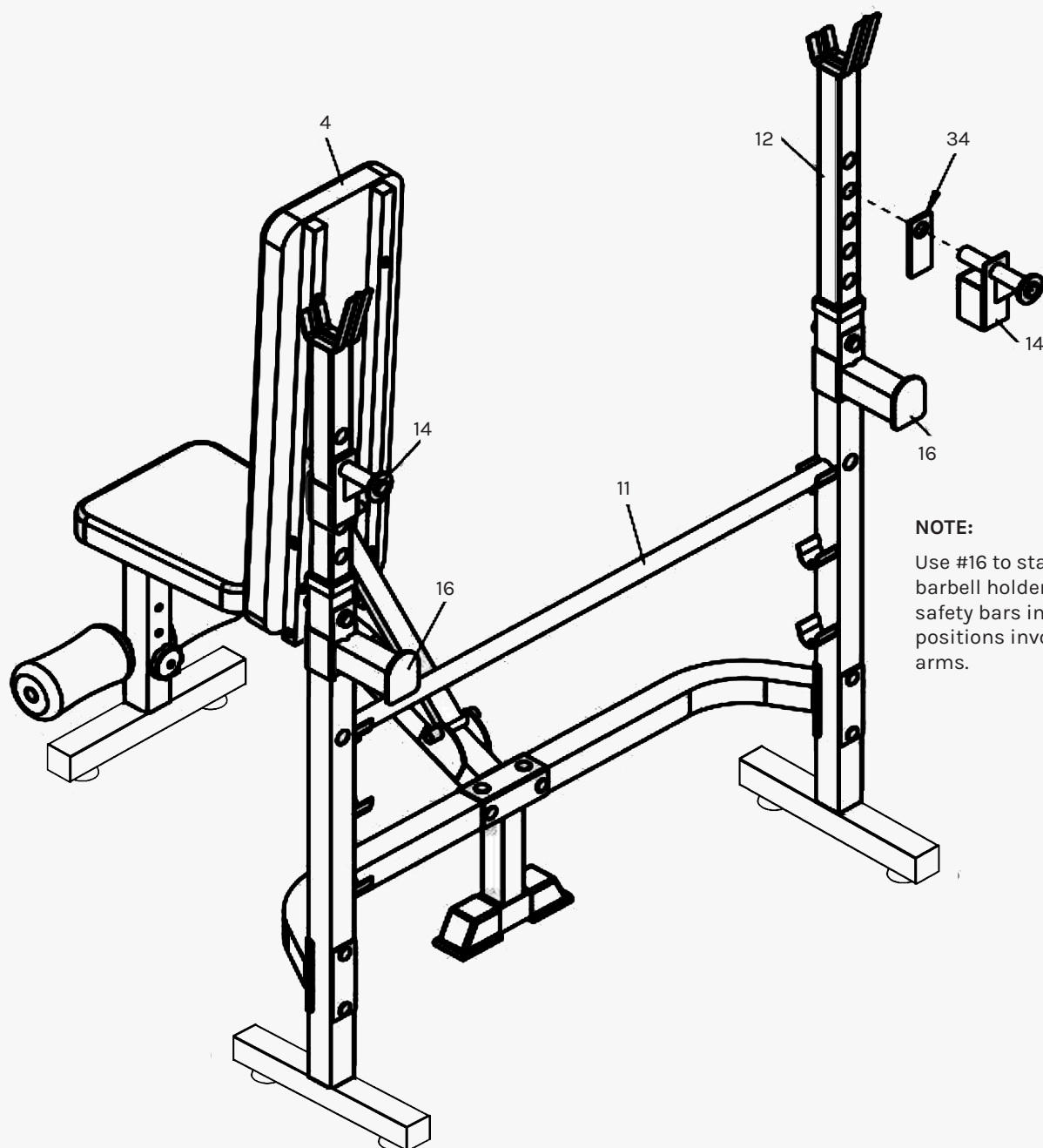
a. Secure 1x Plates Support Tube (#12) into 1x Left Support Tube (#2) with:

- 1x Bar J-hook (#14)
- 1x Safety bar hook (#16)

b. Secure 1x Plate Support Tube (#12) into 1x Right Support Tube (#3) with:

- 1x Bar J-hook (#14)
- 1x Safety bar hook (#16)

c. Place 1x Tube (#11) along the allocated slot of the Left Support Tube (#2) and Right Support Tube (#3).



**NOTE:**  
Use #16 to stabilize  
barbell holder and  
safety bars in higher  
positions involving #12  
arms.

## STEP 6

**!** **NOTE:** When using the squat rack, please keep the Back cushion (#4) straight. Place both Bar J-hooks (#14) and (#16) into the 2x Support Tubes (#12) with 2x Plate (#34) in between. See above image. Part #34 is installed with #14 to act as a spacer.

# V. EXERCISE GUIDE

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## ! PLEASE NOTE:

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

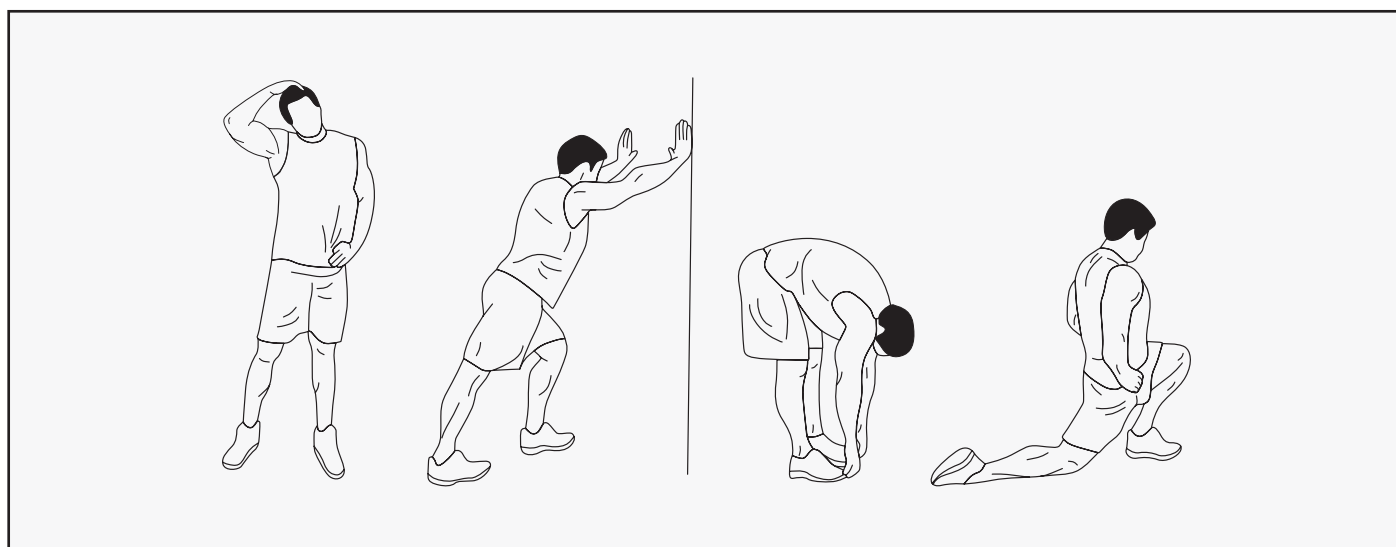
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success 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 wear and tear of your heart.

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



## WARM UP

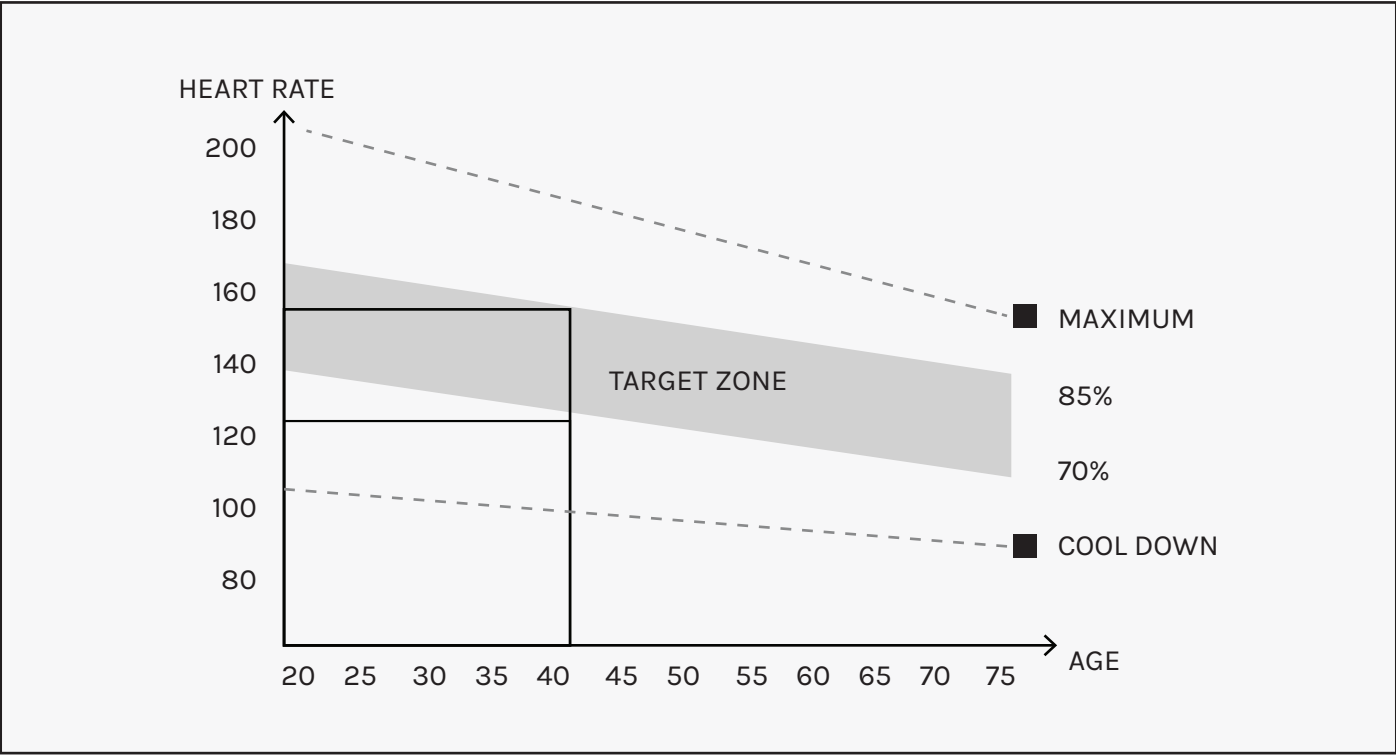
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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](http://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](https://lifespanfitness.com.au/warranty-form)



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