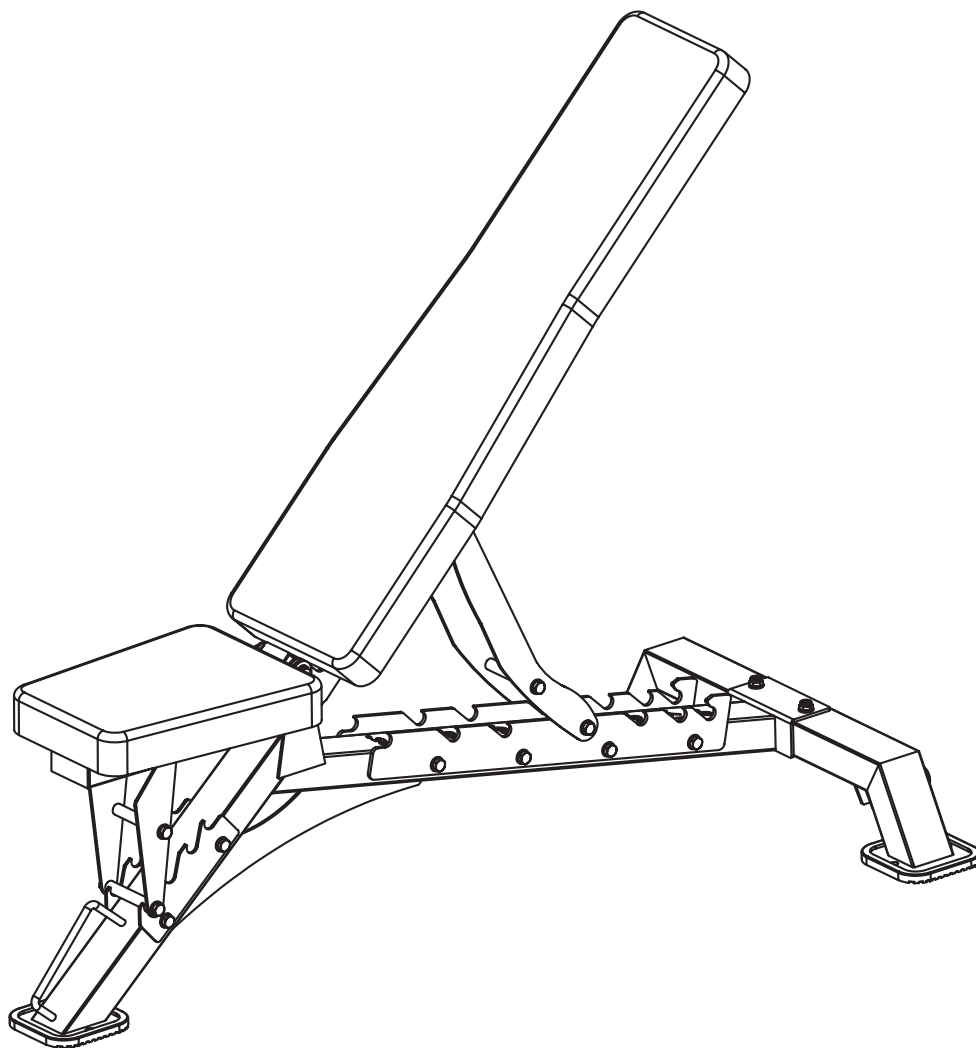


CORTEX[®]

FID12 Alpha Series Commercial FID Bench

USER MANUAL



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. Important Safety Instructions	03
II. Care Instructions	04
III. Parts List	05
IV. Assembly Instructions	06
V. Warranty	11

I. IMPORTANT SAFETY INSTRUCTIONS

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

Please always keep this manual with you.

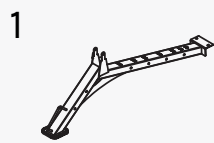
- This equipment is designed for indoor and family use only.
- The equipment is not suitable for therapeutic use.
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.
- **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

- 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.

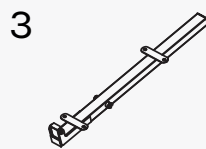
III. PARTS LIST



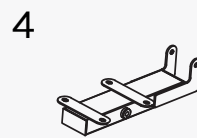
Main Frame: 1pc



Rear Floor
Frame: 1pc



Backrest Frame: 1pc



Seat Cushion
Frame: 1pc



Seat Cushion
Frame: 2pcs



Small Serrated
Tooth: 2pcs



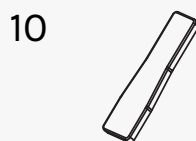
Large Connecting
Plate: 2pcs



Small Connecting
Plate: 2pcs



100mm Rotating
Shaft: 4pcs



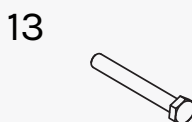
Backrest Pad: 1pc



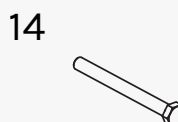
Seat Pad: 1pc



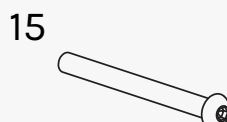
Flat Connecting
Plate: 1pc



Hex Head Bolt
M10x95: 6pcs



Hex Head Bolt
M10x100: 1pc



Pan Head Bolt
M10x120: 2pcs



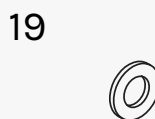
Hex Head Bolt.
M10x16: 8pcs



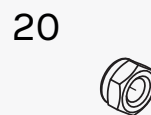
Hex Head Bolt.
M8x16: 10pcs



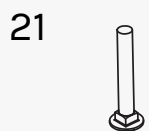
Ø10 Flat
Washer: 28pcs



Ø8 Flat
Washer: 10pcs

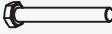


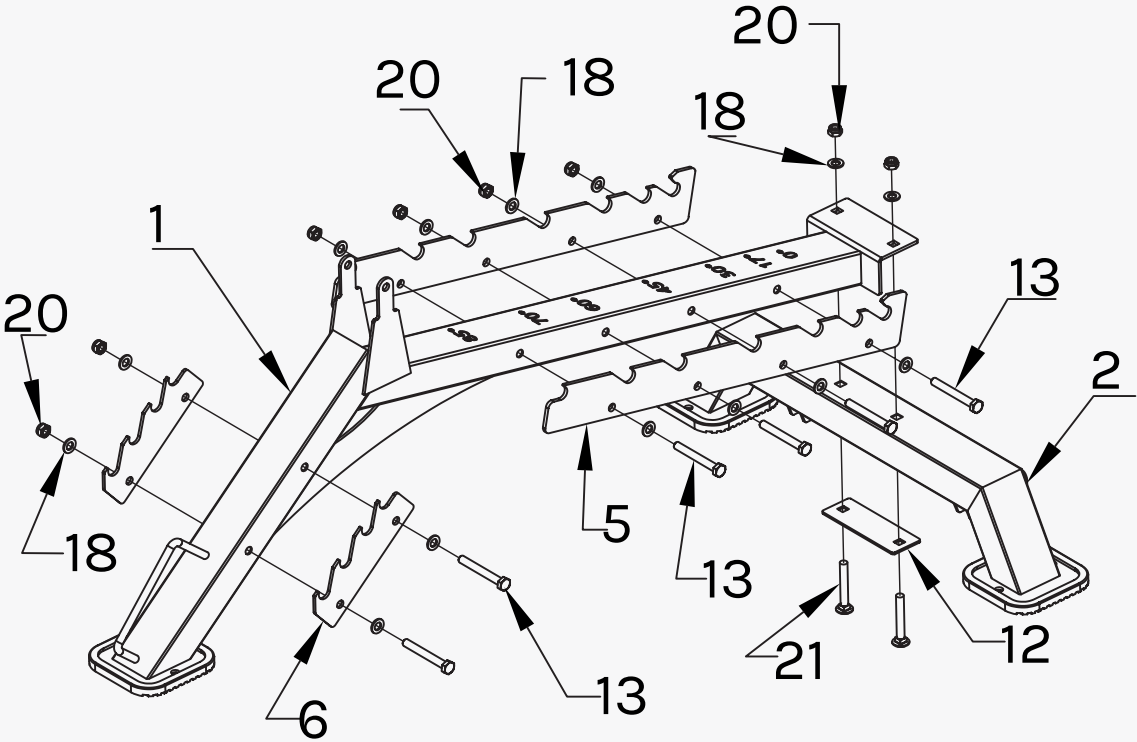
M10 Nut: 11pcs



Carriage Bolt
M10x70: 2pcs

IV. ASSEMBLY INSTRUCTIONS

12	13	21	18	20
FIAT CONNECTING PLATE-110MM 	BOLT (M10*95) 	BOLT (M10*70) 	WASHER (M10) 	LOCKNUT (M10) 
x 1pc	x 6pcs	x 2pcs	x 14pcs	x 8pcs



STEP 1

1. Connect Main Frame #1 to Rear Frame #2

Align Main Frame #1 with Rear Frame #2.

Insert Bolts #13 through Flat Connecting Plate #12 and into the Rear Frame #2 and Main Frame #1. Place a Washer #18 on each bolt and secure using Lock nuts #20.

2. Attach Small Serrated Tooth #5

Place a Washer #18 to Bolts #13 then pass through the mounting holes.

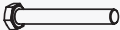
Add another Washer #18 to each bolt and secure with Lock nuts #20.

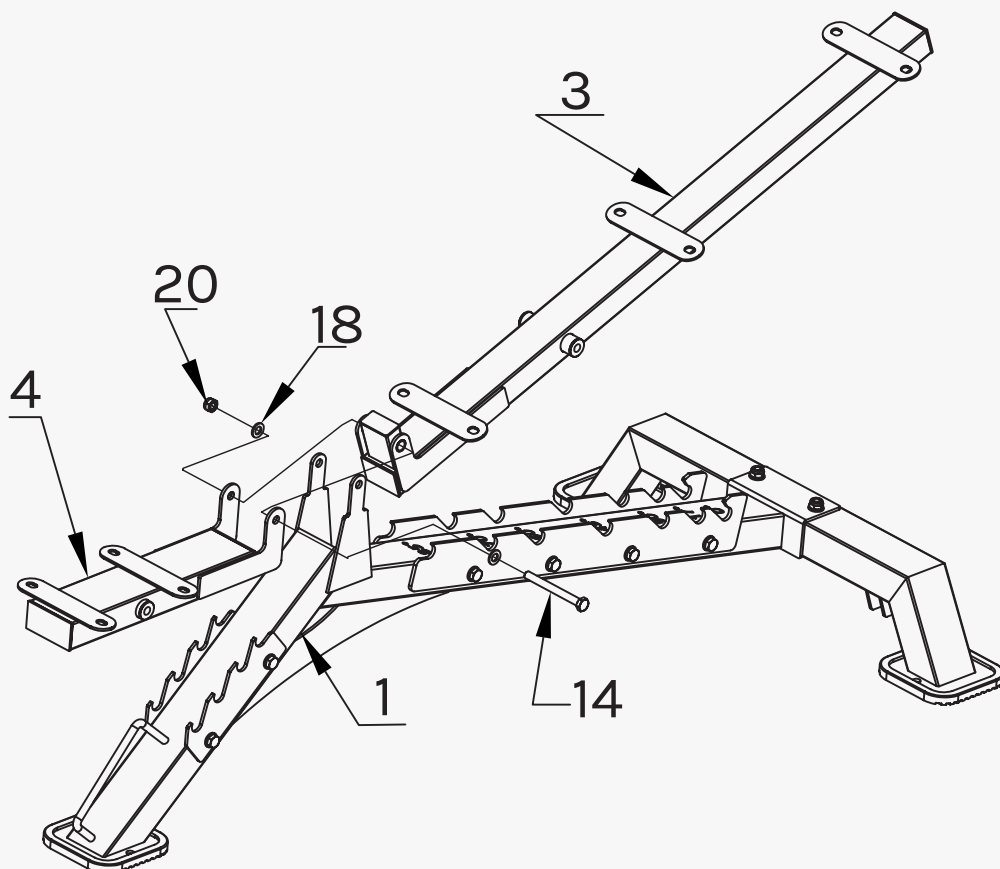
3. Attach Seat Cushion Frame #6

Place a Washer #18 to Bolts #13 then pass through the mounting holes.

Add another Washer #18 to each bolt and secure with Lock nuts #20.

4. Tighten all bolts.

14	18	20
BOLT (M10*100)	WASHER (M10)	LOCKNUT (M10)
		
x 1pc	x 2pcs	x 1pc



STEP 2

1. Attach Backrest Frame #3 and Seat Cushion Frame #4

Align the mounting holes of Backrest Frame #3 to Main Frame #1.

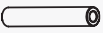
Place Seat Cushion Frame #4 to align with the mounting holes on both part #3 and part #1.

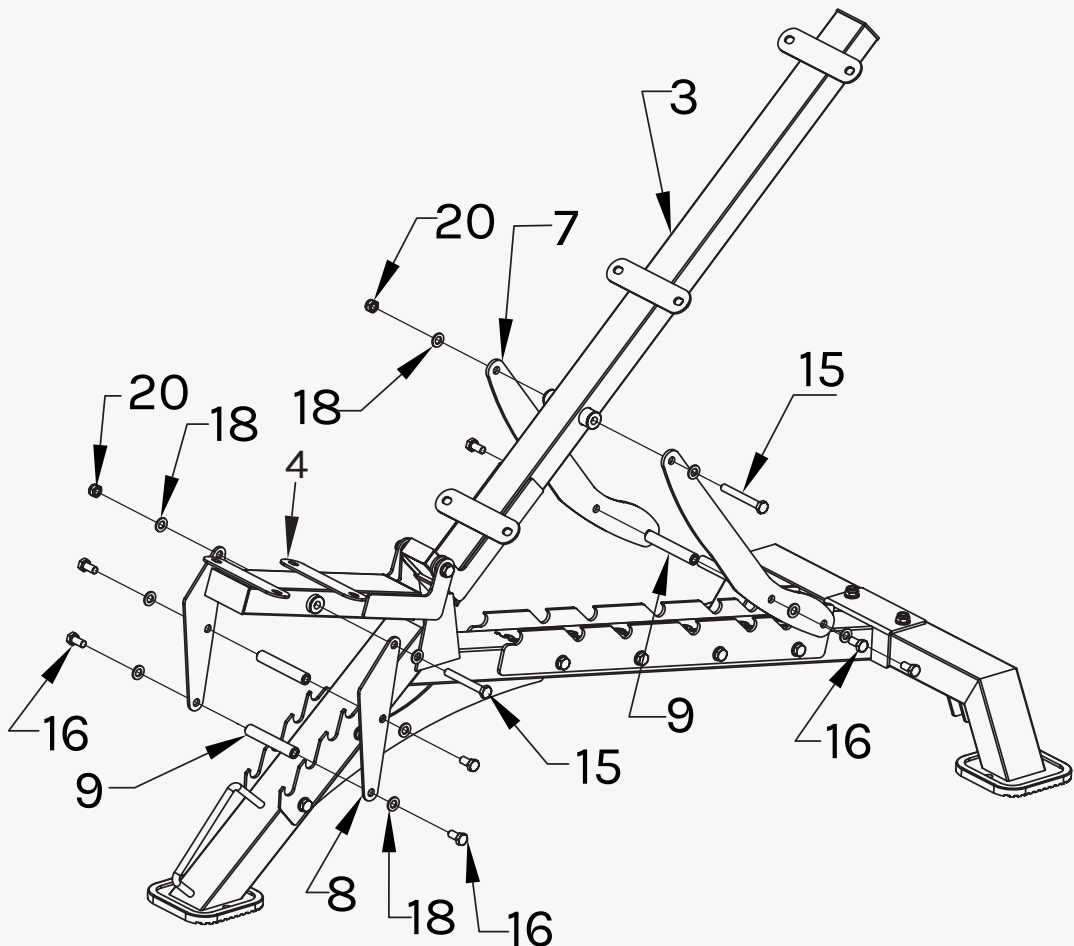
2. Secure the Assembly

Place a Washer #18 to Bolt #14 then pass through the aligned holes of Parts #1, #3, and #4.

Place another Washer #18 to the bolt and fasten with Lock nut #20.

Tighten securely.

9	15	16	18	20
100MM ROTATING SHAFT 	BOLT (M10*120) 	BOLT (M10*16) 	WASHER (M10) 	LOCKNUT (M10) 
x 4pc	x 2pc	x 8pc	x 12pcs	x 2pcs



STEP 3

1. Install Rotating Shaft #9 to Small Connecting Plates #8

Join the 2x Small Connecting Plate #8 together using 2x Rotating Shaft #9 (as pictured). Secure using Bolts #16 and Washers #18.

2. Connect to Seat Cushion Frame #4

Position the assembled components onto Seat Cushion Frame #4 hole. Add a Washer #18 to Bolt #15 then pass through the mounting points. Add another Washer #18 and secure with Lock nut #20.

3. Install Rotating Shaft #9 to Large Connecting Plates #7

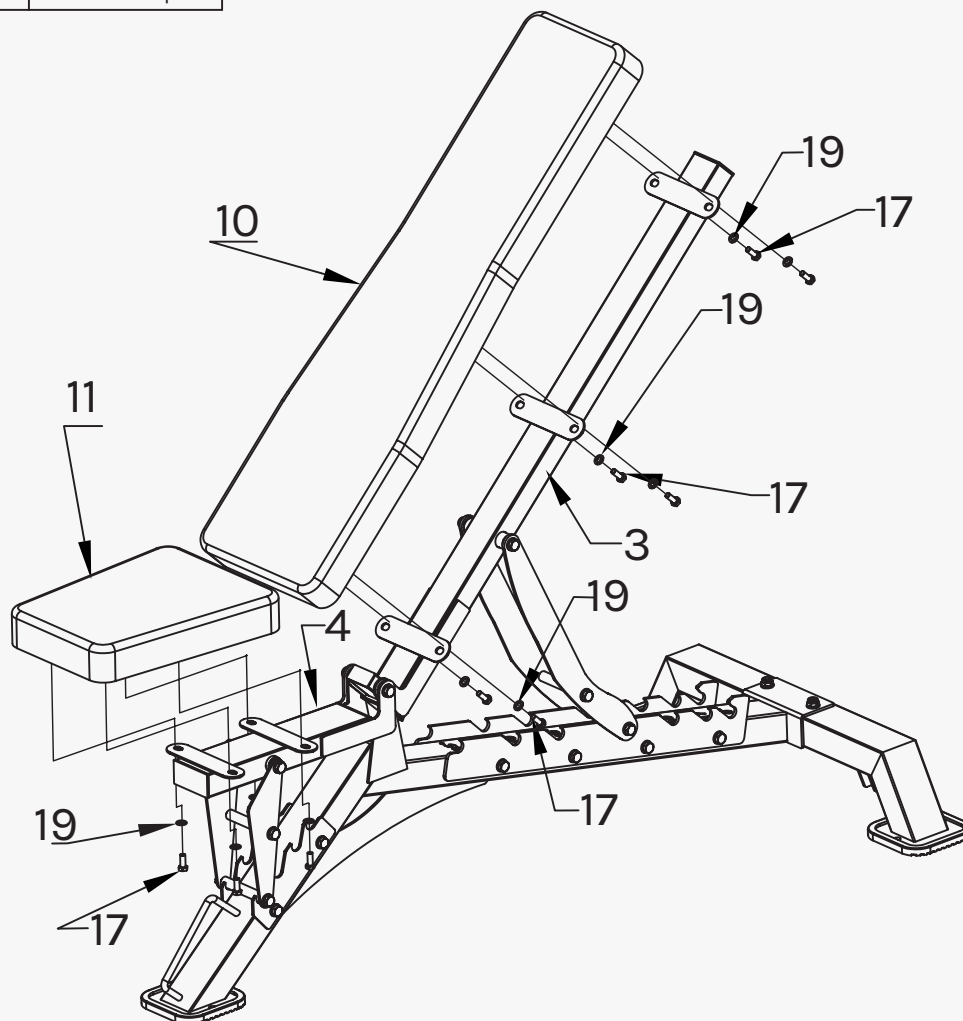
Join the 2x Large Connecting Plate #7 together using 2x Rotating Shaft #9 (as pictured). Secure using Bolts #16 and Washers #18.

4. Connect to Backrest Frame #3

Position the assembled components onto Backrest Frame #3 hole. Add a Washer #18 to Bolt #15 then pass through the mounting points. Add another Washer #18 and secure with Lock nut #20.

Tighten all bolts.

17	19
BOLT (M8*16)	WASHER (M8)
	
x 10pc	x 10pcs



STEP 4

1. Attach Seat Pad #11

Align Seat Pad #11 with Seat Cushion Frame #4.

Secure using Bolts #17 and Washers #19 as shown in the diagram.

2. Attach Backrest Pad #10

Align Backrest Pad #10 with Backrest Frame #3.

Fasten using Bolts #17 and Washers #19.

3. Check and tighten all Bolts

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



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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