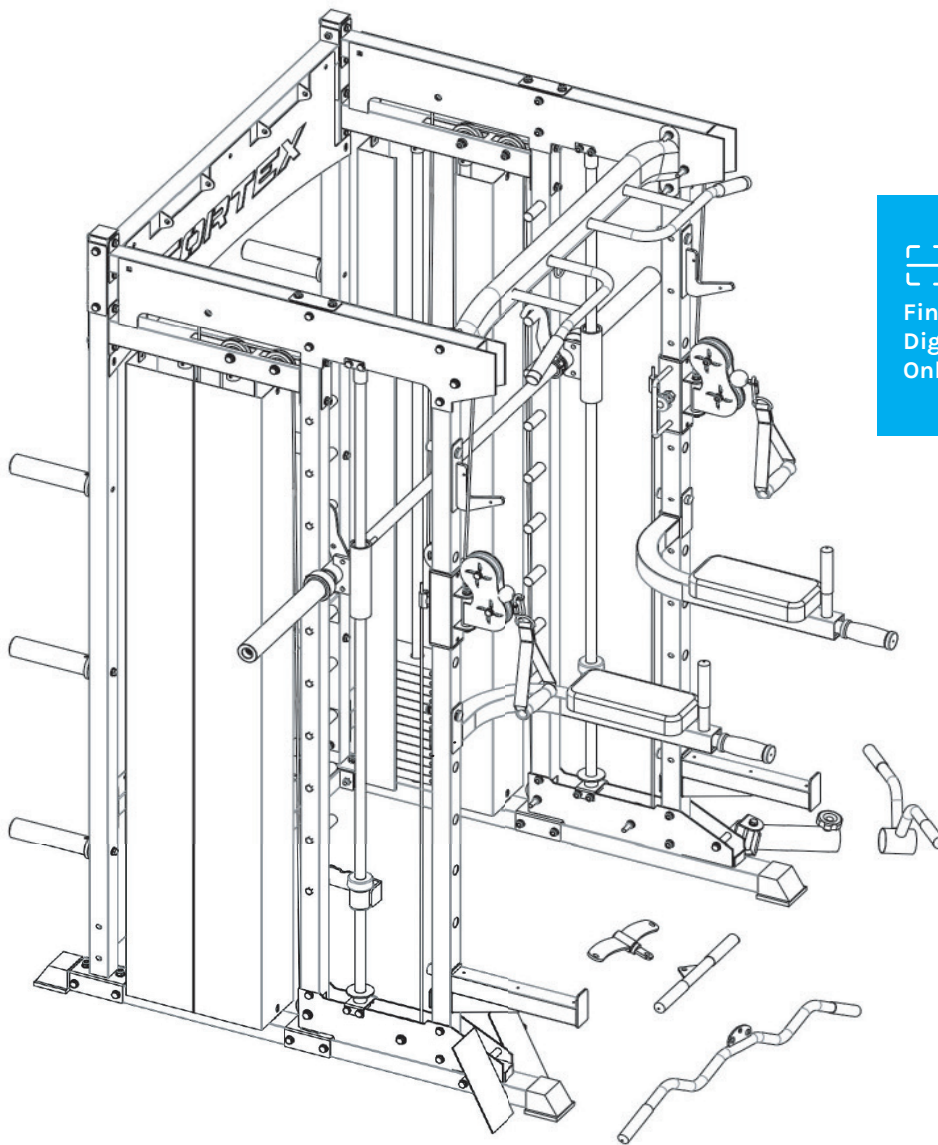


CORTEX[®]

SM26 Multi Gym (Dual Stack Functional Trainer, Smith Machine, Half Rack)

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



TABLE OF CONTENTS

- I. Important Safety Instructions 03
- II. Care Instructions 04
- III. Parts List 05
- IV. Assembly Instructions 09
- V. Exercise Guide 24
- VI. Maintenance 25
- VII. Warranty 26



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 product is subject to change without notice. Updated manuals are posted on our website.

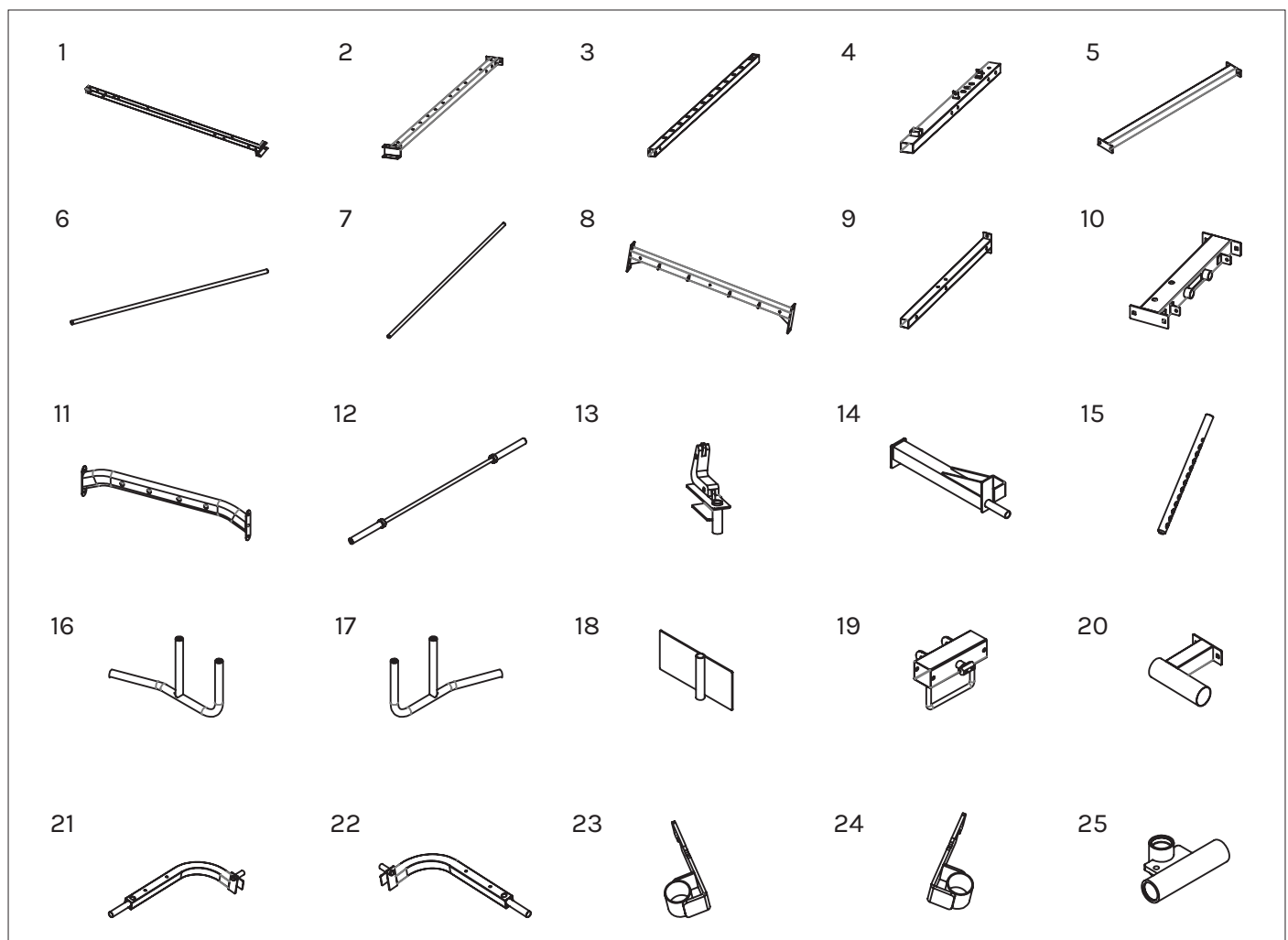
II. CARE INSTRUCTIONS

- 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.	Name	Qty.	No.	Name	Qty.
1	Back Column	2	32	Bottom Side Covers	4
2	Central Pillar	2	33	The Sleeve Hanging Rod	6
3	Front Vertical Tube	2	34	Counterweight Plate	2
4	Bottom Side Beams	2	35	Weight	24
5	Rear Bottom Beam	1	36	Full Net Cover Left	2
6	Smith Guide Rod	2	37	Full Net Cover Right	2
7	Stainless Steel Guide Rod	4	38	Pattern Plate Shaft	1
8	Top Rear Beam	1	39	Small Single Pulley Block	2
9	Side Shelves	2	40	Rope 8220mm	2
10	Top Side Beams	2	41	Left Hook	1
11	Before the Upper Beam	1	42	Right Hook	1
12	Smith Barbell	1	43	Sleeve	6
13	V-Hook	2	44	Short Light Axis	20
14	Long Protective Frame	2	45	Cannon Shaft	1
15	Weight Selection Rod	2	46	Light Shaft Bottom Set	2
16	Right Lead Handle	1	47	Light Shaft Upper Set	2
17	Left Lead Handle	1	48	90mm Flat Panel	6
18	Foot Plate	2	49	110mm Flat Panel	4
19	Cable Adjuster Sleeve	2	50	160mm Flat Panel	2
20	Olympic Barbell Holder	1	51	Commercial Handle	2
21	Dip Handle Left	1	52	Damping Pad	6
22	Dip Handle Right	1	53	Butterfly Card ø50	8
23	Smith Safety Bar Left	1	54	M10 Knob	2
24	Smith Safety Bar Right	1	55	Magnetic Plug-in	2
25	Bearing Holder	2	56	20.5mm Pulley Sleeve	16
26	Pulley Bracket	2	57	15.5mm Pulley Sleeve	8
27	Barrel	1	58	7 Sector Chain	3
28	Landmine Handle	1	59	Type C Buckle	8
29	Curl Lat Pull Down	1	60	Small Pulley	14
30	Low Pull Handle	1	61	Pulley	4
31	Top Side Covers	4	62	External Hexagon Bolt M10x110	2

No.	Name	Qty.	No.	Name	Qty.
63	External Hexagon Bolt M10x95	4	78	Tricep Rope	1
64	External Hexagon Bolt M10x90	5	79	Select Rod Limit Pin	2
65	External Hexagon Bolt M10x75	24	80	Olympic Plate Sleeve	4
66	External Hexagon Bolt M10x70	35	81	Foam	2
67	External Hexagon Bolt M10x45	6	82	Hooked Leg Tube	1
68	External Hexagon Bolt M10x20	25	83	Foam Tube	1
69	External Hexagon Bolt M10x90	4	84	Pulling Round Tube	1
70	Bolt M6x10	4	85	External Hexagon Bolt M10x30	1
71	Nut M10	76	86	Curved High Pull Rod	1
72	Nut M8	8	87	Lower connecting frame	1
73	National Standard Nut M6	4	88	Small handles	2
74	Φ10 Washer	175	89	External Hexagon Bolt M8x65	4
75	Φ8 Washer	8	90	Parallel bars elbow pads	2
76	Lock Pin	2	91	Thread fins	1
77	Rear Decorative Board	1			



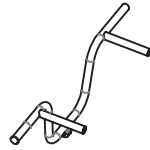
26



27



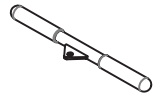
28



29



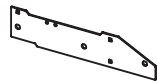
30



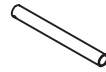
31



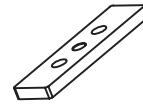
32



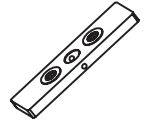
33



34



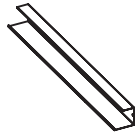
35



36



37



38



39



40



41



42



43



44



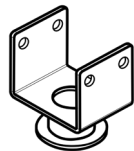
45



46



47



48



49



50



51



52



53



54



55



56



57



58



59



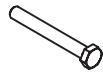
60



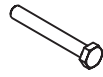
61



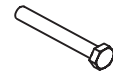
62



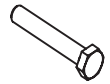
63



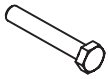
64



65



66



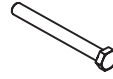
67



68



69



70



71



72



73



74



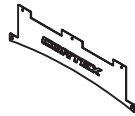
75



76



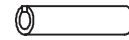
77



78



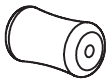
79



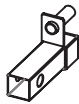
80



81



82



83



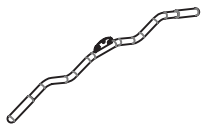
84



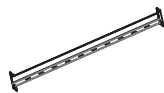
85



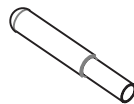
86



87



88



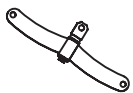
89



90



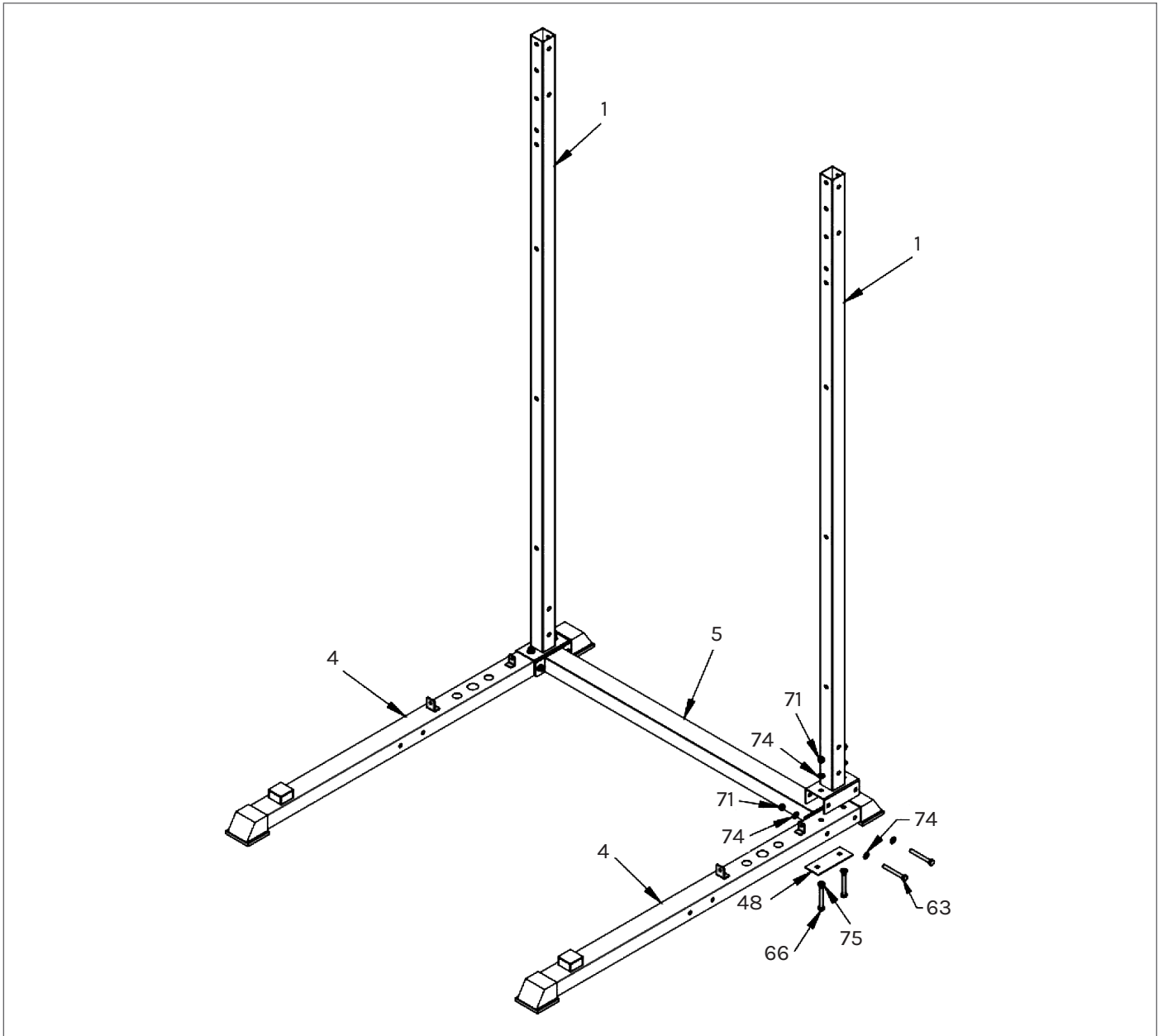
91



IV. ASSEMBLY INSTRUCTIONS

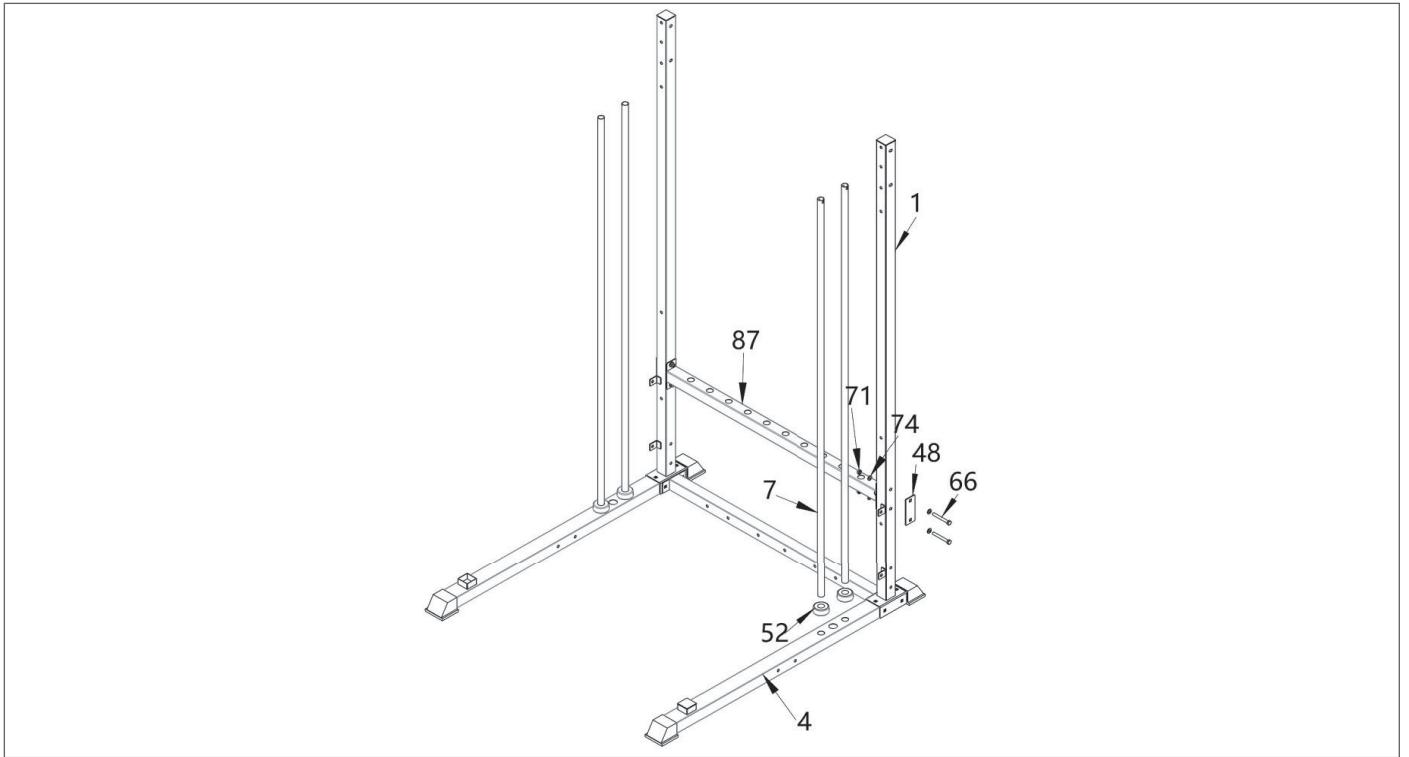
! NOTE:

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



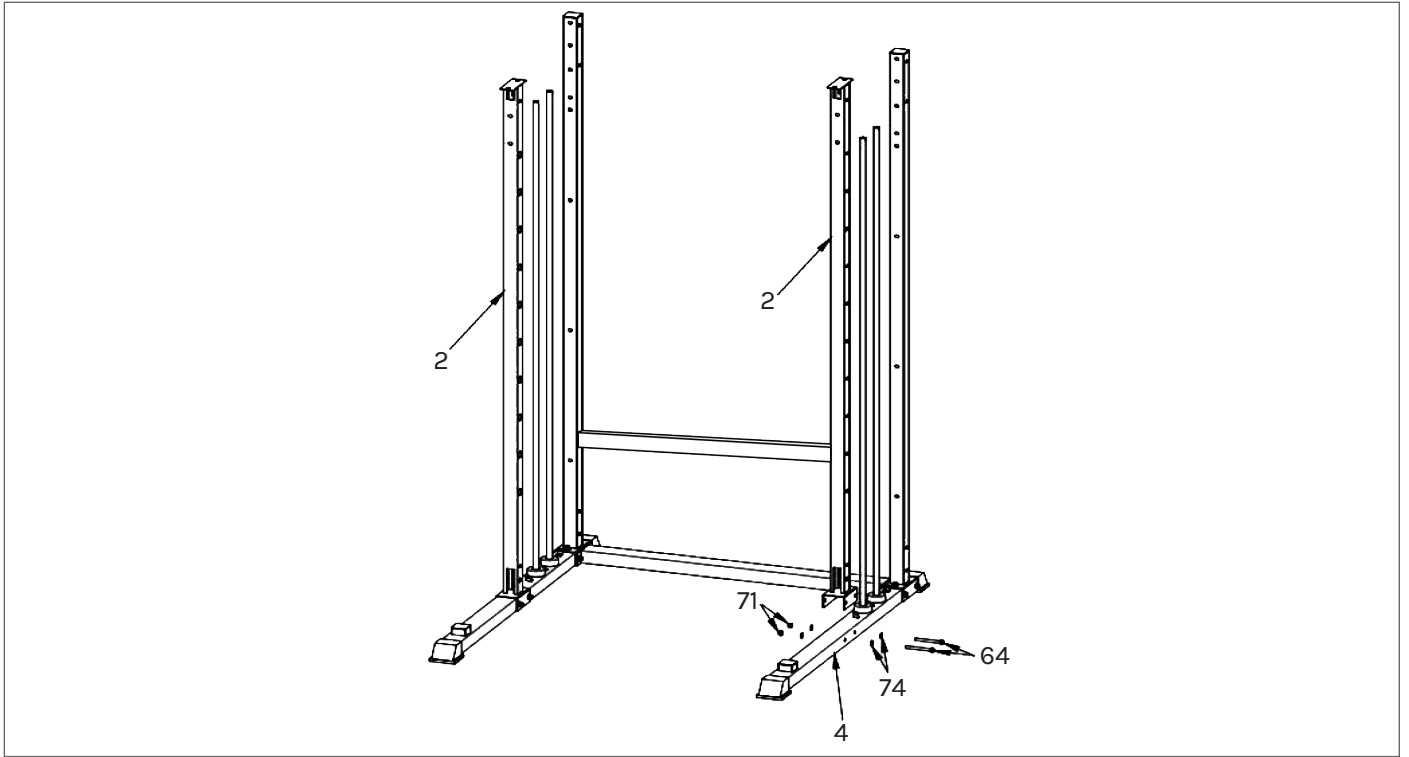
STEP 1

1. As shown, pre-install the screen connector (48#), bolts (66#) and pads (74# and 75#) under (4#).
2. Place (4#) on both sides of (5#). Place (1#) opposite holes on (4#).
3. Secure with bolts (63#), gaskets (74#), and nuts (71#).
4. Repeat for the other side.



STEP 2

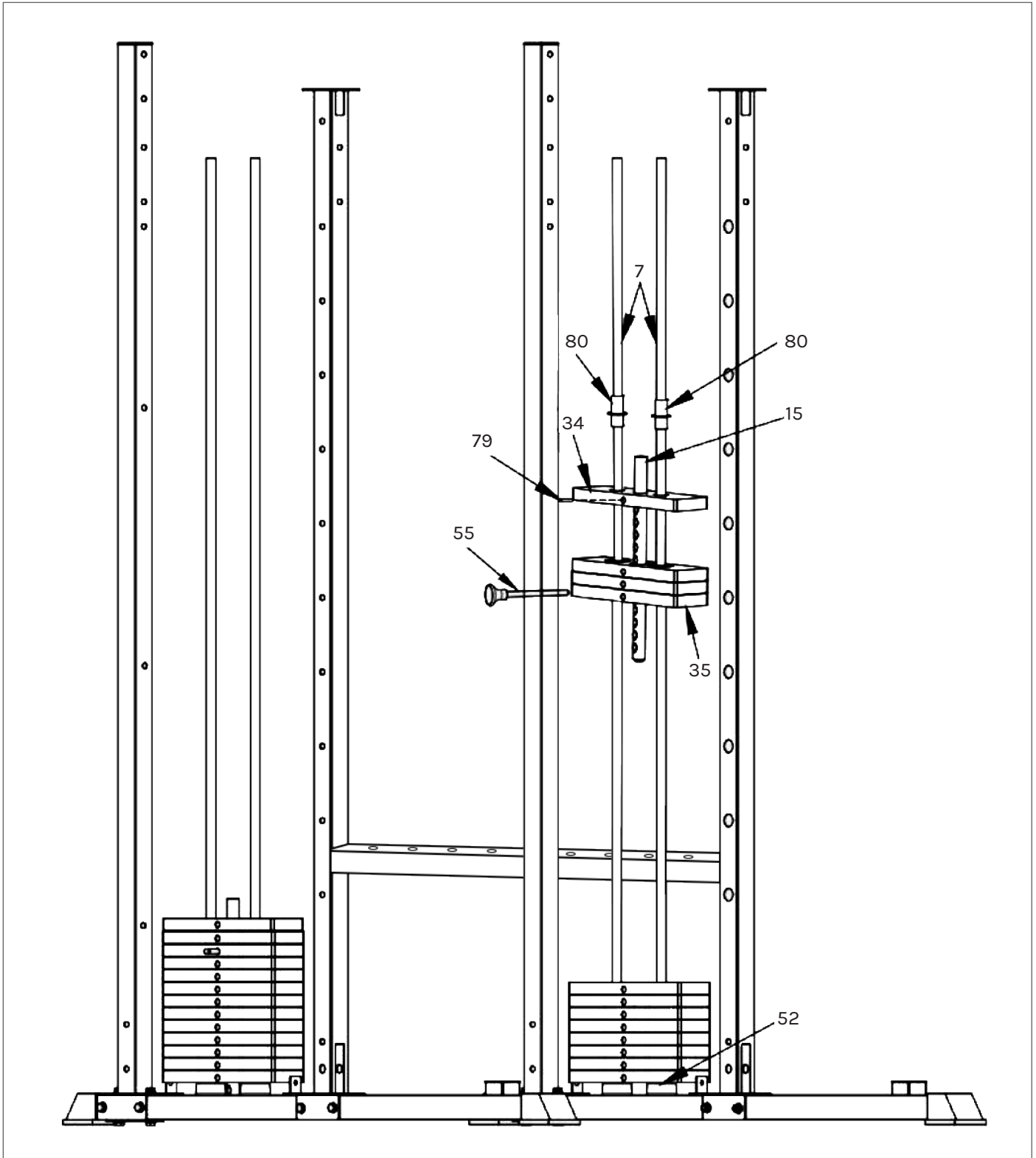
1. Place counter-pad (52 #) hole on (4#) as shown and insert (7#).
2. Place (87#) on both sides of (1#),tighten it with (66#) (74#) and (71#).
3. Repeat for the other side.



STEP 3

1. Place the (2#) column on (4#) as shown and secure with bolts (64#), gaskets (74#) and nuts (71#).
2. Repeat for the other side.

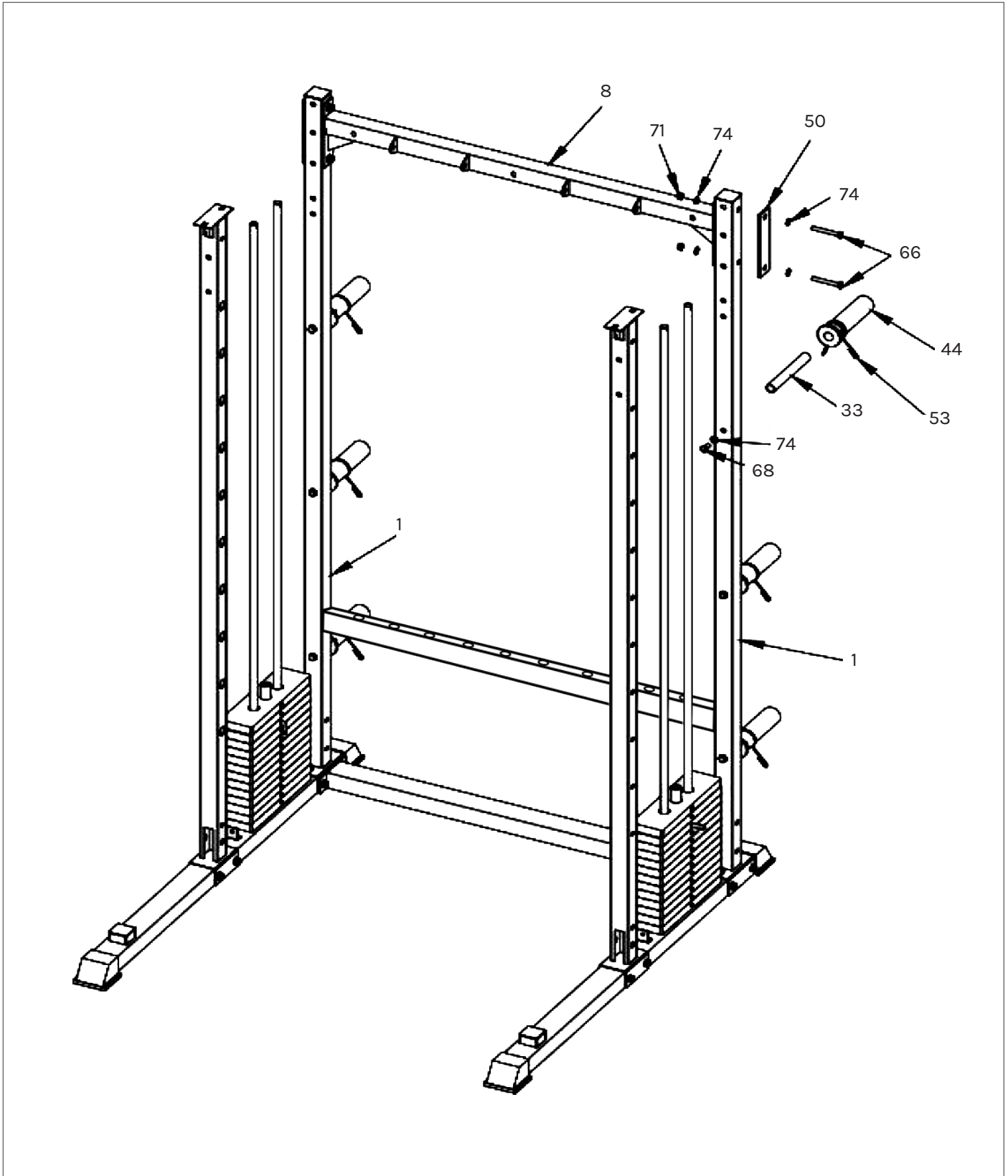




STEP 4

1. Place the counterweight block (35#) into (7#) according to the drawing, then insert the (34#) counterweight head and (15#) counterweight bar. Fix with L-shaped counterweight pin (55#).
2. Insert (79#), (80#) according to the figure.
3. Repeat for the other side.
4. Add the sticker to the weight plates from 11kg on the top plate and finishing at 74kg (If you purchased additional weight stacks then finish off at 96kg at the bottom).
NOTE: the 11kg top plate includes the weight of the rod in the middle.

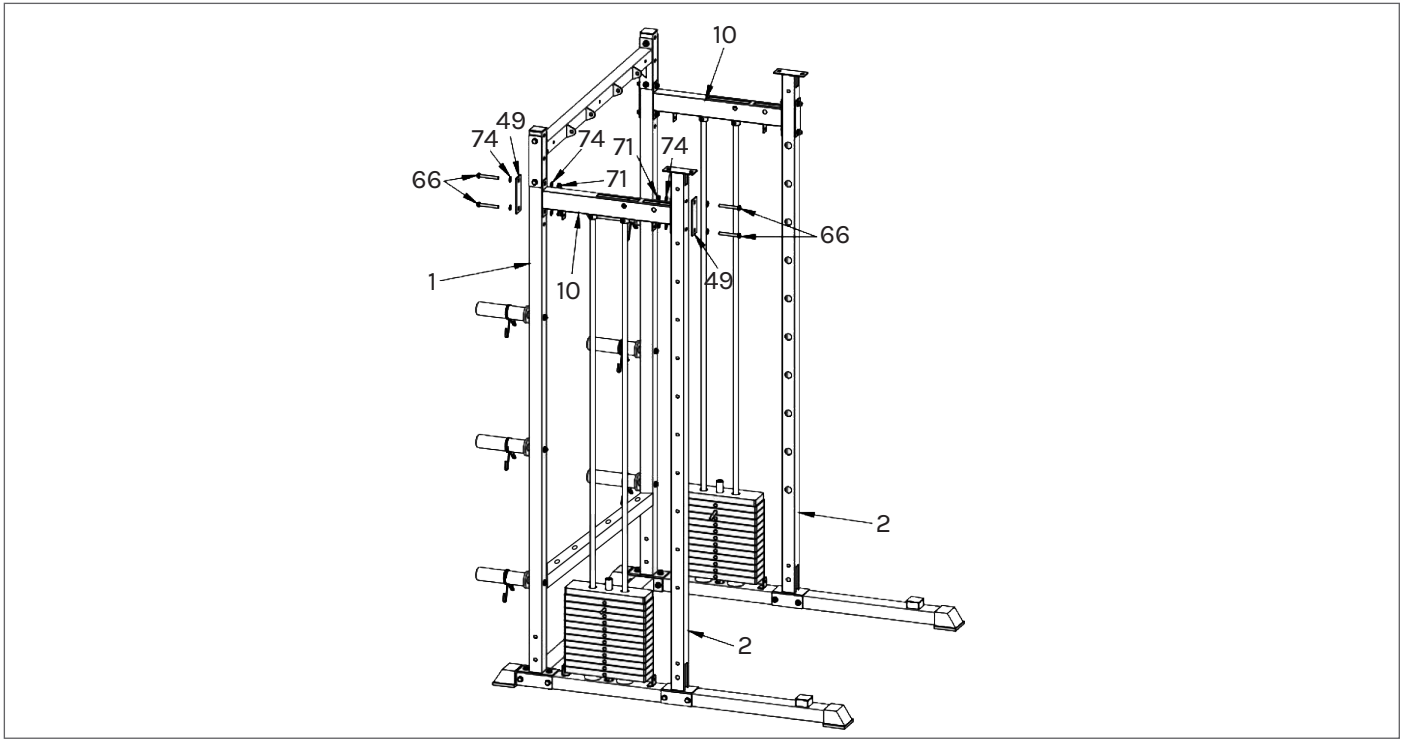




STEP 5

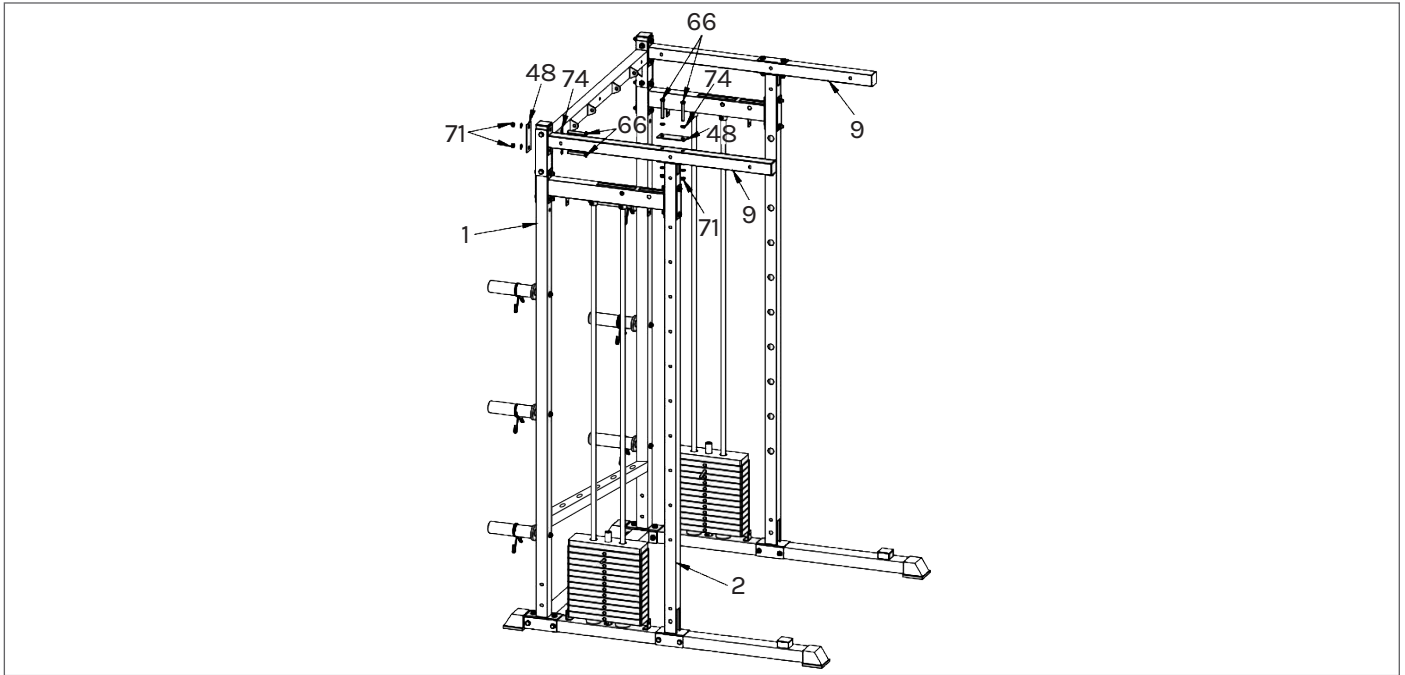
1. Place the rear upper beam (8#) and flat connection plate (50#) on both sides of (1#) as shown. Fix with bolt (66#) pads, plate (74#) and nut (71#).
2. Insert sleeve (33#) into (1#) and secure with bolt (68#) spacer (74#). Insert sleeve (44#) into (33#) and card (53#) into (44#).
3. Repeat for the other side.





STEP 6

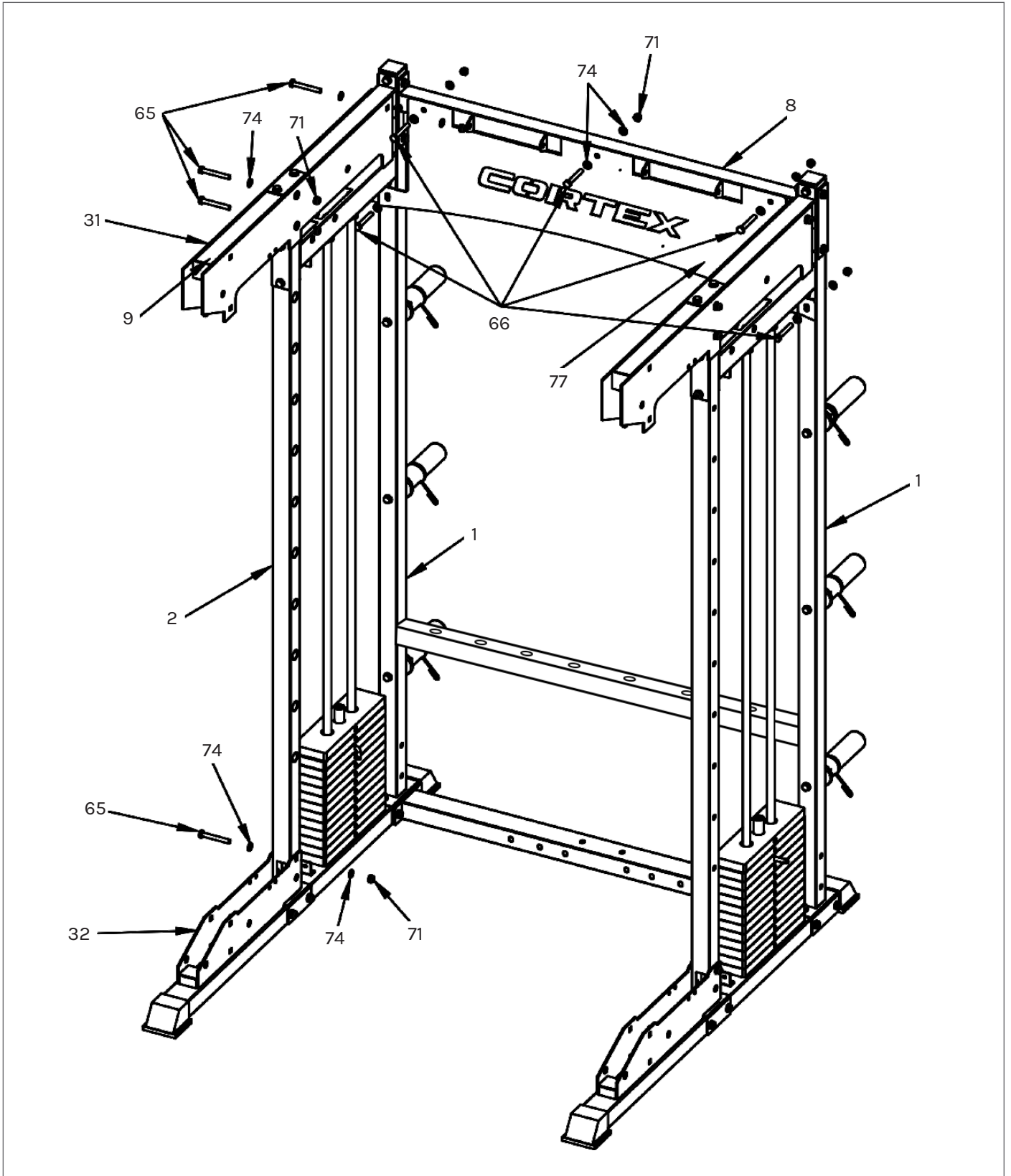
1. Place counterweight loading (10#), flat connection plate (49#) on both sides of (1 #) and (2#) as shown. Fix with bolt (66#), gasket (74#), and nut (71#).
 2. Repeat on the other side.
- NOTE:** Align (7 #) to hole (10 #) and tighten the (10 #) pre-loaded nut.



STEP 7

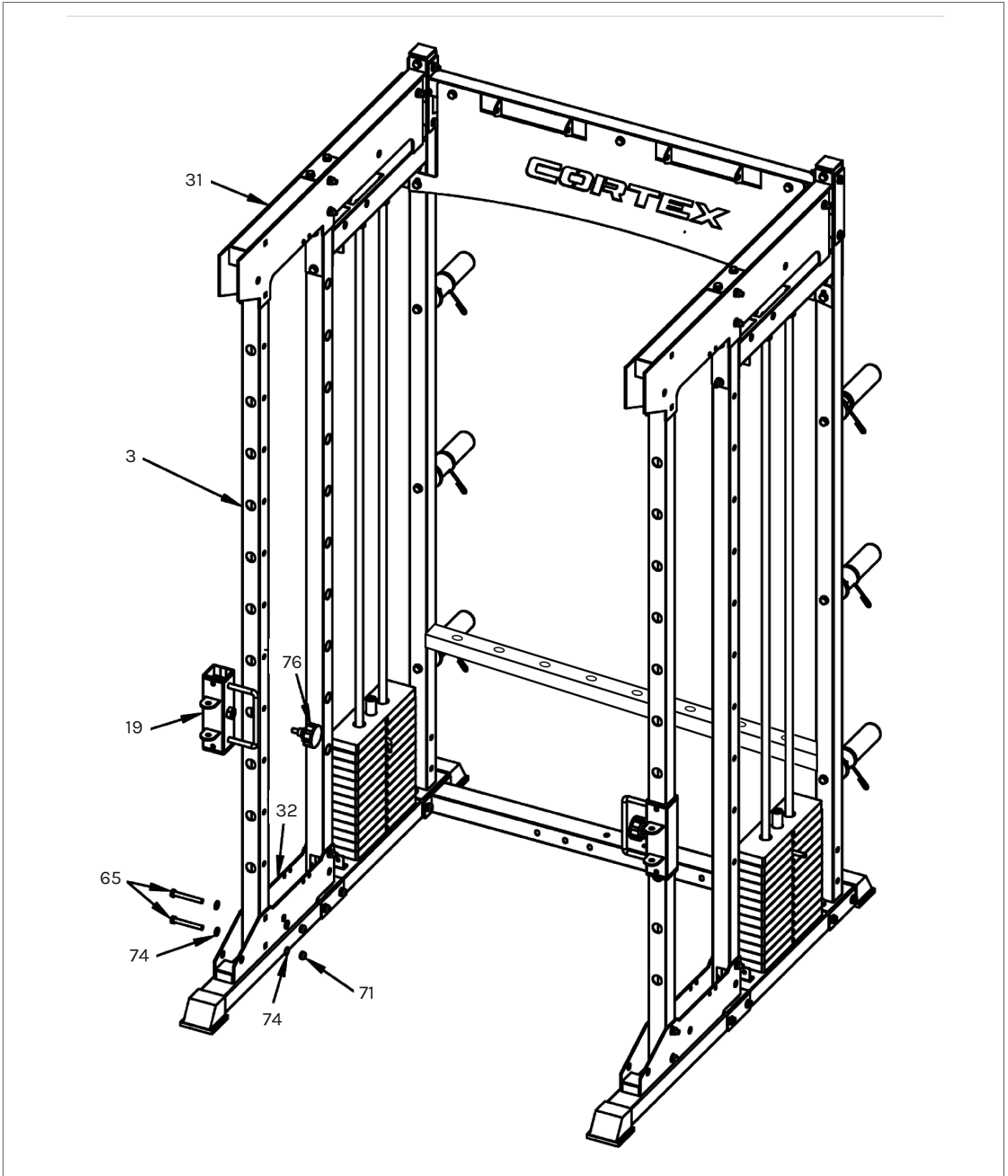
1. Align the holes on (9#) and place the panels (48#) on the side of (1#) and (9#). Then fix with bolts (66#), gaskets (74#) and nuts (71#).
2. Repeat for the other side.





STEP 8

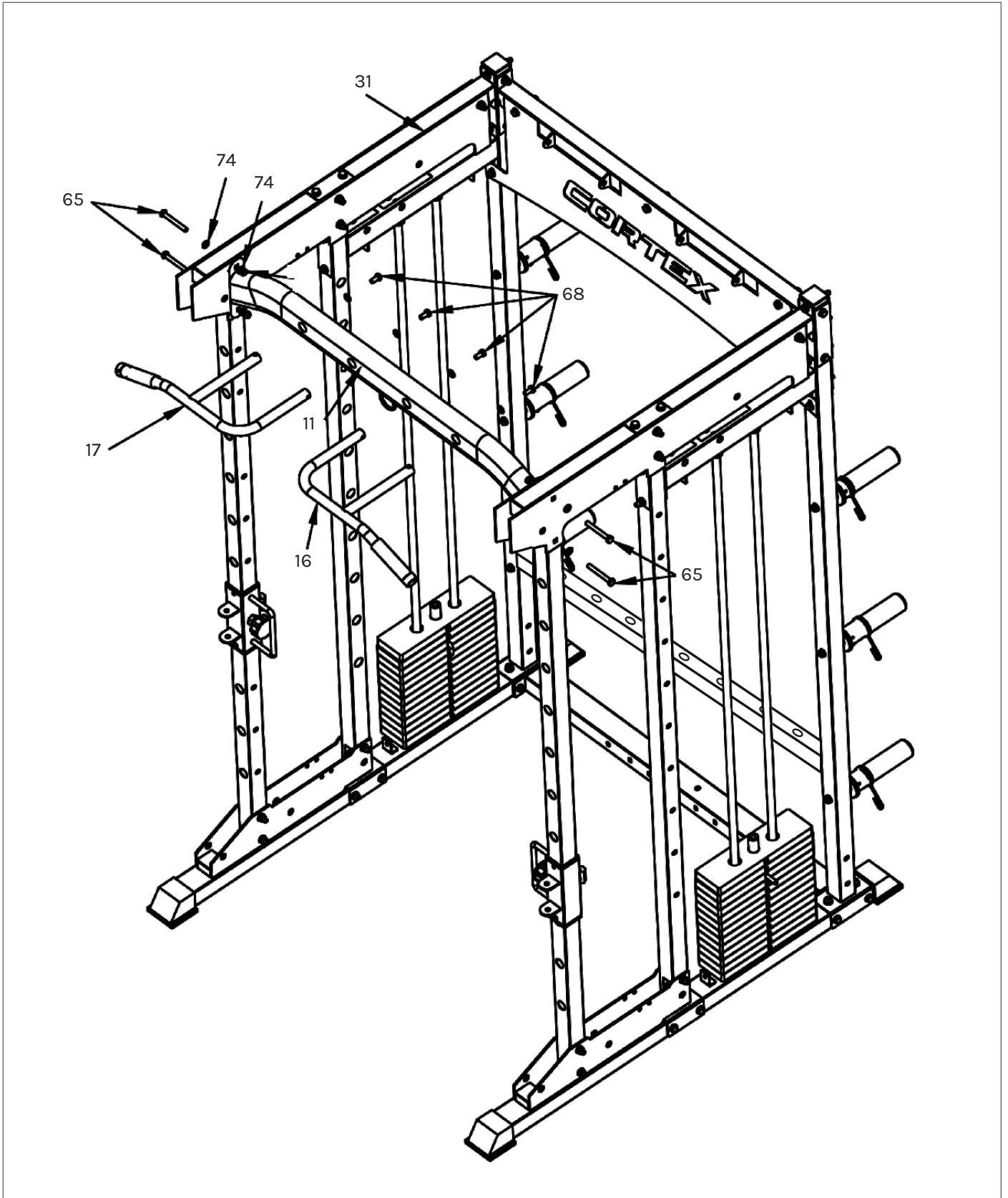
1. Place the rear trim plate (77#) on the side of (1#) and (8#) and secure with the bolt (66#), gasket (74#), and nut (71#).
2. Place the upper trim plate (31#) and the lower holes on (9#) and (2#). Secure the bolt (65#), gasket (74#) and nut (71#).
3. Repeat for the other side.



STEP 9

1. Set the cable adjuster sleeve (19#) with lock pin (76#).
2. Align the holes on (3#) to the parts (31#) and (32#) and secure with bolts (65#), gasket (74#) and nut (71#).
3. Repeat for the other side.

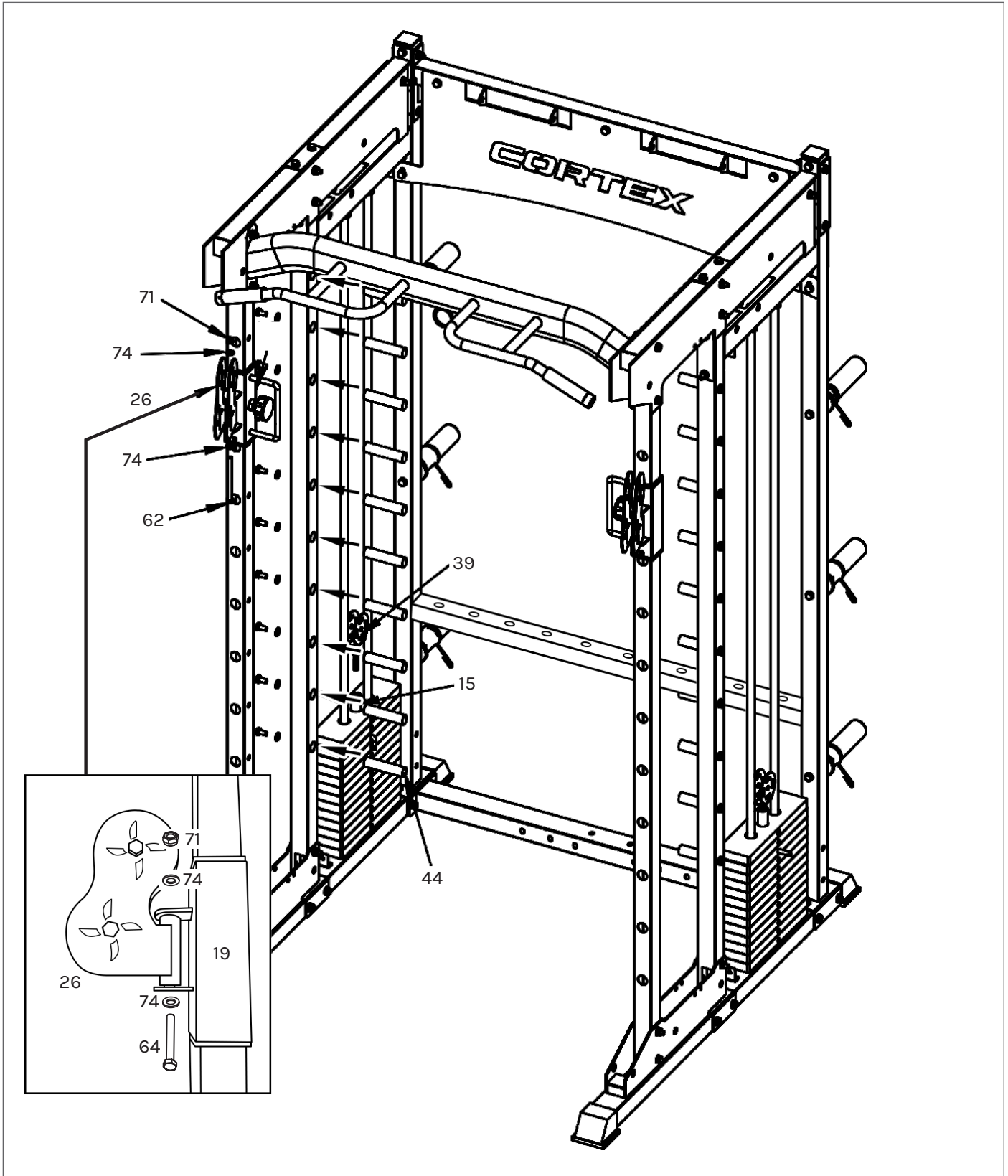




STEP 10

1. According for the figure, install the lead handles (16#) and (17#) on the front upper beam (11#) and secure with bolts (68#) and spacer (74#).
2. Place the installed (11#) holes on both sides of (31#) and secure with bolt (65#), gasket (74#), and nuts (71#).

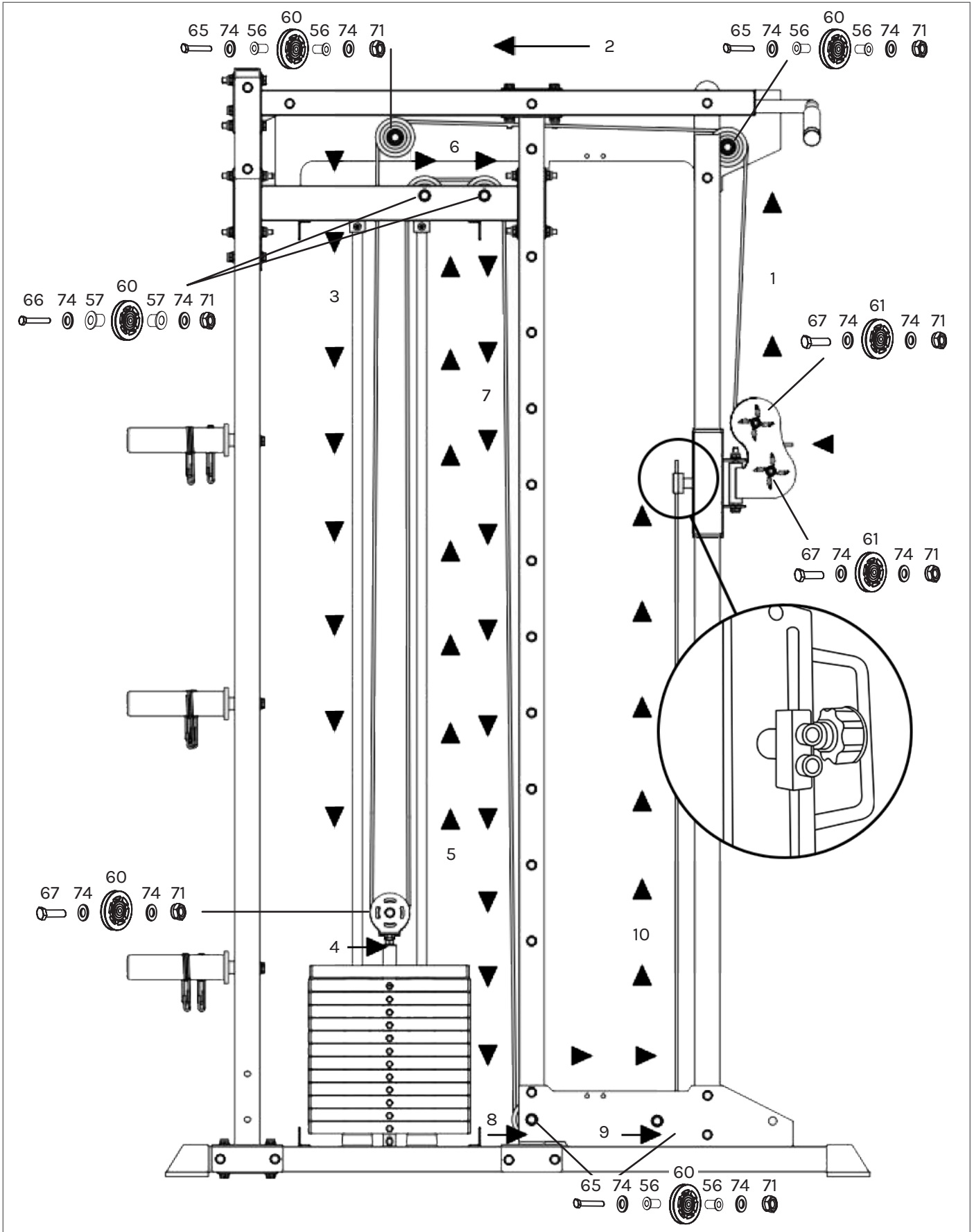




STEP 11

1. Twist the small pulley frame (39#) into (15#) as shown, then place the short optical shaft (44#) into (2#) with pre-installed bolts.
2. Place the pulley bracket (26#) into the hole of (19#) and secure with bolt (62#), gasket (74#), and nut (71#).
3. Repeat for the other side.

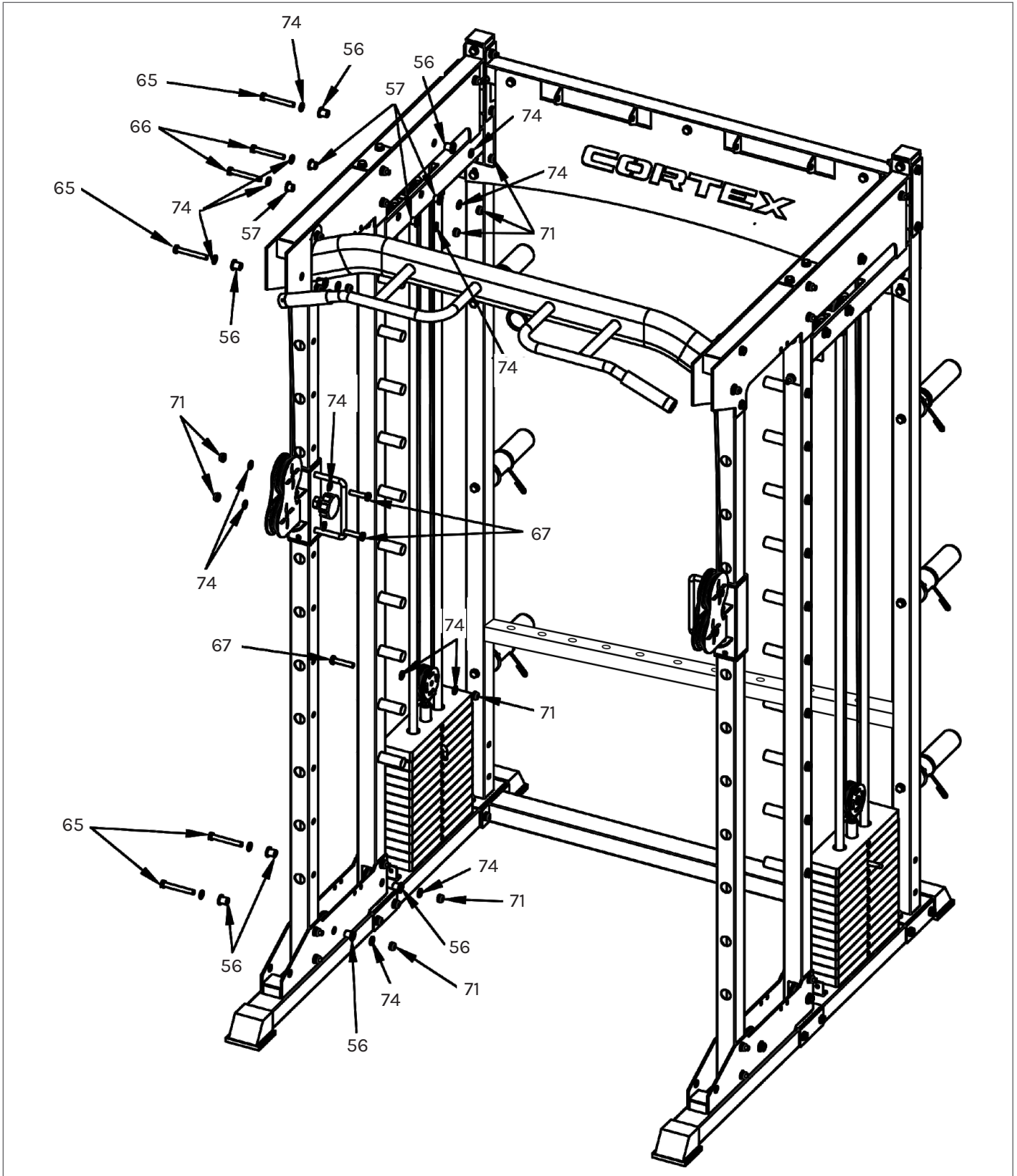




Direction for the Cables & Parts Required

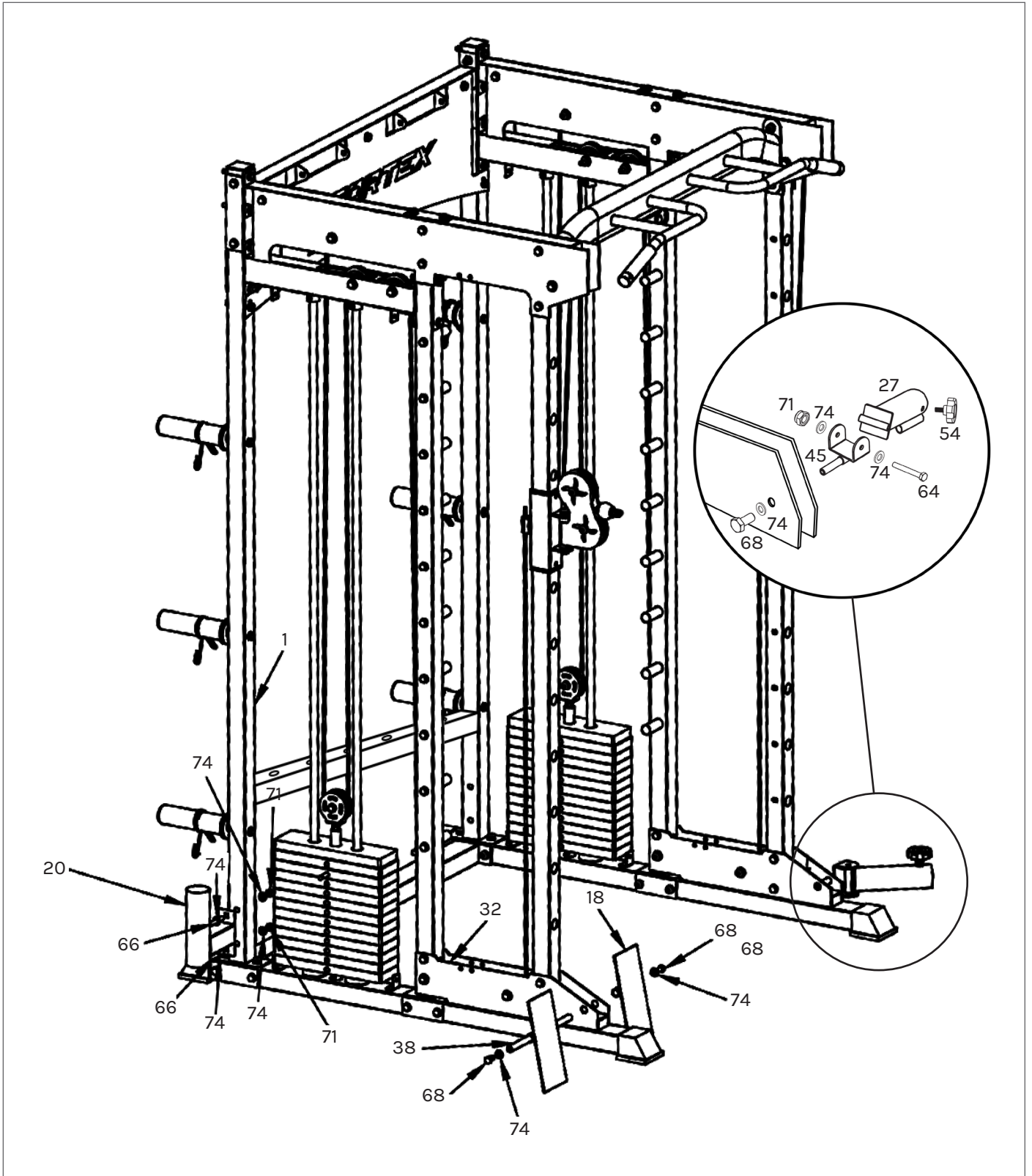
NOTE: Washers must go on both sides. After the bolt and before the nut. Parts #56 and #57 (if applicable) goes on both sides of the pulley. See next diagram for direction for bolt installation.





STEP 12

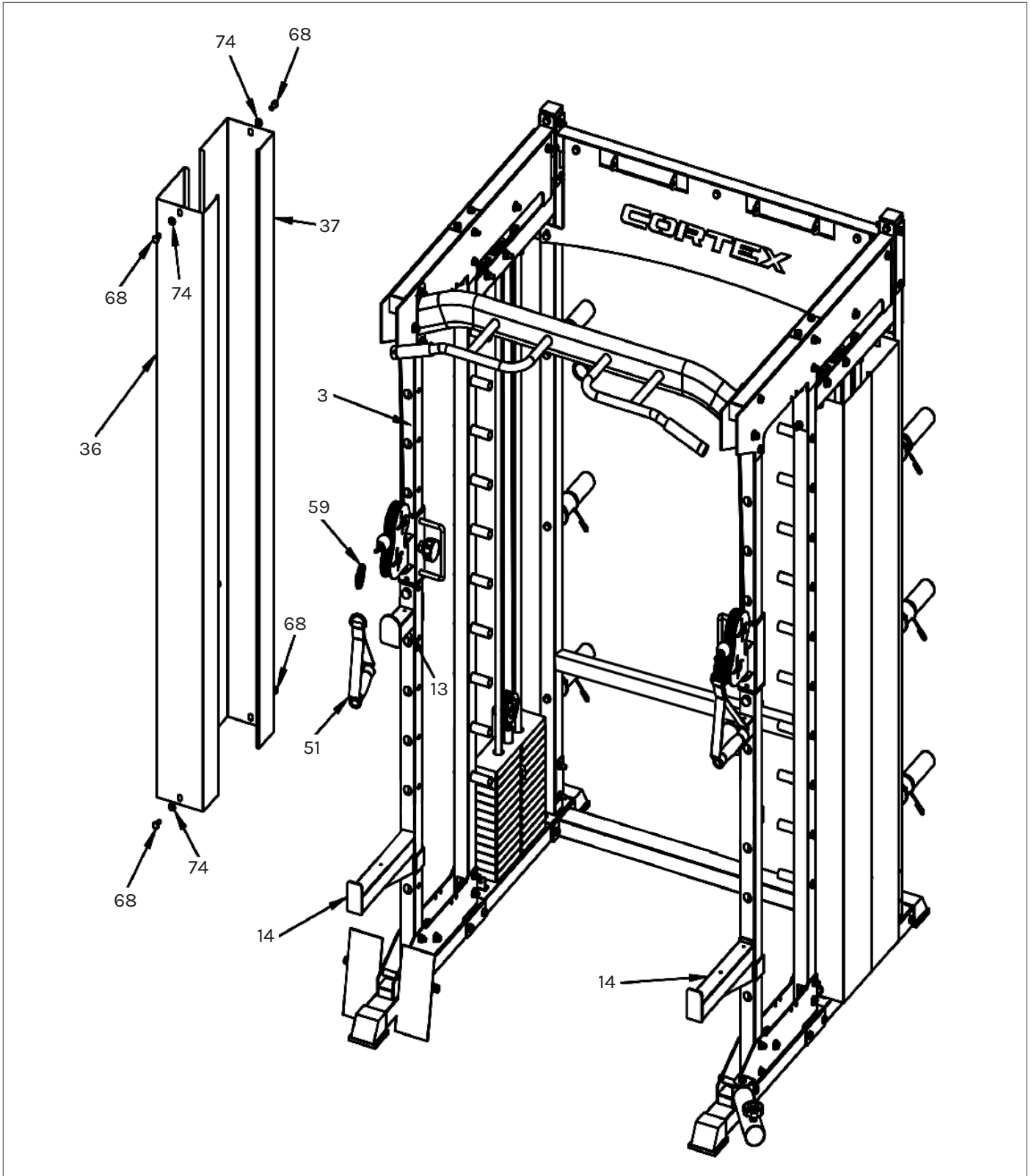
1. Refer to the previous page and step 12 diagrams for the order of fittings and use the arrows as direction for start to end point. Start from the ball end of the cable.
2. Feed the cables into the pulley first before then secure pulley to pulley frame.
3. When you reach to the end of the cable (refer to zoom image in previous page), adjust the cable length so that it is not too loose and tighten with the pre-installed bolts.
4. Check that your cables are running smoothly and tighten all bolts.



STEP 13

1. Place the Foot plate (18#) on both sides of (32#) according to the picture. Fit the (38#) into the foot plate shaft and secure with (68#) spacer and (68#).
2. First place the M10 knob (54#) on the landmine post (27#). Install (27#) on the barrel shaft (45#) and then place (45#) hole into (32#) with bolt using nut (71#), bolt (64#) and washer (74#).
3. Place the hole in the Olympic rod holder (20#) on the side of (1#) and secure with the bolt (66#), gasket (74#) and nut (71#).

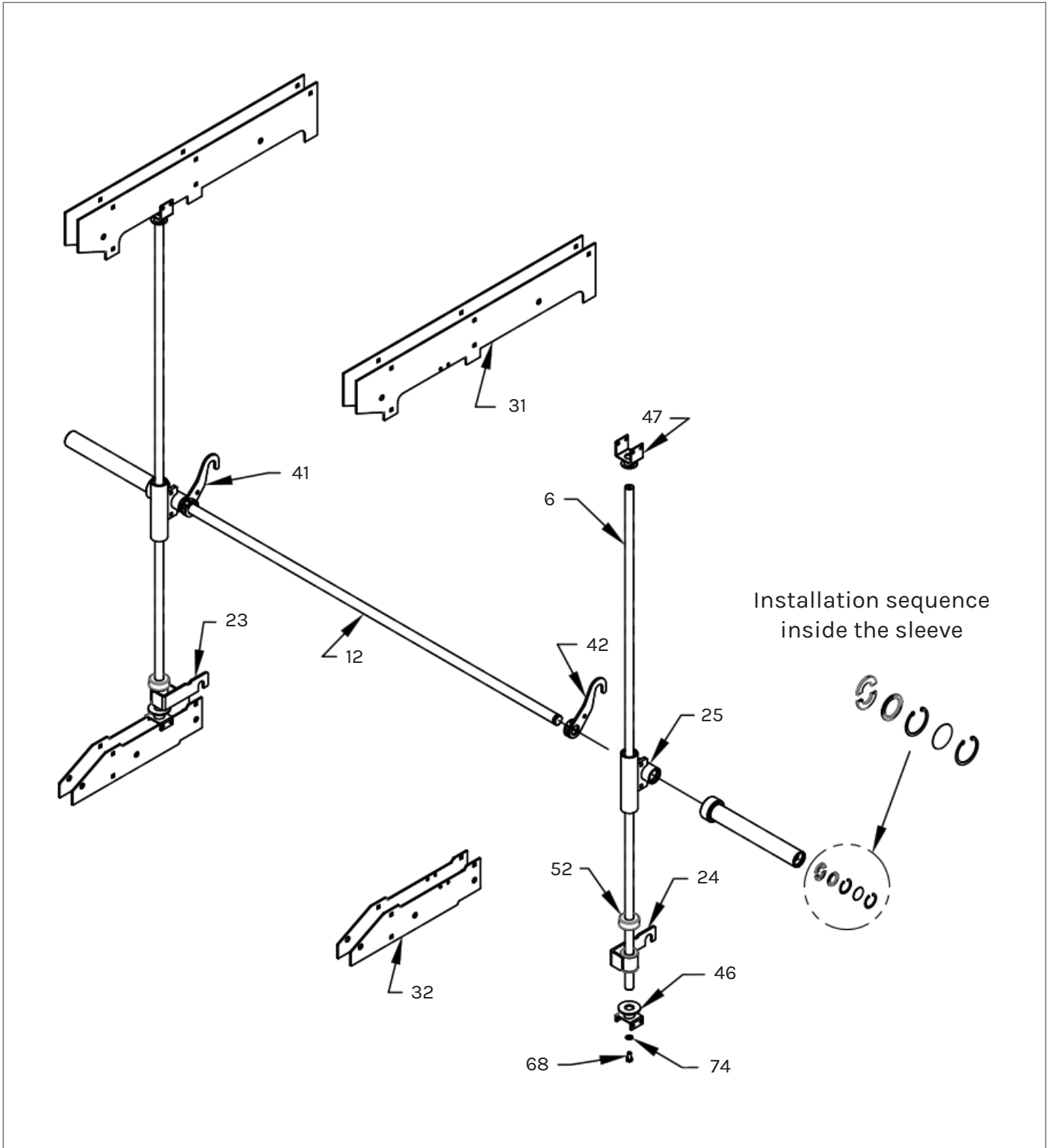




STEP 14

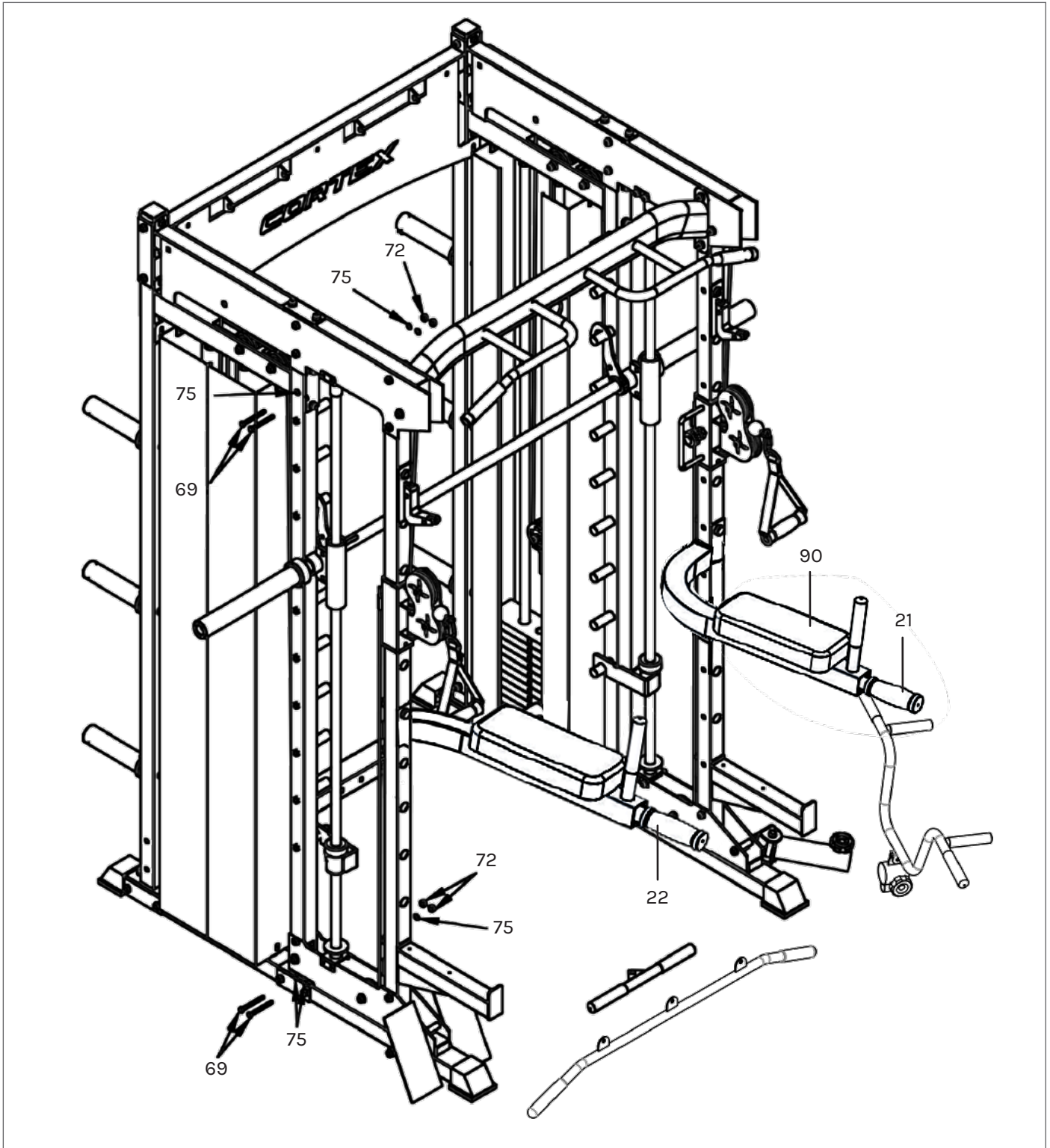
1. First install (36#) and (37#) onto the holes on (4#) and (10#) using bolts (68#), insert (74#) and then fix the 2 plates with bolts (70#) and nut (73#).
2. Attach the handle (51#) on C type buckle (59#) and then attach (59#) to the pulley rope.
3. Insert (13#) and (14#) into the front columns as pictured. They can be removed when using other accessories like dip handles.
4. Repeat for the other side.





STEP 15

1. According to the diagram, feed the light shaft bottom set (46#), safety hook (24#), damping pad (52#), bearing sleeve (25#) onto smith guide rod (6#). Secure the light shaft bottom set (46#) to the rod with bolt (68#) and gasket (74#), then set the light shaft upper set (47#). Light shaft bottom and upper set will later get bolted to the side covers (31# & 32#).
3. Pass the rod (12#) into buckle hook (41# & 42#), then on each side place the rod into bearing holder (25#). Make sure your hooks 41# and 41# are facing in the direction of the pegs (44#).
4. Finally, add the barbell sleeve to the rods and secure using the installation sequence at the ends of the sleeve.



STEP 16

1. Secure the installed Olympic rod onto the side covers (31#) and (32#) as shown, using bolt (69#), gasket (75#), and nut (72#).
2. Attach the padding (90#) to the left and right dip handles (21 and 22) using M8*65mm bolts. Then hook it to the front column when in use.

Please ensure to tighten all bolt and nuts with a wrench.

Check that all pulleys and wire ropes are secured properly. If cables are not sliding smoothly then the bolts on the pulley may be over tighten, loosen it slightly. You can also lubricate the pulley.

V. 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 a 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.

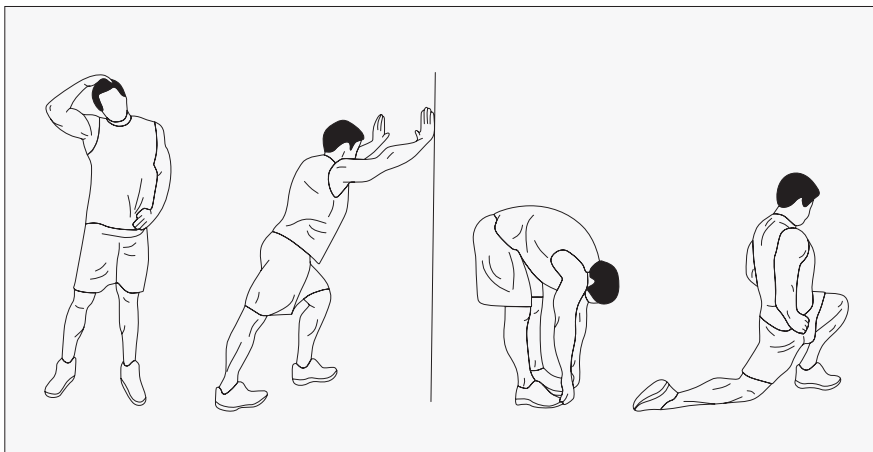
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not 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

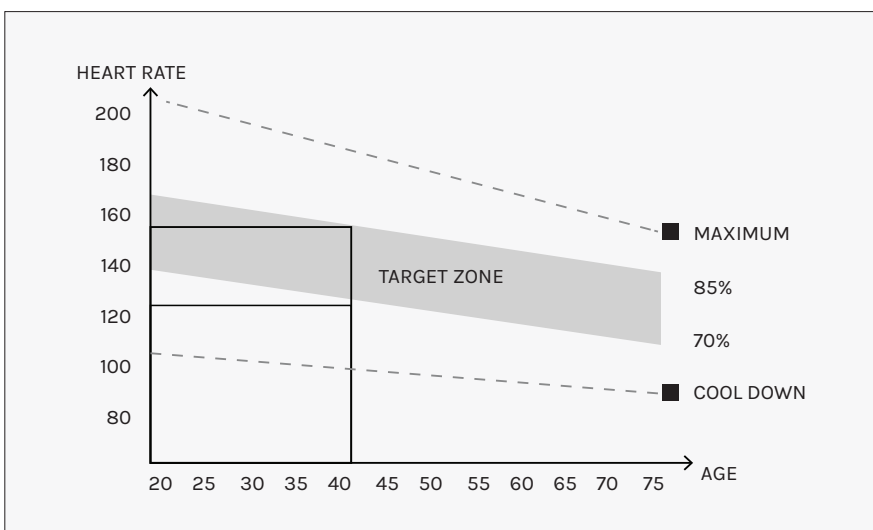
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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



CORTEX[®]

WWW.LIFESPANFITNESS.COM.AU

