

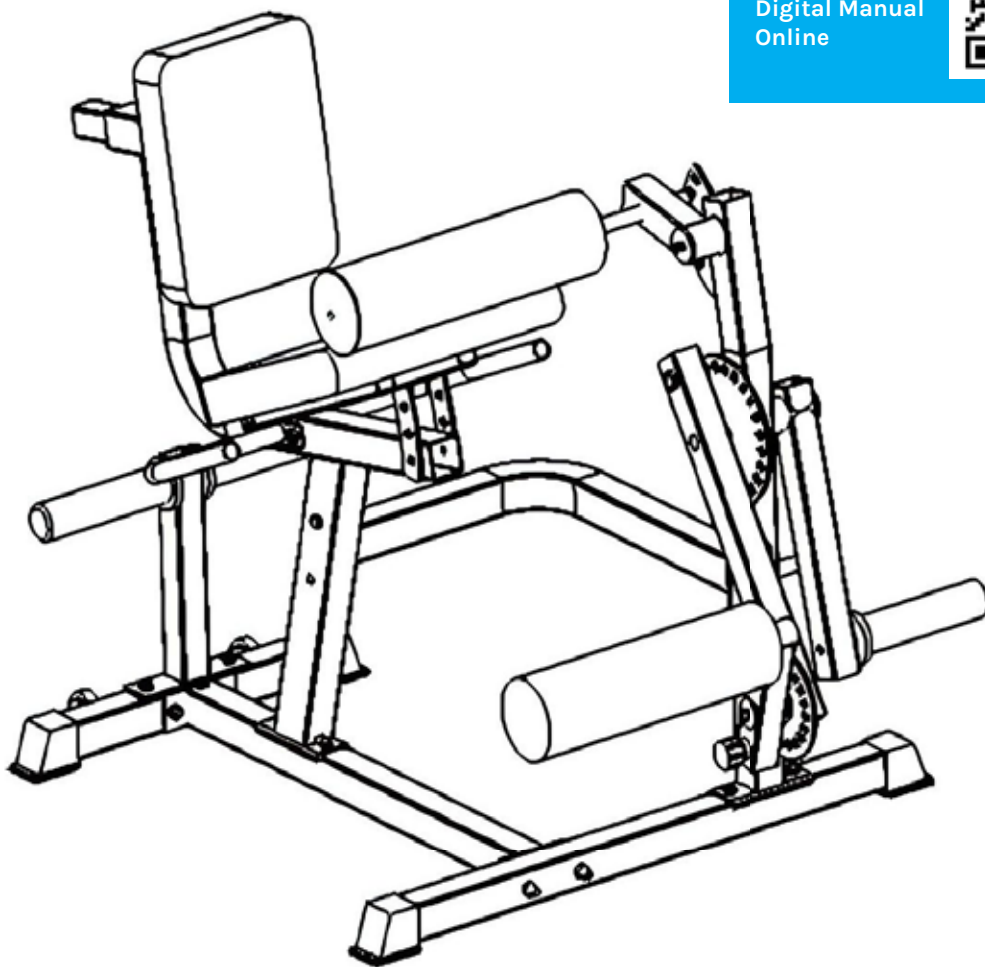
CORTEX[®]

LP-02 Leg Curl Extension 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



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I. IMPORTANT SAFETY INSTRUCTIONS

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

Please always keep this manual with you.

- Indoor and residential use only.

Place the machine on a solid, flat, level surface, with at least 2 m of clear space around it.

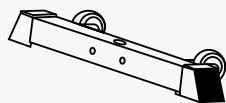
- Read the entire manual before assembly and use. The equipment must be assembled, maintained and used correctly. Inform all users of the warnings and precautions.
- Before beginning an exercise programme, consult your doctor about any medical or physical conditions that could affect safe exercise.
- Stop exercising if you experience chest tightness or pain, an irregular heartbeat, severe breathlessness, dizziness, lightheadedness or nausea. Consult your doctor before continuing.
- Keep children and pets away. Only one person should use the machine at a time.
- Check fasteners, seat and backrest supports, roller arms, locking pins and pivots before each use. Stop using the machine if anything is loose, damaged, cracked or excessively worn.
- Keep hands, fingers, limbs, hair and loose clothing clear of the roller arms, pivots, weight-plate holders and other moving parts.
- Wear suitable exercise clothing and footwear. Do not use the equipment for purposes other than its intended leg curl and leg extension exercises.
- Use smooth, controlled movements and select a manageable resistance. Do not exceed the product's confirmed user-weight or loading limits.
- Lift or move the machine carefully and obtain assistance if required. Keep this manual for future reference.

II. BEFORE ASSEMBLY

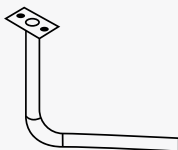
- Arrange assembly by two adults on a solid, flat, level surface with enough space to work around the equipment.
- Check all numbered components and hardware against the parts list. Some small parts may already be fitted to larger assemblies.
- Follow the diagrams in page order. Use the illustrated mounting holes and the specified fasteners for each connection.
- Where two washers are shown for a through-bolt connection, fit one under the bolt head and one under the nut.
- Start frame fasteners by hand and leave them slightly loose until the structure is aligned. Tighten fully before use, without restricting moving pivots.

III. PARTS LIST

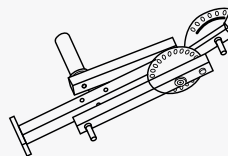
1 Rear Base - 1pc



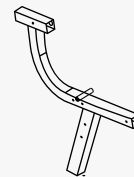
2 Left Handgrip - 1pc



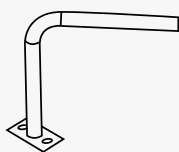
3 Front Main Frame - 1pc



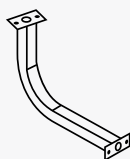
4 Main Frame - 1pc



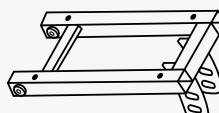
5 Right Handgrip - 1pc



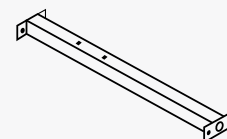
6 Bent Tube Connector - 1pc



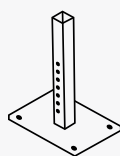
7 Seat Frame - 1pc



8 Middle Connector - 1pc



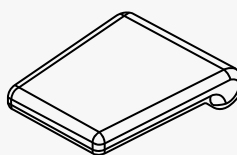
9 Backrest Frame - 1pc



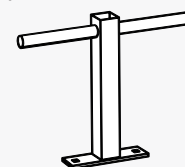
10 Backrest - 1pc



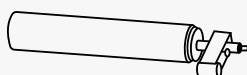
11 Seat - 1pc



12 Weight Plate Holder - 1pc



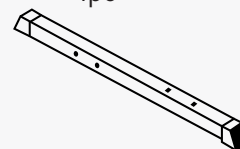
13 Upper Foam Adjuster - 1pc



14 Lower Foam Adjuster - 1pc



15 Front Base - 1pc



The fixings are pre-installed in all the parts; you will need to remove and remount.
The following list below is a guide for replacing missing parts.

16 Hex Bolt
M10x70
- 14pcs



17 Hex Bolt
M10x80
- 2pcs



18 Hex Bolt
M10x200
- 2pcs



19 Hex Bolt
M10x70
- 4pcs



20 Hex Bolt
M8x50
- 4pcs



21 Hex Bolt
M18x25
- 4pcs



22 M10 Locknut
- 16pcs



23 M10 Washer -
32pcs



24 M8 Washer -
8pcs



25 Ball Pin -
1pc



26 Plastic
Sleeve -
2pcs



27 Large
Washer -
2pcs

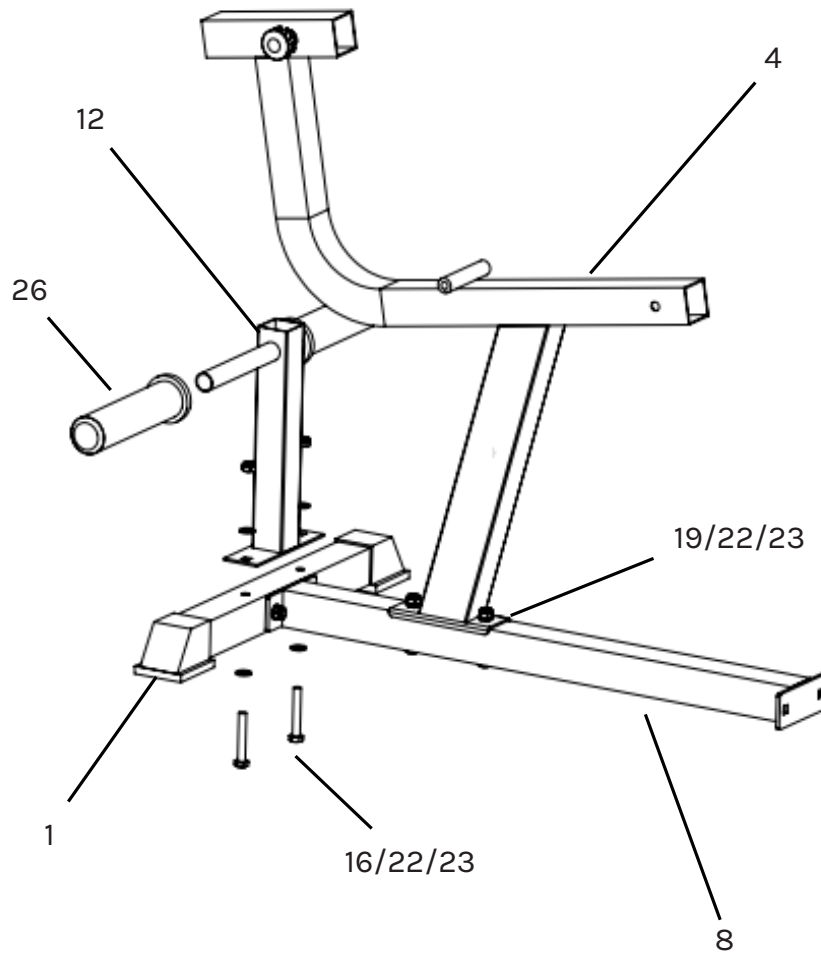


28 M6 Bolt -
2pcs



IV. ASSEMBLY INSTRUCTIONS

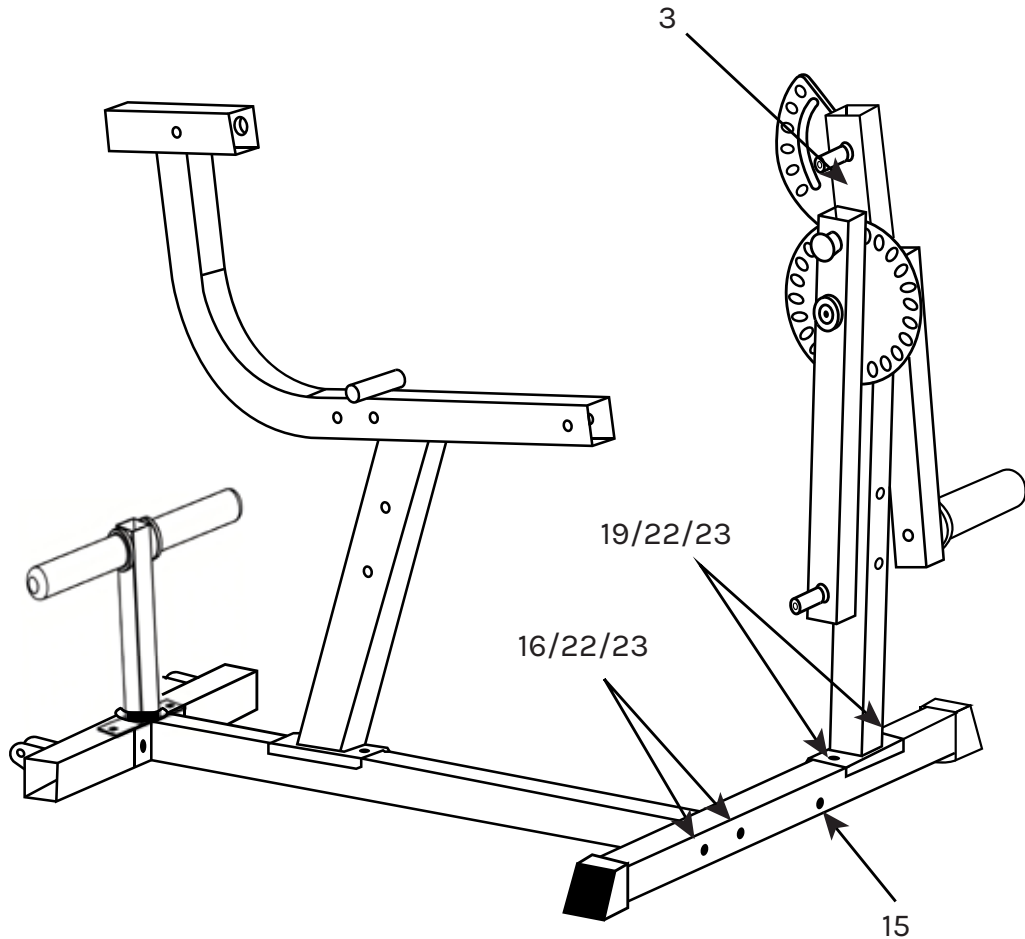
16 Hex Bolt M10x70 - 2pcs	19 Hex Bolt M10x70 - 2pcs	22 M10 Locknut - 4pcs	23 M10 Washer - 8pcs
			



STEP 1 - REAR BASE AND MAIN FRAME

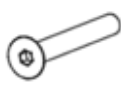
Connect Rear Base (1), Main Frame (4) and Middle Connector (8) as shown. Fit Weight Plate Holder (12) and the illustrated Plastic Sleeve (26). Start the M10 frame fasteners by hand.

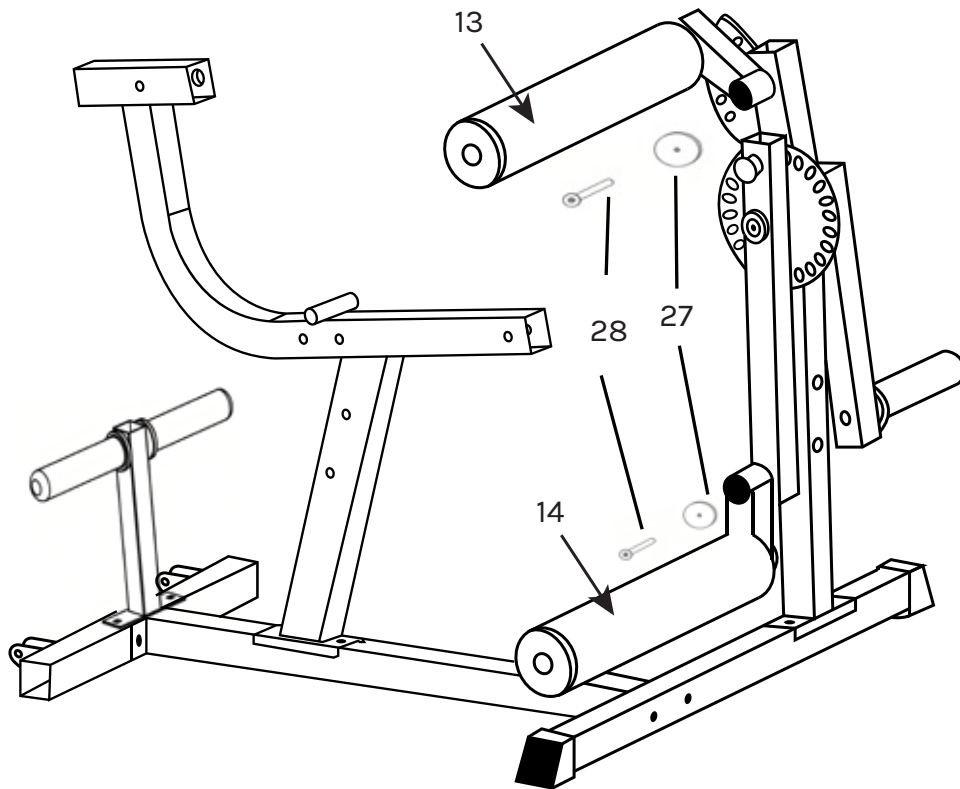
16 Hex Bolt M10x70 - 2pcs 	19 Hex Bolt M10x70 - 2pcs 	22 M10 Locknut - 4pcs 	23 M10 Washer - 8pcs 
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STEP 2 – FRONT BASE AND FRONT FRAME

Attach Front Main Frame (3) and Front Base (15) to the partially assembled base as shown. Ensure the bolts face the same direction as illustrated in Step 1. Fit the second Plastic Sleeve (26) to the other illustrated weight peg.

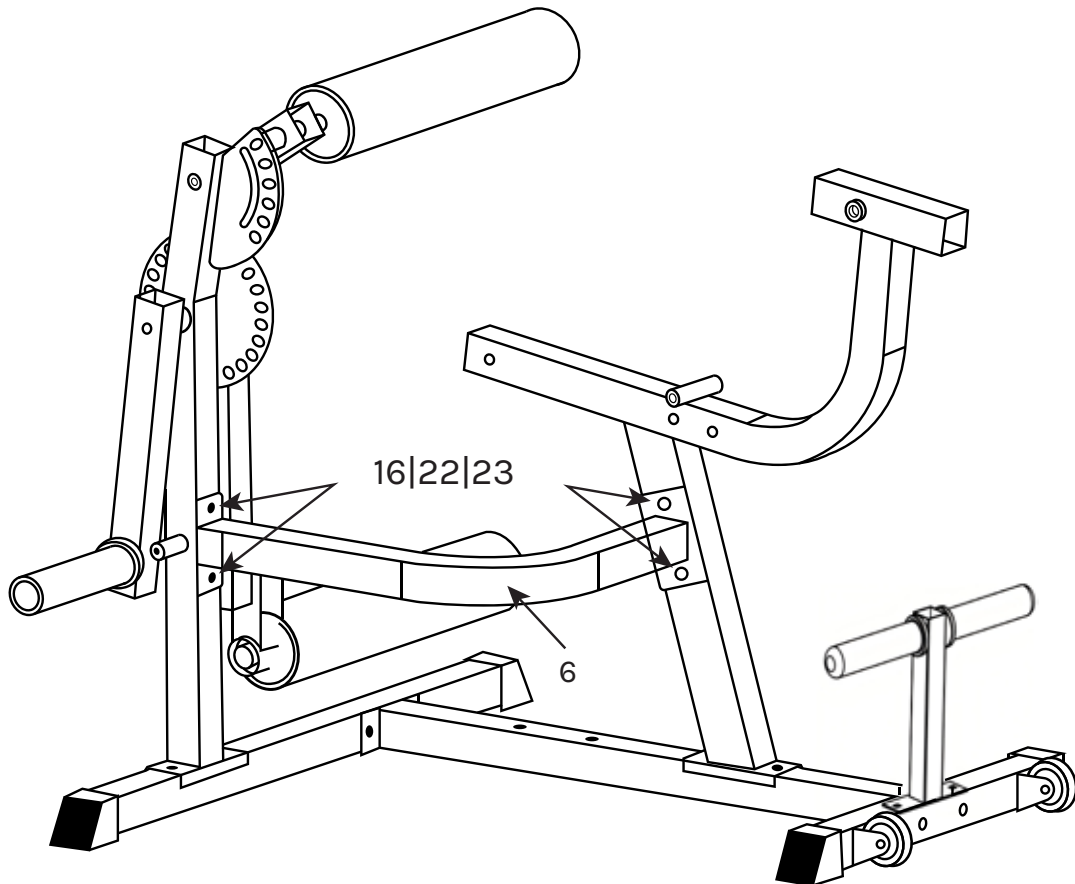
27 Large Washer - 2pcs	28 Bolt M6 - 2pcs
	



STEP 3 – UPPER AND LOWER FOAM ADJUSTERS

Position Upper Foam Adjuster (13) and Lower Foam Adjuster (14) on the front mechanism as illustrated. Secure the M6 Bolts (28) and Large Washers (27) to the foam arm brackets, as pictured.

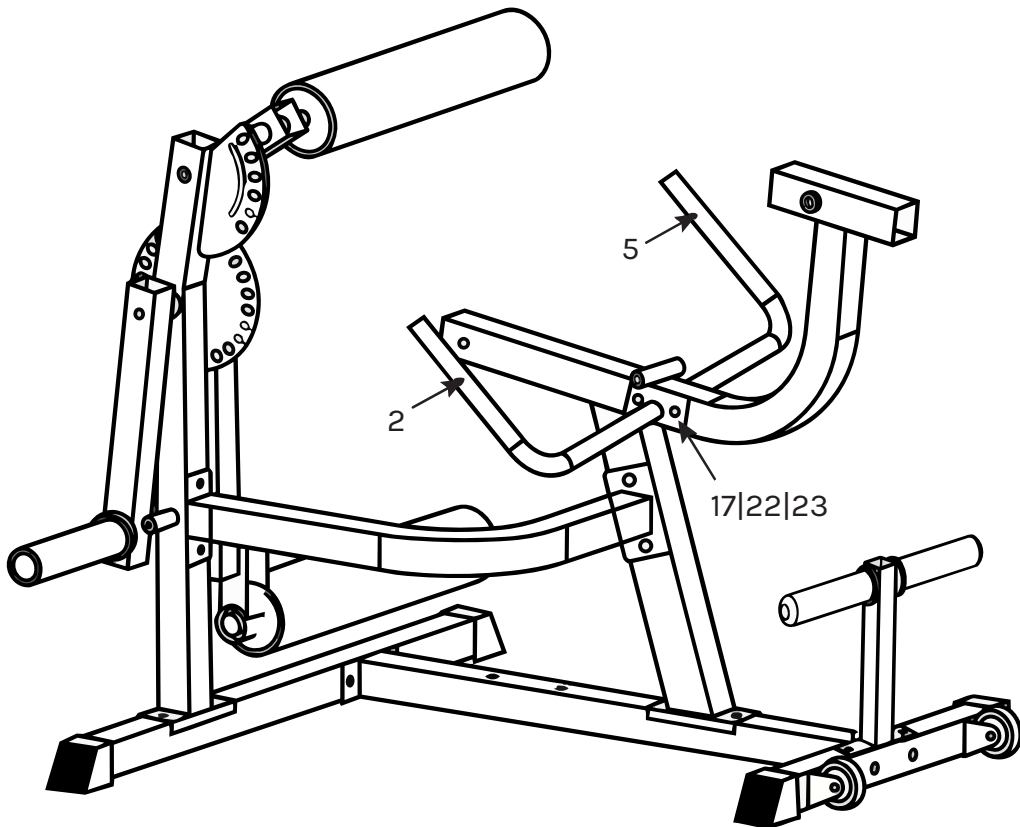
16 Hex Bolt M10x70 - 4pcs 	22 M10 Locknut - 4pcs 	23 M10 Washer - 8pcs 
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STEP 4 – BENT TUBE CONNECTOR

Fit Bent Tube Connector (6) between the front and rear uprights, following the orientation in the diagram. Secure both ends with the M10 fasteners.

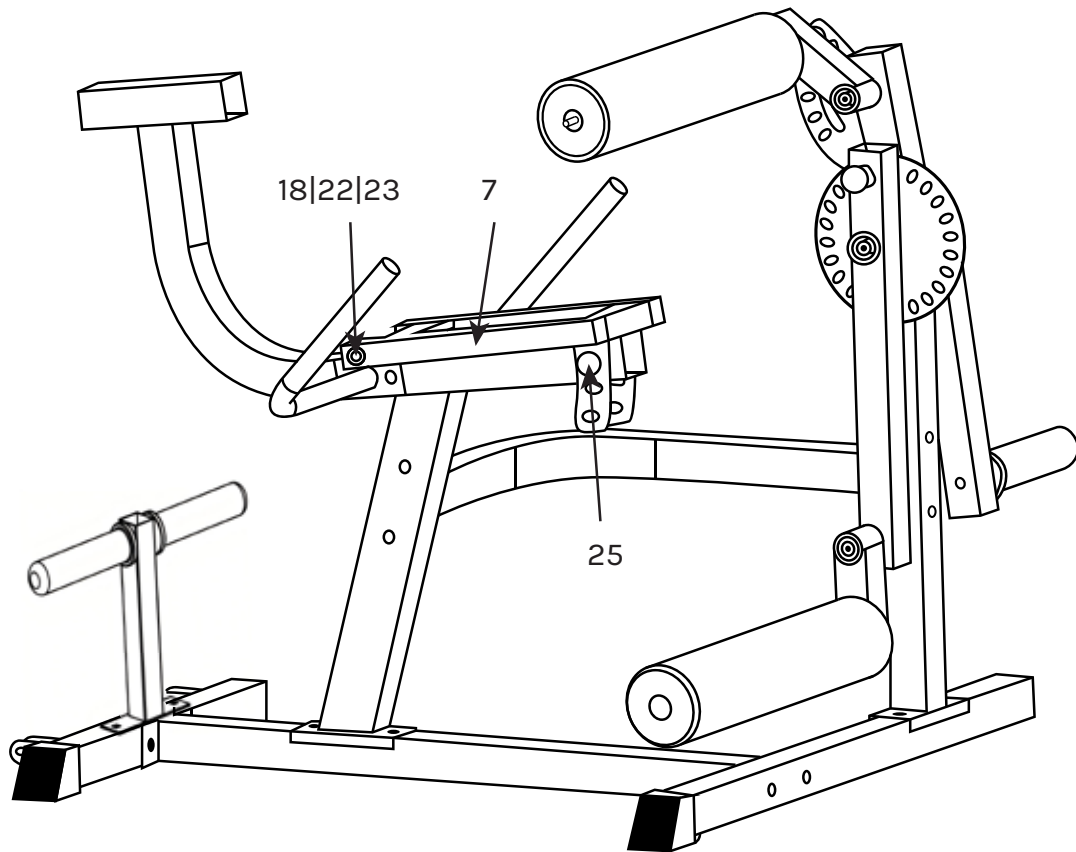
17 Hex Bolt M10x80 - 2pcs 	22 M10 Locknut - 2pcs 	23 M10 Washer - 4pcs 
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STEP 5 – HANDGRIPS

Attach Left Handgrip (2) and Right Handgrip (5) to the seat support as shown. Secure them with M10 x 80 Bolts (17), M10 Washers (23) and M10 Locknuts (22).

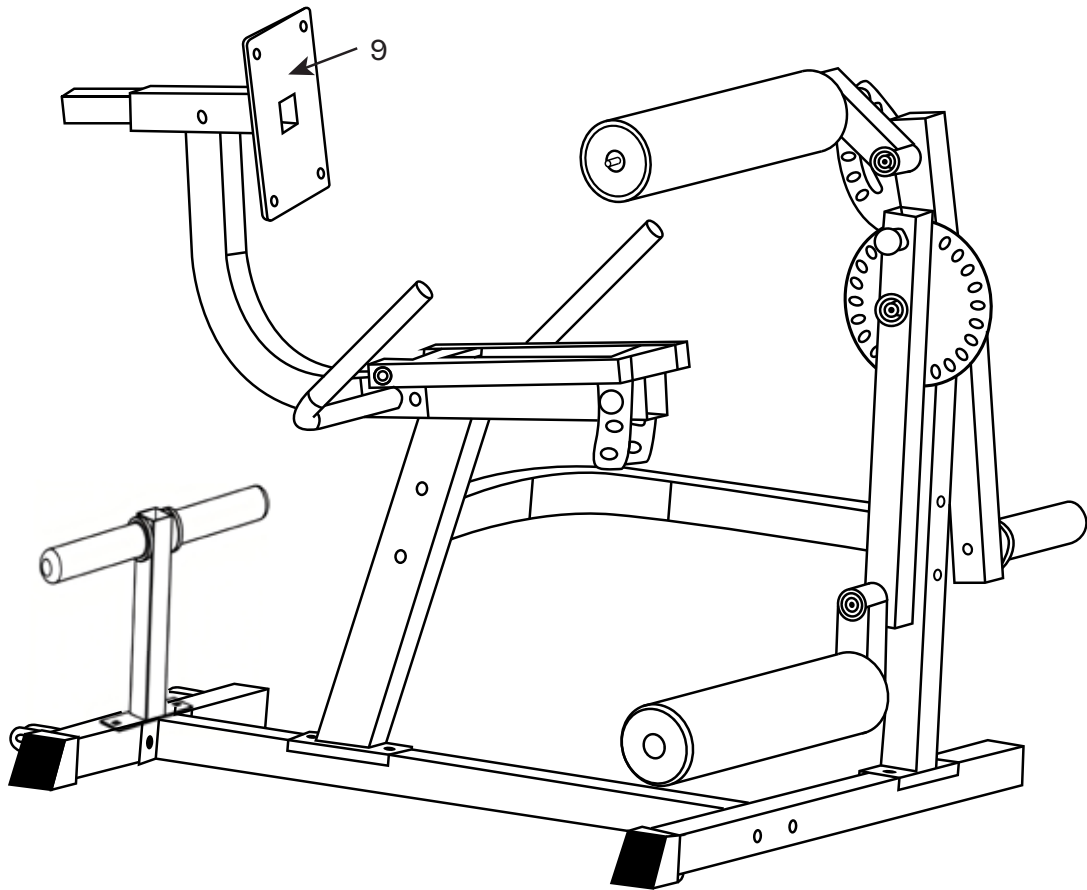
18 Hex Bolt M10x200 - 2pcs 	22 M10 Locknut - 2pcs 	23 M10 Washer - 4pcs 
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STEP 6 – SEAT FRAME AND ADJUSTMENT PIN

Attach Seat Frame (7) at the illustrated pivot points using the specified M10 x 200 hardware. Insert Ball Pin (25) fully through the aligned seat-adjustment holes before use.

Tip: Fully insert Ball Pin (25) through aligned holes before use.

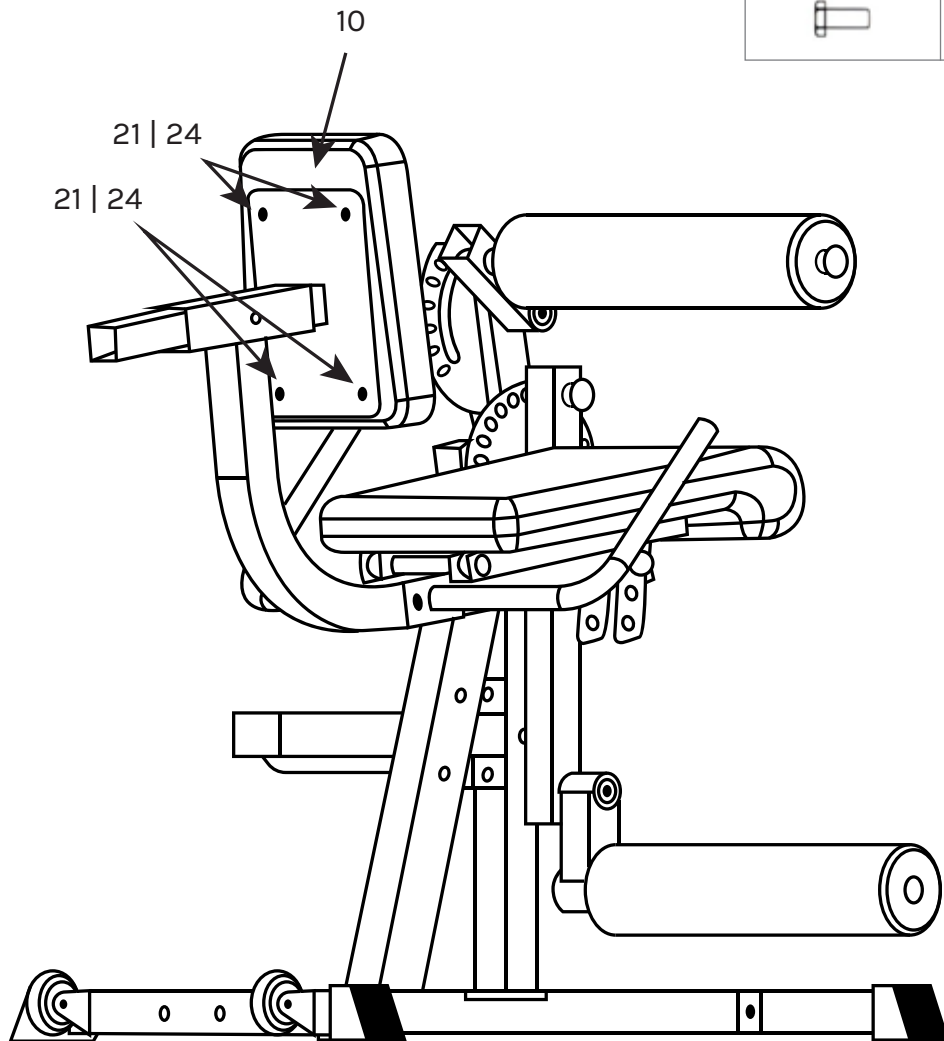


STEP 7 — BACKREST FRAME

Position Backrest Frame (9) through the Main Frame (4) tube at the back. Use the lock pin to adjust the back rest distance during exercise.

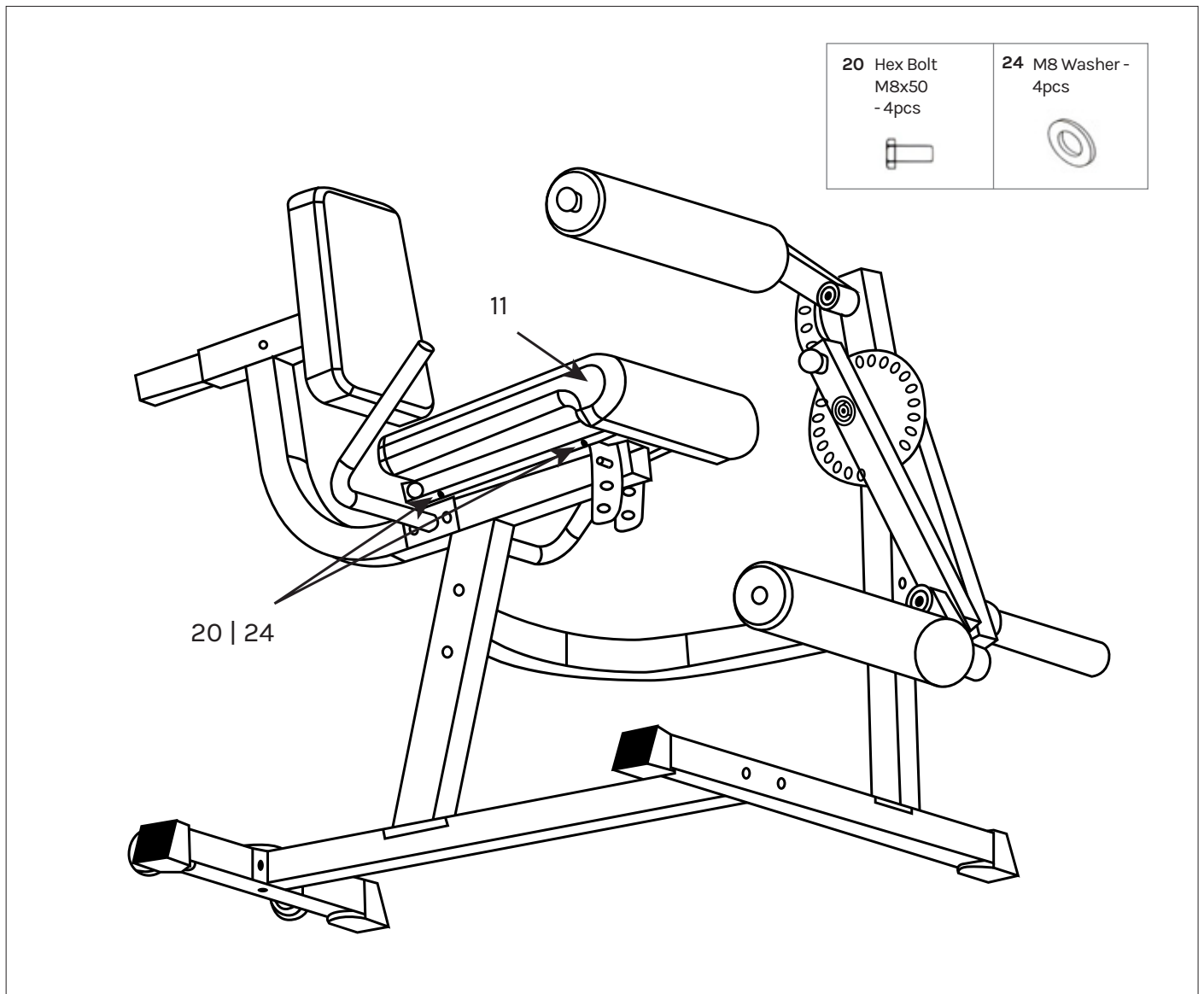
Tip: Ensure you fully lock the back rest frame after each adjustment during exercise.

21 Hex Bolt M18x25 - 4pcs	24 M8 Washer - 4pcs
	



STEP 8 – BACKREST CUSHION

Secure Backrest (10) to Backrest Frame (9) using four M18 x 25 Bolts (21) and four M8 Washers (24), as illustrated. Confirm the bolt specification against the packed hardware.



STEP 9 – SEAT CUSHION

Secure Seat (11) to Seat Frame (7) using four M8 x 50 Bolts (20) and four M8 Washers (24), as illustrated.

FINAL CHECKS

- After alignment, tighten all frame connections securely. Confirm that any pivot joint can move as intended.
- Confirm both handgrips, the seat and backrest are firmly fitted and that all illustrated washers and nuts are installed.
- Fully insert Ball Pin (25) at the selected seat position. Confirm the upper and lower foam adjusters are secured.
- Check that each moving arm travels smoothly without catching the frame. Keep hands away from the movement path while checking.
- Do not use the machine if a mounting method, fastener size, adjustment lock or part quantity remains unresolved.

V. CARE AND CLEANING

- Wipe down the frame, handgrips, upholstery and foam rollers after use with a soft, dry cloth.
- Do not use abrasive cleaners or sharp objects on painted, plastic or upholstered surfaces.
- Keep the machine indoors and away from excessive moisture.

VI. MAINTENANCE

- Inspect the frame, welds, weight pegs, fasteners, pivots, locking pin and foam rollers regularly for looseness, wear or damage.
- Re-tighten loose fasteners and lubricate moving joints as required using a suitable lubricant, without contaminating the pads or handgrips.
- If movement becomes abnormal, unusual noise occurs, or a structural or moving component is damaged, stop using the machine until the issue is corrected.

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



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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