



# CORTEX FT10 Free Weight Functional Trainer Instruction Manual

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## CORTEX FT10 Free Weight Functional Trainer Instruction 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.

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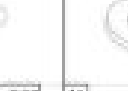



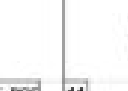




## IMPORTANT SAFETY INSTRUCTIONS

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

- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

## PARTS LIST

PART LIST			
			
1	2	3	4
1 PCS	2 PCS	2 PCS	1 PCS
			
5	6	7	8
1 PCS	2 PCS	2 PCS	1 PCS
			
9	10	11	12
2 PCS	2 PCS	2 PCS	1 PCS
			
13	14	15	16
1 PCS	2 PCS	2 PCS	1 PCS
			
17	18	19	20
2 PCS	2 PCS	2 PCS	1 PCS
			
21	22	23	24
2 PCS	2 PCS	1 PCS	2 PCS
			
25	26	27	28
1 PCS	2 PCS	2 PCS	2 PCS

PART LIST			
			
29	30	31	32
2 PCS	1 PCS	1 PCS	1 PCS
			
33	34	35	36
4 PCS	2 PCS	64PCS	20PCS
M10X85 Bolt	M10X80 Bolt	M10X85 Bolt	M12 Washer
			
37	38	39	40
64PCS	4 PCS	4 PCS	4 PCS
M12 Nut	M12X100 Bolt	M6 Washer	M6 Spring washer
			
41	42	43	44
2 PCS	2 PCS	6 PCS	6 PCS
M6X10 Bolt	Spring wings Φ25	Spring wings Φ50	Screw M10X75
			
45	46	47	48
6 PCS	2 PCS	2 PCS	3 PCS

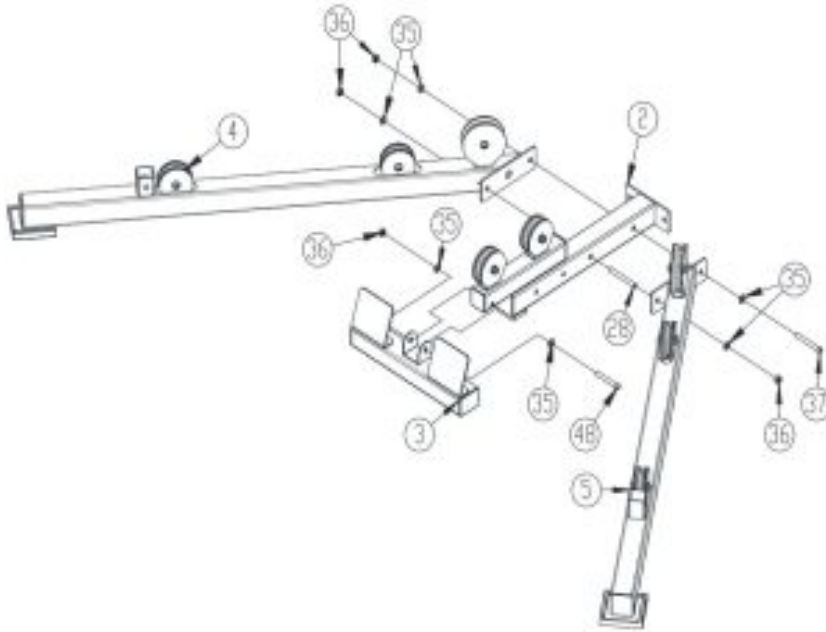
## ASSEMBLY INSTRUCTION

### STEP 1

1. Attach The connection frame (2) to Right bottom framework and Right bottom connection frame (4) and Left bottom connection frame (5), using Screw rod (28), Screw M10X85 (37), Flat washer Φ10 (35) and Lock nut

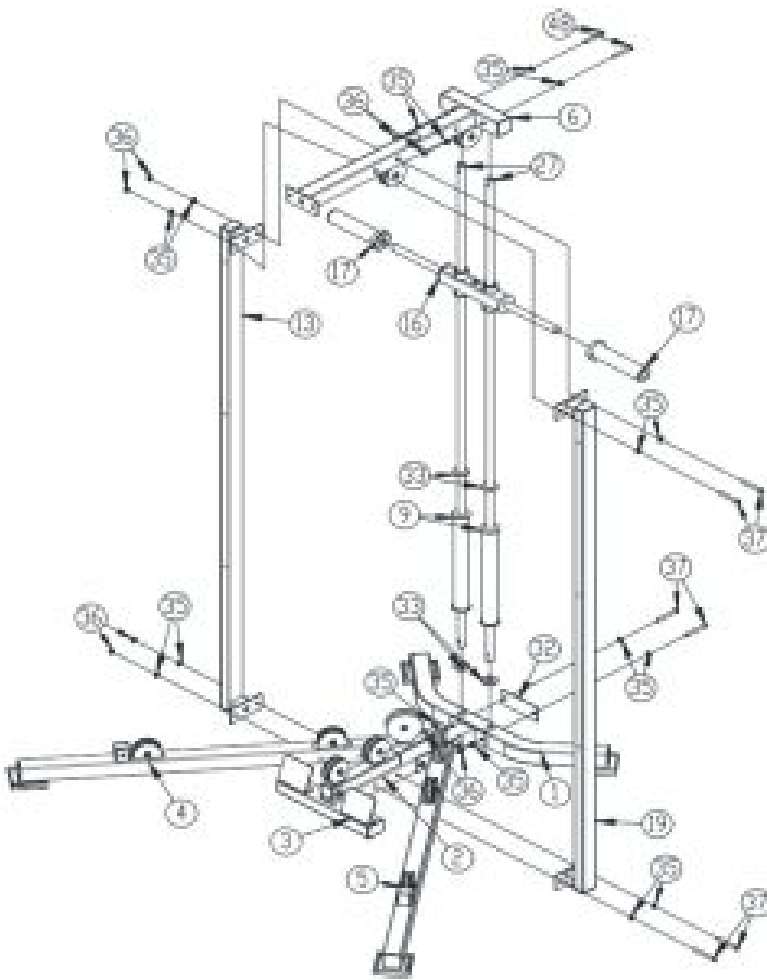
M10 (36).

2. Attach The connection frame (2) to The foot rack (3), using Screw M10X75 (48), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36)



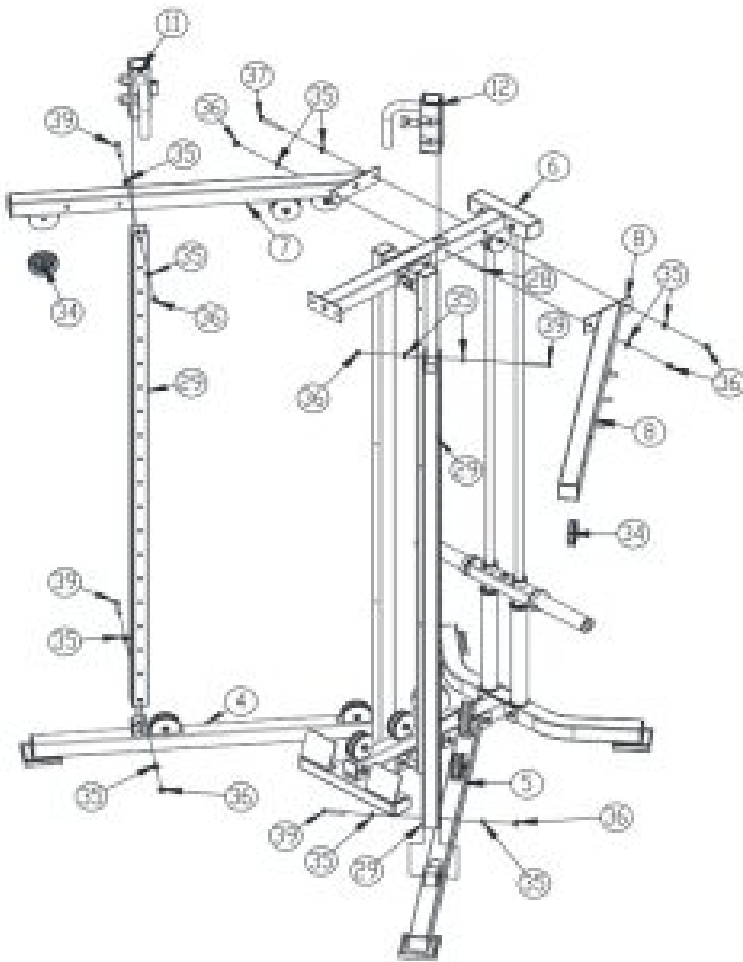
## STEP 2

1. Attach Rear bottom frame (1) to The pipe run (27) and The connection frame (2), using The reinforcing plate (32), Screw M10X85 (37), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36).
2. Attach The pipe run (27) to Top connection frame (6), Support frame (9) and The sliding plane (16), using Rubber (33), Screw M10X75 (48), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36).
3. Attach Long connection frame (13) to Top connection frame (6) and The connection frame (2), using Screw M10X85 (37), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36). The same as Long connection frame (19).



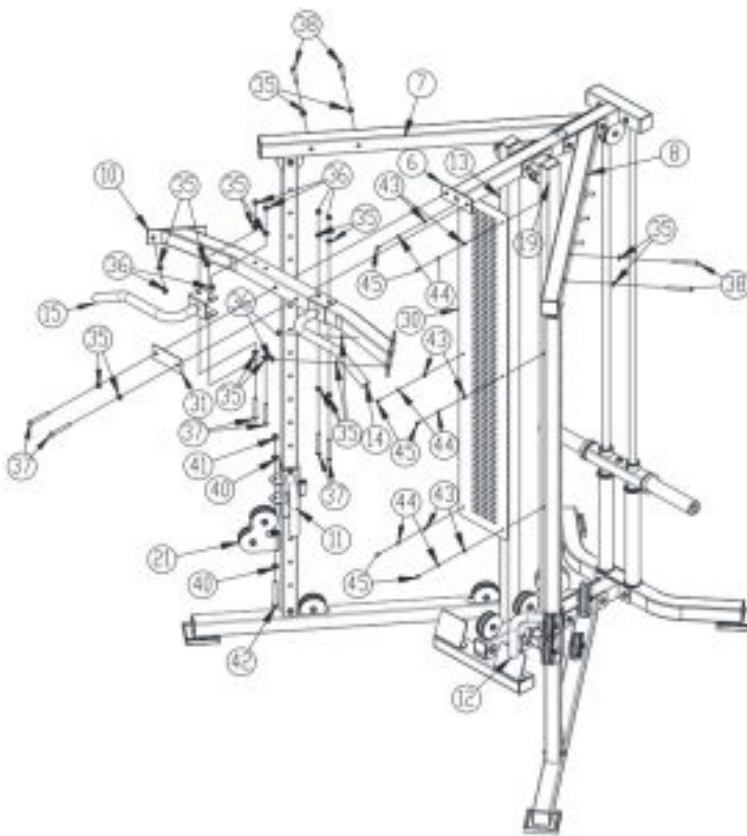
### STEP 3

1. Attach Top connection frame (6) to The right beam frame (7) and The Left beam frame (8), using Screw rod (28), Screw M10X85 (37), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36).
2. Attach Adjust the tube (29) to The right beam frame (7) and Right bottom connection frame (4), using The right to adjust (11), The pulley  $\Phi 89$  (34), Screw M10X65 (39), Flat washer  $\Phi 10$  (35), Lock nut M10 (36). The same as The left beam frame (8) and Left bottom connection frame (5).



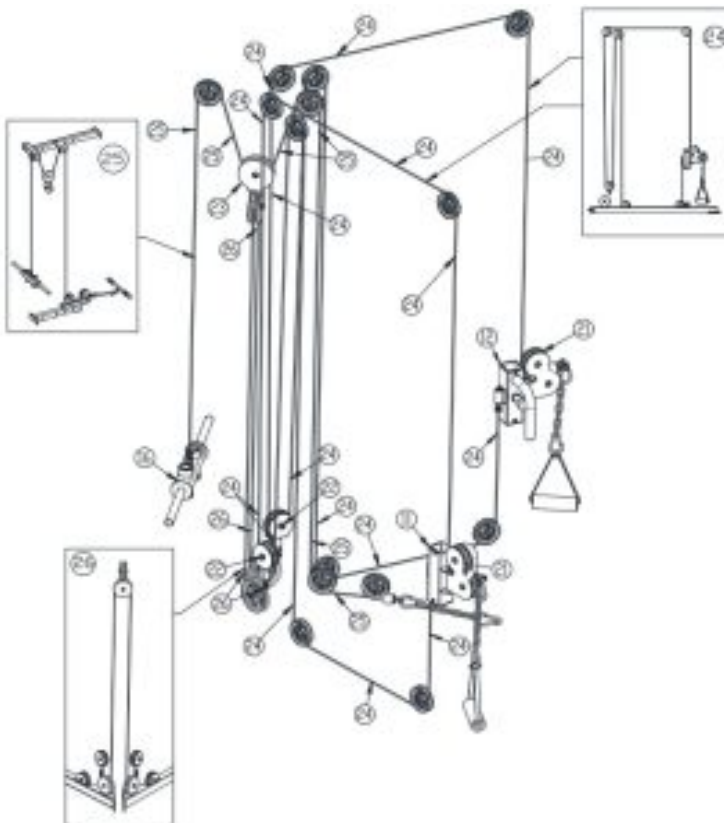
#### STEP 4

1. Attach Cross connection frame (10) to The right beam frame (7) and Top connection frame (6), using The reinforcing plate (31), Screw M10X85 (37), Screw M10X80 (38), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36).
2. Attach The right hand (15) to Cross connection frame (10), using Screw M10X85 (37), Flat washer  $\Phi 10$  (35) and Lock nut M10 (36). The same as The left hand (14) and Cross connection frame (10).
3. Attach The cover plate (30) to Long connection frame (13) and Long connection frame (19), using Screw M6X10 (45), Flat washer  $\Phi 6$  (43) and Spring washer  $\Phi 6$  (44).
4. Attach Double pulley bracket (21) to The right to adjust (11), using Screw M12X100 (42), Flat washer  $\Phi 12$  (40) and Lock nut M12 (41). The same as The left to adjust (12) and Double pulley bracket (21).



## STEP 5

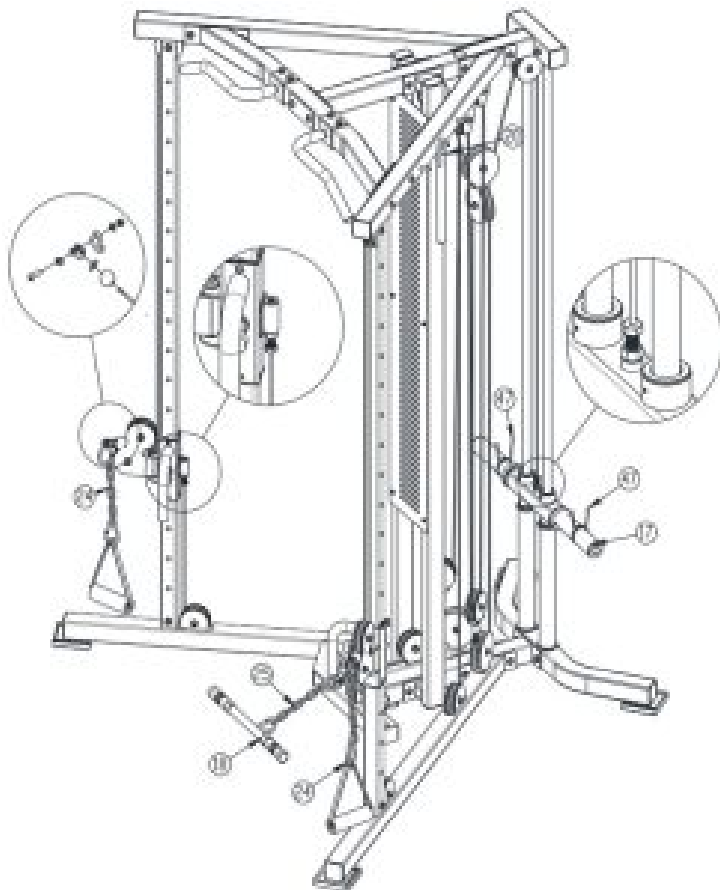
1. Follow below drawing to assembly cable.



## STEP 6

1. Attach Spring wings  $\Phi 50$  (47) to barbell frame (17).

2. Adjust the cable according to the structure shown below.



## 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>

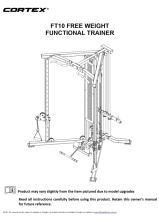
### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries an email must be sent to lodge a support case in our system.

## Documents / Resources



 <p><b>CORTEX</b> FT10 FREE WEIGHT FUNCTIONAL TRAINER</p> <p><small>Read all instructions carefully before using this product. Weight 200 pounds. Please do not exceed the weight limit.</small></p>	<p><a href="#">CORTEX FT10 Free Weight Functional Trainer</a> [pdf] Instruction Manual</p> <p>FT10, Free Weight Functional Trainer</p>
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References

- [🏠 Home | Consumer Law](#)
- [❤️💪 Lifespan Fitness | Treadmills, Cardio and Strength Equipment](#)
- [❤️💪 Warranty & Repairs - Gym Equipment – Lifespan Fitness](#)