



Revision 3
JULY 2020

LD-5 Ab Crunch/Back Extension Owner's Manual



Serial Number Here

Date of Purchase



Instructions

Congratulations on the purchase of your new Batca LD-5 Ab Crunch/Back Extension. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Batca dealer.

Warning

Batca Fitness Systems has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

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 gym. 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 gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call

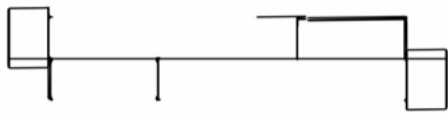
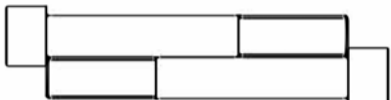


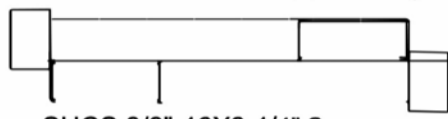
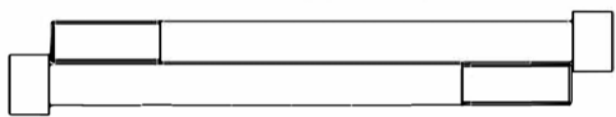


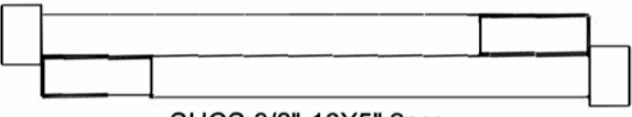
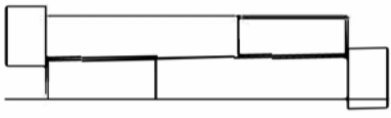

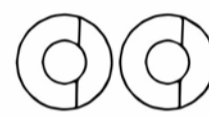
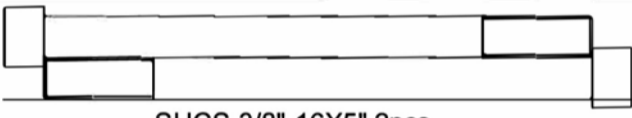


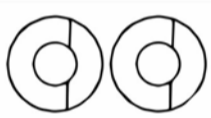
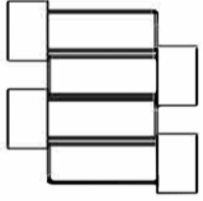
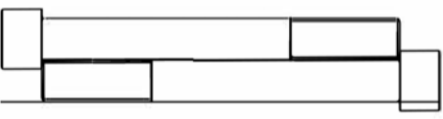
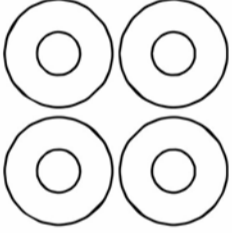

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Tools Required

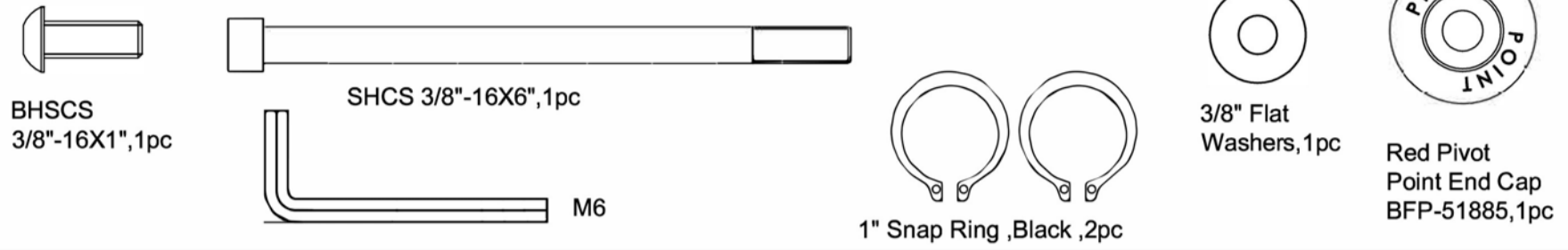
- 9/16" Wrench/Ratchet
- Metric Allen Wrench Set (M8, M6, M4)
- 3/4" Wrench
- Tape Measure

Hardware Blister Pack

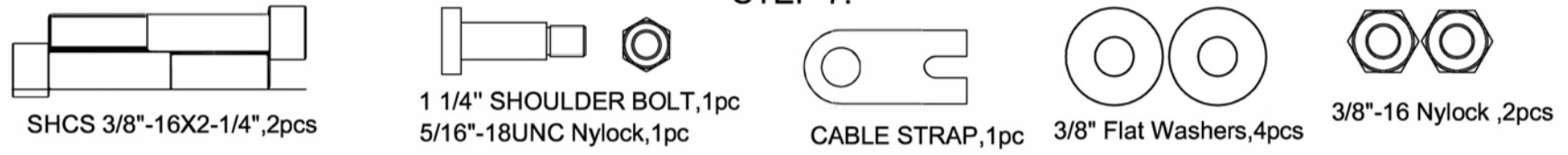
 <p>SHCS 3/8"-16X3-1/4", 2pcs</p>	 <p>SHCS 3/8"-16X2-3/4", 2pcs</p>	 <p>3/8" Flat Washers, 8pcs</p>	 <p>M8 3/8"-16 Nylock, 4pcs</p>
 <p>SHCS 3/8"-16X3-1/4", 2pcs</p>	 <p>SHCS 3/8"-16X4-3/4", 2pcs</p>	 <p>3/8" Flat Washers, 4pcs</p>	 <p>3/8" Curved Washers, 4pcs</p>
 <p>SHCS 3/8"-16X5", 2pcs</p>	 <p>SHCS 3/8"-16X2-3/4", 2pcs</p>	 <p>3/8" Flat Washers, 4pcs</p>	 <p>3/8" Curved Washers, 4pcs</p>
 <p>SHCS 3/8"-16X5", 2pcs</p>	 <p>SHCS 3/8"-16X3-1/2", 2pcs</p>	 <p>3/8" Flat Washers, 6pcs</p>	 <p>3/8" Curved Washers, 2pcs</p>
 <p>SHCS 3/8"-16X1", 4pcs</p>	 <p>SHCS 3/8"-16X3-1/4", 2pcs</p>	 <p>3/8" Flat Washers, 8pcs</p>	 <p>3/8"-16 Nylock, 2pcs</p>

Hardware Blister Pack

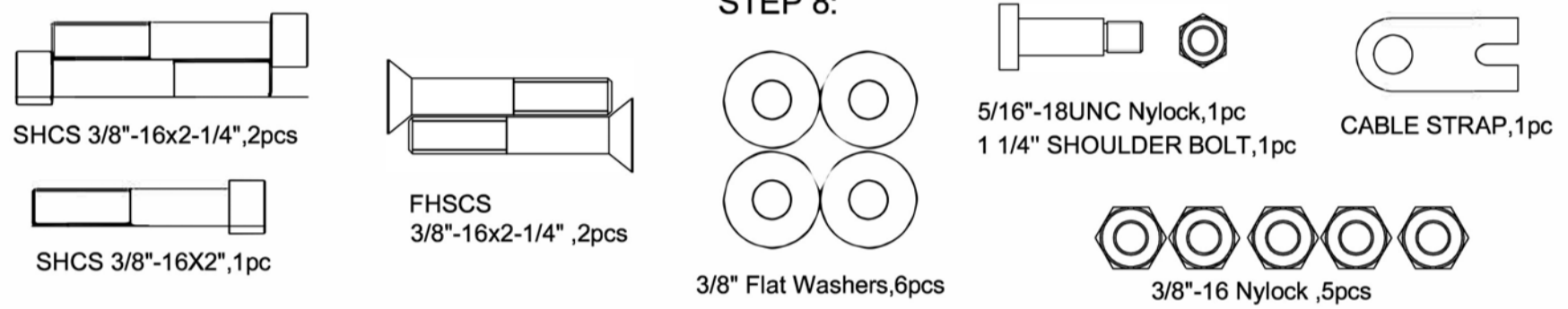
STEP 6:



STEP 7:



STEP 8:



STEP 9:



PLEASE READ AND FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

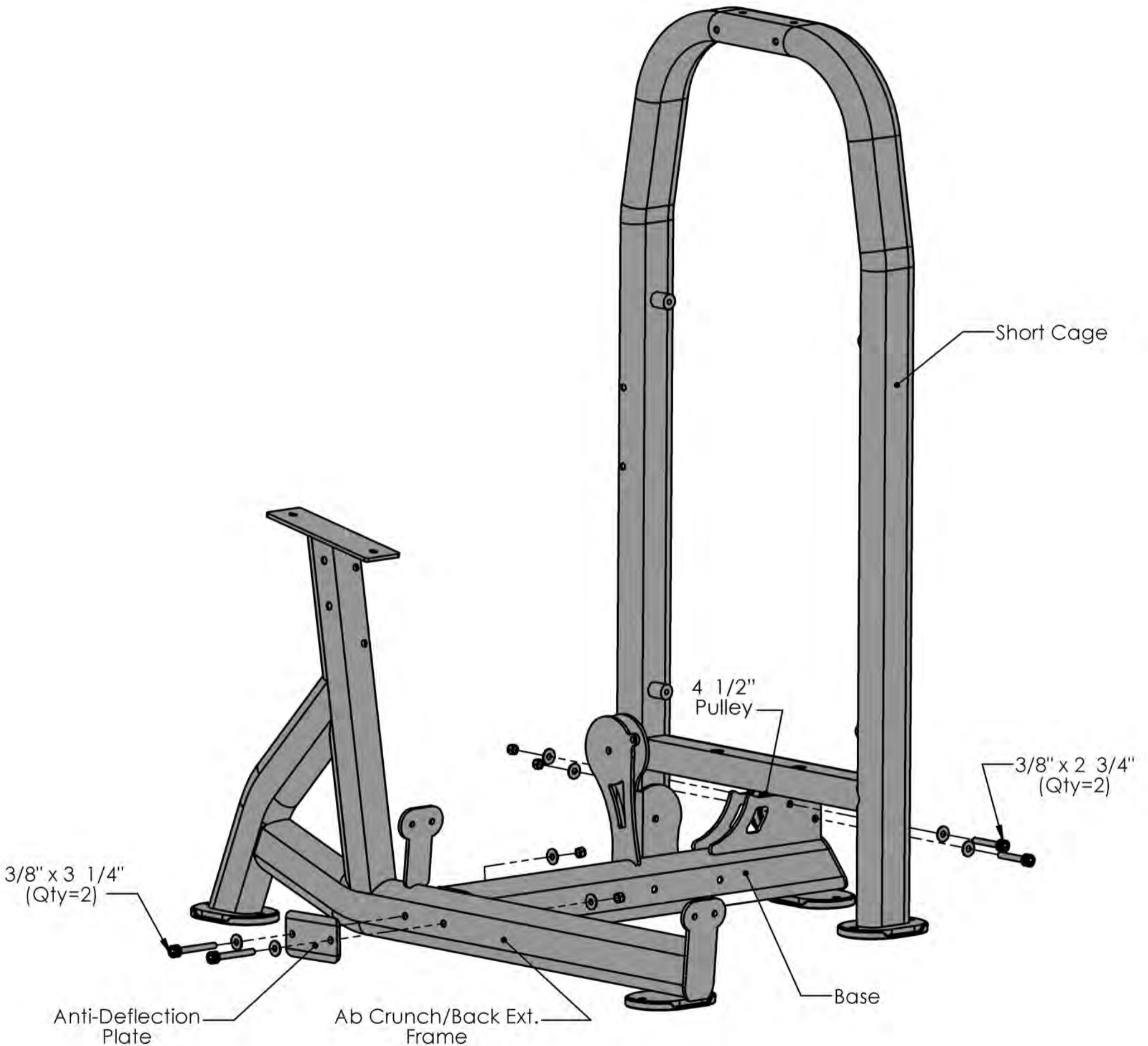


Step 1:

Note: Please Position Hardware in the same direction as shown in the figure. This will make future steps easier to assemble

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a 3/8" **CURVED WASHER** instead of a 3/8" **FLAT WASHER**.

DO NOT TIGHTEN BOLTS UNTIL STEP 4

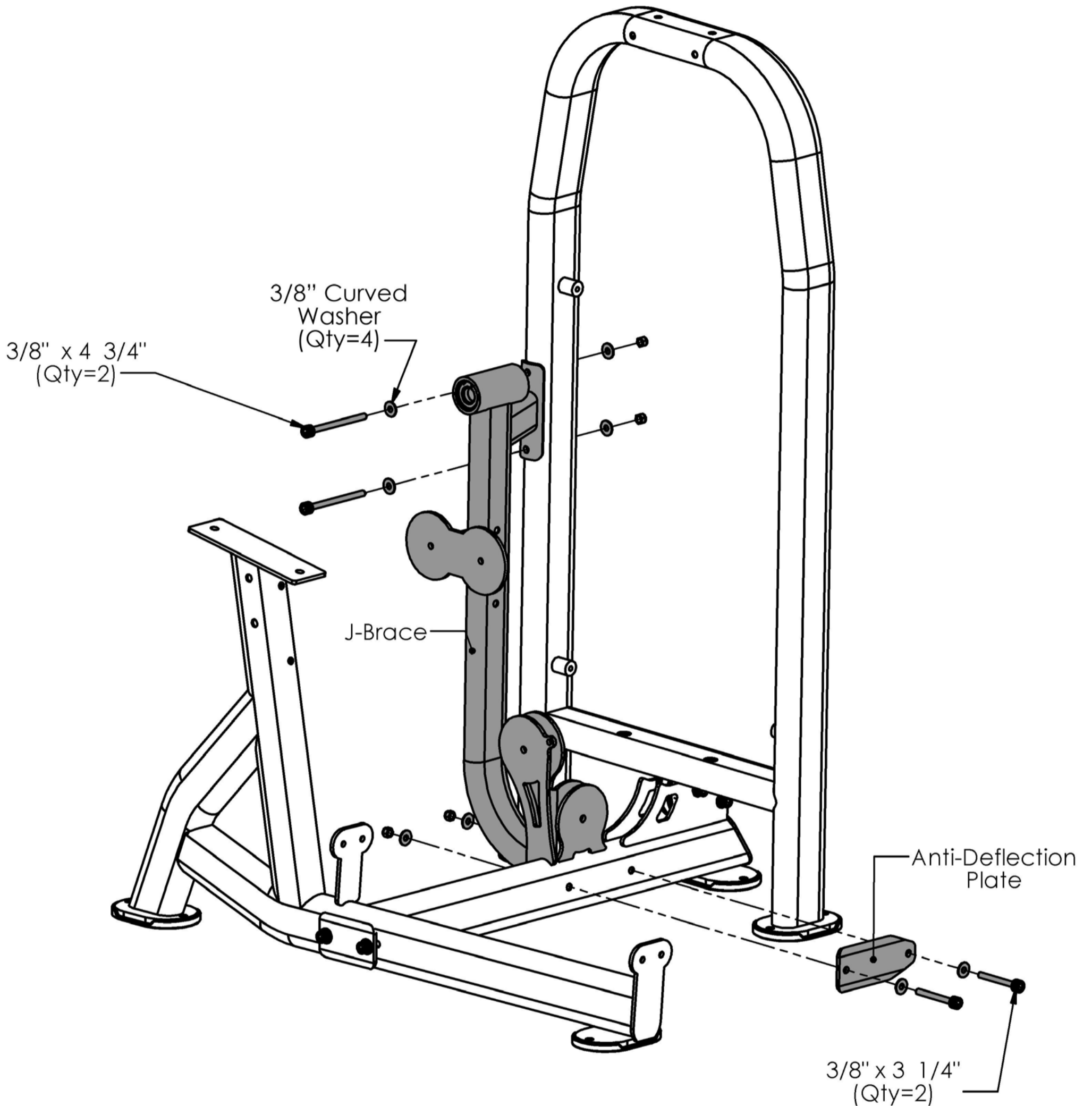


Part #	Description	Qty
BFP-10879	LD-5 Cage (Short)	1
BFP-10878	Base	1
BFP-10876	Ab Crunch/Back Ext Frame	1
BFP-51861	Anti-Deflection Plate	1
BFH-50174	4 1/2" Pulley	1
BFP-51750	SHCS 3/8" x 2 3/4"	2
BFP-51748	SHCS 3/8" x 3 1/4"	2
BFH-50146	3/8" Flat Washer	8
BFH-50157	3/8" Nylock	4

Step 2:



DO NOT TIGHTEN BOLTS UNTIL STEP 4

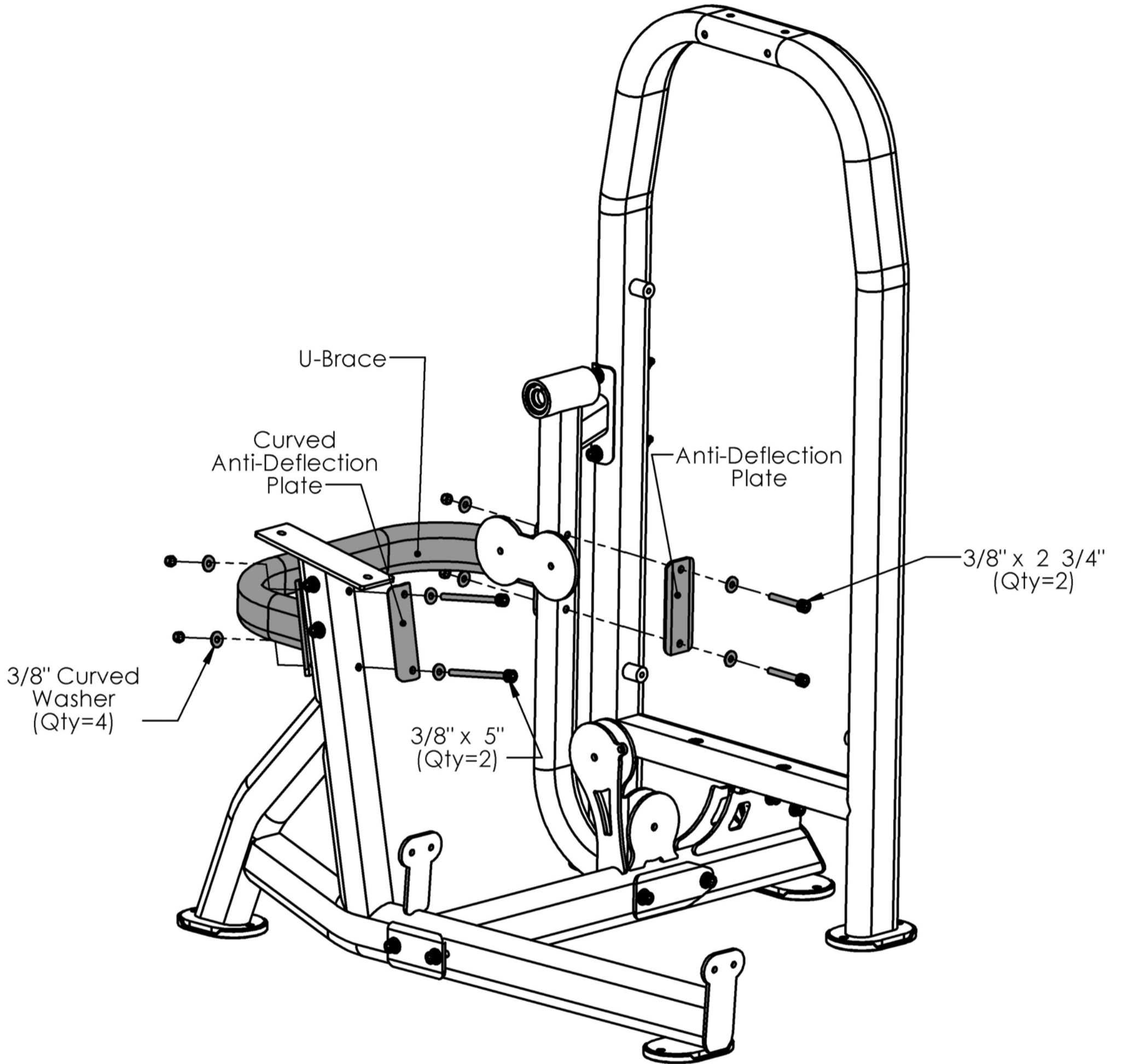


All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

Part #	Description	Qty
BFP-10880	J Brace	1
BFP-51863	Anti-Deflection Plate	1
BFP-51748	SHCS 3/8" x 3 1/4"	2
BFP-51753	SHCS 3/8" x 4 3/4"	2
BFH-50204	3/8" Curved Washer	4
BFH-50146	3/8" Flat Washer	4
BFH-50157	3/8" Nylock	4

Step 3:

⚠ DO NOT TIGHTEN BOLTS UNTIL STEP 4



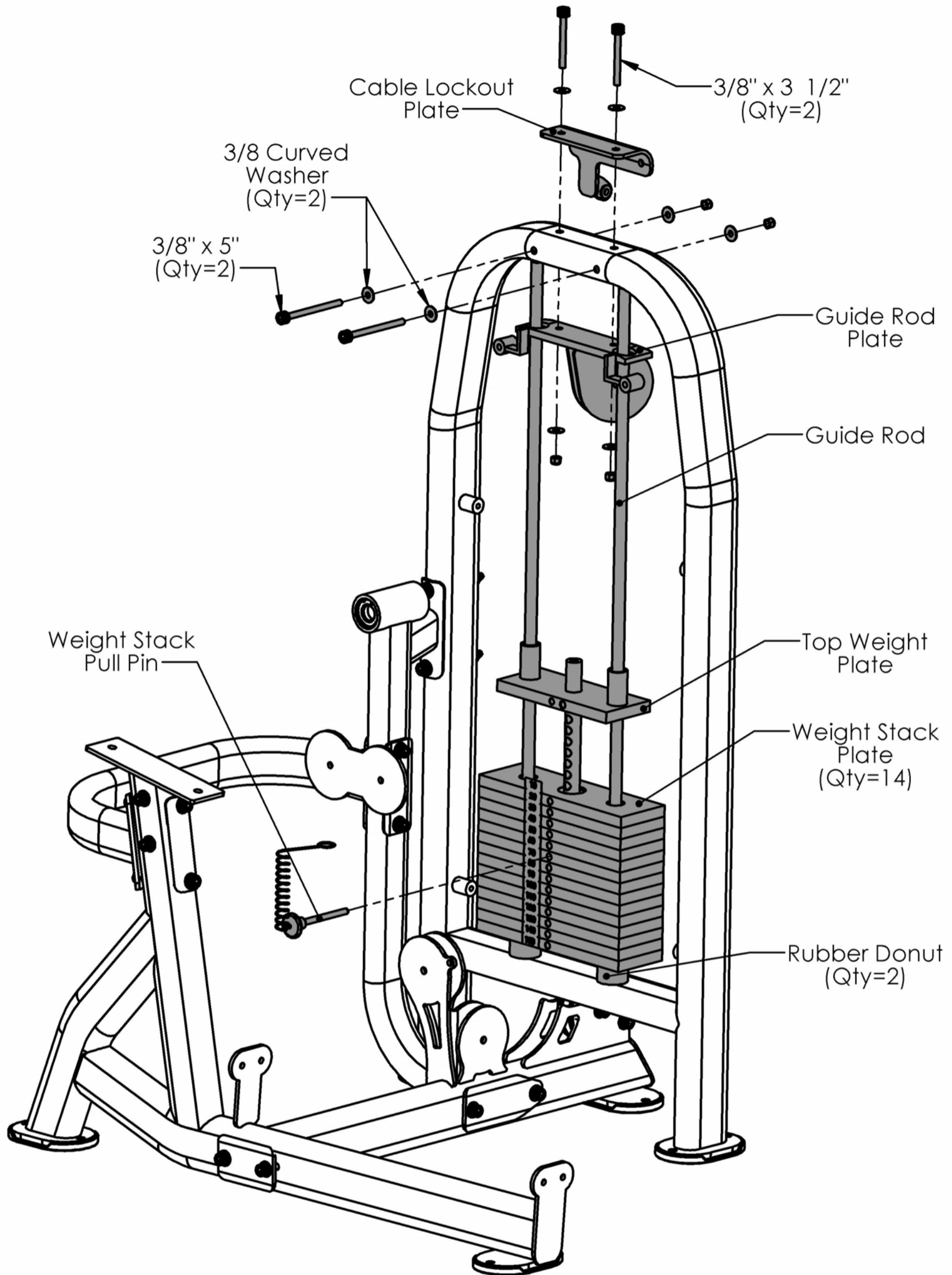
All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

Part #	Description	Qty
BFP-10881	U-Brace	1
BFP-51903	Curved Anit-Deflection Plate	1
BFP-51902	Anti-Deflection Plate	1
BFP-51750	SHCS 3/8" x 2 3/4"	2
BFP-51799	SHCS 3/8" x 5"	2
BFH-50204	3/8" Curved Washer	4
BFH-50146	3/8" Flat Washer	4
BFH-50157	3/8" Nylock	4

Step 4:



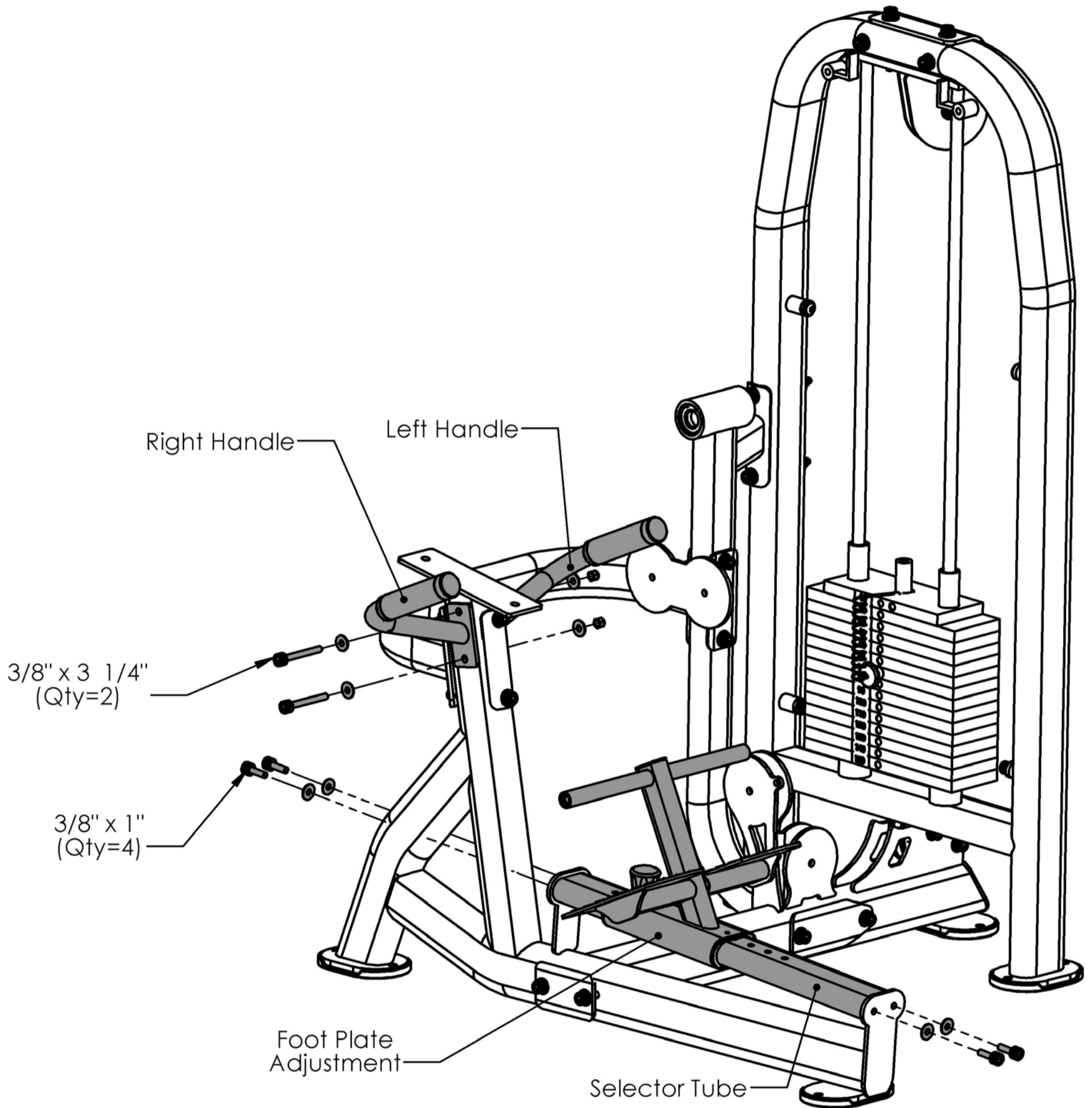
Make sure all bolts are tightened before moving on



All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

Part #	Description	Qty
BFP-10839	Cable Lockout Plate	1
BFP-10827	Guide Rod Plate	1
BFP-51827	Guide Rod	2
BFP-10889	Top Weight Plate	1
BFM-50632	Weight Stack Plate	14
BFM-50529	Rubber Donut	2
BFM-51173	Weight Stack Pull Pin	1
BFP-51760	SHCS 3/8" x 3 1/2"	2
BFP-51799	SHCS 3/8" x 5"	2
BFH-50204	3/8" Curved Washer	2
BFH-50146	3/8" Flat Washer	6
BFH-50157	3/8" Nylock	4

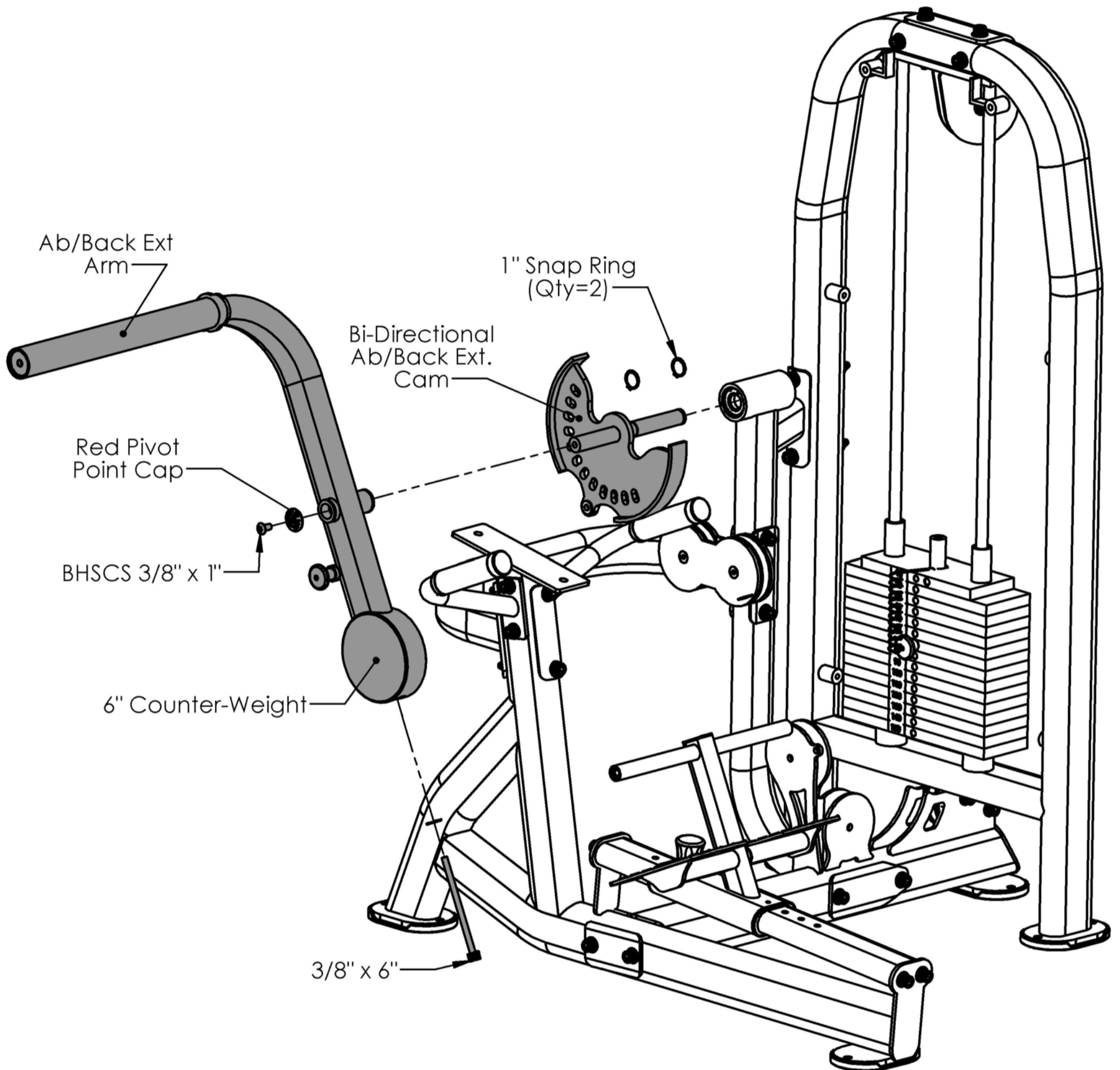
Step 5:



All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Part #	Description	Qty
BFM-10661_rev1	Left Handle	1
BFM-10662_rev1	Right Handle	1
BFP-10875	Selector Tube	1
BFP-10877	Foot Plate Adjustment	1
BFP-52376	SHCS 3/8" x 1"	4
BFP-51748	SHCS 3/8" x 3 1/4"	2
BFH-50146	3/8" Flat Washer	8
BFH-50157	3/8" Nylock	2

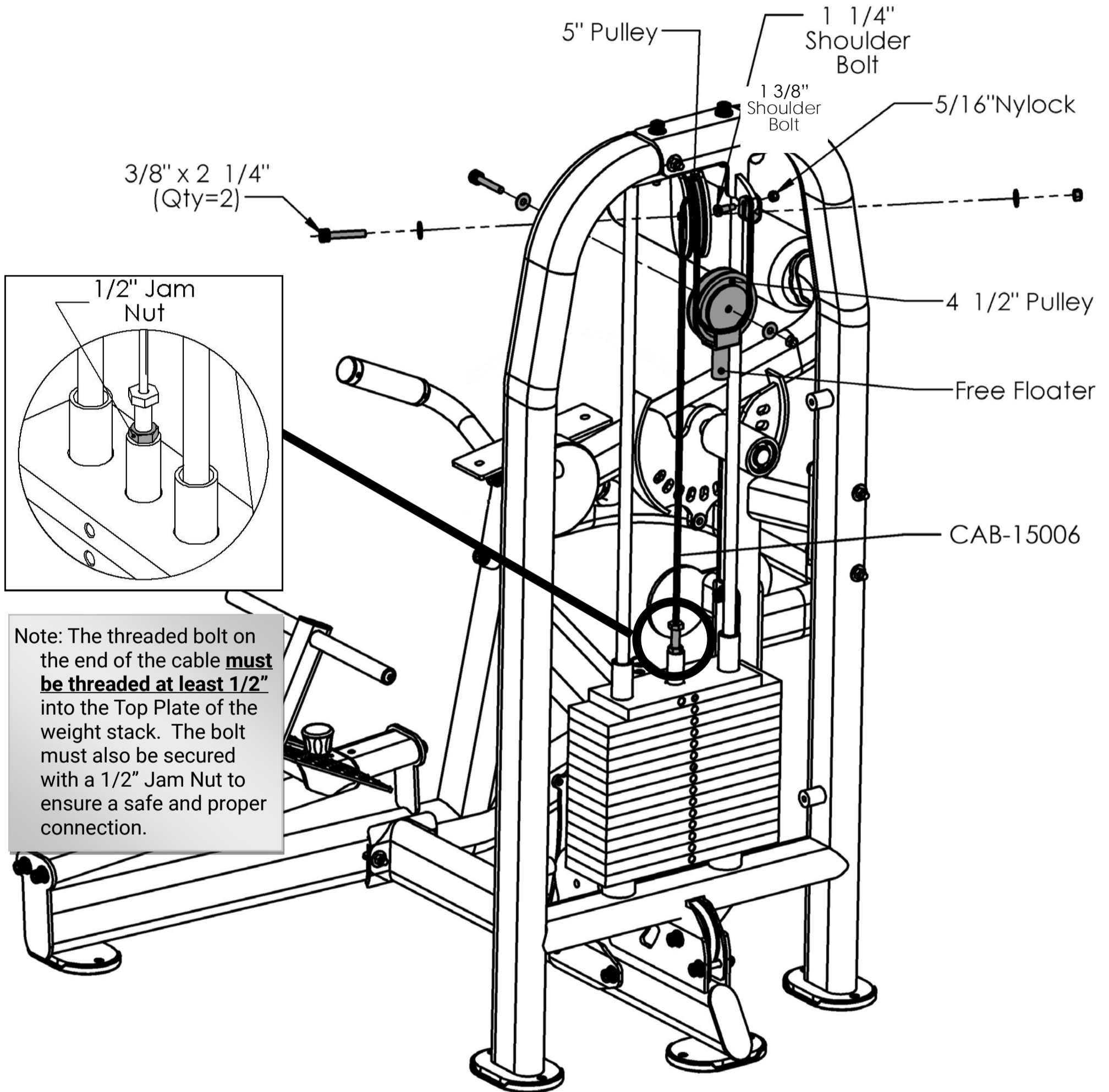
Step 6:



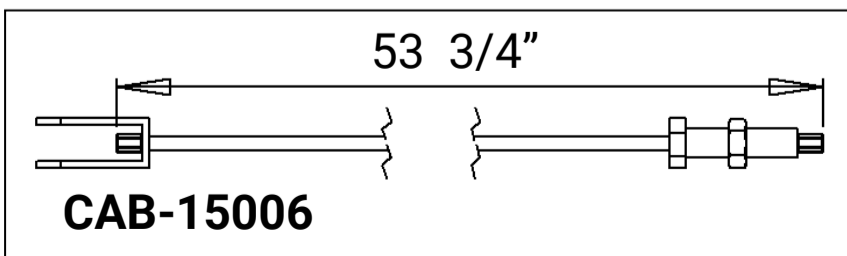
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Part #	Description	Qty
BFP-10883	AB/Back Ext. Arm	1
BFP-52200	6" Counter-Weight	1
BFP-10882	Bi-Directional Ab/Back Ext. Cam	1
BFP-51885	Red Pivot Point Cap	1
BFH-50165	1" Snap Ring	2
BFP-52364	SHCS 3/8" x 6"	1
BFH-50146	3/8" Flat Washer	1
BFH-50620	BHSCS 3/8" x 1"	1

Step 7:



Note: The threaded bolt on the end of the cable **must be threaded at least 1/2"** into the Top Plate of the weight stack. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

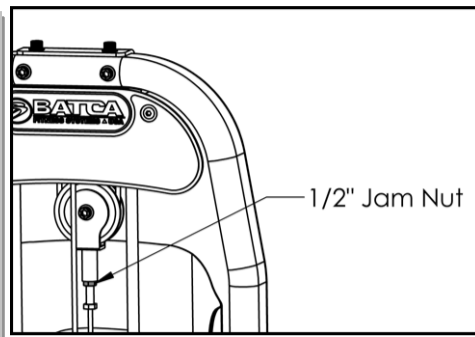


Part #	Description	Qty
CAB-15006	Weight Stack to Cable Lockout	1
BFP-10838	Free Floater	1
BFH-50174	4 1/2" Pulley	1
BFH-50530	5" Pulley	1
BFH-50351	1 3/8" Shoulder Bolt	1
BFP-51752	SHCS 3/8" x 2 1/4"	2
BFH-50267	5/16" Nylock	1
BFH-50146	3/8" Flat Washer	4
BFH-50157	3/8" Nylock	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 8:

Note: The threaded bolt on the end of the cable **must be threaded at least 1/2"** into the Top Plate of the weight stack. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.



5/16" Nylock

CAB-15007

1 3/8" Shoulder Bolt

4 1/2" Pulley (Qty=4)

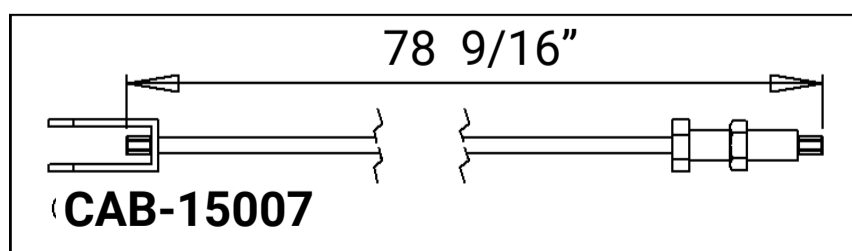
Double Pulley Cover

FHSCS 3/8" x 2 1/4" (Qty=2)

3/8" x 2 1/4"

3/8" x 2 1/4"

3/8" x 2"



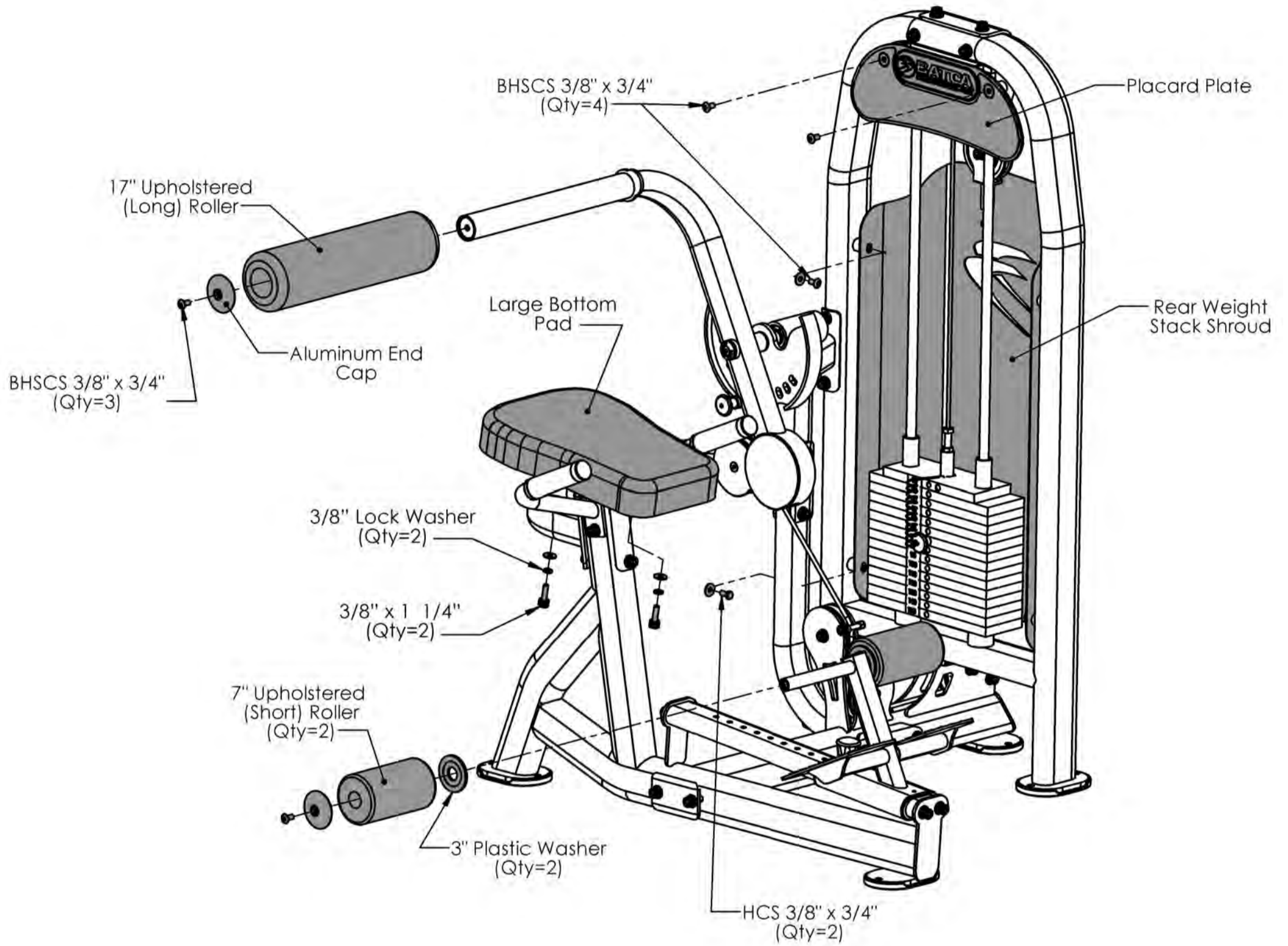
Part #	Description	Qty
CAB-15007	Free Floater to Cam Cable	1
BFP-51883	Double Pulley Cover	1
BFH-50174	4 1/2" Pulley	4
BFH-50351	1 3/8" Shoulder Bolt	1
BFP-51759	SHCS 3/8" x 2"	1
BFP-51752	SHCS 3/8" x 2 1/4"	2
BFH-50145	FHSCS 3/8" x 2 1/4"	2
BFH-50267	5/16" Nylock	1
BFH-50146	3/8" Flat Washer	6
BFH-50157	3/8" Nylock	5

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 9:



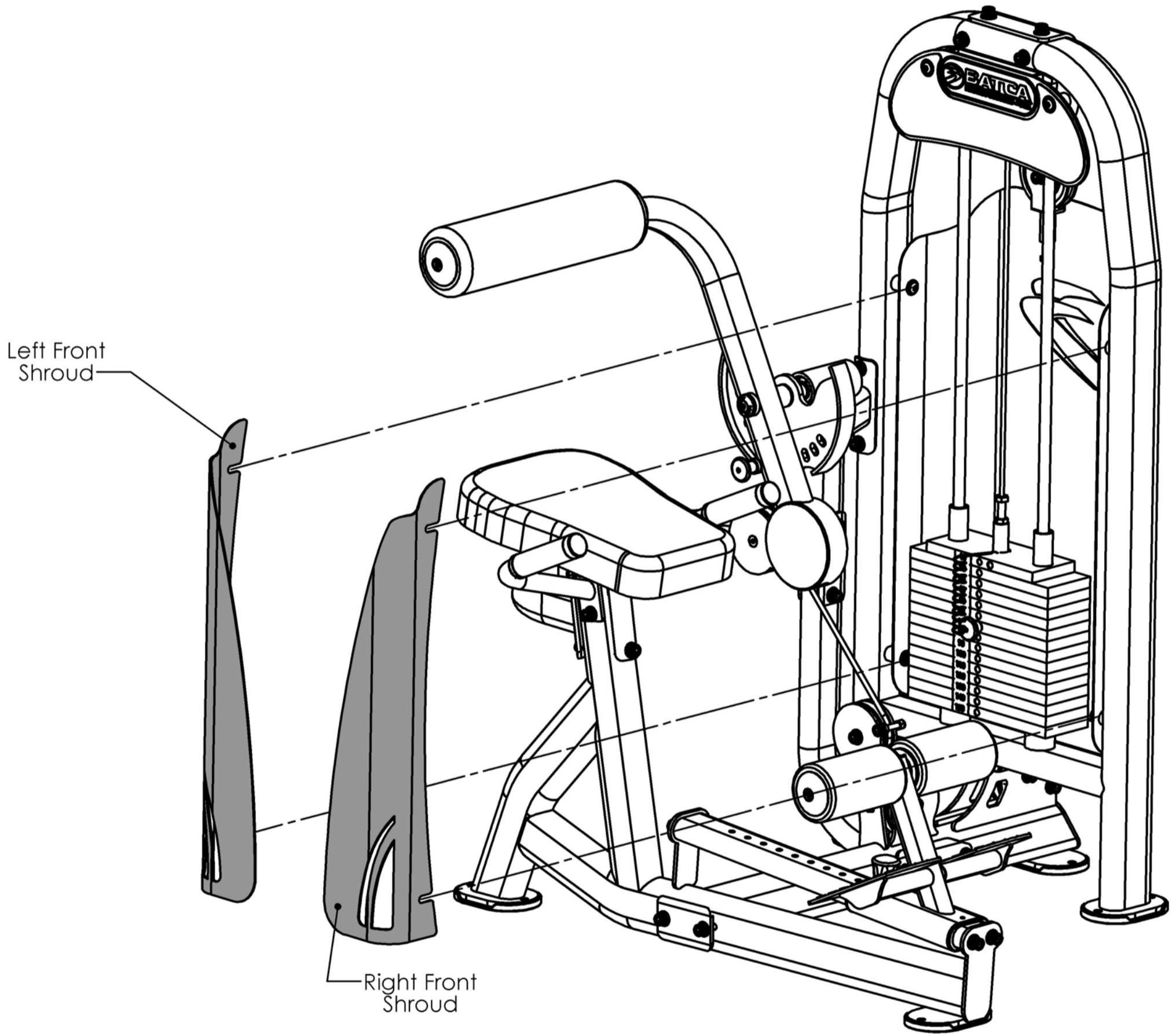
DO NOT TIGHTEN BOLTS UNTIL NEXT STEP.



Part #	Description	Qty
BFP-51711	Placard Plate	1
BFP-51740	Rear Weight Stack Shroud	1
BFU-50187	17" Upholstered (Long) Roller	1
BFU-50189	7" Upholstered (Short) Roller	2
BFP-52130	Large Bottom Pad	
BFH-50622	Aluminum End Cap	3
BFH-50221	3" Plastic Washer	2
BFP-52340	BHSCS 3/8" x 3/4"	7
BFH-50254	HCS 3/8" x 3/4"	2
BFP-51653	SHCS 3/8" x 1 1/4"	2
BFH-50147	3/8" Lock Washer	2
BFH-50146	3/8" Flat Washer	6

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

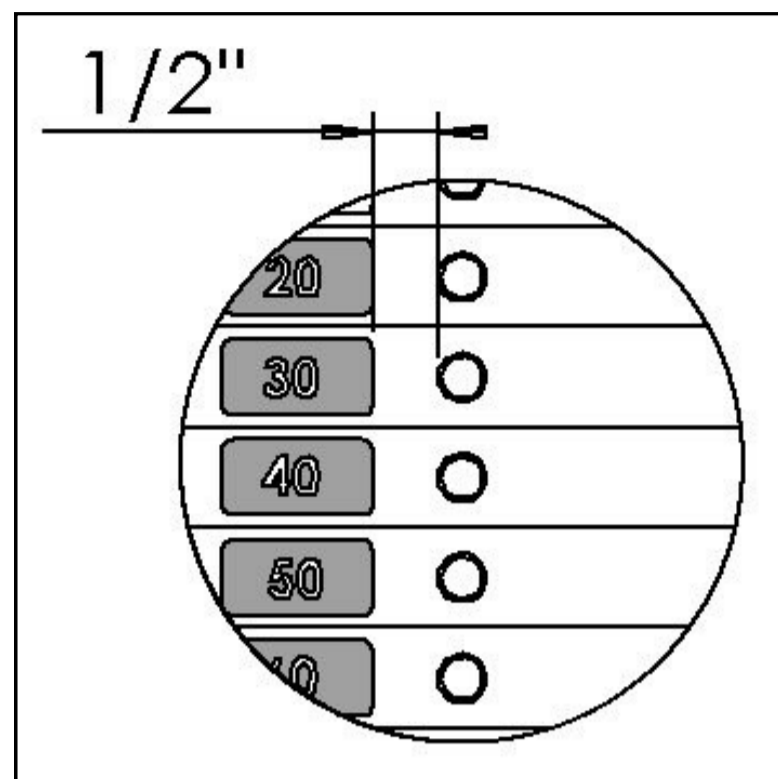
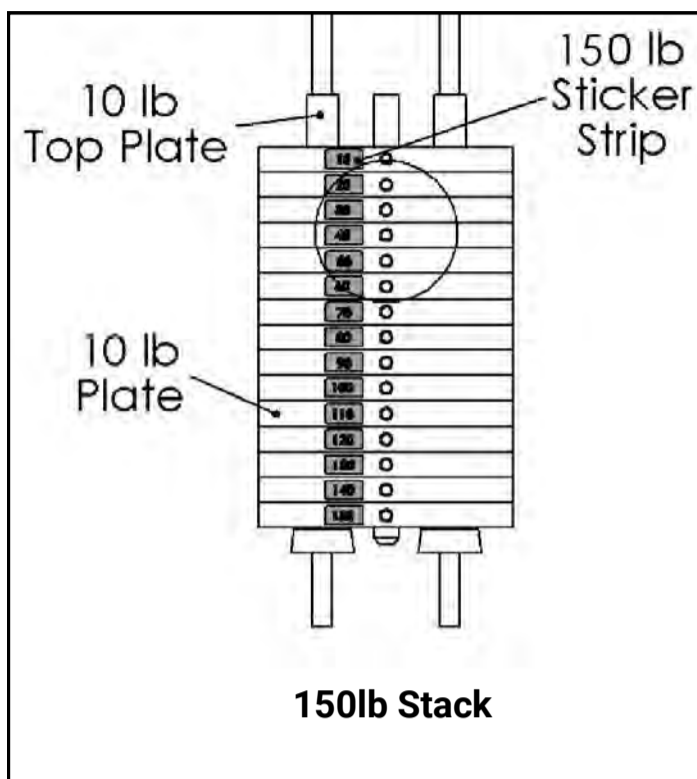
Step 10:  **Make sure all bolts are tightened before moving on.**



Part #	Description	Qty
BFP-51741	Left Front Weight Stack Shroud	1
BFP-51742	Right Front Weight Stack Shroud	1

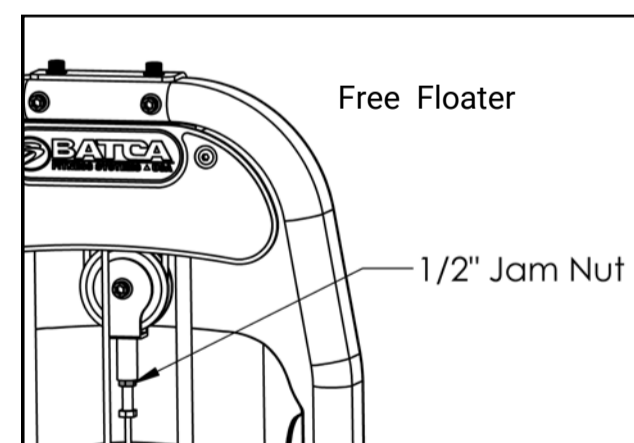
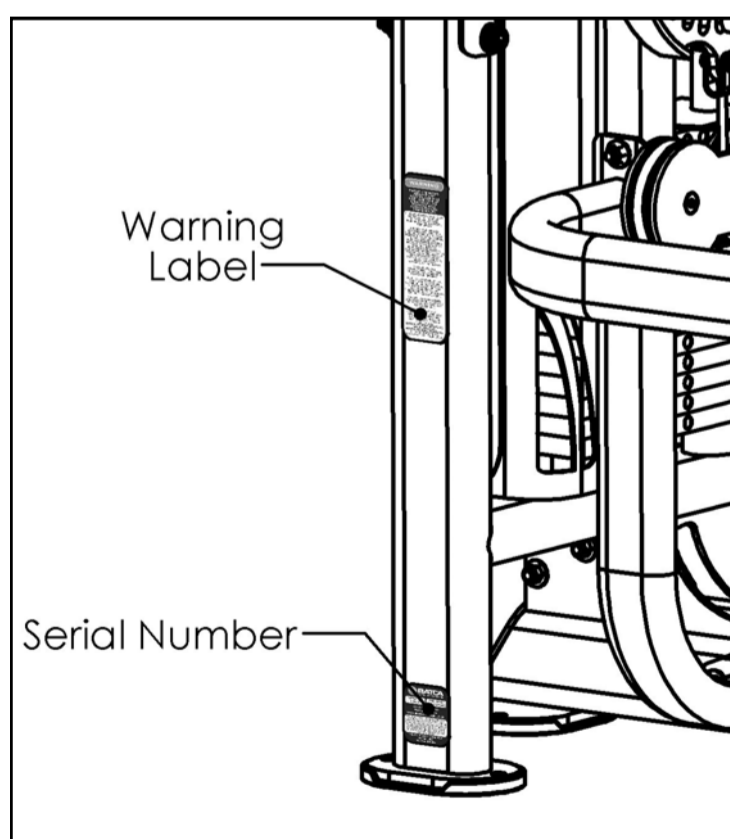
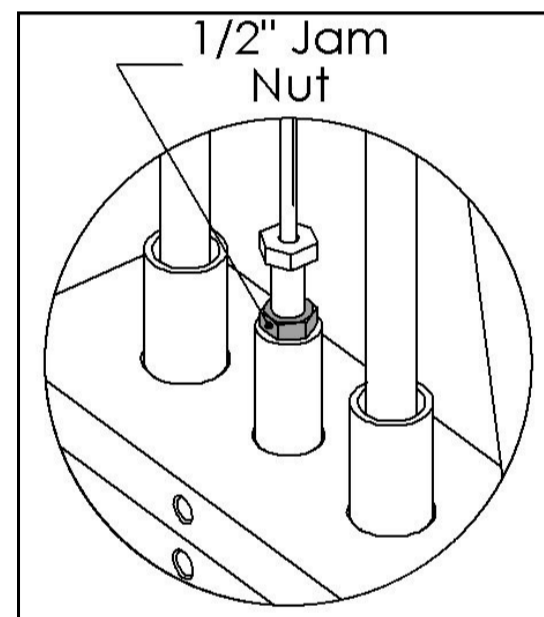
Final Assembly and Troubleshooting

Weight Stack Decals:



IMPORTANT - Check These Components Before Using

- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.



- **Record** your serial number on the front of this manual and keep for your records. The serial number can be found on the side of the cage as seen in the figure to the left.

Guide Rod

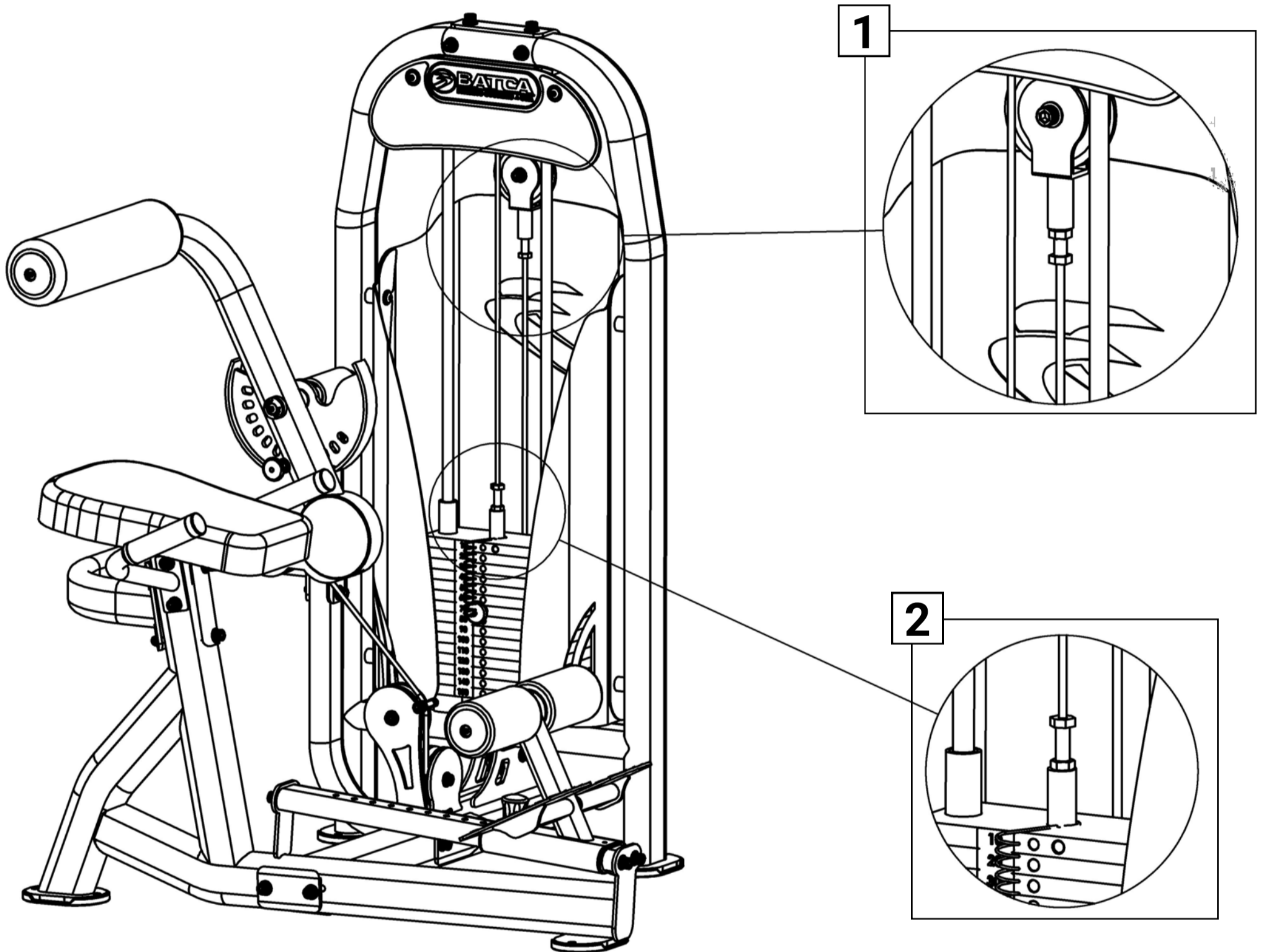
- Clean guide rods with a lint-free cloth and apply a thin layer of silicone lubricant (Part # BFH-50262) to each guide rod. This will ensure a glass smooth performance from your weight stack.

Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.

! **Note:** All cables with threaded adjustable ends must have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 1/2" Jam Nut be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.

- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.



Preventive Maintenance

Batca Fitness Systems strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Batca dealer or contact Batca Fitness Systems directly at:

Batca Fitness Systems
(919) 255-1233
www.batcafitness.com

	Daily		Weekly		Monthly		Quarterly		Years	
	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home
Clean										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads	X			X						
Guide Rods			X			X				
Chrome Slides			X			X				
Frame			X			X				
Inspect										
Overall	X	X								
Safety Decals	X	X								
Cables	X	X								
Cable Tension			X			X				
Pulleys	X	X								
Hardware	X	X								
Stops	X	X								
Upholstery	X	X								
Hand Grips			X			X				
Frame			X			X				
Bushings	X			X						
Bearings	X			X						
Lubricate										
Guide Rods			X			X				
Bearings							As Needed			1
Replace										
Cables									1	3

Limited Lifetime Warranty

What is covered

For Residential Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for one year from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for three years after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for five years after date of purchase and warrants the frame and all welded parts for the lifetime of the original purchaser.

For Commercial Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for six months from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for one year after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for three years after date of purchase and warrants the frame and all welded parts for ten years after date of purchase.

What is not covered

This warranty does not cover damage, which results from shipping, misuse, abuse, neglect, carelessness, modification or alteration, accident, fire, flood, "acts of God" or other contingencies beyond the control of Batca Fitness Systems. This warranty also does not cover deterioration from wear and tear or exposure or any defect, which would not have happened if instructions in the owner's manual had been followed. Improper installation, improper assembly or follow-up maintenance along with installation of parts or accessories not originally intended for products of Batca Fitness Systems are also not covered by this warranty. Only genuine Batca parts should be used for replacement, repair, and maintenance for this warranty to apply.

Defective parts will be repaired or replaced at Batca Fitness Systems option, without parts charge to the purchaser. All returns require a return authorization prior to acceptance of repair work. Batca Fitness Systems reserves the right to make design changes without any prior notification and shall not be responsible for incidental or consequential damages.

The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase will be required along with all pertinent information of the alleged damage.

This warranty applies only to the original purchaser and is not transferable. Claims under this warranty must be made directly to Batca Fitness Systems.

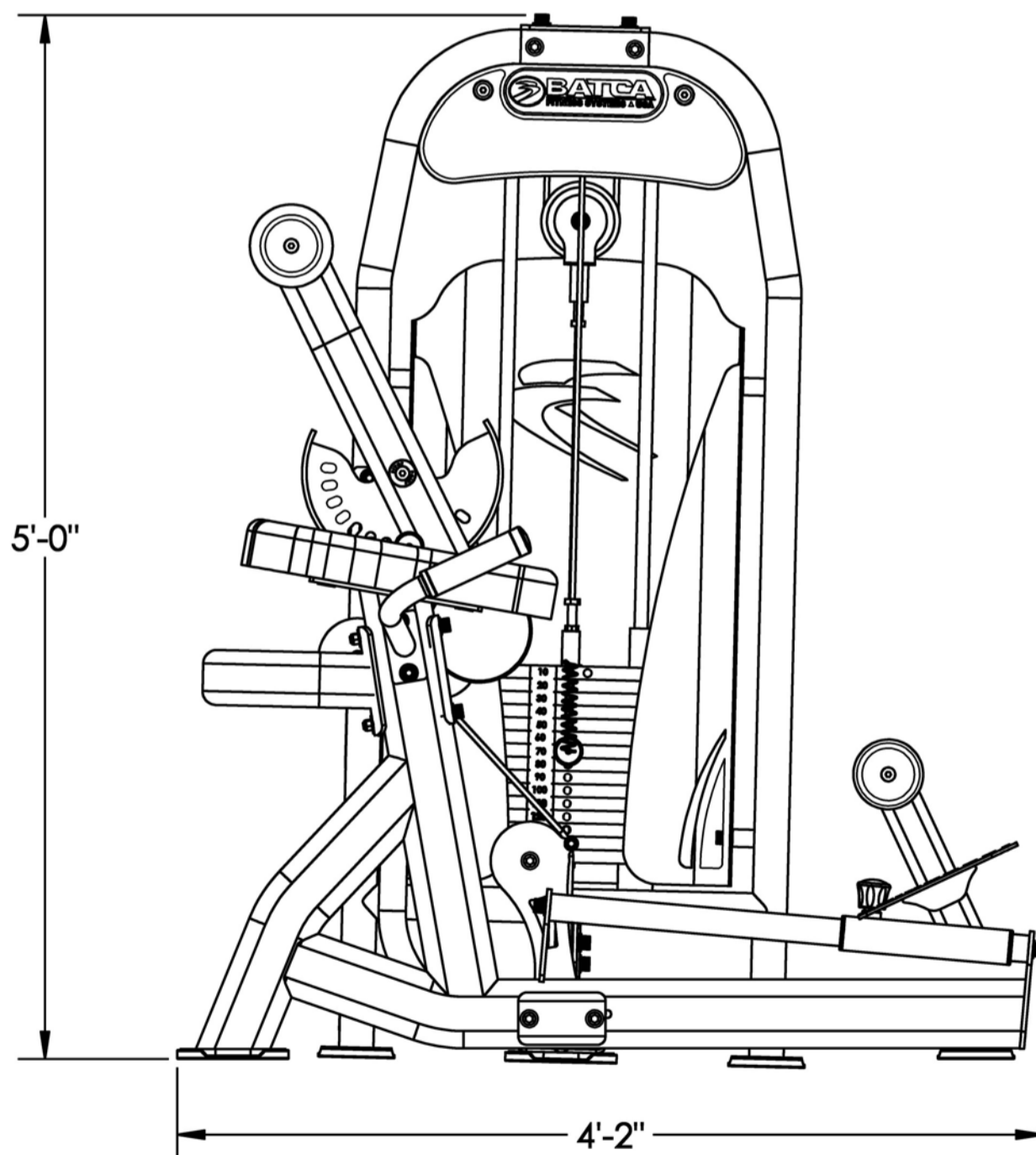
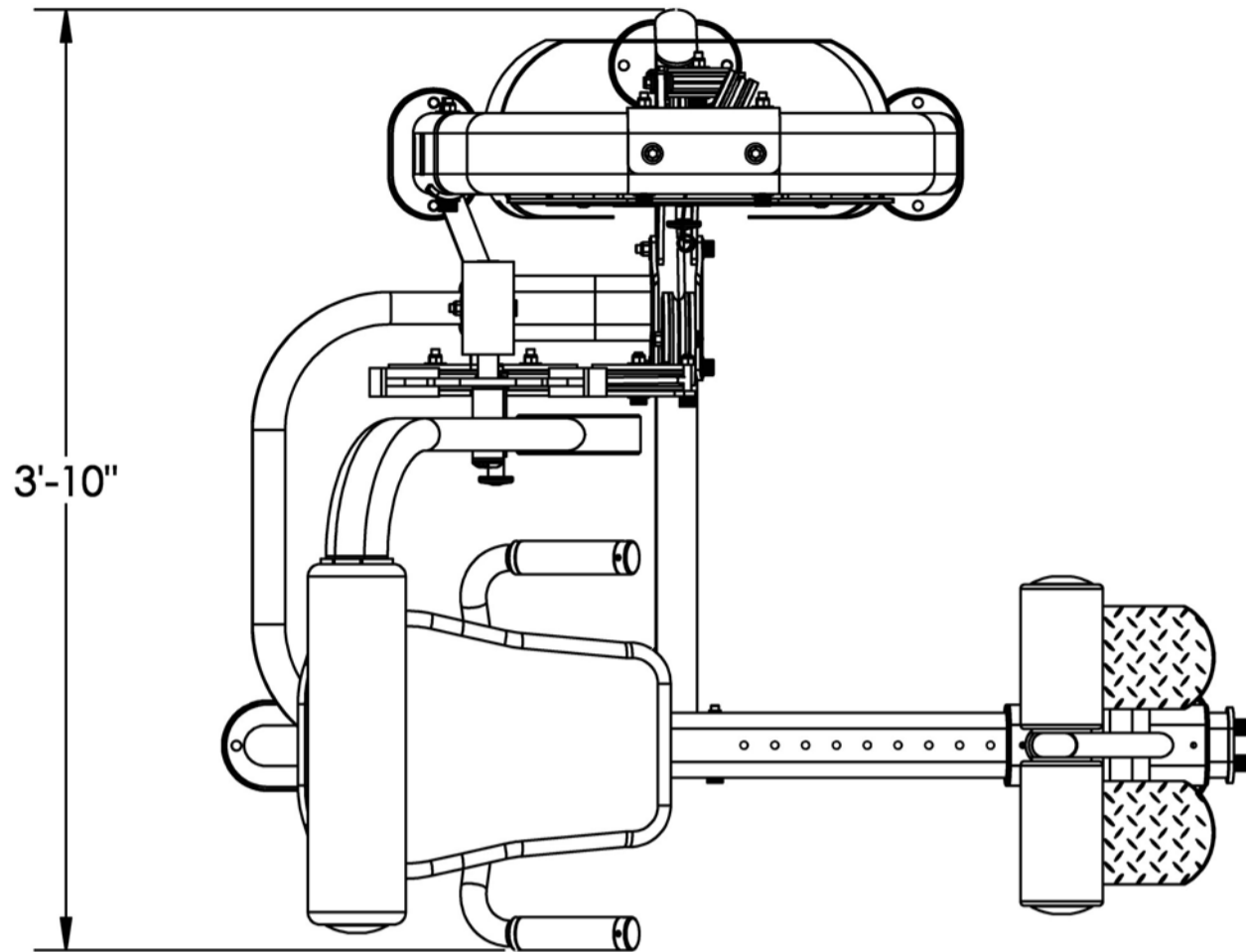
Batca Fitness Systems
1207 N. New Hope Road
Raleigh, NC 27610
(919) 255-1233

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Layout Diagram

The LD-5 has a layout dimension of 3'-10" (width) x 4'-2" (length) x 5'-0" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.