

AB CRUNCH

PRIMARY MUSCLE EXERCISED: ABDOMINALS
GRASP AND LOWER HIGH PULLEY HANDLES TO THE SIDE OF YOUR HEAD. WITH YOUR BACK FIRMLY AGAINST THE PAD, IN A CRUNCHING MOTION, PIVOT YOUR UPPER BODY DOWN AND FORWARD.



SIDE CRUNCH

PRIMARY MUSCLE EXERCISED: OBLIQUES
GRASP AND LOWER HIGH PULLEY HANDLES TO THE SIDE OF YOUR HEAD. WITH YOUR BACK FIRMLY AGAINST THE PAD, IN A CRUNCHING MOTION, PIVOT AND ROTATE YOUR UPPER BODY DOWN AND FORWARD MOVING YOUR ELBOWS AS CLOSE AS POSSIBLE TO THE OPPOSITE KNEE.



ABDOMINALS

CHEST PRESS

PRIMARY MUSCLE EXERCISED: CHEST
ADJUST BOTTOM SEAT TO MIDDLE HOLE. USING PULL PIN AT TOP OF EACH PRESS ARM, ADJUST ARM TO DESIRED STARTING POINT. WHILE SEATED WITH BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

*BACK SEAT MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



INCLINE PRESS

PRIMARY MUSCLE EXERCISED: UPPER CHEST
ADJUST BOTTOM SEAT TO BOTTOM HOLE. USING PULL PIN AT TOP OF EACH PRESS ARM, ADJUST ARM TO DESIRED STARTING POINT. WHILE SEATED WITH BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

*BACK SEAT MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



DECLINE PRESS

PRIMARY MUSCLE EXERCISED: LOWER CHEST
ADJUST BOTTOM SEAT TO TOP HOLE. USING PULL PIN AT TOP OF EACH PRESS ARM, ADJUST ARM TO DESIRED STARTING POINT. WHILE SEATED WITH BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

*BACK SEAT MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



*PEC FLY

PRIMARY MUSCLE EXERCISED: CHEST
ADJUST FREE CABLE HANDLES TO MID CHEST HEIGHT. GRASP AND PULL FORWARD HANDLES TO MID CHEST. WITH YOUR BACK FIRMLY AGAINST BACK PAD, EXTEND ARMS KEEPING A SLIGHT BEND IN THE ELBOWS. SLOWLY PUSH THE HANDLES TOWARD THE CENTER OF YOUR BODY.

*BACK SEAT AND HANDLES MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



*SHOULDER PRESS

PRIMARY MUSCLE EXERCISED: SHOULDERS
ADJUST CABLE ARMS TO THIRD HOLE FROM TOP AND LENGTHEN STRAP TO FIRST HOOK. WHILE SEATED WITH BACK FIRMLY AGAINST PAD, PRESS HANDLES UPWARD.



MID ROW

PRIMARY MUSCLE EXERCISED: MID BACK
ADJUST THE CHEST SUPPORT PAD FOR DESIRED PRE-STRETCH/START POSITION. USING PULL PIN AT TOP OF EACH PRESS ARM ADJUST ARM TO DESIRED STARTING POINT. GRASP HANDLES, WITH YOUR CHEST FIRMLY AGAINST CHEST PAD, PULL THE MID ROW ARMS TOWARD YOUR BODY.



LAT PULLDOWN

PRIMARY MUSCLE EXERCISED: UPPER BACK
WHILE SEATED WITH LEGS SNUGLY UNDER HOLD-DOWN ROLLERS, GRASP PULLDOWN HANDLES. LOWER ELBOWS TO SIDE OF YOUR BODY.

*ARMS MAY BE PULLED ONE AT A TIME OR TOGETHER.



LAT PULLDOWN WITH BAR

PRIMARY MUSCLE EXERCISED: UPPER BACK
WHILE SEATED WITH LEGS SNUGLY UNDER HOLD-DOWN ROLLERS, GRASP PULLDOWN BAR. LOWER BAR TO TOP OF YOUR CHEST.



SEATED BICEP CURL

PRIMARY MUSCLE EXERCISED: BICEPS
LOWER FUNCTIONAL TRAINING ARMS TO BOTTOM POSITION. ADJUST STRAPS TO SHORT POSITION. GRASP HANDLES, WITH YOUR ELBOWS TIGHT TO YOUR BODY, CURL HANDLES UPWARD UNTIL YOUR BICEPS ARE FULLY CONTRACTED.



SEATED TRICEP EXTENSION

PRIMARY MUSCLE EXERCISED: TRICEPS
ADJUST CABLE ARMS TO TOP POSITION. WITH BACK FIRMLY AGAINST BACK PAD, GRASP HANDLES. WITH ELBOWS FORWARD, UP, AND TIGHT TO YOUR BODY, EXTEND ARMS FORWARD.



LEG EXTENSION

PRIMARY MUSCLE EXERCISED: QUADRICEPS
FLIP TOP SHORT ROLLERS TO FORWARD POSITION. ADJUST BACK PAD SO WHEN SEATED WITH BACK FIRMLY AGAINST PAD, KNEES ARE IN ALIGNMENT WITH PIVOT POINT. WITH THE LOWER ROLLER IN FRONT OF YOUR ANKLES, USE THE PULL PIN ON THE ARM TO ADJUST STARTING POSITION. LIFT AND STRAIGHTEN YOUR LEGS UNTIL QUADRICEPS ARE FULLY CONTRACTED.



SEATED LEG CURL

PRIMARY MUSCLE EXERCISED: HAMSTRINGS
FLIP TOP SHORT ROLLERS TO REAR POSITION. ADJUST BACK PAD SO WHEN SEATED WITH BACK FIRMLY AGAINST PAD, KNEES ARE IN ALIGNMENT WITH PIVOT POINT. USE THE PULL PIN ON THE ARM TO ADJUST STARTING POSITION (LEGS SHOULD BE EXTENDED WITH A SLIGHT BEND IN THE KNEES). WITH THE LOWER ROLLER BEHIND YOUR ANKLES, LOWER HOLD DOWN ROLLERS TO THE TOP OF YOUR SHINS. CURL LEGS DOWNWARD UNTIL HAMSTRINGS ARE FULLY CONTRACTED.



LEG PRESS

PRIMARY MUSCLE EXERCISED: LEGS
USING THE PULL PIN BEHIND THE BACK PAD, ADJUST THE PAD FOR DESIRED STARTING POSITION. PLANT FEET FIRMLY ON THE FOOTPLATE AND YOUR BACK FIRMLY AGAINST THE BACK PAD. PUSH FOOTPLATE AWAY FROM YOUR BODY (DO NOT LOCK YOUR KNEES).



CALF RAISE

PRIMARY MUSCLE EXERCISED: CALVES
USING THE PULL PIN BEHIND THE BACK PAD, ADJUST THE PAD FOR DESIRED STARTING POSITION. PLANT THE BALLS OF YOUR FEET FIRMLY AT THE BOTTOM OF THE FOOTPLATE AND YOUR BACK FIRMLY AGAINST THE BACK PAD. PUSH FOOTPLATE AWAY FROM YOUR BODY KEEPING A SLIGHT BEND IN THE KNEES. PRESS THE BALLS OF YOUR FEET FORWARD UNTIL YOUR CALF MUSCLES ARE FULLY CONTRACTED.



CROSSOVER

PRIMARY MUSCLE EXERCISED: CHEST
GRASP HANDLES AND BRING TOWARDS THE CENTER OF YOUR BODY IN A DOWNWARD ANGLE KEEPING A SLIGHT BEND IN YOUR ELBOWS.



CHEST PRESS WITH BENCH

PRIMARY MUSCLE EXERCISED: CHEST
WHILE SEATED ON BENCH WITH BACK UPRIGHT AND FIRMLY AGAINST BACK PAD, GRASP STRAP HANDLES AND PUSH AWAY FROM BODY IN DESIRED EXERCISE PATH.



UPRIGHT ROW

PRIMARY MUSCLE EXERCISED: SHOULDERS
ATTACH BAR TO BOTH CABLE ENDS AT DESIRED PULLEY HEIGHT. GRASP BAR WITH NARROW GRIP AND PALMS FACING YOUR BODY. PULL BAR TO TOP OF CHEST AND LOWER.



STANDING BICEP

PRIMARY MUSCLE EXERCISED: BICEPS
GRASP HANDLES WITH PALMS FACING UPWARDS. WITH YOUR ELBOWS TIGHT TO YOUR BODY, CURL UPWARDS UNTIL YOUR BICEPS ARE FULLY CONTRACTED.



STANDING TRICEP EXTENSION

PRIMARY MUSCLE EXERCISED: TRICEPS
GRASP HANDLES WITH PALMS FACING AWAY FROM YOUR BODY. WITH ELBOWS AT SHOULDER HEIGHT, PRESS ARMS FORWARD UNTIL YOUR TRICEPS ARE FULLY CONTRACTED.



CHIN UP

PRIMARY MUSCLE EXERCISED: UPPER BACK
GRASP CHIN UP HANDLES AND PULL BODY UP UNTIL HANDS ARE PARALLEL TO CHIN. LOWER AND REPEAT.



SQUAT

PRIMARY MUSCLE EXERCISED: LEGS
ATTACH BAR TO BOTH CABLE ENDS AT DESIRED PULLEY HEIGHT. WITH BAR ON TOP OF SHOULDERS, SQUAT AND STAND KEEPING BACK STRAIGHT AND SLIGHT BEND IN THE KNEES.



LUNGE

PRIMARY MUSCLE EXERCISED: LEGS
WHILE STANDING, GRASP HANDLES AT SHOULDER HEIGHT TAKE STEP FORWARD UNTIL HAMSTRING IS PARALLEL TO FLOOR AND RETURN.



INNER/OUTER THIGH

PRIMARY MUSCLE EXERCISED: THIGHS
WRAP ANKLE STRAP AROUND ANKLE AND HOOK TO LOW PULLEY.

OUTER THIGH: KICK LEG AWAY FROM YOUR BODY.

INNER THIGH: KICK LEG ACROSS YOUR BODY.



GLUTE

PRIMARY MUSCLE EXERCISED: GLUTES
WRAP ANKLE STRAP AROUND ANKLE AND HOOK TO LOW PULLEY. KICK LEG BEHIND YOUR BODY UNTIL GLUTE IS FULLY CONTRACTED.



BACK

CHEST

LEGS

FREE CABLE UPPER BODY

FREE CABLE LOWER BODY



WARNING

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK ALWAYS FOLLOW THESE RULES.

- 1) IT IS ESSENTIAL THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
- 2) INSPECT EQUIPMENT BEFORE EACH USE FOR LOOSE, WORN OR FRAYED PARTS (INCLUDING CABLES, NUTS AND BOLTS). REPLACE PARTS AT FIRST SIGNS OF WEAR (USE ONLY GENUINE BATCA REPLACEMENT PARTS). USE OF EQUIPMENT THAT IS DAMAGED, WORN, FRAYED OR NOT COMPLETELY ASSEMBLED ON A SOLID, LEVEL SURFACE MAY RESULT IN INJURY.
- 3) MAKE SURE ALL ADJUSTMENT PINS ARE FULLY ENGAGED BEFORE USING EQUIPMENT.
- 4) KEEP ALL PARTS OF THE BODY AND CLOTHING OUTSIDE THE PATH OF ANY MOVING PARTS OF THE MACHINE. BE ALERT TO THE POSSIBILITY OF INJURY. DO NOT BE CARELESS.
- 5) MINORS AND CHILDREN SHOULD NOT BE ALLOWED TO PLAY ON OR AROUND THIS MACHINE.
- 6) IF YOU HAVE ANY QUESTIONS ON PROPER USE OR MAINTENANCE OF THIS MACHINE, DO NOT HESITATE TO CALL YOUR LOCAL BATCA FITNESS SYSTEMS DISTRIBUTOR OR

BATCA FITNESS SYSTEMS
(919) 255-1233
WWW.BATCAFITNESS.COM

MAINTENANCE

- CABLES CHECK AND ADJUST CABLE TENSION REGULARLY.
- GUIDE RODS CLEAN AND LUBRICATE WEIGHT STACK GUIDE RODS REGULARLY. USE TEFLON OR SILICON BASED LUBRICANTS (DO NOT USE OIL BASED LUBRICANTS).
- UPHOLSTERY CLEAN REGULARLY USING MILD SOAP AND WATER WITH A SOFT CLOTH.
- HARDWARE CHECK AND TIGHTEN ANY LOOSE FASTENERS ON A REGULAR BASIS.

SHOULDERS

ARMS