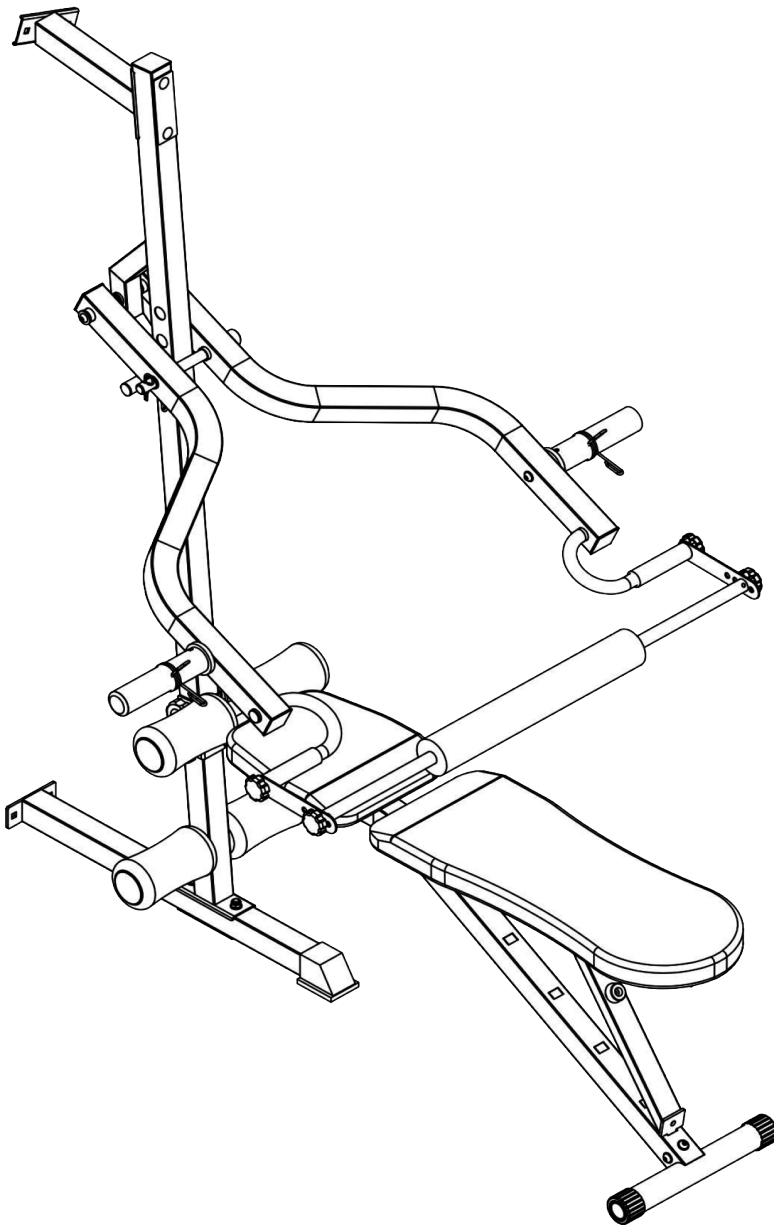


CORTEX[®]

SS4 Chest and Squat Station Attachment (Suited for SS4 Single Station Functional Home Gym)

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

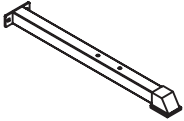
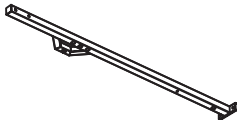
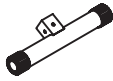
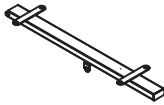
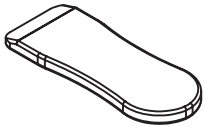
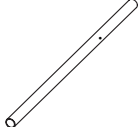
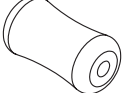
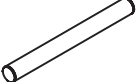
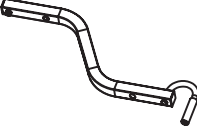
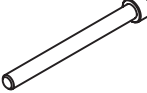
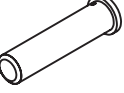
 **WARNING: Read all instructions before using this machine.**

This product is intended for home use only. It is not designed for a commercial or public gym.

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 keep your hands, limbs and clothes stretch to use the device.
8. 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.
9. You can complete the assembly with a wrench, or an inner hexagon wrench.
10. The user weight of this product shall not exceed 200kg.
11. The product is subject to change without notice, updated manuals will be available online.
12. This product is designed for indoor use, in a well ventilated room.

II. PARTS LIST

1  Side to Ground: 1	2  Right Column: 1	3  Body Frame: 1	4  Ground Mounted Circular Pipe: 1
5  Back Rest: 1	6  Backrest Adjustment Frame: 1	7  Seat Cushion: 1	8  Back Cushion: 1
9  Foam Tube: 2	10  Foam: 4	11  Limit Tube: 1	12  Push Arm Welding: 2
13  Push Arm Shaft: 1	14  Straight Limit: 1	15  Long Foam: 1	16  Shoulder Cushion Tube: 1
17  Adjustment Sheet: 2	18  M10 Rotary Knob Thread: 4	19  Sleeve Hanging Rod: 2	20  Plastic Sleeve: 2
21  Ø50 Snap Ring: 2	22  Ø25 Snap Ring: 1	23  80mm Knob Wire: 2	24  Foam End Cap: 4

25



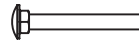
Right Diagonal Brace: 1

26

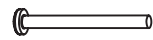


110 Flat Connector: 3

27

Carriage Bolts
M10X70: 4

28



Bolt M10X80: 2

29



Bolt M10X20: 8

30



Bolt M8X16: 8

31

Ø10 Thickened
Gasket: 2

32



Ø10 Flat Gasket: 16

33



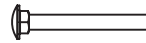
M10 Locknut: 8

34



Ø8 Flat Gasket: 8

35

Carriage Bolts
M10X80: 2

36

Limit small Pin
Buckle: 1

37



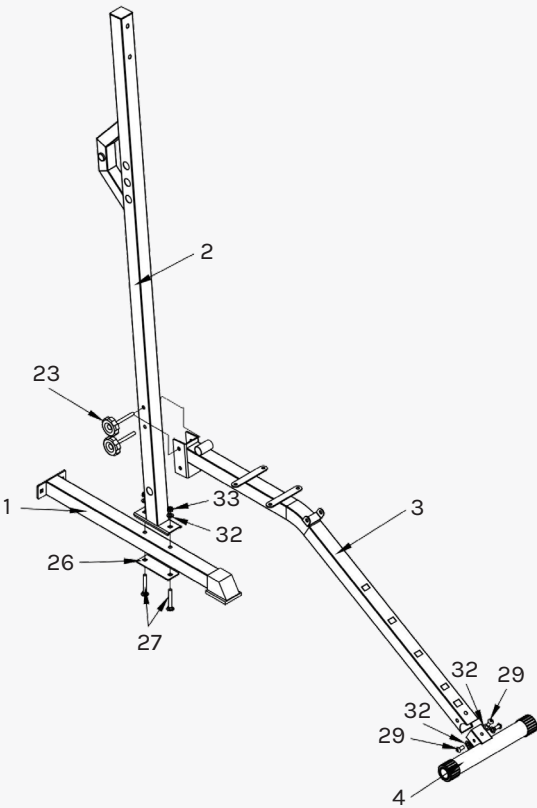
90 Flat Connector: 1

III. ASSEMBLY INSTRUCTIONS



ATTENTION:

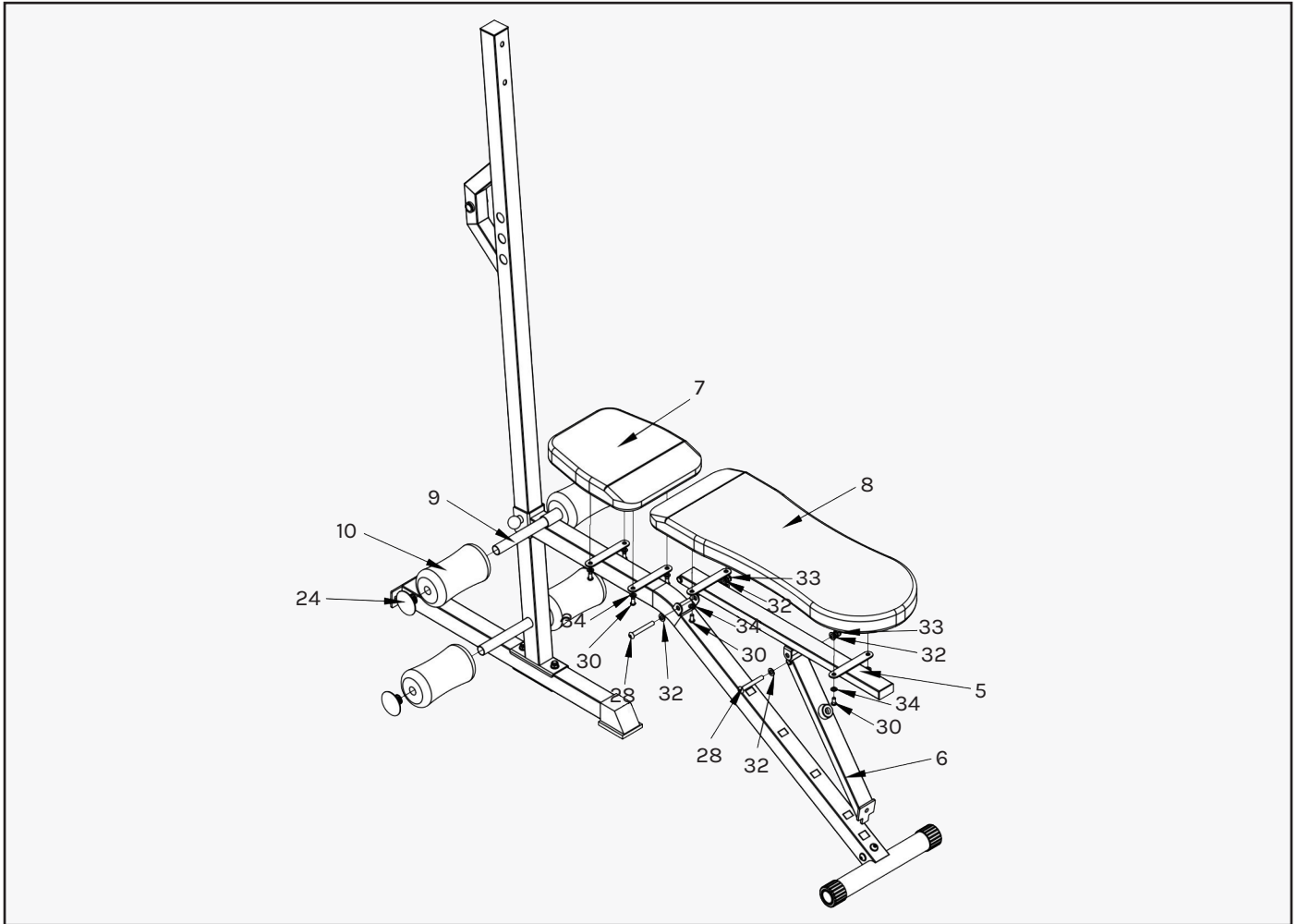
- 1. During preliminary assembly, tighten all bolts and nuts by hand only. For final assembly, use a wrench to fully secure all connections.
- 2. Some sections may need washers on both sides of the bolt.
- 3. Check all parts are there before starting. Certain parts may be pre-assembled on the parts.



STEP 1

- a. Align the bolt holes on 110 Flat Connector (26), Side Ground (1) and Right Column (2) and secure using Carriage Bolts M10x70 (27), Flat Gasket (32) and M10 Locknut (33).
- b. Attach Ground Mounted Circular Pipe (4) to Body Frame (3) using Bolts M10x20 and Flat Gasket (32).
- c. Join the 2 pieces Right Column (2) and Body Frame (3) together using 80mm Knob Wire (23).

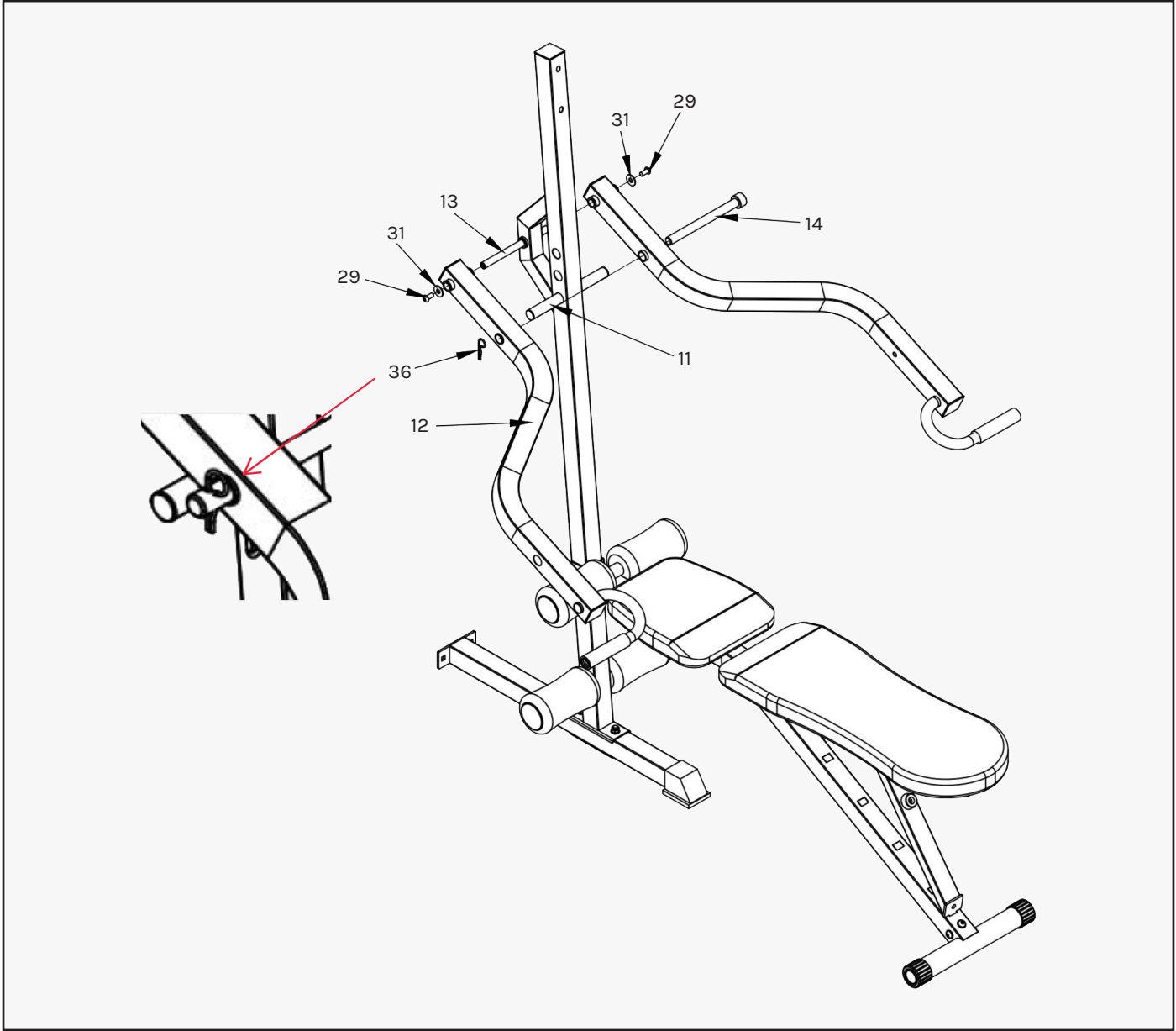
No.	Name	Qty.	No.	Name	Qty.
1	Side to Ground	1	26	110 Flat Connector	1
2	Right Column	1	27	Carriage Bolts M10X70	2
3	Body Frame	1	29	Bolt M10X20	4
4	Ground Mounted Circular Pipe	1	32	Ø10 Flat Gasket	4
23	80MM Knob Wire	2	33	M10 Locknut	2



STEP 2

- Join Back Rest (5) to Backrest Adjustment frame (6) using Bolt M10x80 (28), Flat Gasket (32) and M10 Locknut (33). Washers go on both sides of the bolt.
- Align the bolt holes on Back Rest (5) to the Body Frame (3) and secure using Bolt M10x80 (28), Flat Gasket (32) and M10 Locknut (33). Washers go on both sides of the bolt. Backrest Adjustment frame (6) sits into the holes of the Body Frame according to users exercise.
- Install the Back Cushion (8) onto the Back Rest (5) using Bolt M8x16 (30) and Flat Gasket (34) .
- Install the Seat Cushion (7) onto the Body Frame (3) using Bolt M8x16 (30) and Flat Gasket (34) .
- Place the Foam Tube (9) into the holes on Body Frame (3) and Right Column (2).
- Place the Foams (10) on each end of the Foam Tube (9) and lock the foams in with the Foam End Caps (24).

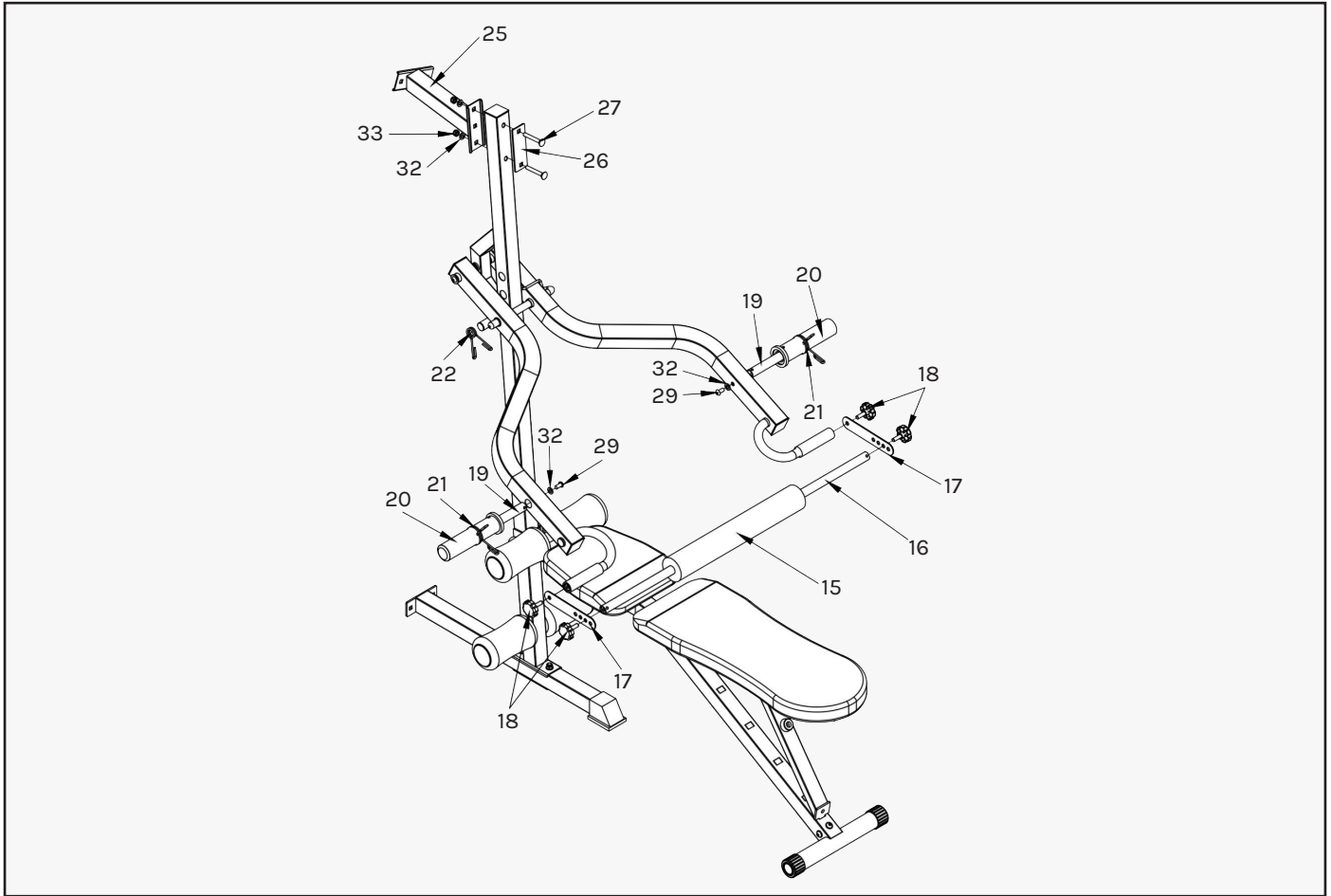
No.	Name	Qty.	No.	Name	Qty.
5	Back Rest	1	24	Foam End Cap	4
6	Backrest Adjustment Frame	1	28	Bolt M10X80	2
7	Seat Cushion	1	30	Bolt M8X16	8
8	Back Cushion	1	32	∅10 Flat Gasket	4
9	Foam Tube	2	33	M10 Locknut	2
10	Foam	4	34	∅8 Flat Gasket	8



STEP 3

- a. Feed the Push Arm Shaft (13) into the hole at the very back of Right Column (2).
- b. Place the two Push Arm Welding (12) on each end of the Push Arm Shaft (13) and secure using Thickened Gasket (31) and Bolt M10x20 (29).
- c. Feed the Limit Tube (11) into one of the 3 holes on the Right Column (2). You can adjust to either 3 holes during exercise.
- d. Place the Welding of Gear Lever (14) through both of the Push Arm Welding (12) and securing using Straight Limit (36). Refer to zoomed image.

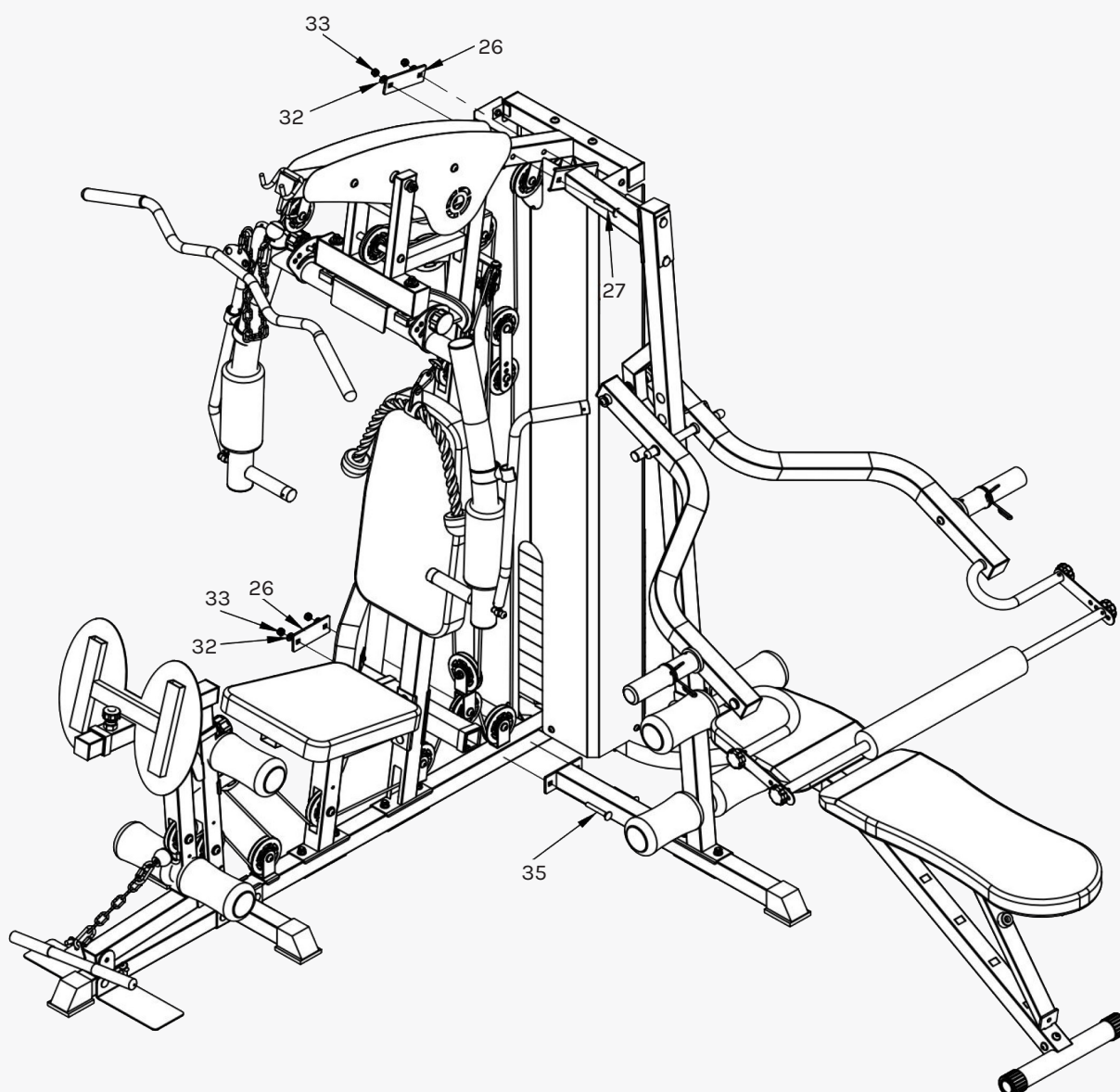
No.	Name	Qty.	No.	Name	Qty.
11	Limit Tube	1	29	Bolt M10X20	2
12	Push Arm Welding	2	31	Ø10 Thickened gasket	2
13	Push Arm Shaft	1	36	Straight Limit	1
14	Welding of Gear Lever	1			



STEP 4

- Attach the Right Diagonal Brace (25) to Right Column (2) using 110 Flat Connector (26), Carriage Bolts M10x20 (27), Flat Gasket (32) and M10 Locknut (33).
- Place the Snap Ring (22) onto the Limit Tube (11).
- Place the Plastic Sleeve (20) into the Sleeve Hanging Rod (19) and secure the rods into the Push Arm Welding (12) using Flat Gasket (32) and Bolt M10x20 (29). When in use, place the Snap Ring (21) onto the Plastic Sleeves to keep the weight plates from moving.
- Optional Accessory: Place Shoulder Cushion Rod (16) into Long Foam (15). Next, using Adjustment Sheet (17) lock the Shoulder Cushion Rod (16) and handle end of Push Arm Welding (12) using M10 Rotary Knob Thread (18). You can adjust the distance for the bar on the Adjustment Sheet (17) during use.

No.	Name	Qty.	No.	Name	Qty.
15	Long Foam	1	22	ø25 Snap Ring	1
16	Shoulder Cushion Tube	1	25	Right Diagonal Brace	1
17	Adjustment Sheet	2	26	110 Flat Connector	1
18	M10 Rotary Knob Thread	4	27	Carriage Bolts M10X70	2
19	Sleeve Hanging Rod	2	29	Bolt M10X20	2
20	Plastic Sleeve	2	32	ø10 Flat Gasket	4
21	ø50 Snap Ring	2	33	M10 Locknut	2



STEP 5

- Connect the Right Diagonal Brace (25) to the top frame holes of SS4 Single Station using 90 Flat Connector, Carriage Bolts M10x70 (27), Flat Gasket (32), and Locknut (33).
- Connect the Side to Ground (1) to the bottom frame holes of SS4 Single Station using 90 Flat Connector, Carriage Bolts M10x70 (27), Flat Gasket (32), and Locknut (33).
- Check all bolt and knobs are fully tightened before use.

No.	Name	Qty.
26	110 Flat Connector	1
27	Carriage Bolts M10X70	2
32	Ø10 Flat Gasket	4

No.	Name	Qty.
33	M10 Locknut	2
35	Carriage Bolts M10X80	2
37	90 Flat Connector	1

IV. MAINTENANCE

MAINTENANCE METHOD:

To extend the service life of the device, the parts must be lubricated on time. The product has been initially lubricated before leaving the factory, but lubrication will be required once it dries out.

 **NOTE:** Silicon oil/spray is recommended for lubrication.

1. Check all moving parts regularly. If there is a damaged part, stop using the device immediately and contact the store.
2. Ensure all bolts and nuts are fully fixed and re-tighten them when it is loose.
3. Check the welding for cracks.
4. Failure to perform routine maintenance may cause personal injury or equipment damage.
5. Ensure any handle attachments are fully secured before use to prevent from injury.

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



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