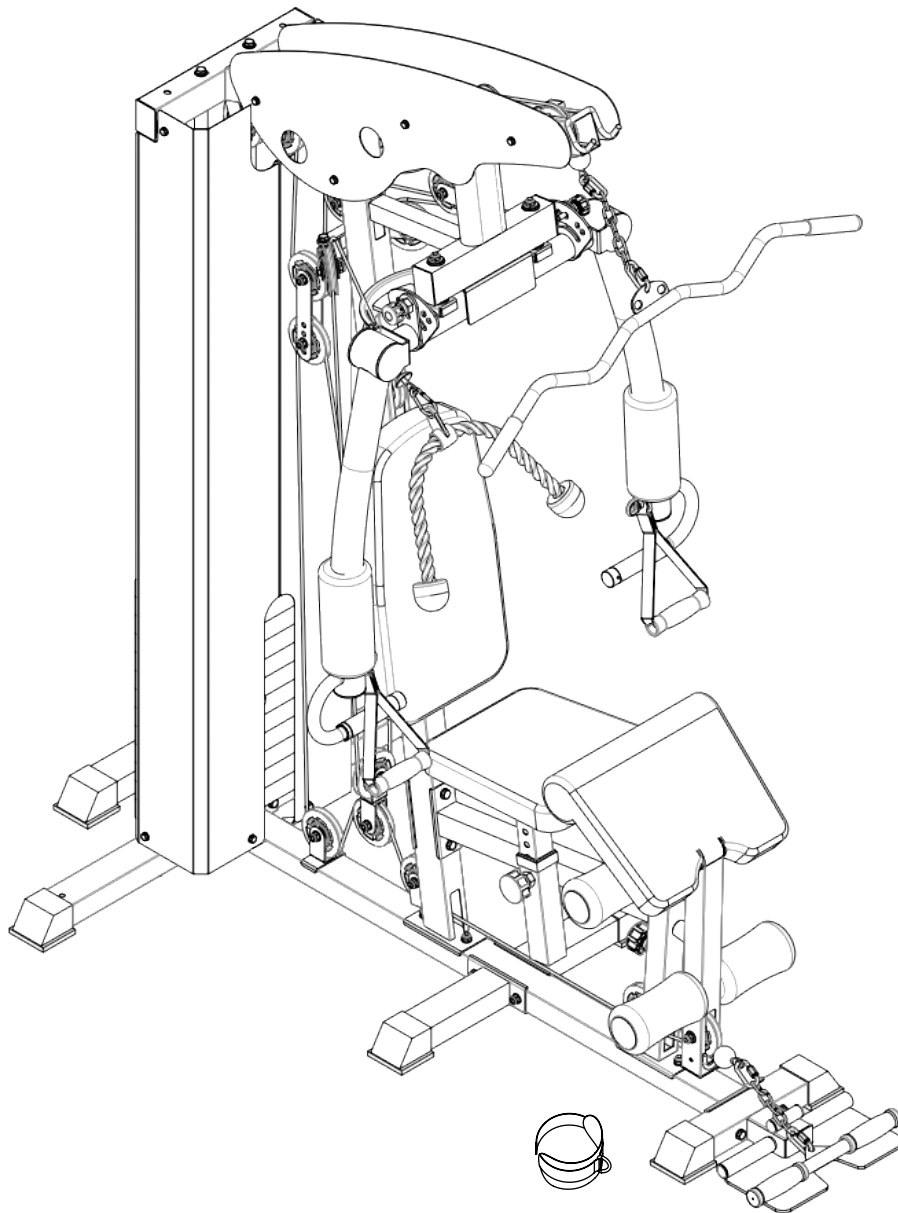


**CORTEX<sup>®</sup>**

# SS3 Single Station Home Gym

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





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# I. IMPORTANT SAFETY INSTRUCTIONS

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

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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

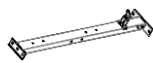
- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly 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

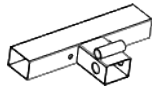
No.	Description	Qty	No.	Description	Qty
1	Back Long Ground Piece	1	48	Top Cable Cover	2
2	Middle Ground Piece	1	55	Pull Handle	2
3	Front Ground Piece	1	57	Weight Blocks	12
4	T Ground Piece	1	53-1	Position the Pulley Frame	2
5	Foot Plate	1	53-2	Slide Wheel Adjustment Plate	2
6	Small Side Ground Piece	2	53-3	Connecting Plate	2
7	Guide Rod	2	53-4	Cross Pulley Frame	1
8	Selector Rod	1	53-5	L-Pin	1
9	Counterweight Block	1	53-8	Revolving Shaft (57mm)	1
10	Upright Column	1	53-9	Revolving Shaft (100mm)	1
11	Seat Support Tube	1	54-1	Rubber Cushion	2
12	Leg Arm	1	54-3	Foam Plug	4
13	Upper Column	1	54-4	Knob Pin	2
14	Connected Frame	1	54-5	Slider Liner	8
15	Left Butterfly Arm	1	54-6	Matching Weight Limit	2
16	Right Butterfly Arm	1	54-9	Chain 200mm	1
17	Seat Adjustment Frame	1	54-10	Chain 400mm	1
18	Preacher Pad Frame	1	54-11	Type C Buckle	4
19	Backrest Pad	1	54-12	Caribena Hook	1
20	Seat Cushion	1	56-1	Bolt M10*90	10
21	Preacher Pad	1	56-2	Bolt M10*70	10
22-1	Top Cable	1	56-3	Bolt M10*20	8
22-2	Bottom Cable	1	56-4	Bolt M10*45	16
22-3	Middle Cable	1	56-7	Bolt M8*16	16
23	Pulley	18	56-8	Bolt M8*40	2
24	Lat Pull Down Handle	1	56-10	Bolt M8*85	2
25	Straight Bar Handle	1	56-12	Φ10 Flat Gasket	106
26	Tricep Rope	1	56-13	Φ10 Increase the Flat Pad	4
27	Shift Tube	1	56-14	M10 Locknut	38
28	Bubble Cotton Tube	2	56-15	M8 Nut	6
29	Foam (Φ100x175)	4	56-16	Bolt M6*10	3
30	Left Plate Cover	1	56-17	M6 Nut	3
31	Right Plate Cover	1	58	Ankle Strap	1



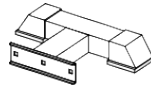
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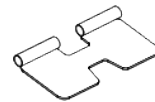
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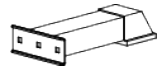
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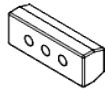
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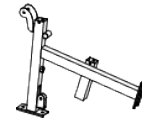
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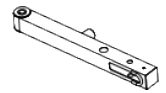
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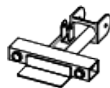
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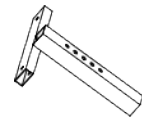
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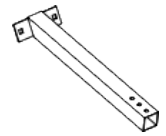
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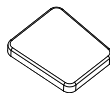
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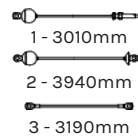
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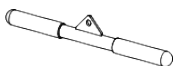
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23



24



25



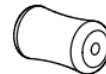
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27



28



29



30



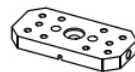
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48



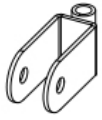
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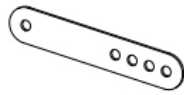
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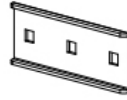
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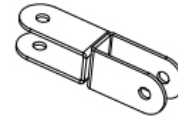
53-1



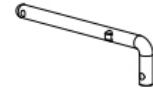
53-2



53-3



53-4



53-5



53-8



53-9



54-1



54-3



54-4



54-5



54-6



54-9



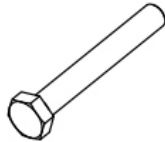
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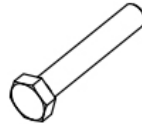
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54-12



56-1



56-2



56-3



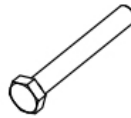
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56-7



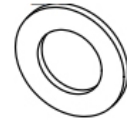
56-8



56-10



56-12



56-13



56-14



56-15



56-16



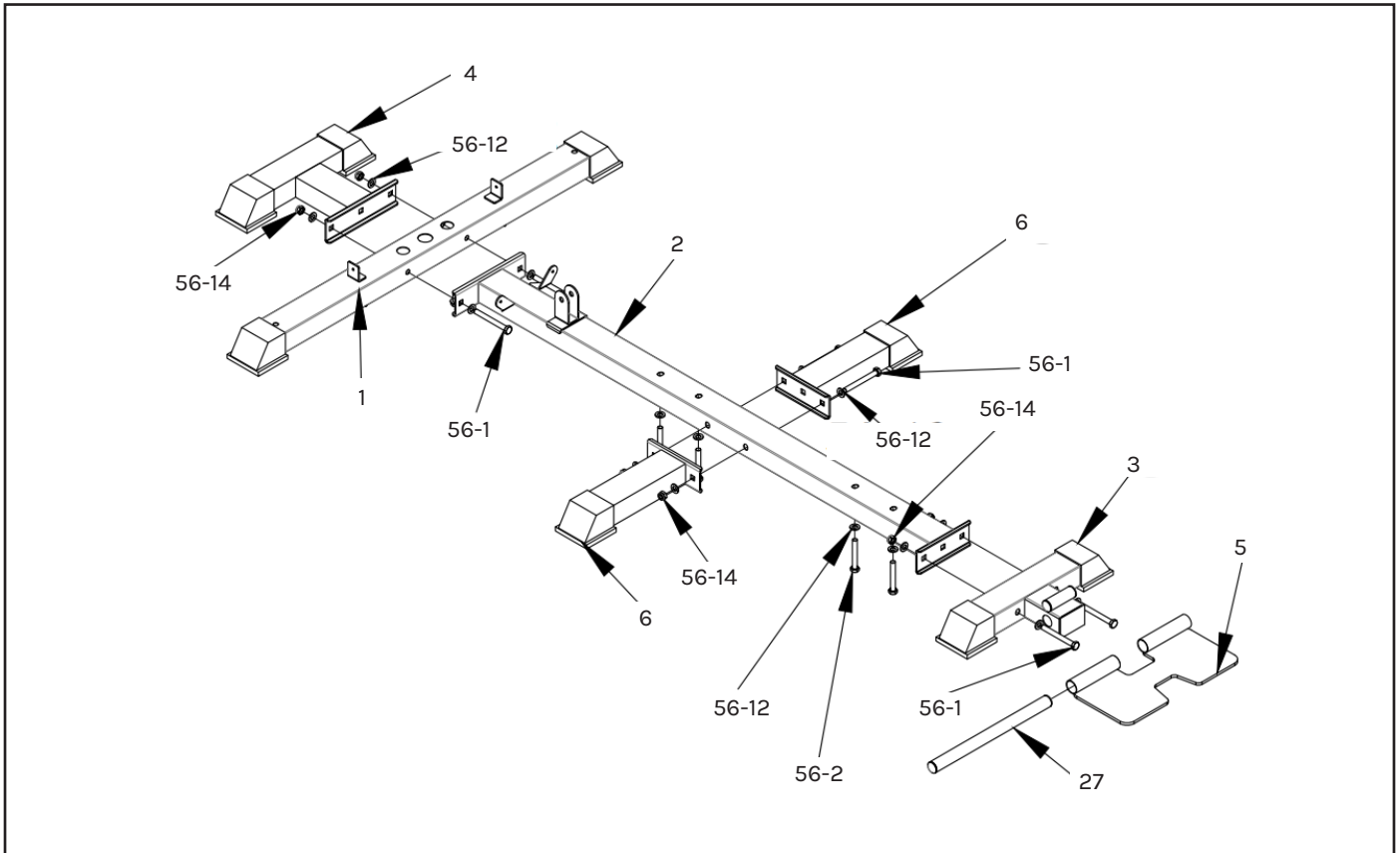
56-17



# IV. ASSEMBLY INSTRUCTIONS

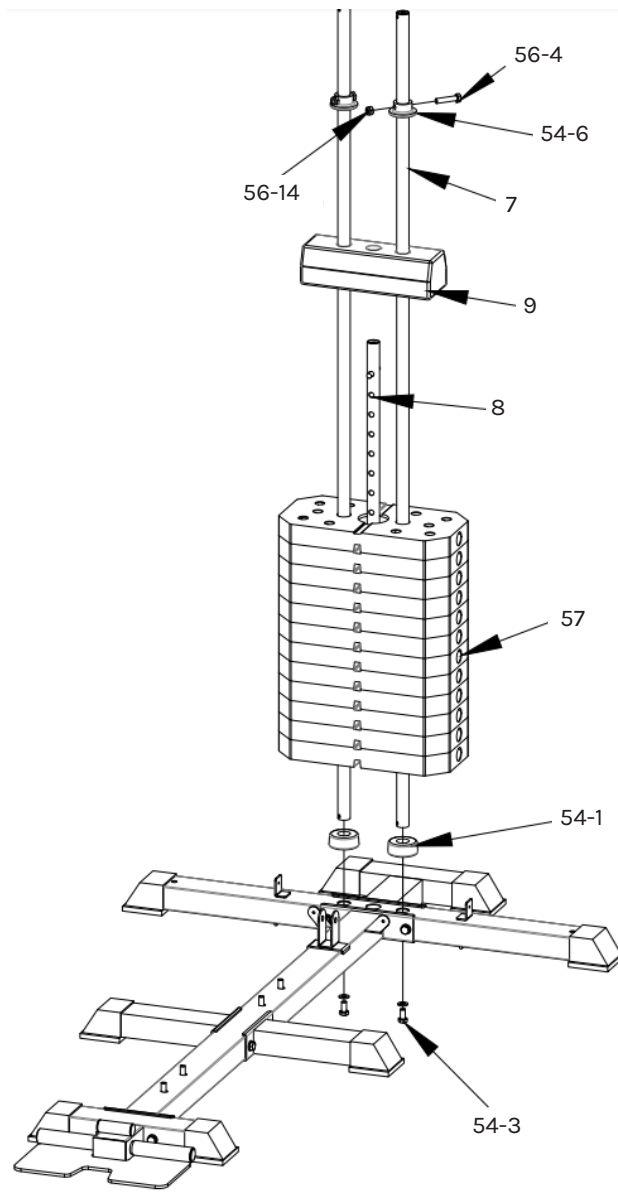
## ATTENTION:

1. The gasket shall be placed at both ends of the bolts (against the bolt head and nuts), unless otherwise stated.
2. Preliminary assembly is hand tightening of all bolts and nuts and hand tightening with the wrench for complete assembly.
3. Some spare parts have been pre-assembled by the factory.
4. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.



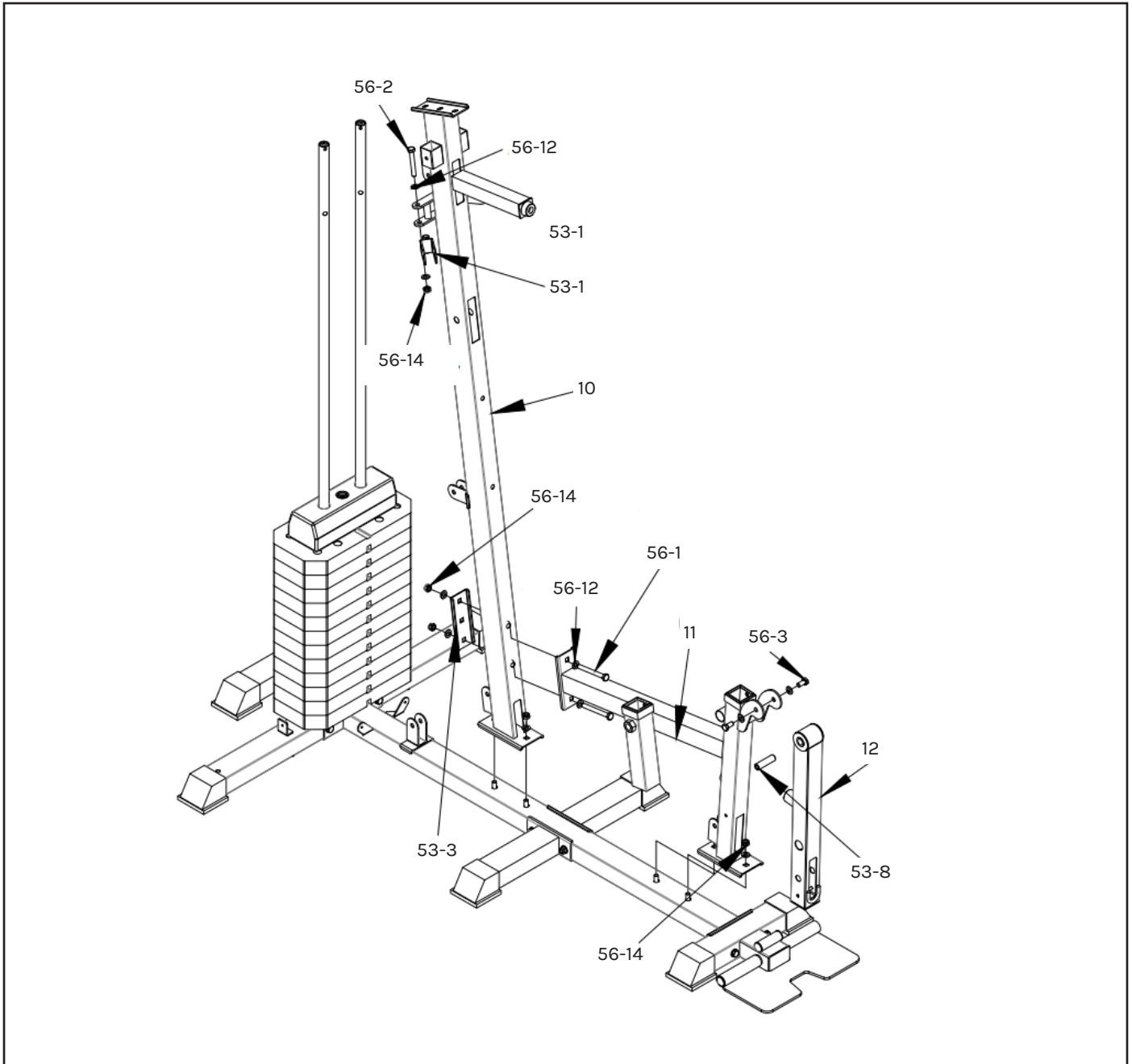
## STEP 1

1. Place (#2) and (#4) on both sides of (#1) and secure with bolts (#56-1), flat gasket (#56-12), nuts (# 56-14).
2. Place two (#6) on both sides of (#2) as shown and secure with bolts (#56-1), flat gasket (#56-12), and nuts (# 56-14).
3. Connect (#3) with bolts (#56-1), spacers (#56-12), nuts (#56-14) and (#2) as shown in the drawing. Next install bolts (#56-2), flat gasket (#56-12) to (#2) in advance.
4. Install (#5) to (#3) by placing (#27) into the tube of (#5) and (#3) as shown.



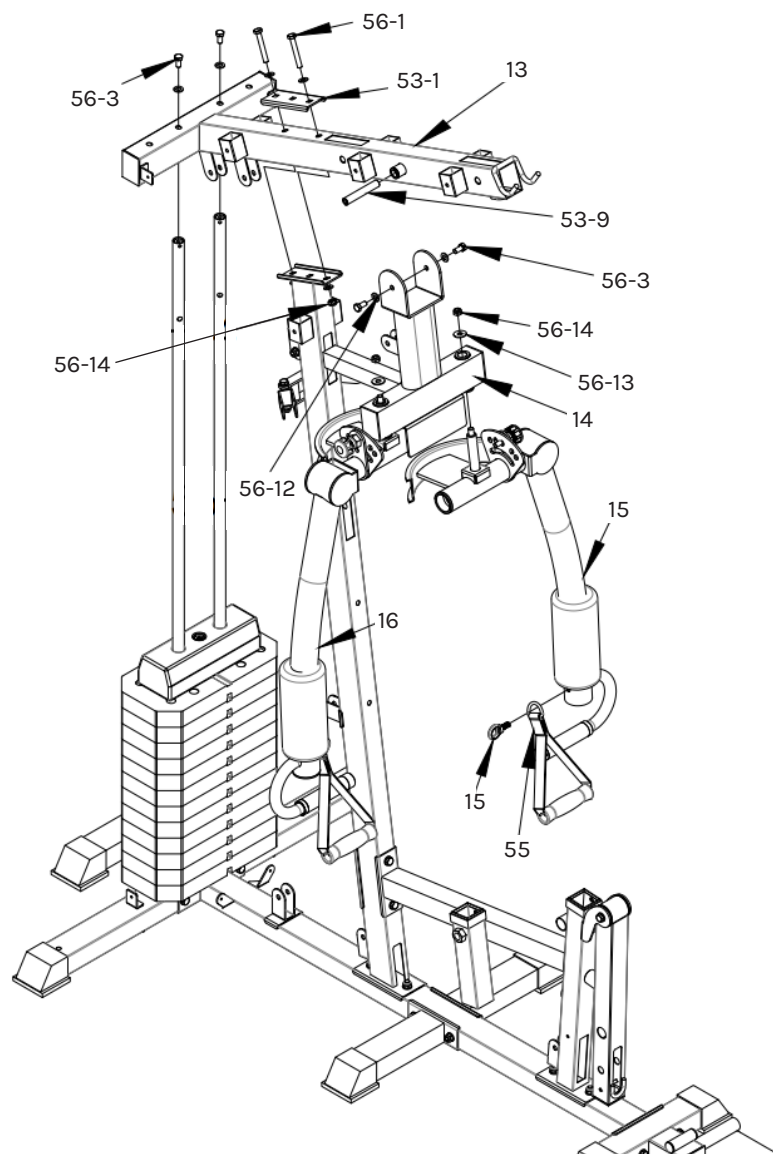
## STEP 2

1. With three holes facing up, insert (#7) into the (#1) mounting hole and lock with 2 bolts (#56-3) and 2 flat gasket (#56-12). Then insert (#54-1) into (#7). Place the weight blocks (#57) into (#7) one by one (**NOTE:** the weight block groove must be facing down).
2. Insert (#8) into the middle hole as shown.
3. Install the counterweight block (#9) to (#7). Then place (#54-6) into (#7) and secure with bolts (#56-4) and nuts (#56-14).



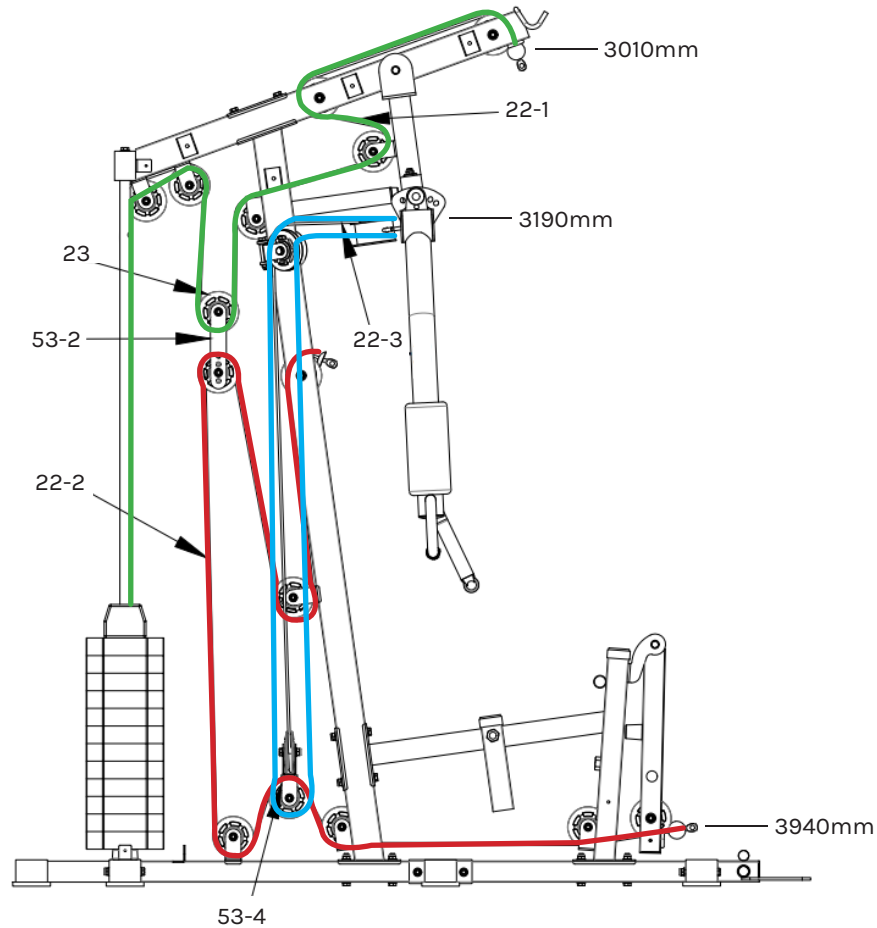
### STEP 3

1. Lock the bottom end of (#10) and (#2) with 2 flat gasket (#56-12), 2 nuts (#56-14) as shown.
2. Connect (#11) onto (#2) bolt and lock with 2 flat gasket (#56-12) and 2 nuts (#56-14).
3. Connect (#11) onto (#10) with bolt (#56-1), flat gasket (#56-12) and nut (#56-14).
4. Install (#53-8) onto (#12) and install from each end on (#11) with bolts (#56-3) and flat gasket (# 56-12).
5. Install (#53-1), bolts (#56-2), flat gasket (#56-12) and nuts (#56-14) onto the (#10) upright column.



## STEP 4

1. Cover (#7) into the (#13) upper column, and secure with (#56-3) bolts and flat gasket (#56-12).
2. Connect (#13) to (#10) with bolt (#56-1), flat gasket (#56-12) and nut (#56-14).
3. Install (#53-9) into (#13), then install (#14) onto (#13) with bolts (#56-3) and flat gasket (#56-12) on both sides as shown.
4. Insert (#15) into (#14) and lock with flat gasket (#56-13) and nut (#56-14). Repeat for the other side.
5. Part (#55) can be fitted onto the arms (#15 & #16) as shown.

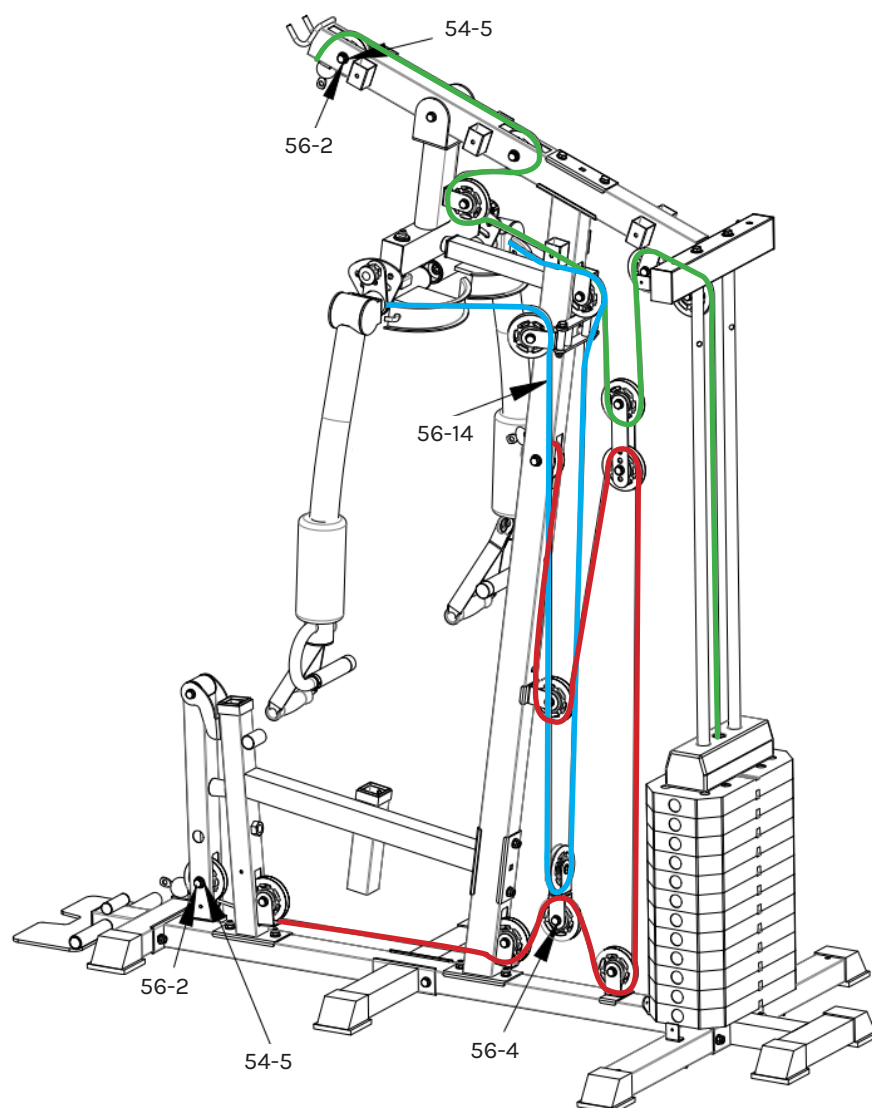


### STEP 5

After the whole device is assembled, check if the wire rope needs tightening. If the wire rope is slightly loose, adjust by tightening the lower bolts of the high pull wire rope (#22-1).

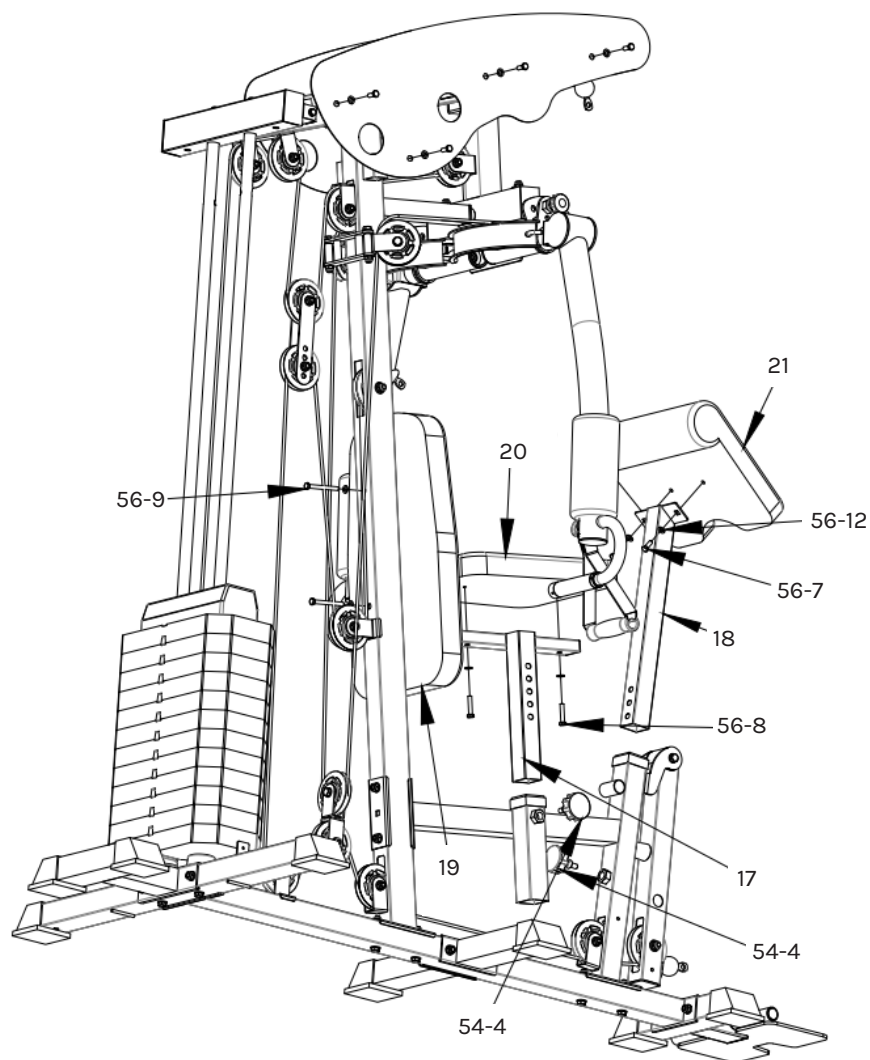
If the rope is loose, adjust the pulley mounting hole adjustment through the pulley adjustment (#53-2).

**Be sure to insert the wire rope first and then install the pulley.**



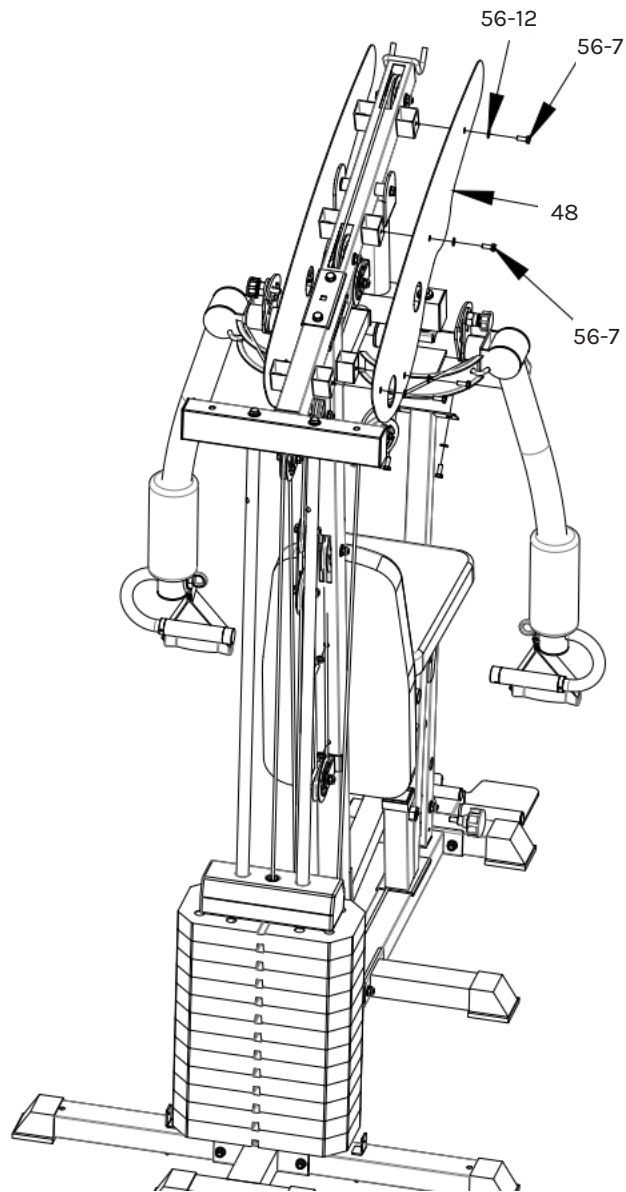
## STEP 6

Be sure to insert the wire rope first and then install the pulley.



## STEP 7

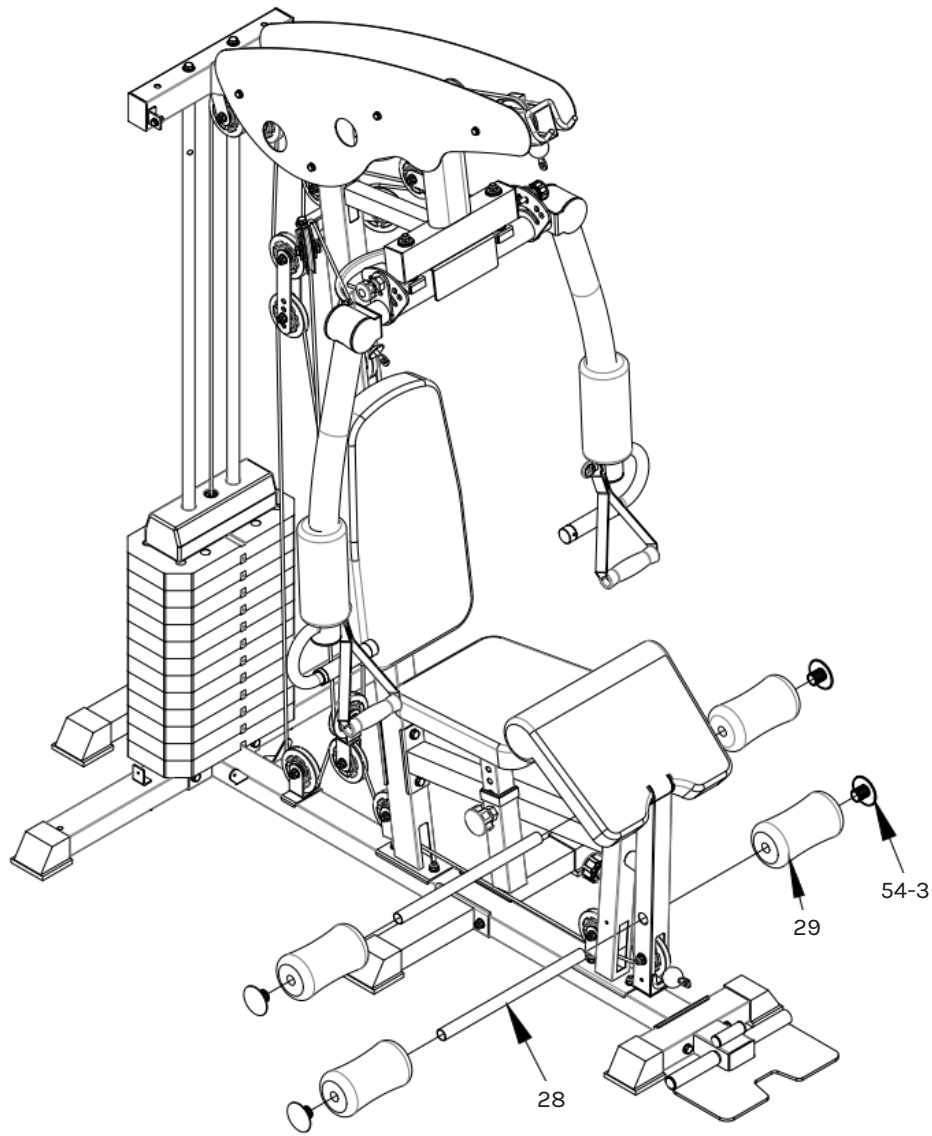
1. Install (#19) on two (#10) with (#56-9) bolts, (#56-12) flat gasket as shown in the figure.
2. Install (#20) with two (#56-8) bolts and (#56-12) flat gasket onto (#17).
3. Install (#21) with two (#56-7) bolts and (#56-12) spacers on (#18).
4. Insert (#17) into (#11) and lock with (#54-4) knob. Insert (#18) to (#11) and lock with (#54-4) knob.



## STEP 8

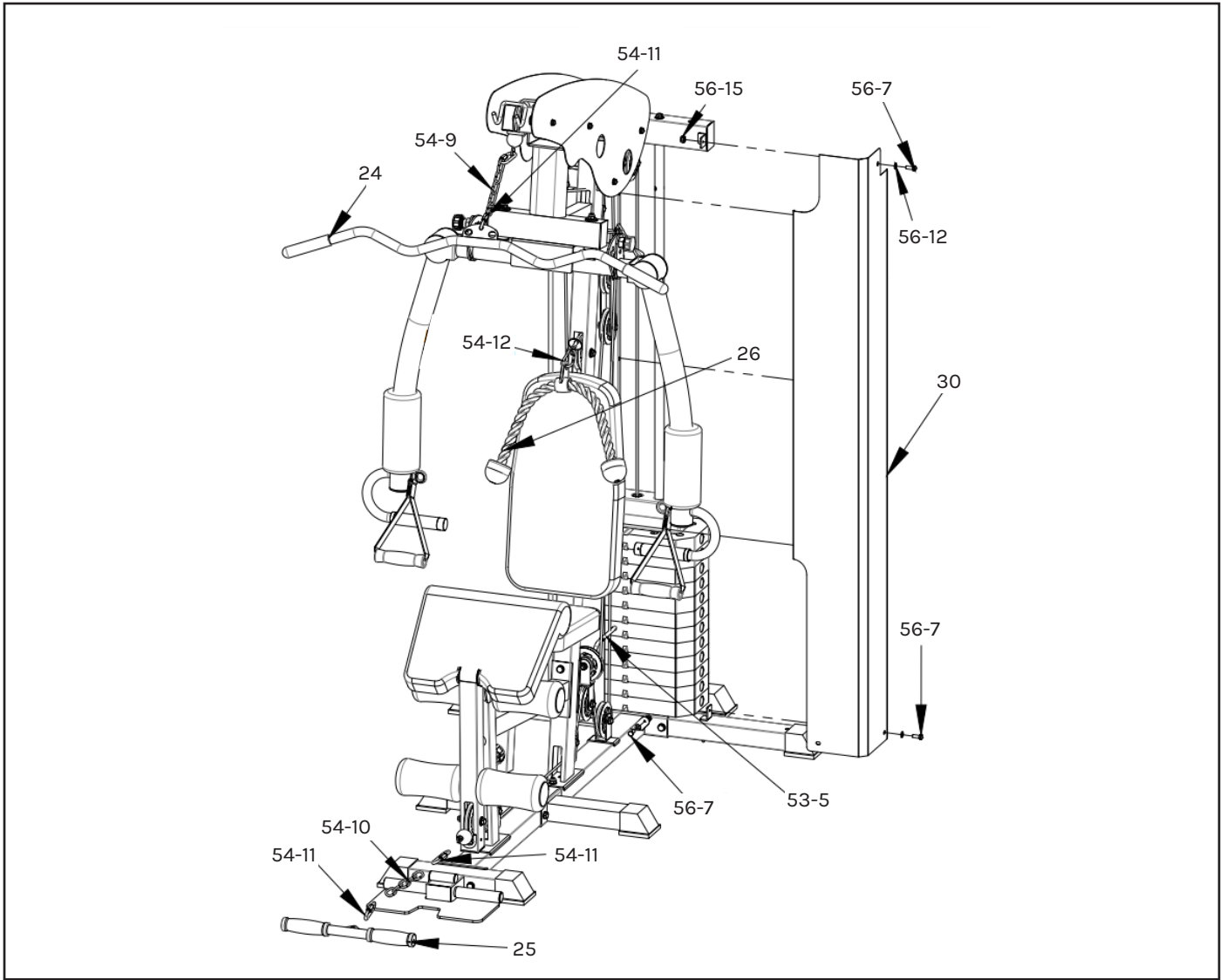
1. Place (#48) on the side of (#13) and secure with (#56-7) bolts and (#56-12). Repeat on the other side.





## STEP 9

1. Insert (#28) into (#12), followed by foam (# 29) and (# 54-3) as pictured.



## STEP 10

1. Install (#30) onto (#1), (#2) and (#13) using (#56-7), (#56-12) and (#56-15). Repeat on the other side.
2. Two steel plate covers are connected with (# 56-16) bolts and (# 56-17) nuts.
3. Connect (#54-9) chain to the top cable with (#54-11) and secure (#24) to chain using (#54-11).
4. Connect (#26) to middle cable with (#54-12).
5. Connect (#54-10) chain to bottom cable with (#54-11) and secure (#25) to chain with (#54-11).
6. Insert (#53-5) to select desired weight for exercise.

### Tighten all bolts with a Wrench.

1. Your device is now fully assembled.
2. Please check that all pulleys and wire ropes have been secured before proper use.
3. Adjust the wire rope according to your exercise.

# 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.

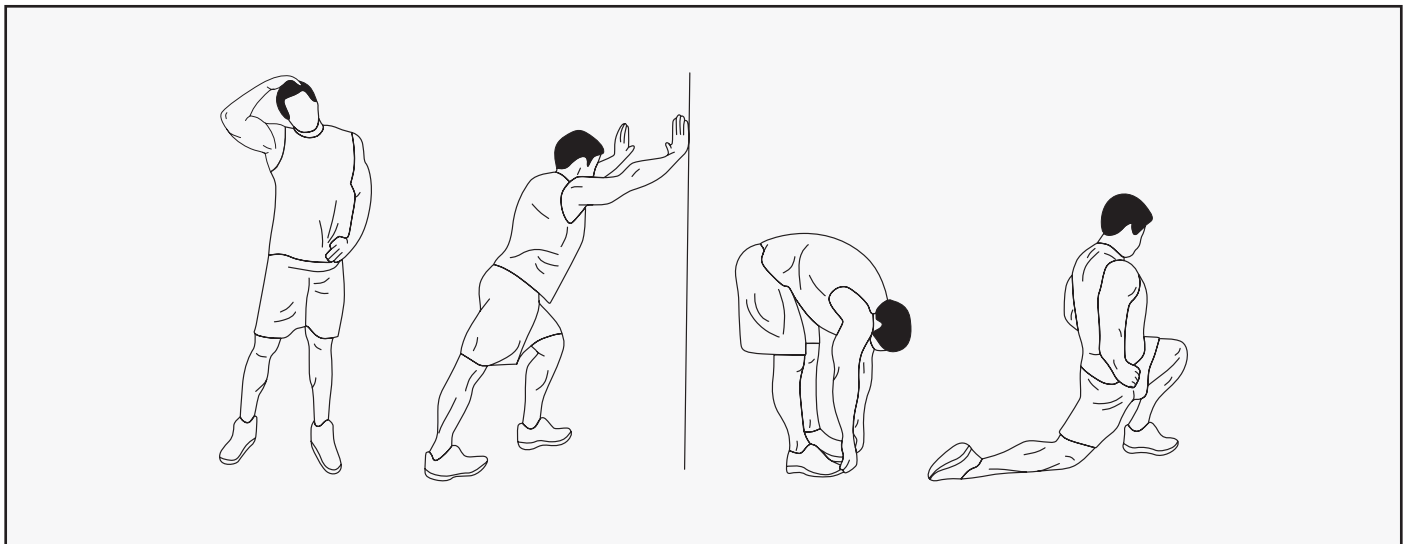
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

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

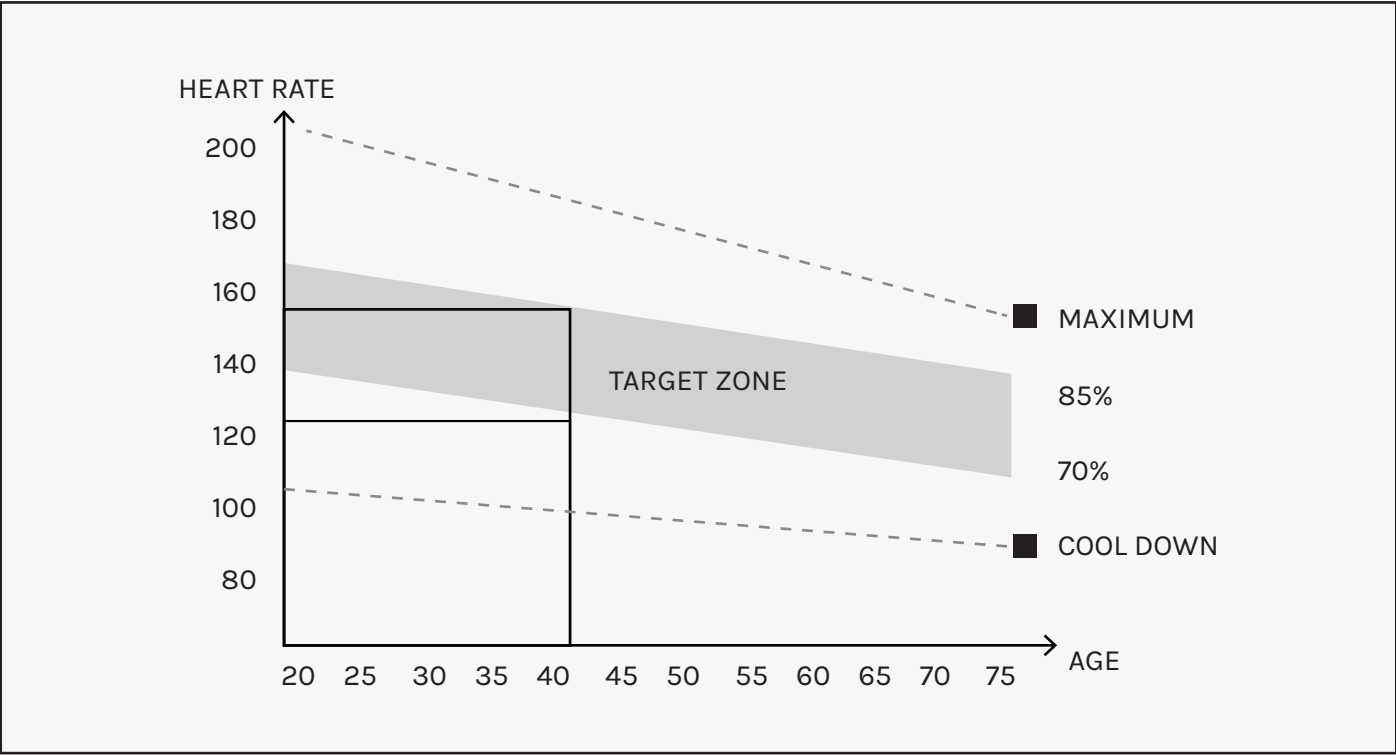
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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](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)





***CORTEX***<sup>®</sup>

[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)