

AB CRUNCH

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 FORWARD.



CHEST PRESS

ADJUST SEAT TO MIDDLE POSITION USING PULL PIN. ADJUST PRESS ARM TO DESIRED STARTING POSITION USING PULL PIN AT TOP OF EACH ARM. GRASP HANDLES. WITH YOUR BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

\* BACK PAD MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



MID ROW

ADJUST ARMS TO DESIRED STARTING POSITION USING PULL PIN AT TOP OF EACH ARM. ADJUST THE CHEST SUPPORT PAD FOR DESIRED PRE-STRETCH/START POSITION. GRASP HANDLES, AND WITH YOUR CHEST FIRMLY AGAINST PAD, PULL THE ARMS TOWARD YOUR BODY.



LEG RAISE

RAISE BOTTOM SEAT TO TOP POSITION. RAISE BOTTOM SHORT ROLLERS TO FIRST POSITION ON CAM. 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.



SEATED BICEP CURL

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



BODYWEIGHT AB CRUNCH

ADJUST BACK PAD TO REAR POSITION. USE PULL PIN UNDER SEAT TO ADJUST SEAT ONE POSITION UP FROM FLAT. WHILE SEATED WITH FEET FIRMLY PLATED ON FOOTPLATE AND LOWER BACK FIRMLY AGAINST BACK PAD, CURL YOUR UPPER BODY FORWARD.



SIDE CRUNCH

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 FORWARD.



INCLINE PRESS

ADJUST SEAT TO BOTTOM POSITION USING PULL PIN. ADJUST PRESS ARM TO DESIRED STARTING POSITION USING PULL PIN AT TOP OF EACH ARM. GRASP HANDLES. WITH YOUR BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

\* BACK PAD MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



LAT PULLDOWN

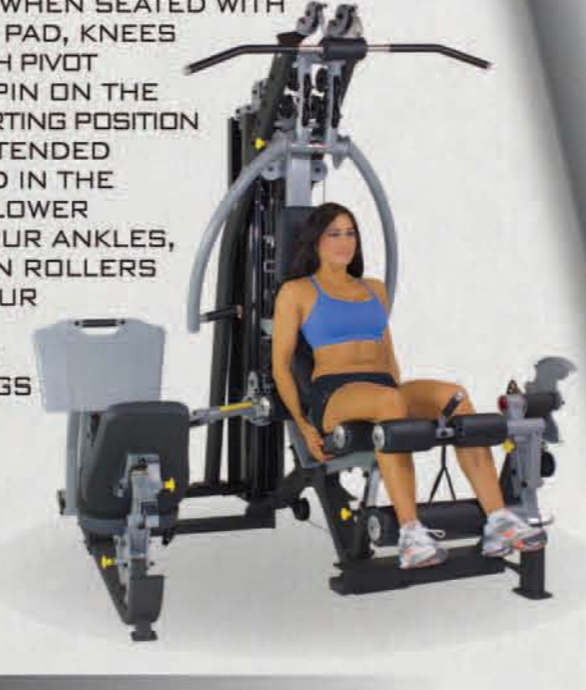
WHILE SEATED WITH LEGS SNUGLY UNDER HOLD-DOWN ROLLERS, GRASP PULL-DOWN HANDLES. LOWER ELBOWS TO SIDE OF YOUR BODY.

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



SEATED LEG CURL

RAISE BOTTOM SEAT TO TOP POSITION. RAISE BOTTOM SHORT ROLLERS TO FIRST POSITION ON CAM. 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.



STANDING BICEP CURL

LOWER ONE FUNCTIONAL TRAINING ARM TO BOTTOM POSITION AND ATTACH SHORT BAR. GRIP THE BAR WITH YOUR PALMS FACING UPWARD AND A SHOULDERS WIDTH APART. WITH YOUR ELBOWS TIGHT TO YOUR BODY, CURL THE BAR UPWARD UNTIL YOUR BICEPS ARE FULLY CONTRACTED.



LEG RAISE

ADJUST BACK PAD TO REAR POSITION. USE PULL PIN UNDER SEAT TO ADJUST SEAT FLAT. LAY FLAT ON SEAT AND GRASP BOTTOM OF FOOTPLATE WITH BOTH HANDS. LIFT LEGS FROM FLAT TO 90 DEGREES.



FUSION 3 BATCA fitness systems usa

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.

ABDOMINALS

BACK

LEGGS

DECLINE PRESS

ADJUST SEAT TO TOP POSITION USING PULL PIN. ADJUST PRESS ARM TO DESIRED STARTING POSITION USING PULL PIN AT TOP OF EACH ARM. GRASP HANDLES. WITH YOUR BACK FIRMLY AGAINST BACK PAD, PRESS ARM FORWARD.

\* BACK PAD MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



LAT PULLDOWN WITH BAR

WHILE SEATED WITH LEGS SNUGLY UNDER HOLD-DOWN ROLLERS, GRASP PULL-DOWN BAR. LOWER BAR TO TOP OF YOUR CHEST.



INNER/OUTER THIGH

LOWER ONE FUNCTIONAL TRAINING ARM TO BOTTOM POSITION AND ATTACH ANKLE STRAP.

OUTER THIGH: WHILE HOLDING ONTO PRESS ARM, SWEEP YOUR LEG AWAY FROM YOUR BODY.

INNER THIGH: WHILE HOLDING ONTO PRESS ARM, SWEEP YOUR LEG ACROSS YOUR BODY.



FREE CABLE CHEST PRESS

ADJUST FREE CABLE HANDLES TO MID CHEST HEIGHT. GRASP AND PULL FORWARD HANDLES TO MID CHEST. WITH YOUR BACK FIRMLY AGAINST BACK PAD, PRESS HANDLES FORWARD.

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



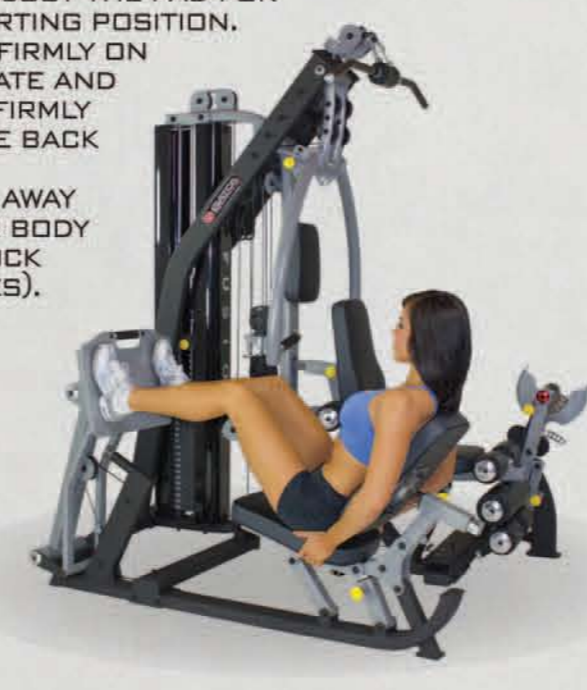
SHOULDER PRESS

ADJUST FUNCTIONAL TRAINING ARMS TO THIRD HOLE FROM TOP AND LENGTHEN STRAP TO FIRST HOOK. WHILE SEATED WITH BACK FIRMLY AGAINST PAD, PRESS HANDLES UPWARD.



LEG PRESS

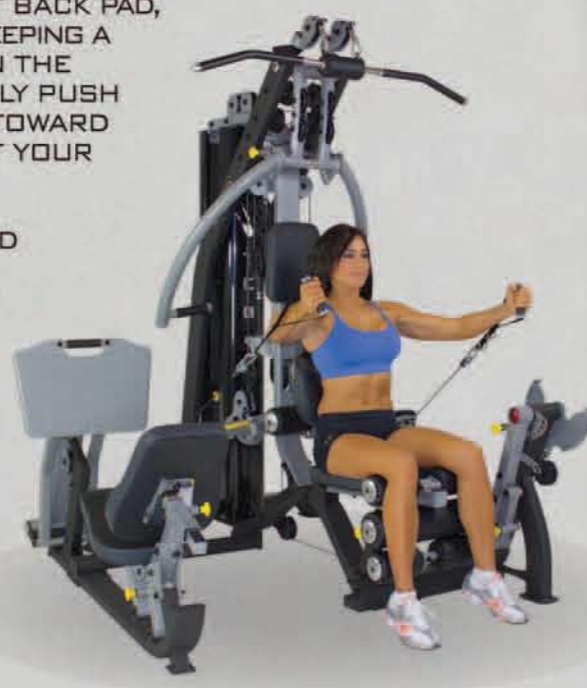
USING THE PULL PIN BEHIND THE BACK PAD, ADJUST THE PAD FOR DESIRED STARTING POSITION. PLANT FEET FIRMLY ON THE FOOTPLATE AND YOUR BACK FIRMLY AGAINST THE BACK PAD. PUSH FOOTPLATE AWAY FROM YOUR BODY (DO NOT LOCK YOUR KNEES).



PEC FLY

ADJUST FREE CABLE HANDLES TO WAIST 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 PAD AND HANDLES MAY BE ADJUSTED FOR DESIRED PRE-STRETCH.



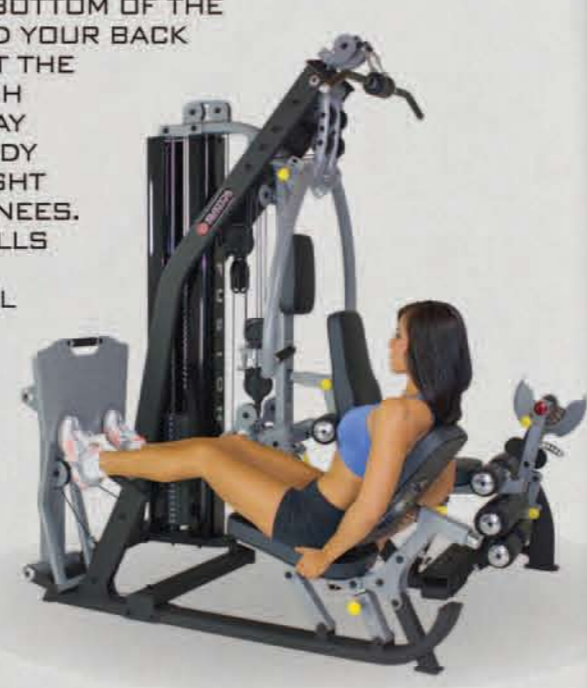
UPRIGHT ROW

LOWER ONE FUNCTIONAL TRAINING ARM TO BOTTOM POSITION AND ATTACH SHORT BAR. GRIP THE BAR WITH YOUR PALMS FACING DOWN AND A SHOULDERS WIDTH APART. PULL THE BAR UP TO THE TOP OF YOUR CHEST.



CALF RAISE

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.



SEATED TRICEP EXTENSION

ADJUST FUNCTIONAL TRAINING ARMS TO TOP POSITION. WITH BACK FIRMLY AGAINST BACK PAD, GRASP HANDLES. WITH ELBOWS FORWARD, UP, AND TIGHT TO YOUR BODY, EXTEND ARMS FORWARD.



INCLINE DUMBBELL PRESS

ADJUST BACK PAD TO REAR POSITION. USE PULL PIN UNDER SEAT TO ADJUST SEAT TO PREFERRED LEVEL OF INCLINE. LIE ON BENCH WITH DUMBBELLS (NOT SUPPLIED) IN HAND WITH PALMS FACING UPWARD. PRESS UPWARD.



TRICEPS

DUMBBELLS

BICEPS

BODYWEIGHT