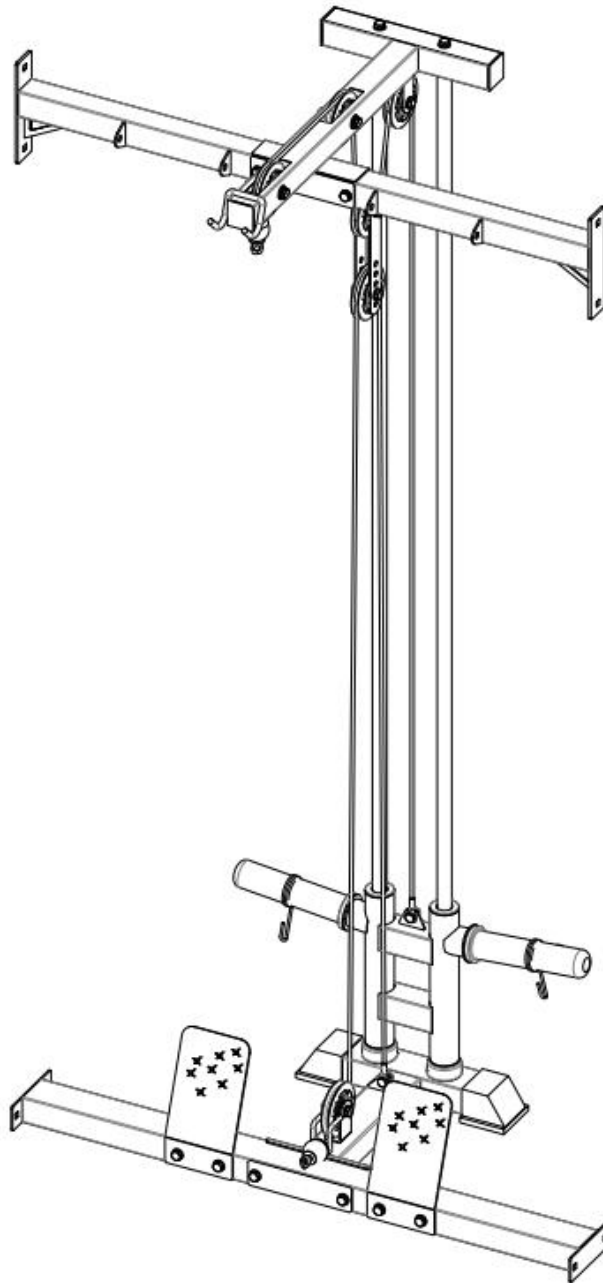


CORTEX[®]

SM25 Pulley Station Add On

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.**

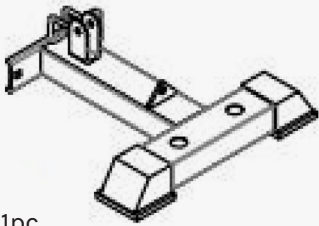
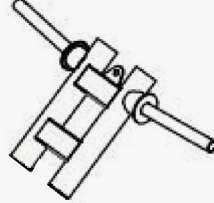

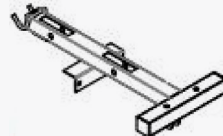
To ensure your safety, read the following precautions before using this product







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 user weight of this product shall not exceed 100kg.
12. The product is subject to change without notice and the final interpretation belongs to the Division.






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

1	2	3	4
			
1pc	1pc	2pcs	1pc

5	6	7	8	9	10
					
2pcs	2pcs	2pcs	2pcs	M10x90 6pcs	M10x70 4pcs

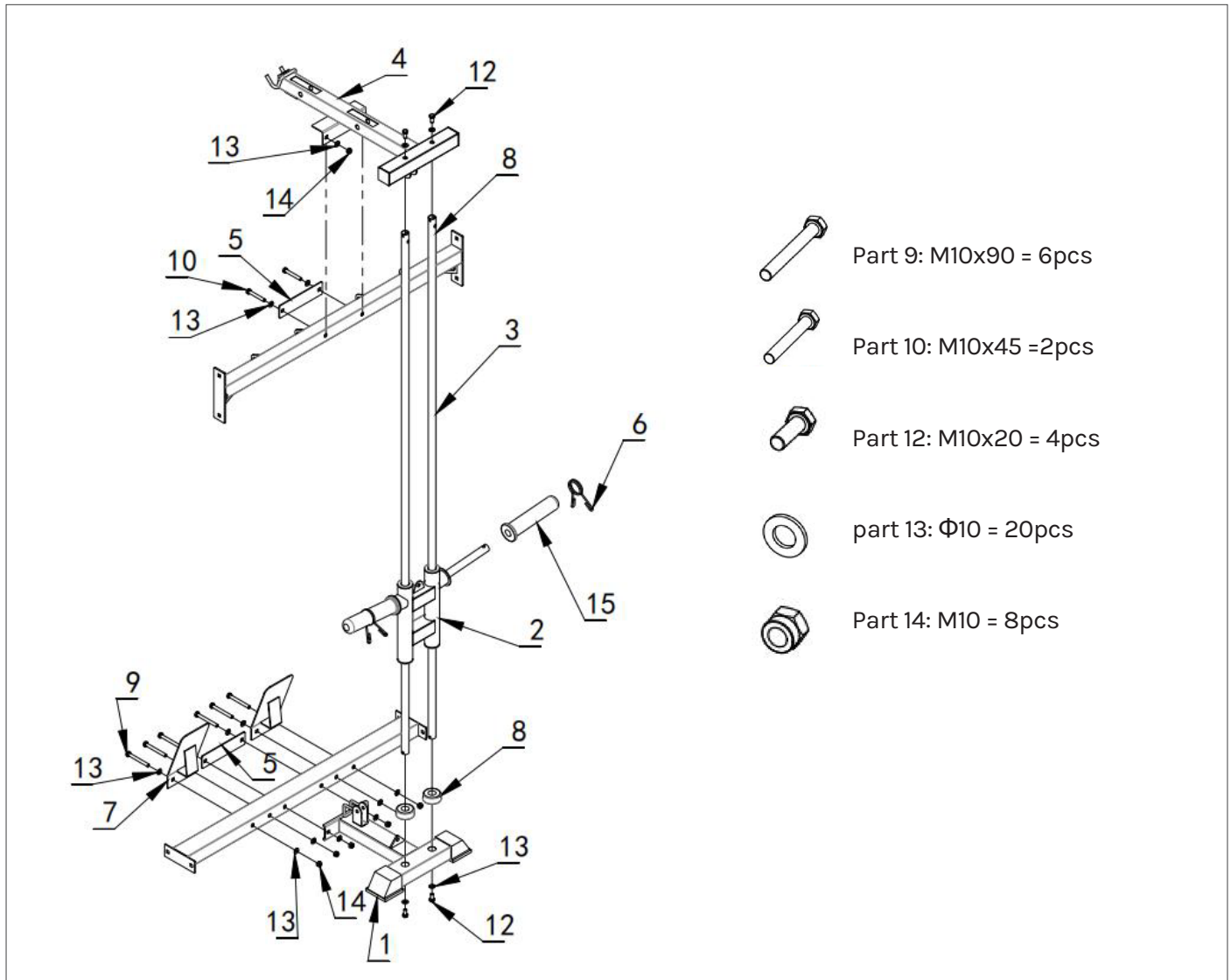
11	12	13	14	15
				
M10x45 4pcs	M10x20 6pcs	Ø10 36pcs	M10 16pcs	2pcs

16	17	18	19	20
				
6pcs	2pcs	1pc Length: 3430mm	1pc Length: 2810mm	4pcs

IV. ASSEMBLY INSTRUCTIONS

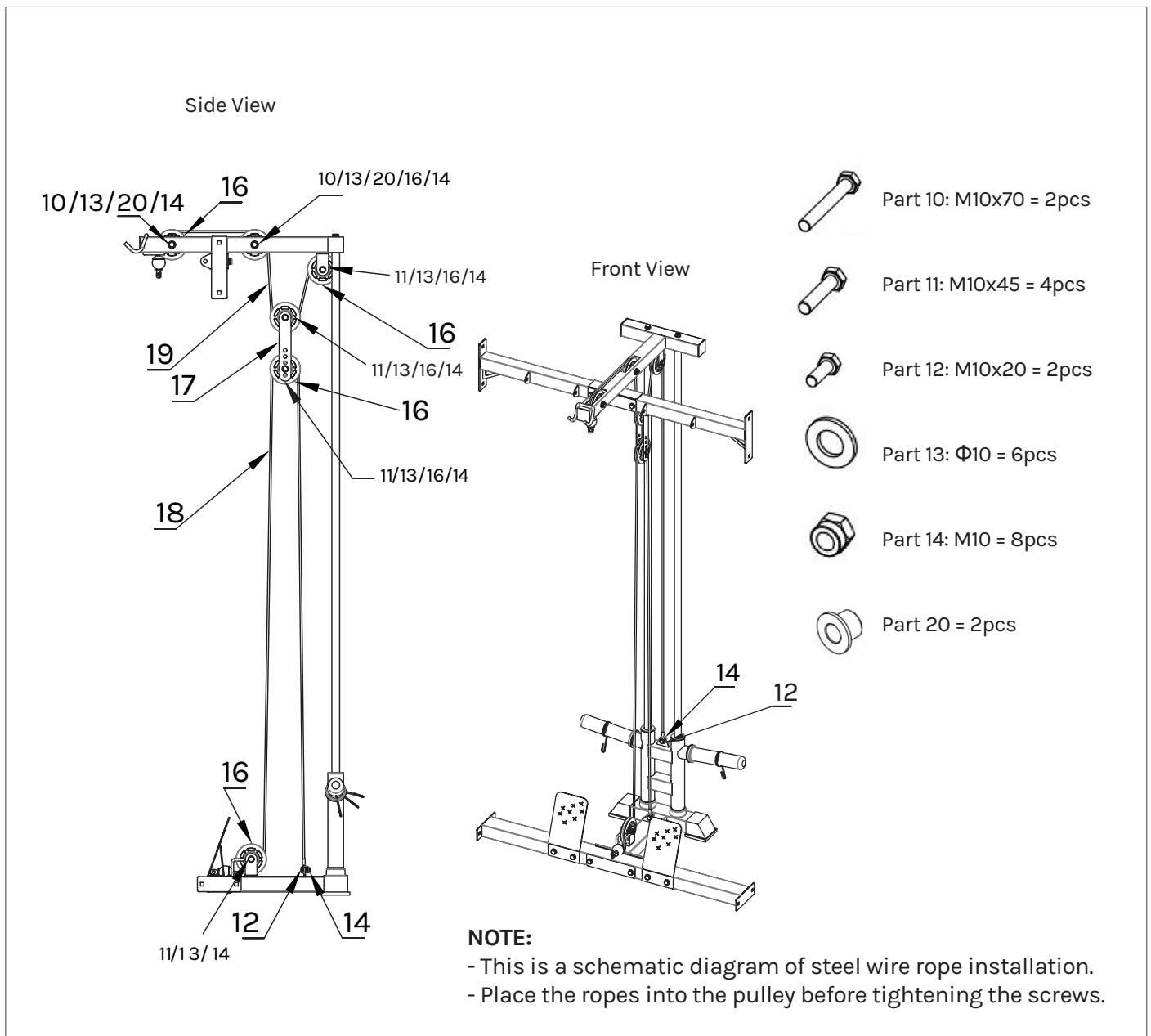
⚠ CAUTION

1. Gaskets should be placed at both ends of the bolt (opposite the bolt head and nut), unless otherwise specified.
2. Preliminary assembly requires tightening all bolts and nuts by hand. Once fully assembled, tighten them with a wrench.
3. Some spare parts have been pre-assembled at the factory.
4. It is recommended that this product be installed by two or more people.



STEP 1

1. Install part (#3) onto part (#1) as shown in the diagram, and secure it with a flat washer (#13) and nut (#14).
2. Place parts (#1) and (#5) on both sides of the rear connecting frame, and fix them with bolts (#9), flat washers (#13), and nuts (#14).
3. As shown in the diagram, place part (#7) on the side of the rear connecting frame and secure it with bolts (#9), flat washers (#13), and nuts (#14).
4. Place parts (#8) and (#2) into part (#3). Then, position parts (#6) and (#15) on both sides of part (#2), respectively.
5. Install part (#4) onto part (#3) as shown in the diagram, and secure it with a flat washer (#13) and nut (#14).
6. Connect the other side to the upper connecting frame and place it on top of part (#5), then fix it with bolts (#10), flat washers (#13), and nuts (#14).



STEP 2

1. Install cable part (#19) to the top post from ball end to the pulley (#16) at the front using part (#10) bolt, part (#13) gasket, part (#20), and part (#14) nut.
2. Run the cable through the next pulley and secure using the same parts as step 2.
3. For the next pulley, attach 2x part (#17) on either side of the pulley and secure with part (#11) bolt, part (#13) gasket and part (#14) nut. Let it hang and feed the cable to the next pulley.
4. On the next pulley, secure using part (#11) bolt, part (#13) gasket and part (#14) nut.
5. To finish off the cable (#19) installation, (see front view) secure the cable to the part (#2) weight slider using part (#14) nut and part (#12) bolt.
6. From the ball end of cable (#18) secure to the bottom pulley using part (#11) bolt, part (#13) gasket) and part (#14) nut.
7. For the next pulley attach it to the 2x part (#17) using part (#11) bolt, part (#13) gasket) and part (#14) nut. When fitting to the part (#17) choose the hole that provides more tension for the cables so they are not slack. Having the cables too loose can cause it to come off the pulley.
8. Finally install the end of the cable to the bottom frame using part (#14) nut and part (#12) bolt.

IV. EXERCISE GUIDE

ⓘ PLEASE NOTE:

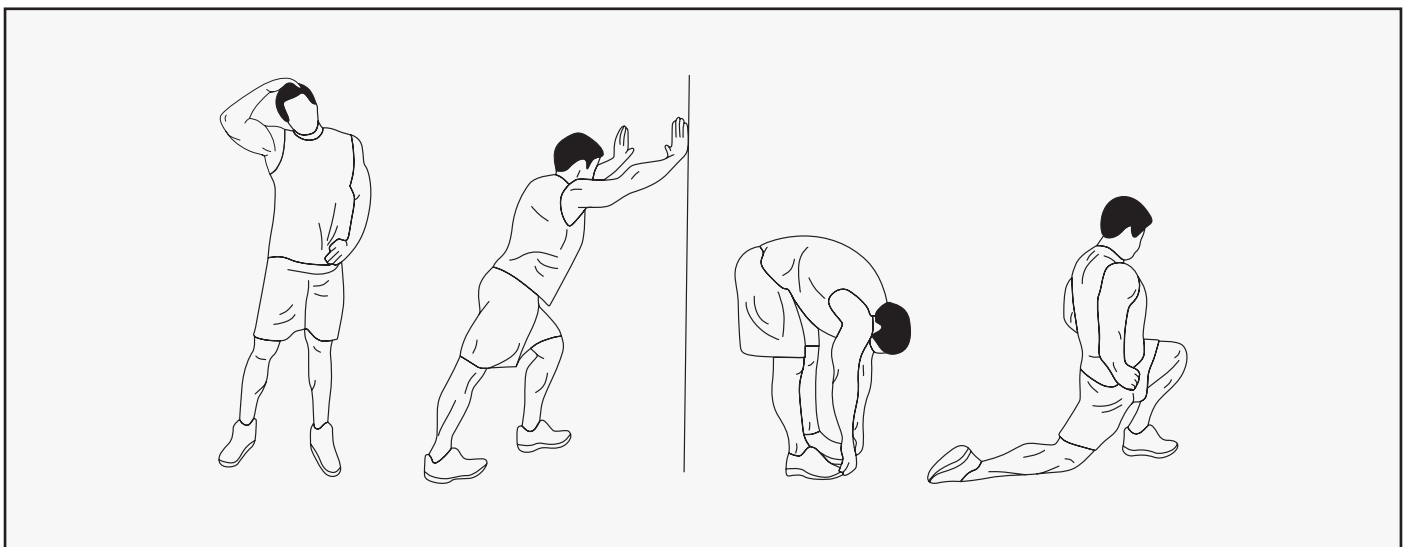
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

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

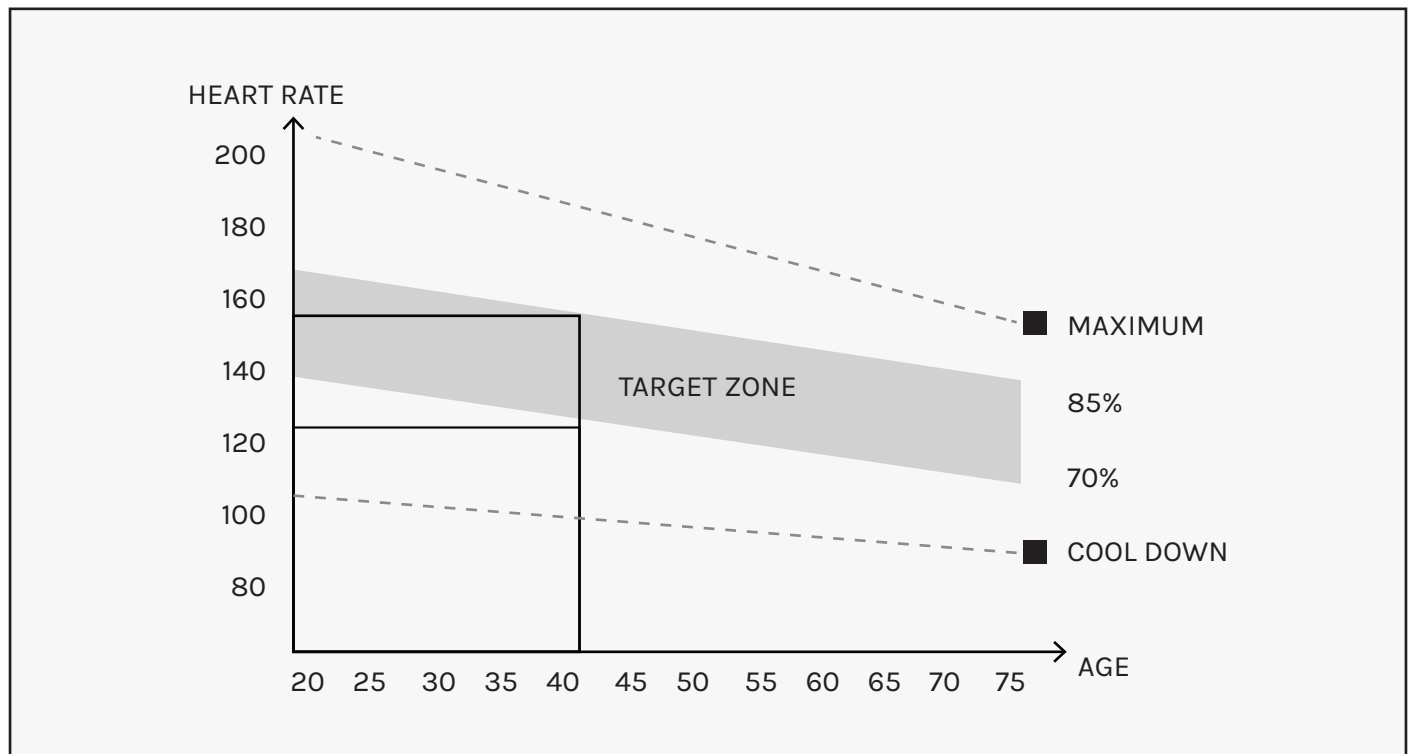
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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. 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 is required between the guide rod and the weight plate over time.



NOTE: Silicon oil/spray is recommended for lubrication.

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

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 <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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