

Revision 6

June 2009



BATCA
fitness systems · usa

F-4 Free Trainer Owner's Manual



Record Serial Number Here

Date of Purchase

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

Instructions

Congratulations on the purchase of your new Batca F-4. 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 your local BATCA FITNESS SYSTEMS distributor or BATCA FITNESS SYSTEMS at (919) 255-1233. www.batcafitness.com

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Main Assembly	8-14	Warranty	20
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Frame Components

ITEM NO.	PART NO.	DESCRIPTION	QTY
1	BFM-10668	Right Cage	1
2	BFM-10669	Left Cage	1
3	BFM-10396	Base	2
4	BFM-50600	Selector Tube	2
5	BFM-10670	Left Side Pulley Adjustment	1
6	BFM-10671	Right Side Pulley Adjustment	1
7	BFM-10400	Swivel Pulley Holder	2
11	BFM-50126	Anti-Deflection Plate	2
12	BFM-50529	Rubber Donut	4
13	BFM-50633	Guide Rod	4
14	BFM-10430	Weight Plate	38
15	BFM-10413	3/4" 10lb Top Plate	2
16	BFM-10447	Rotating Handle	4
25	BFM-50531	Shroud	2
28	BFM-10425	Free Floater	2
30	BFM-50962	Spacer	2
31	BFM-10509	Top Support	2
47	BFM-50615	Guide Rod Top Plate	2
51	BFM-10672	Calf Stretch Brace	2
53	BFM-10673	Bar Holder	1
54	BFM-10676	Lower Brace	1
55	BFM-10674	Middle Brace	1
56	BFM-10675	Upper Brace	1
57	BFM-10677	Assist Bracket	1
58	BFM-10678	Assist	1
59	BFM-10679	Bench Stop Bracket	1
60	BFM-10680	Bench Stop	1
61	BFM-10681	Right Accessory Plate	1
62	BFM-10682	Long Bar	1
63	BFM-10683	Left Accessory Plate	1
64	BFL-50258	Foot Plate	2

Cables

ITEM NO.	PART NO.	DESCRIPTION	QTY.
42	CAB-13014	Cable	2

Tools Required

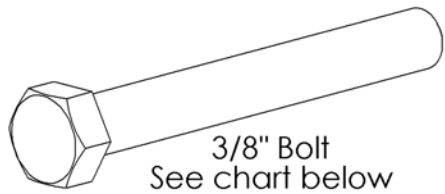
- 9/16" Wrench
- 3/4" Wrench
- 9/16" Ratchet
- Allen Wrench Set
- Tape Measure

Accessories

ITEM NO.	PART NO.	DESCRIPTION	QTY.
41	BFM-51173	Magnetic Weight Stack Pin	2
77	BFC-50123	Ankle Strap	1
78	BFC-50126	Short Bar	1
79	BFC-50132	Rope	1

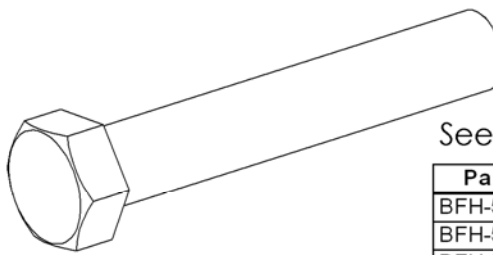
Hardware

ITEM NO.	PART NO.	DESCRIPTION	QTY
8	BFH-50201	1/2" Pulley Spacer	10
9	BFH-50174	4 1/2" Pulley	8
10	BFH-50173	3 1/2" Pulley	8
17	BFH-50146	3/8" Flat Washer (Black)	124
18	BFH-50157	3/8"-16 Nylock (Black)	74
19	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	6
20	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	5
21	BFH-51175	1" Pulley Spacer	2
22	BFH-50131	HCS 3/8"-16 X 4 1/2" P5	1
23	BFH-50147	3/8" Lock Washer (Black)	12
24	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	6
26	BFH-50254	HCS 3/8"-16 X 3/4 P5	8
27	BFH-50220	Threaded Collar	2
32	BFH-50255	Rubber Foot	10
33	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	14
34	BFH-50129	HCS 3/8"-16 X 4" P5	20
35	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	8
36	BFH-50125	HCS 3/8"-16 X 3" P5	4
37	BFH-50202	3/4" Pulley Spacer	12
38	BFH-50118	HCS 3/8"-16 X 1" P5	3
39	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	1
40	BFH-50256	1/2"-16 Jam Nut (Zinc)	2
43	BFH-50531	HCS 3/8"-16 X 1 3/4" P5	2
44	BFH-50326	Strap Handle	2
45	BFH-50250	1 1/4" Shoulder Bolt	2
46	BFH-50267	5/16"-18 Nylock (Black)	2
48	BFH-50198	Large Logo	2
49	BFH-50303	Oval Logo	2
50	BFH-50188	Snap Hook	2
52	BFH-50323	FHSCS 3/8"-16 X 3"	8
65	BFH-50101	1" Flanged Bushing	4
66	BFU-50189	7" Upholstered Roller	2
67	BFH-50221	3" Plastic Washer	2
68	BFM-50261	Axle	2
69	BFH-50252	Plastic Collar	2
70	BFH-50238	Pin	2
71	BFM-10684	Assist End Attachment	2
72	BFH-50232	1/2" X 1 1/4" Strip Bolt	2
73	BFH-50239	Snap Ring	2
74	BFM-50207	1/2" Long Pop Pin Assembly	1
75	BFH-50103	1/2" Flanged Bushing	4
76	4xBFC-50128	Chain of 4 1" Links	2



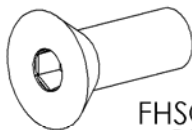
3/8" Bolt
See chart below

Part #	Size
BFH-50254	3/8" x 3/4"
BFH-50118	3/8" x 1"
BFH-50119	3/8" x 1 1/4"
BFH-50120	3/8" x 1 1/2"
BFH-50285	3/8" x 1 3/4"
BFH-50121	3/8" x 2"
BFH-50122	3/8" x 2 1/4"
BFH-50123	3/8" x 2 1/2"
BFH-50124	3/8" x 2 3/4"
BFH-50125	3/8" x 3"
BFH-50126	3/8" x 3 1/4"
BFH-50127	3/8" x 3 1/2"
BFH-50128	3/8" x 3 3/4"
BFH-50129	3/8" x 4"
BFH-50130	3/8" x 4 1/4"
BFH-50131	3/8" x 4 1/2"
BFH-50274	3/8" x 4 3/4"
BFH-50279	3/8" x 5"
BFH-50270	3/8" x 5 1/4"
BFH-50132	3/8" x 5 1/2"
BFH-50133	3/8" x 6 1/2"
BFH-50298	3/8" x 8 3/4"
BFH-50134	3/8" x 9"

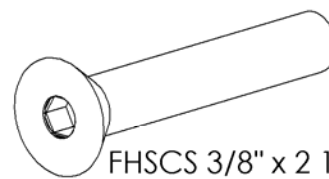


1/2" Bolt
See chart below.

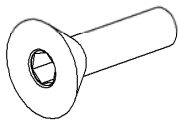
Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
BFH-50137	1/2" x 3 1/4"
BFH-50138	1/2" x 3 1/2"
BFH-50139	1/2" x 4 1/4"
BFH-50140	1/2" x 4 1/2"
BFH-50141	1/2" x 5 1/2"



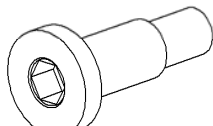
FHSCS 3/8" x 1"
BFH-50144



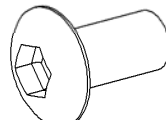
FHSCS 3/8" x 2 1/4"
BFH-50145



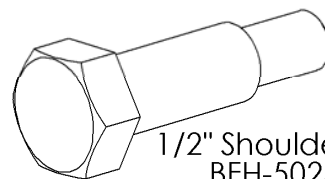
FHSCS 5/16" x 1"
BFH-50245



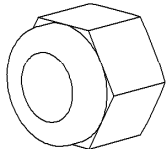
1 1/4" Shoulder Bolt
BFH-50250



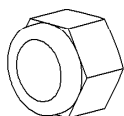
BHSCS 3/8" X 1"
BFH-50620



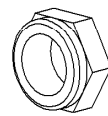
1/2" Shoulder Bolt
BFH-50249



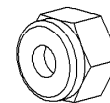
1/2" Nylock
BFH-50155



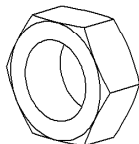
3/8" Nylock
BFH-50157



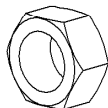
3/8" Thin Nylock
BFH-50247



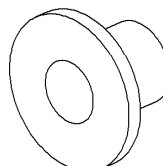
5/16" Nylock
BFH-50267



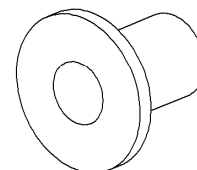
1/2" Jam Nut
BFH-50256



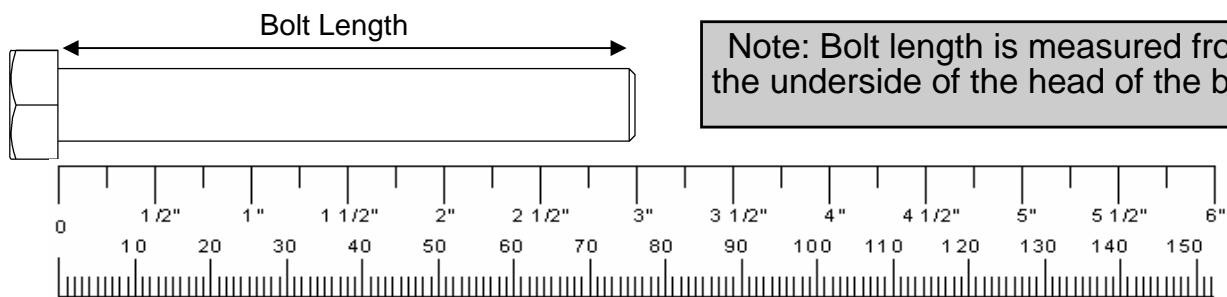
3/8" Jam Nut
BFH-50149

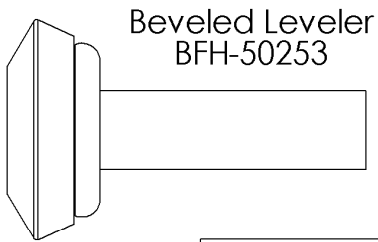


1/2" Pulley Spacer
BFH-50201

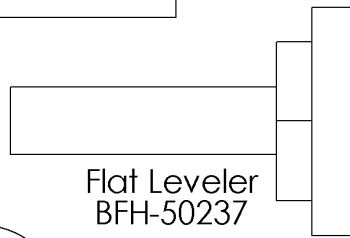


3/4" Pulley Spacer
BFH-50202

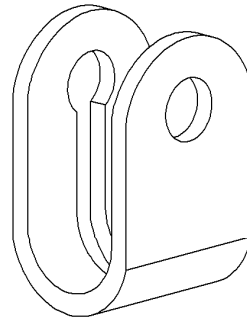




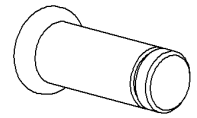
Beveled Leveler
BFH-50253



Flat Leveler
BFH-50237



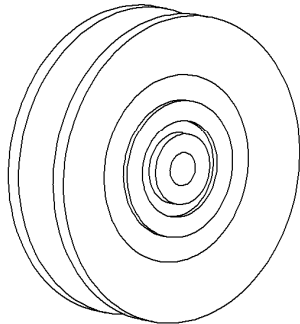
Cable Strap
BFH-50227



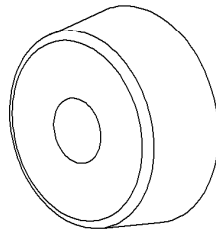
Pin
BFH-50238



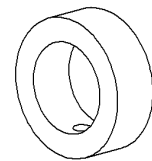
Snap Ring
BFH-50239



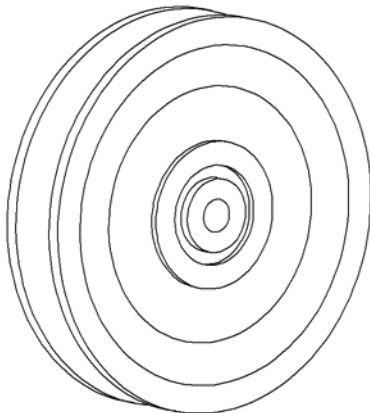
3 1/2" Pulley
BFH-50173



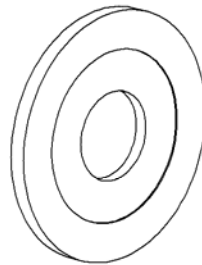
Rubber Donut
BFM-50529



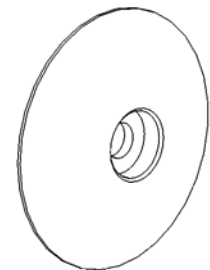
Threaded Collar
BFH-50220



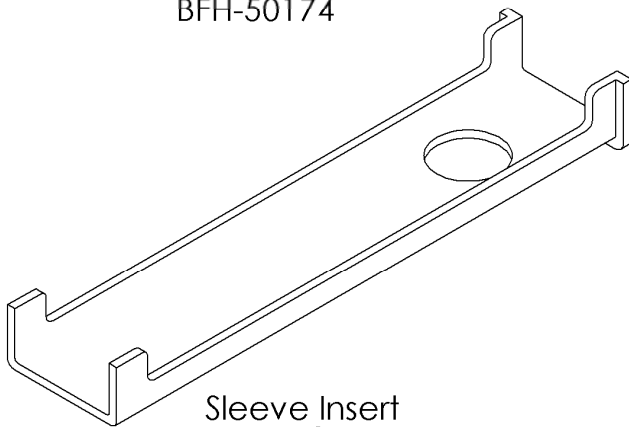
4 1/2" Pulley
BFH-50174



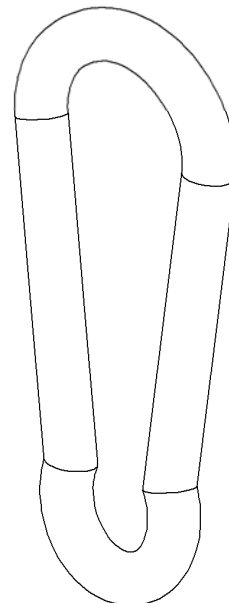
3" Plastic Washer
BFH-50221



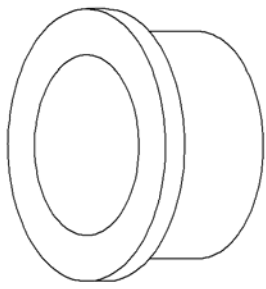
Roller End Cap
BFH-50622



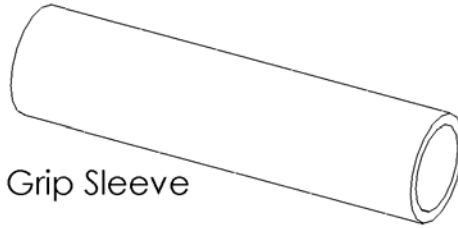
Sleeve Insert
BFH-50175



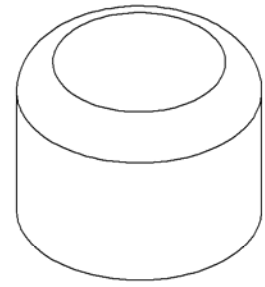
Snap Hook
BFH-50188



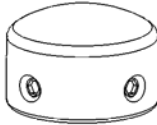
1" Bronze Bushing
BFH-50101



Grip Sleeve



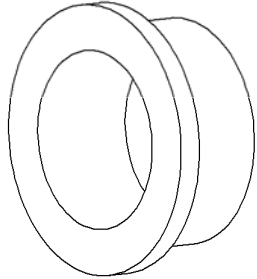
1" Outer Plastic Cap
BFH-50111



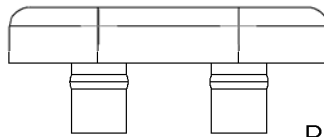
Grip Cap



Grip Collar

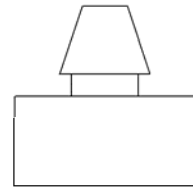


1" Bronze Bushing x 1/2 L
BFH-50297

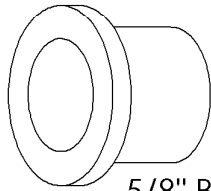


BFH-50222

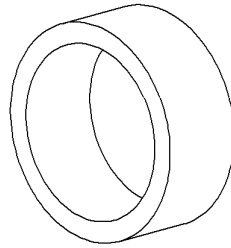
Rubber Bumpers



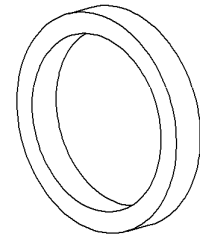
BFH-50200



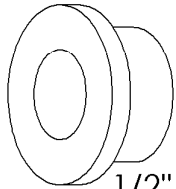
5/8" Bronze Bushing
BFH-50102



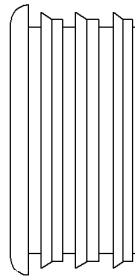
5/8" Spacer
BFM-50247



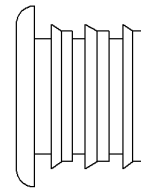
3/16" Spacer
BFM-50246



1/2" Bronze Bushing
BFH-50103



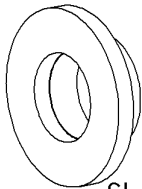
1 1/2" Inner Plastic Cap
BFH-50114



1" Inner Plastic Cap
BFH-50280



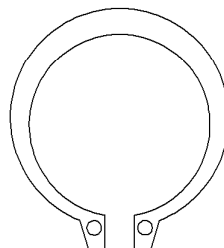
Cable Pivot Bushing
BFH-50248



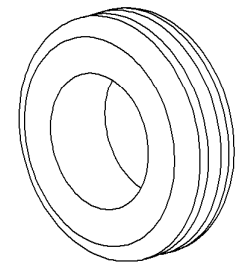
Short 1/2" Bushing
BFH-50244



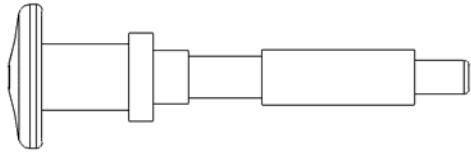
1/2" Snap Ring
BFH-50166



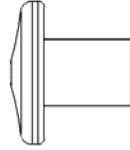
1" Snap Ring
BFH-50165



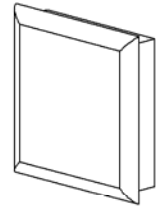
Rubber Grommet
BFH-50199



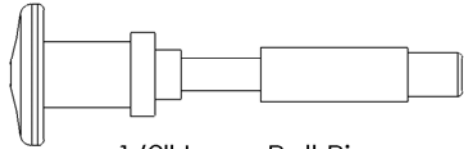
3/8" Long Pull Pin
BFM-51176



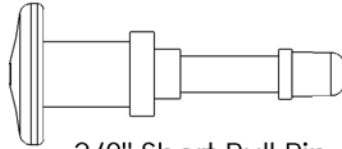
Pull Pin Handle
BFM-51181



Plastic Cap

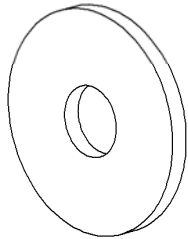


1/2" Long Pull Pin
BFM-51172

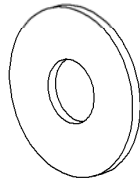


3/8" Short Pull Pin
BFM-51175

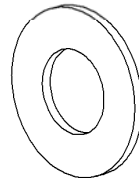
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



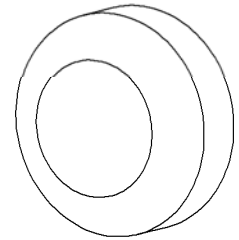
3/8" Fender Washer
BFH-50242



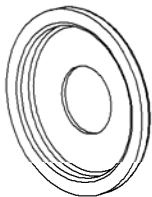
3/8" Flat Washer
BFH-50146



1/2" Flat Washer
BFH-50251



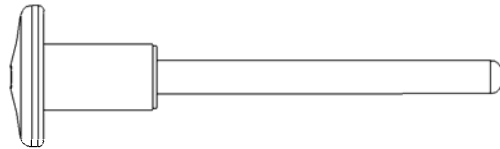
Screw Cap Cover
BFH-50112



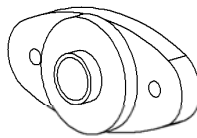
Screw Cap Washer
BFH-50113



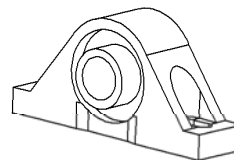
3/8" Lock Washer
BFH-50147



Magnetic Weight Stack Pin
BFM-51173



Side Mounted
Flange Bearing
BFH-50171



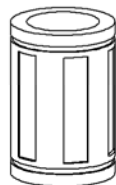
Pillow Block Bearing
BFH-50172



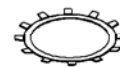
Bar Catch Rubber
Sleeve
BFH-50240

Items not shown.

Part #	Description
BFH-50259	Midnight Black Paint
BFH-50278	Silver Metallic Paint
BFH-50198	Large Logo
BFH-50197	Small Logo
BFH-50236	Foam Grip
BFH-50246	Anti Skid Material
BFH-50262	Silicon Gel Pack
BFC-10101	1 inch chain
BFC-10102	12 inch chain



Linear Bearing
BFH-50627



Bearing Retaining
Clip
BFH-50628



PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

- For a more consistent appearance, position all bolts in the direction shown in each figure.
- All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 1a:

Repeat Step 1 for opposite side.

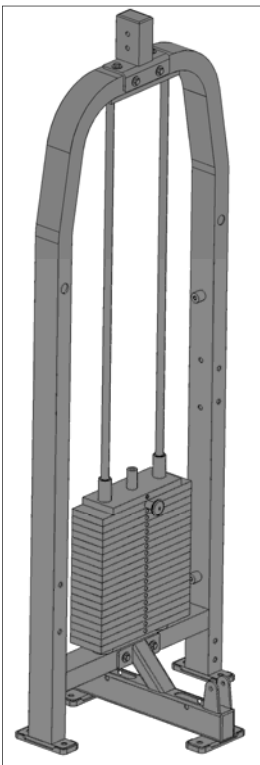


Figure 1a

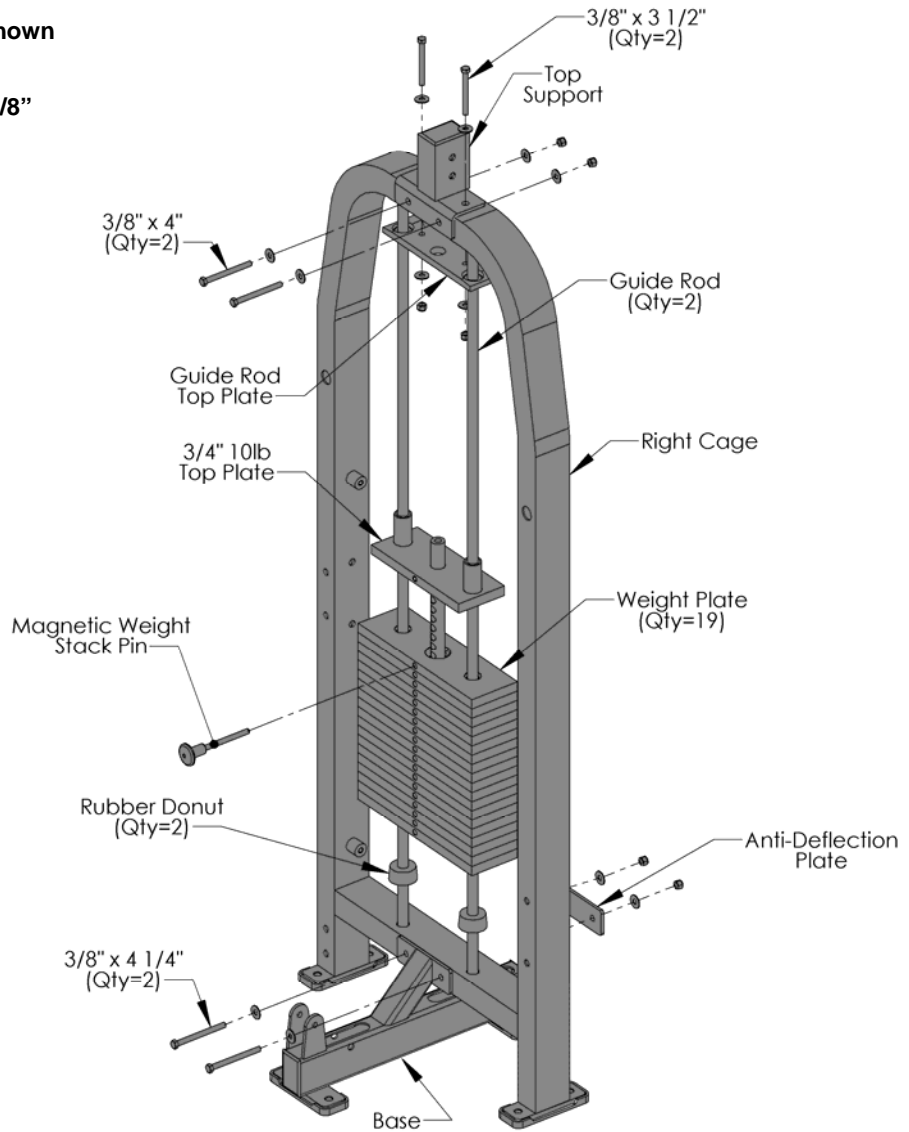


Figure 1

Note: There is a Left Cage (Item #2, Part# BFM-10669) in Step 2a as opposed to the Right Cage (Item #1, Part# BFM-10668) in Step 2.

Item #	Part #	Description	Fig. 1 Qty	Item #	Part #	Description	Fig. 1 Qty
1	BFM-10668	Right Tall Cage	1	18	BFH-50157	3/8"-16 Nylock (Black)	6
3	BFM-10396	Base	1	20	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	2
11	BFM-50126	Anti-Deflection Plate	1	31	BFM-10509	Top Support	1
12	BFM-50529	Rubber Donut	2	32	BFH-50255	Rubber Foot	4
13	BFM-50633	Guide Rod	2	34	BFH-50129	HCS 3/8"-16 X 4" P5	2
14	BFM-10430	Weight Plate	19	35	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	2
15	BFM-10413	3/4" 10lb Top Plate	1	41	BFM-51173	Magnetic Weight Stack Pin	1
17	BFH-50146	3/8" Flat Washer (Black)	12	47	BFM-50615	Guide Rod Top Plate	1

Step 2:

Step 2a:

Repeat Step 2 for opposite side.

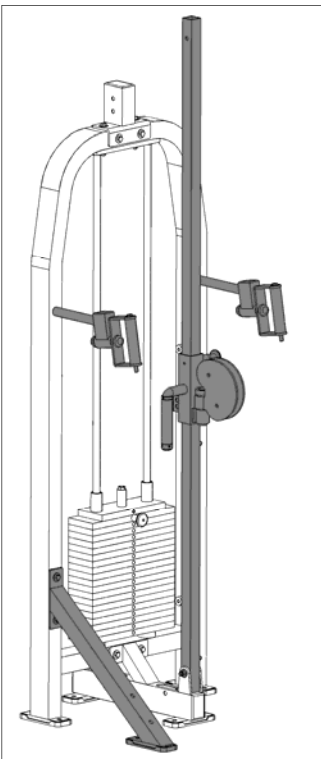


Figure 2a

Note: There is a Left Side Pulley Adjustment (Item #5, Part# BFM-10670) in Step 2a as opposed to the Right Side Pulley Adjustment (Item #6, Part# BFM-671) in Step 2.

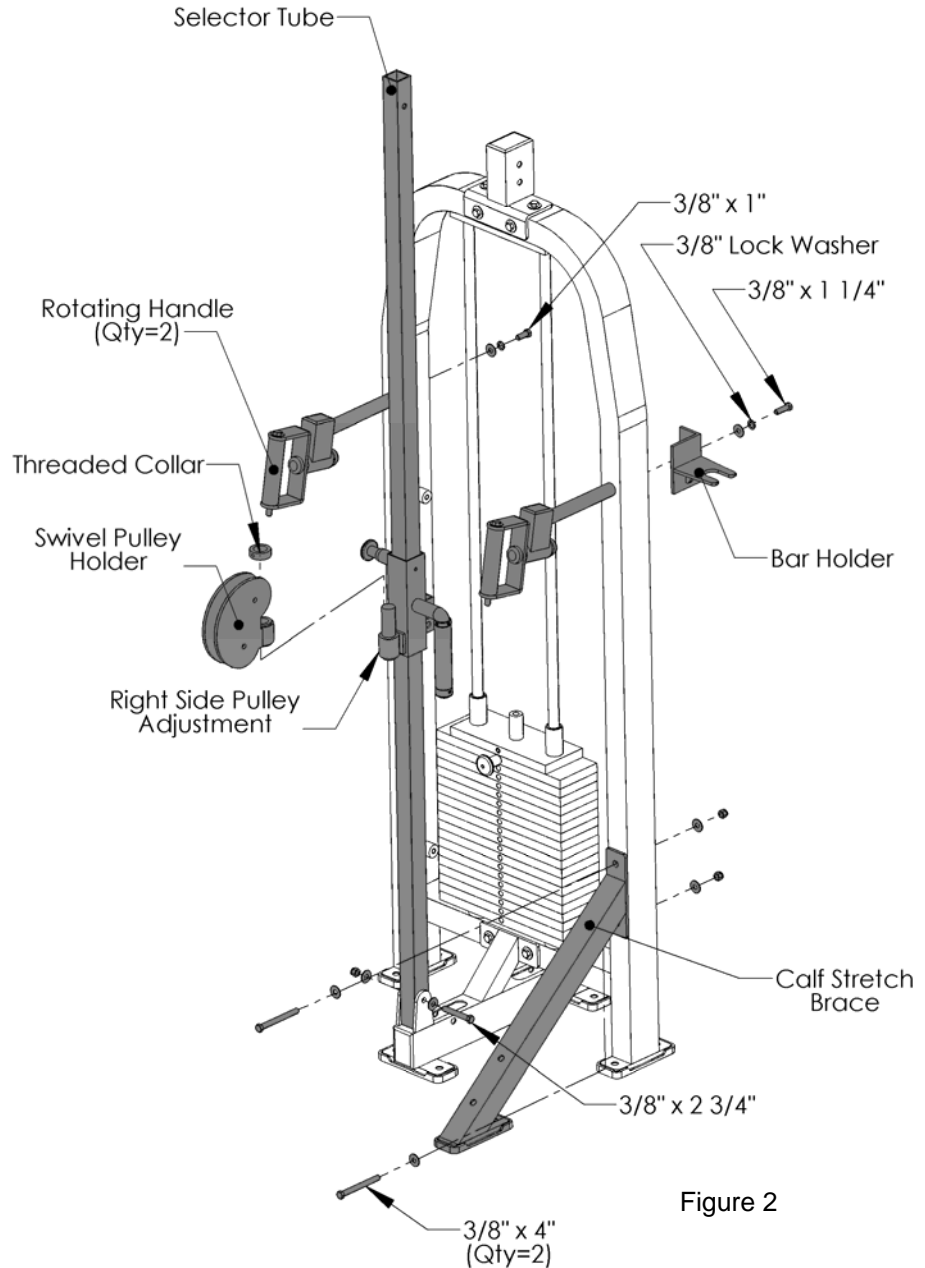


Figure 2

Item #	Part #	Description	Fig. 2 Qty.
4	BFM-50600	Selector Tube	1
6	BFM-10671	Left Side Height Adjustment	1
7	BFM-10400	Swivel Pulley Holder	1
16	BFM-10447	Rotating Handle	2
17	BFH-50146	3/8" Flat Washer (Black)	8
18	BFH-50157	3/8"-16 Nylock (Black)	3
19	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	1
23	BFH-50147	3/8" Lock Washer (Black)	2
27	BFH-50220	Threaded Collar	1
32	BFH-50255	Rubber Foot	1
34	BFH-50129	HCS 3/8"-16 X 4" P5	2
38	BFH-50118	HCS 3/8"-16 X 1" P5	1
39	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	1
51	BFM-10672	Calf Stretch Brace	1
53	BFM-10673	Bar Holder	1

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

Step 3:

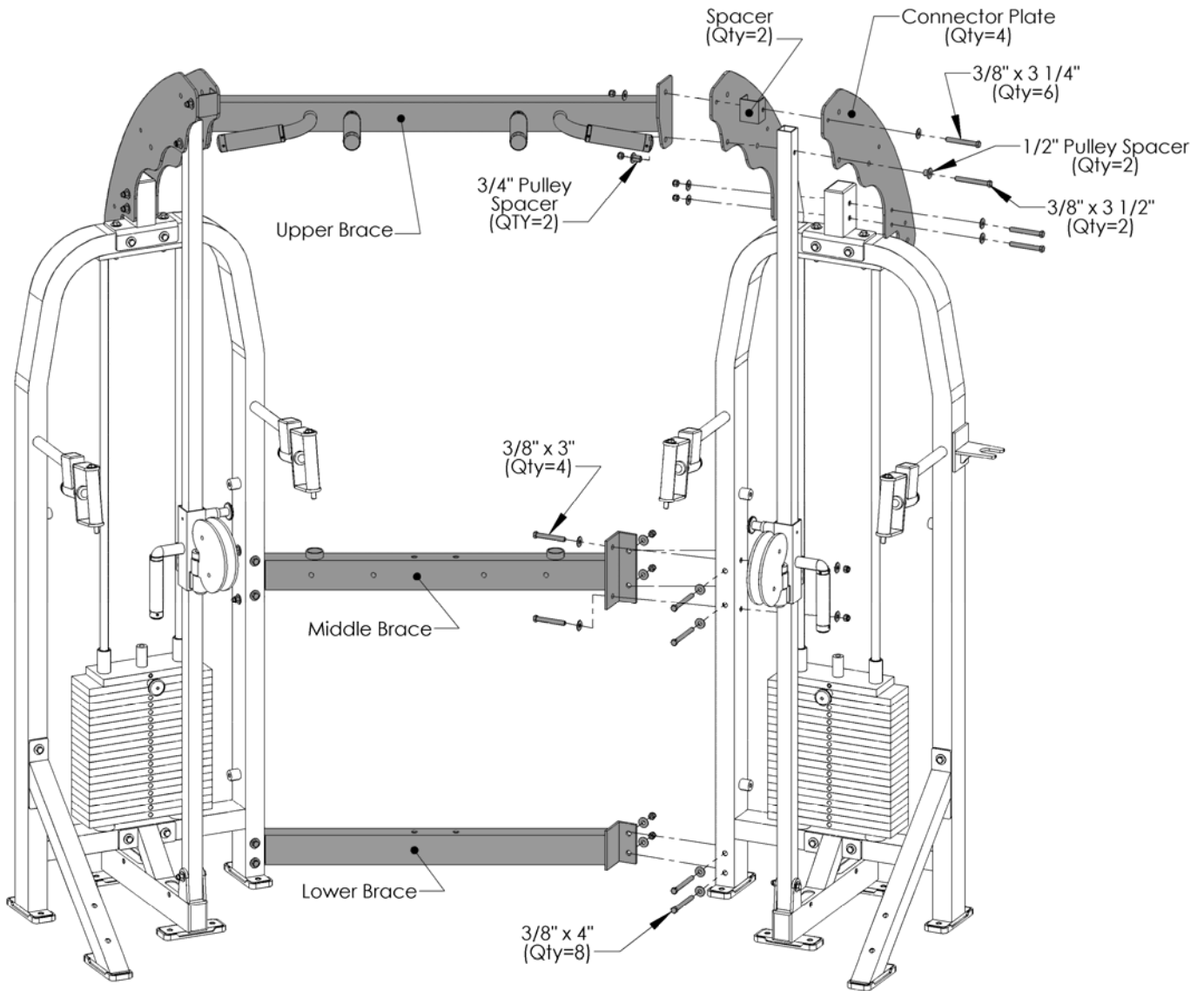


Figure 3

NOTE: Grips, Caps, and Collars on the *Chin Up and Pull Up* handles are 1-1/4" style.

Item #	Part #	Description	Fig. 3 Qty
8	BFH-50201	1/2" Pulley Spacer	2
17	BFH-50146	3/8" Flat Washer (Black)	36
18	BFH-50157	3/8"-16 Nylock (Black)	20
29	BFL-50158	Connector Plate	4
30	BFM-50962	Spacer	2
33	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	6
34	BFH-50129	HCS 3/8"-16 X 4" P5	8
35	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	2
36	BFH-50125	HCS 3/8"-16 X 3" P5	4
37	BFH-50202	3/4" Pulley Spacer	2
54	BFM-10676	Lower Brace	1
55	BFM-10674	Middle Brace	1
56	BFM-10675	Upper Brace	1

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

Step 3a:

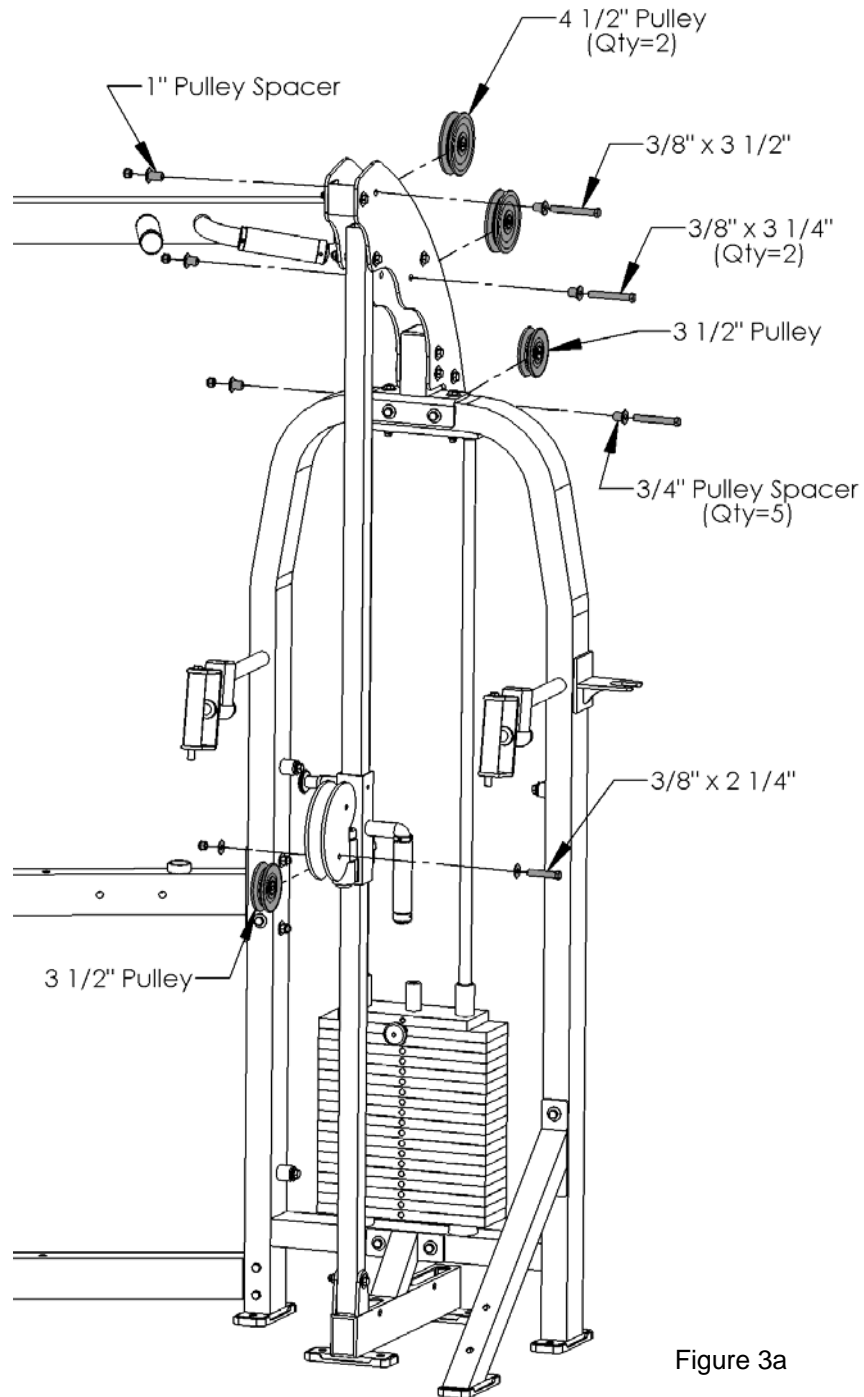


Figure 3a

Step 3b:

Repeat Step 3 for opposite side.

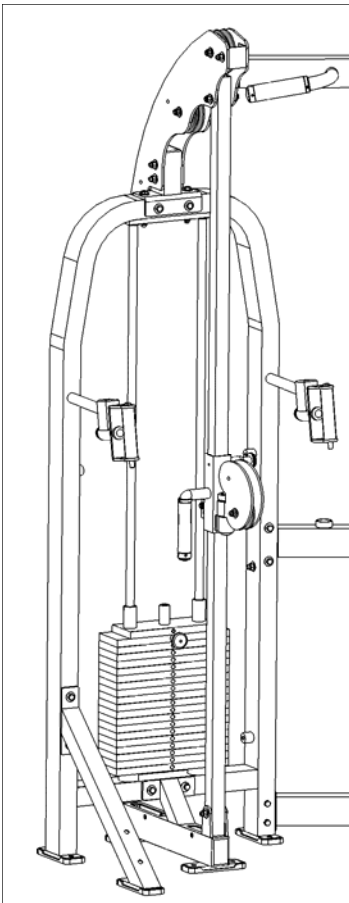


Figure 4a

Item #	Part #	Description	Fig. 3a Qty	Item #	Part #	Description	Fig. 3a Qty
9	BFH-50174	4 1/2" Pulley	2	33	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
10	BFH-50173	3 1/2" Pulley	2	35	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	1
17	BFH-50146	3/8" Flat Washer (Black)	2	37	BFH-50202	3/4" Pulley Spacer	5
18	BFH-50157	3/8"-16 Nylock (Black)	4				
21	BFH-51175	1" Pulley Spacer	1				
24	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	1				

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

Step 4

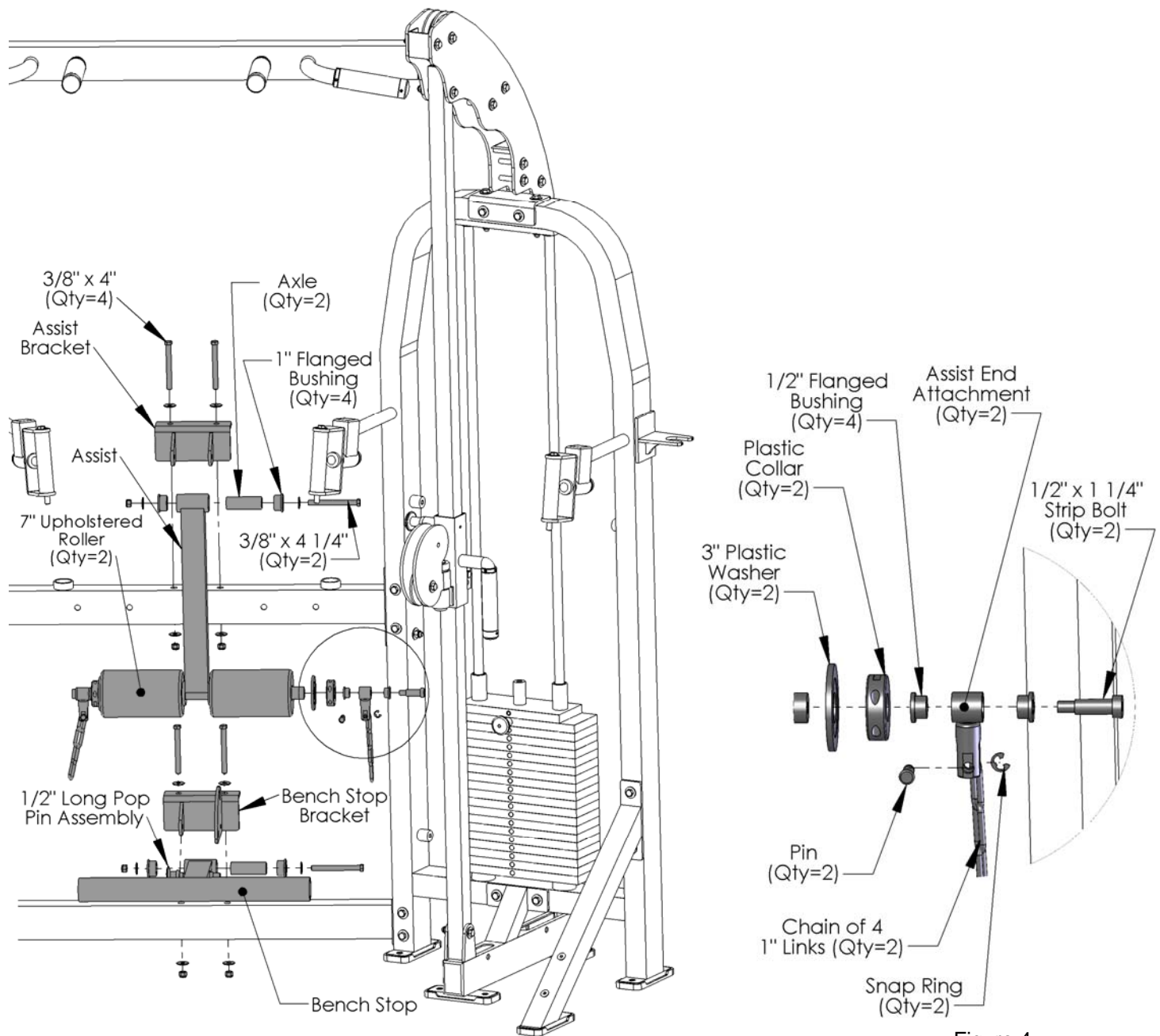


Figure 4

Item #	Part #	Description	Fig. 4 Qty	Item #	Part #	Description	Fig. 4 Qty
17	BFH-50146	3/8" Flat Washer (Black)	12	66	BFU-50189	7" Upholstered Roller	2
18	BFH-50157	3/8"-16 Nylock (Black)	6	67	BFH-50221	3" Plastic Washer	2
20	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	2	68	BFM-50261	Axle	2
34	BFH-50129	HCS 3/8"-16 X 4" P5	4	69	BFH-50252	Plastic Collar	2
58	BFM-10677	Assist Bracket	1	70	BFH-50238	Pin	2
59	BFM-10678	Assist	1	71	BFM-10684	Assist End Attachment	2
60	BFM-10679	Bench Stop Bracket	1	72	BFH-50232	1/2" X 1 1/4" Strip Bolt	2
61	BFM-10680	Bench Stop	1	73	BFH-50239	Snap Ring	2
65	BFH-50101	1" Flanged Bushing	4	74	BFM-50207	1/2" Long Pop Pin Assembly	1
				75	BFH-50103	1/2" Flanged Bushing	4
				76	4xBFC-50128	Chain of 4 1" Links	2

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

Step 5:

See Figure 5b (page 15) for Cable Routing.

Step 5a:

Repeat Step 5 for opposite side.

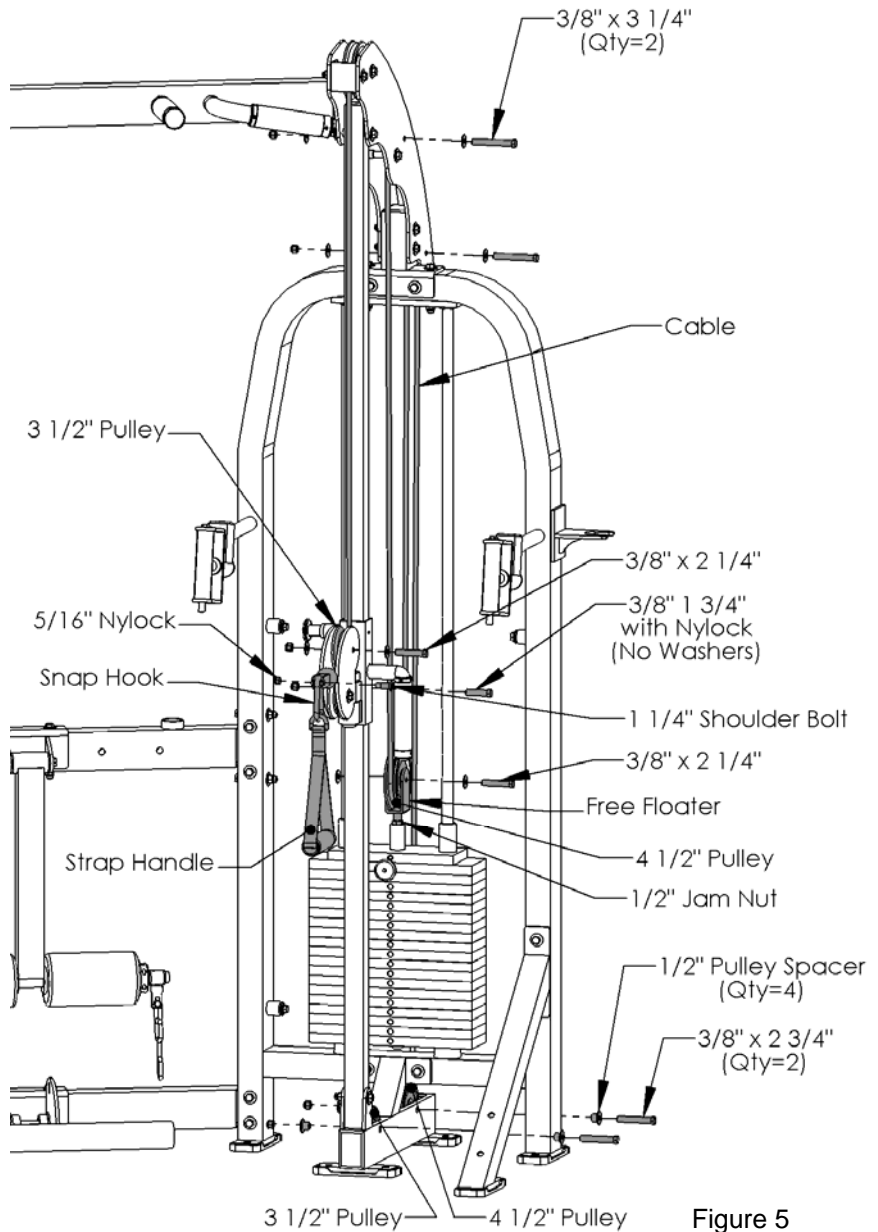
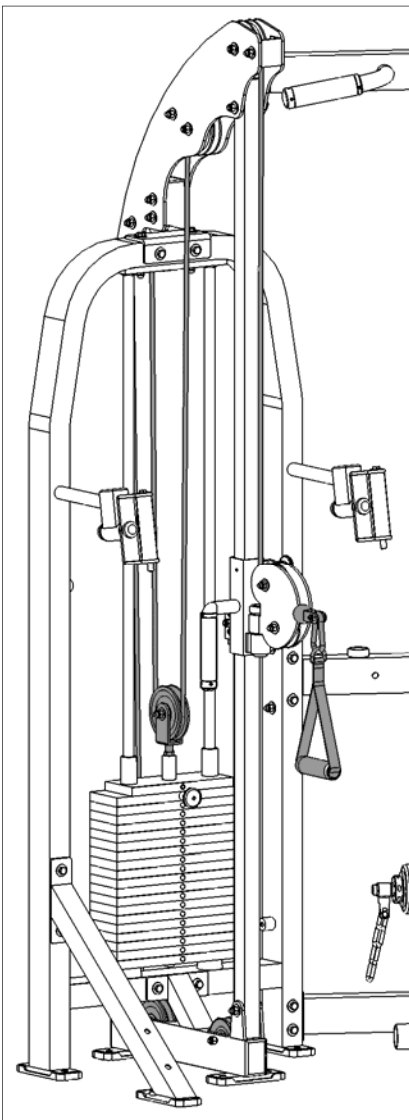


Figure 5

Item #	Part #	Description	Qty - Figure 5
8	BFH-50201	1/2" Pulley Spacer	4
9	BFH-50174	4 1/2" Pulley	2
10	BFH-50173	3 1/2" Pulley	2
17	BFH-50146	3/8" Flat Washer (Black)	8
18	BFH-50157	3/8"-16 Nylock (Black)	7
19	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	2
24	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	2
28	BFM-10425	Free Floater	1
33	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
40	BFH-50256	1/2"-16 Jam Nut (Zinc)	1
42	CAB-13014	Cable	1
43	BFH-50531	HCS 3/8"-16 X 1 3/4" P5	1
44	BFH-50326	Strap Handle	1
45	BFH-50250	1 1/4" Shoulder Bolt	1
46	BFH-50267	5/16"-18 Nylock (Black)	1
50	BFH-50188	Snap Hook	1

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

Step 5 continued:

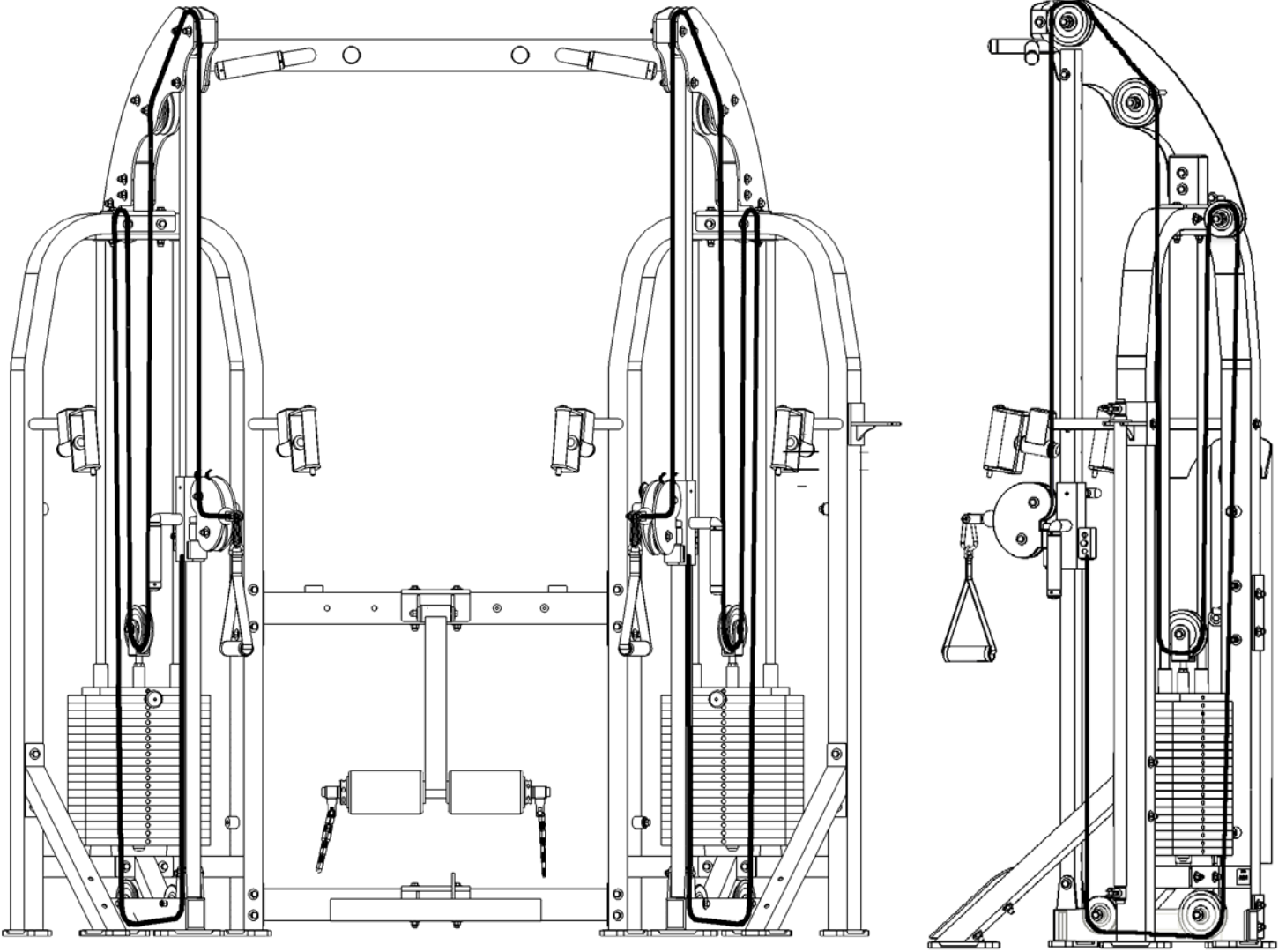


Figure 5b: Cable Layout Diagram

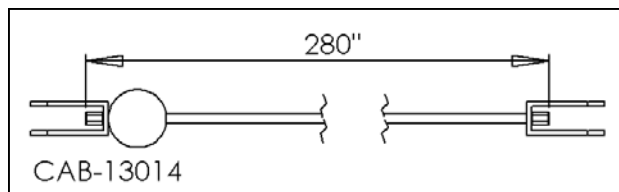


Figure 5c: Cable Drawing

Step 6:

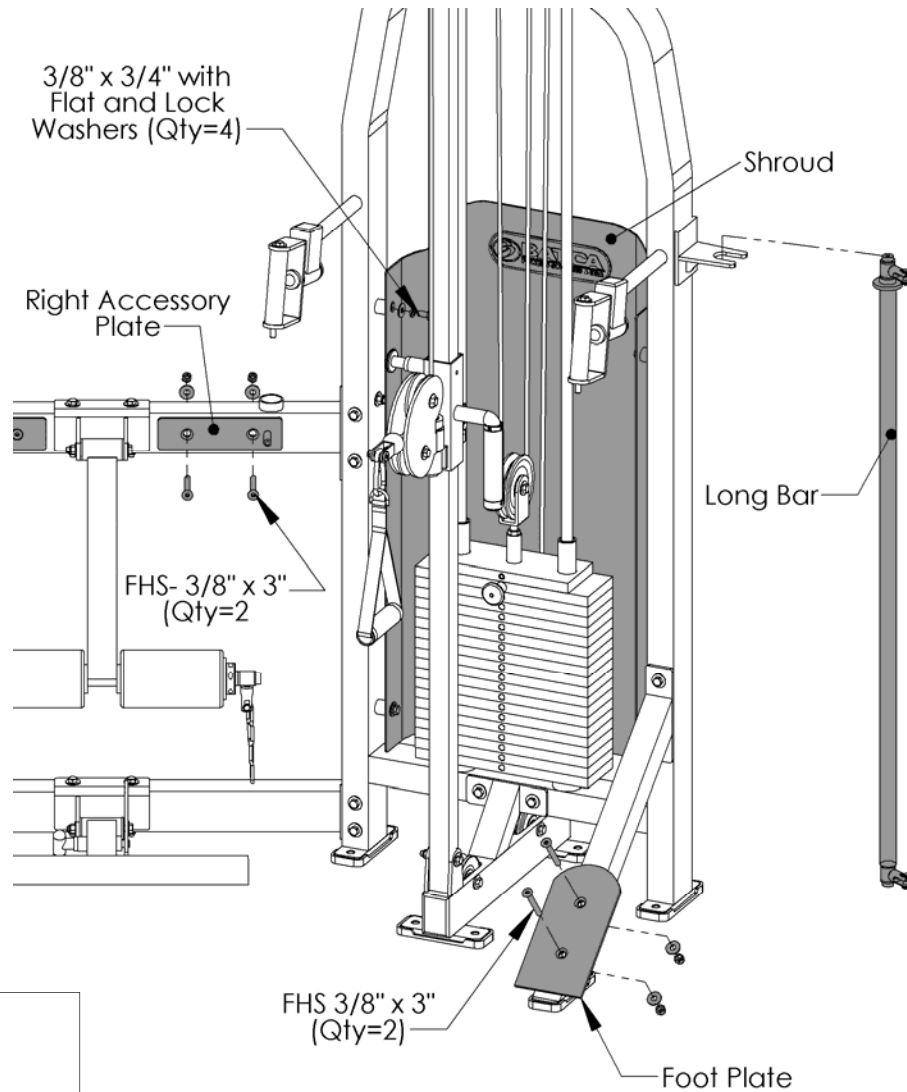


Figure 6

Step 6a: Repeat Step 6 for opposite side

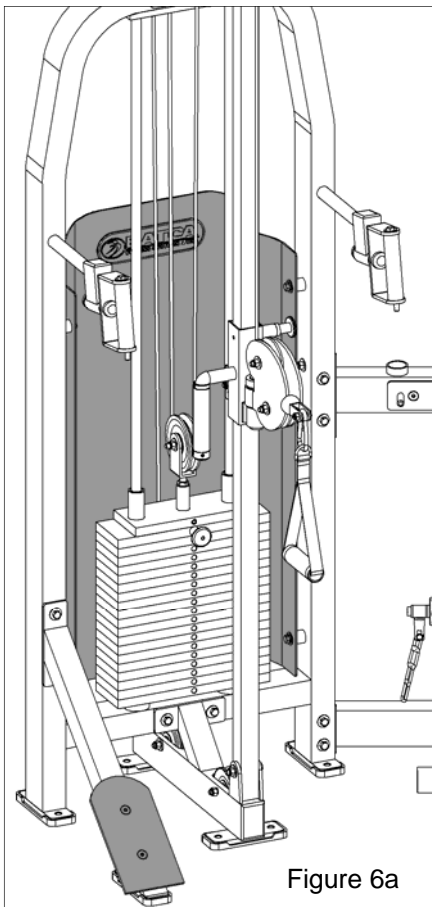


Figure 6a

Item #	Part #	Description	Fig. 6 Qty
17	BFH-50146	3/8" Flat Washer (Black)	8
18	BFH-50157	3/8"-16 Nylock (Black)	4
23	BFH-50147	3/8" Lock Washer (Black)	4
25	BFM-50531	Shroud	1
26	BFH-50254	HCS 3/8-16 X 3/4 P5	4
52	BFH-50323	FHSCS 3/8"-16 X 3"	4
61	BFM-10681	Right Accessory Plate	1
62	BFM-10682	Long Bar	1
64	BFL-50258	Foot Plate	1

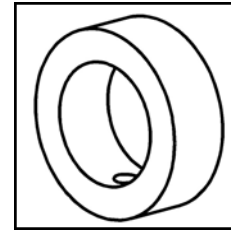
Note: There is a Left Accessory Plate (Item #64, Part# BFM-10683) in Step 6a as opposed to the Right Accessory Plate (Item #62, Part# BFM-10681) in Step 6.

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

Final Assembly and Troubleshooting

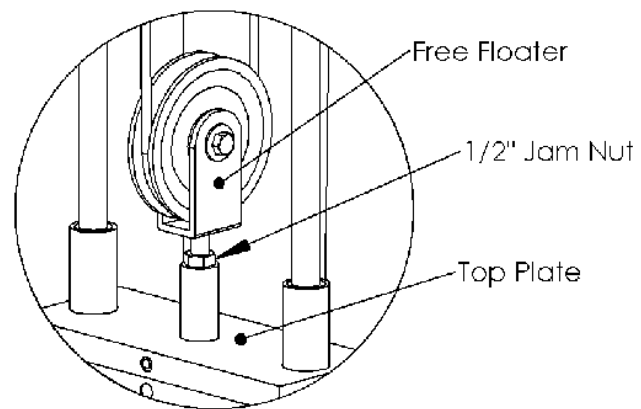
IMPORTANT - Check These Components Before Using Gym:

- **Wrench Tighten** the set screws on all Threaded Collars using an allen wrench, so that the set screws tighten against the shaft. Refer to Step 2.

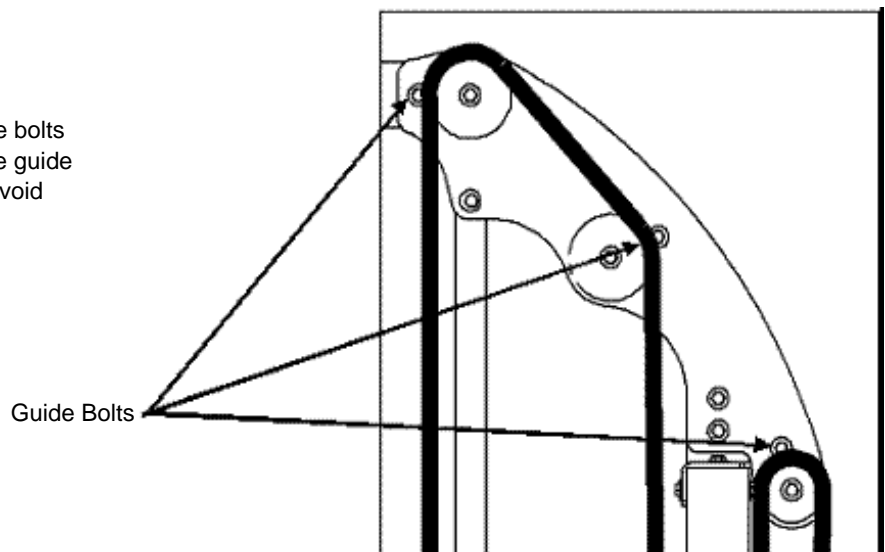


Threaded Collar
BFH-50220

- Each Free Floater **must be threaded at least 1/2"** into 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.

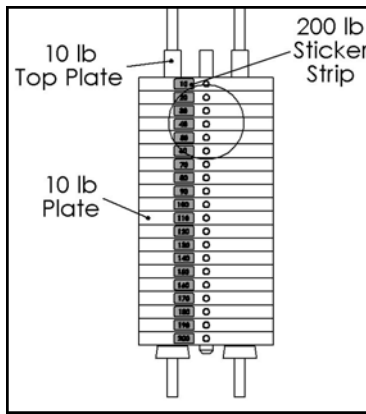


- Verify that all cables lie in between the guide bolts and the pulleys. Routing the cables over the guide bolts causes premature cable wear and will void your warranty.

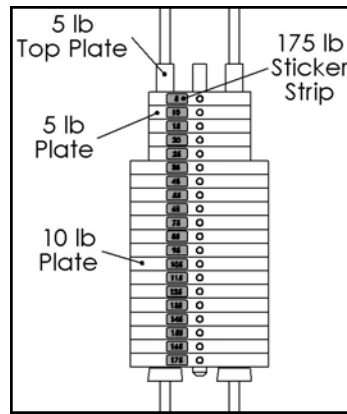


Final Assembly and Troubleshooting

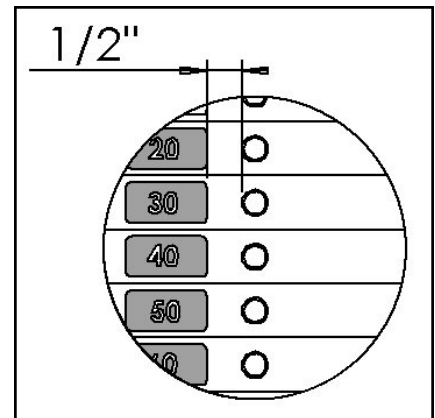
Weight Stack Decals:



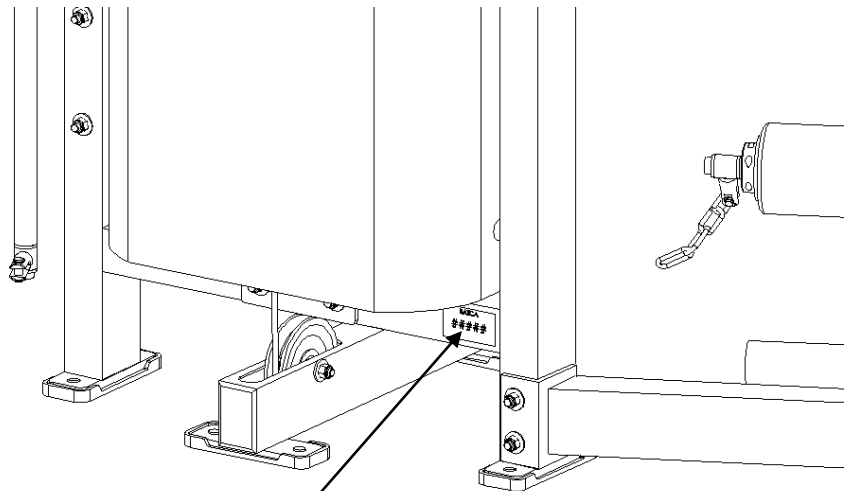
200lb Stack (Standard)



175lb Stack (Optional)



Serial Number:



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

Guide Rod Lubrication:

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

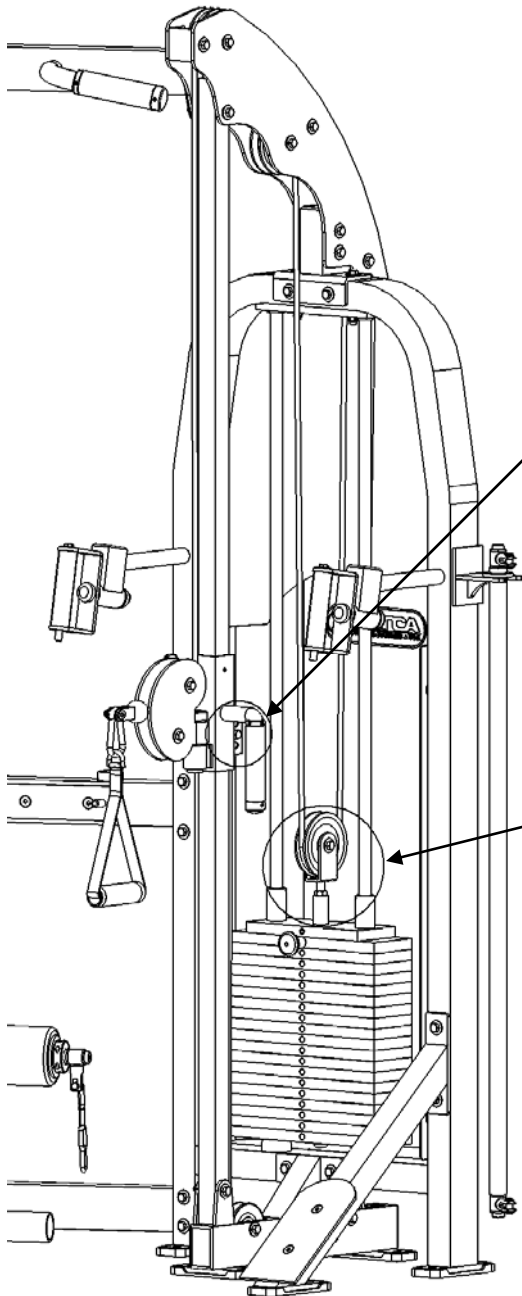
Cable Adjustments

- **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.



This shoulder bolt can be positioned in any one of the three optional holes to account for any slack in the cable. Refer to Step 5.

Fine adjustments to cable tension can be made here. It is very important to tighten the jam nut after adjustments.

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. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated regularly. Use general purpose bearing grease and follow the schedule below.

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.

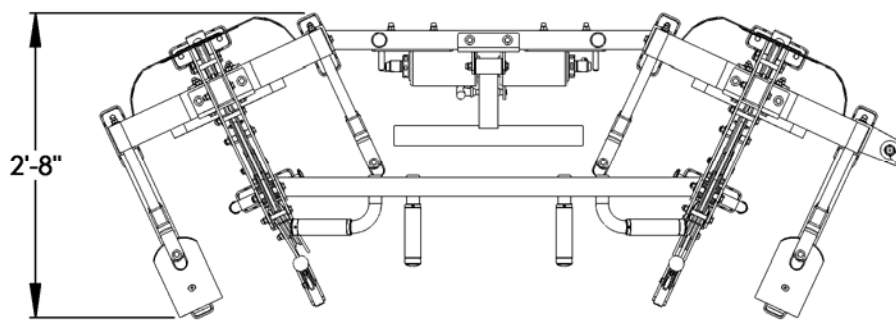
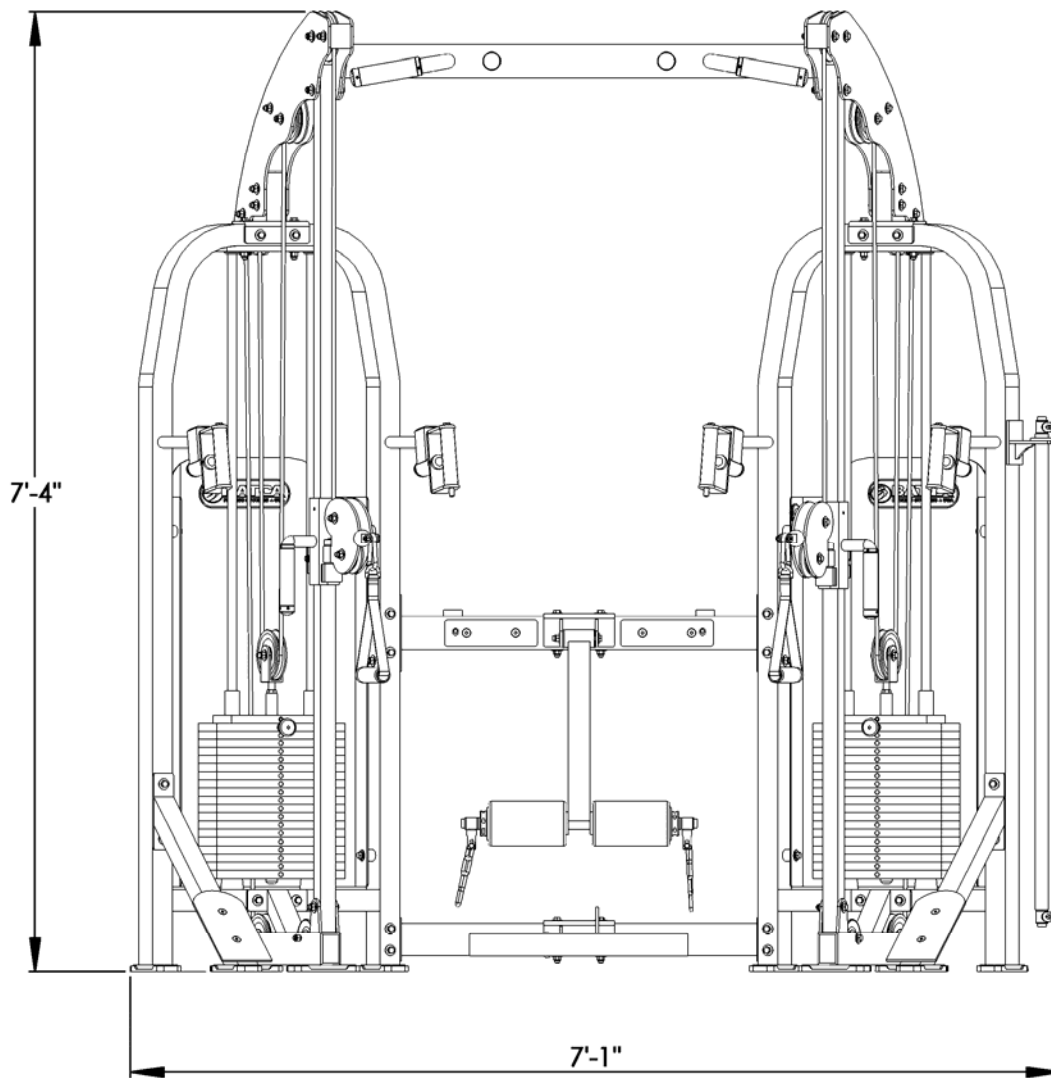
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

www.batcafitness.com

Please keep this for your records.



Layout Diagram

The F-4 has a layout dimension of 2'-8" (width) x 7'-1" (length) x 7'-4" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.