

## FZ-5 Functional Trainer



Serial Number Here

Date of Purchase

# Instructions

Congratulations on the purchase of your new Batca Fusion 4 Functional Trainer. 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](http://www.batcafitness.com)

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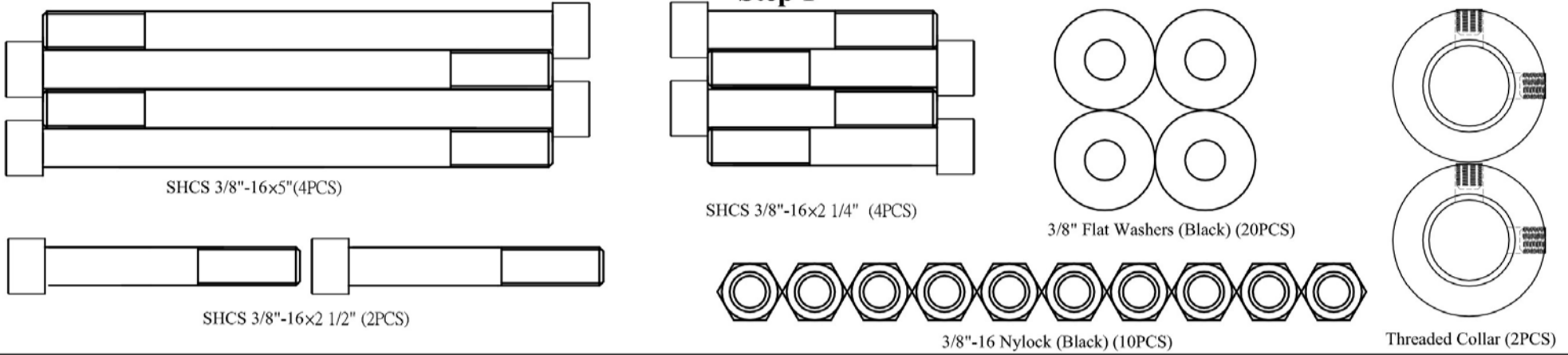
# Tools Required

- 9/16" Wrench/Ratchet
- 1/2" Wrench/Ratchet
- Metric Allen Wrench Set (M10, M8, M6, M4)
- Utility Knife
- 3/4" Wrench
- Tape Measure
- Snap Ring Pliers

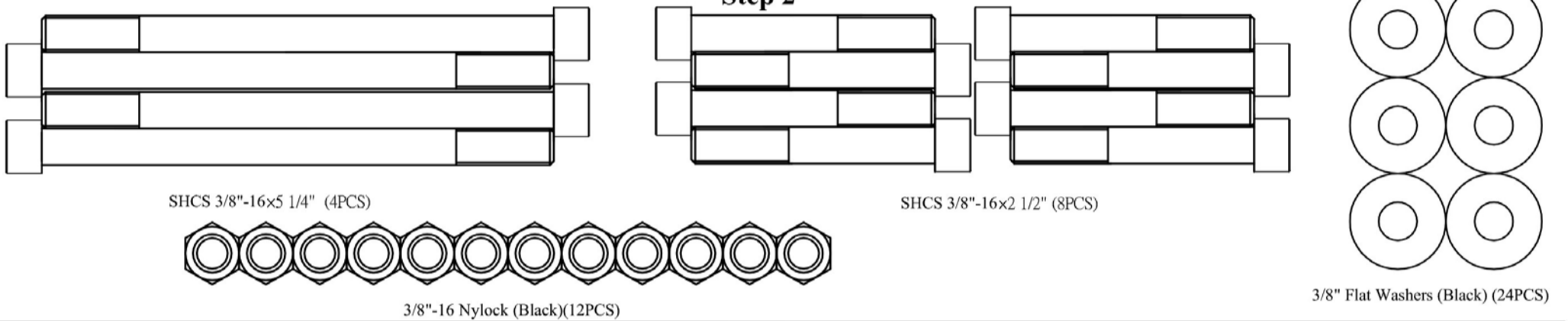
## Hardware Blister Packs

### Fusion 4 Functional Trainer (2-1)

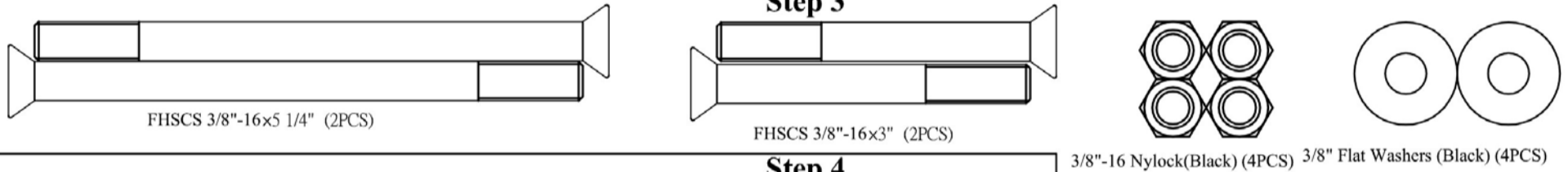
#### Step 1



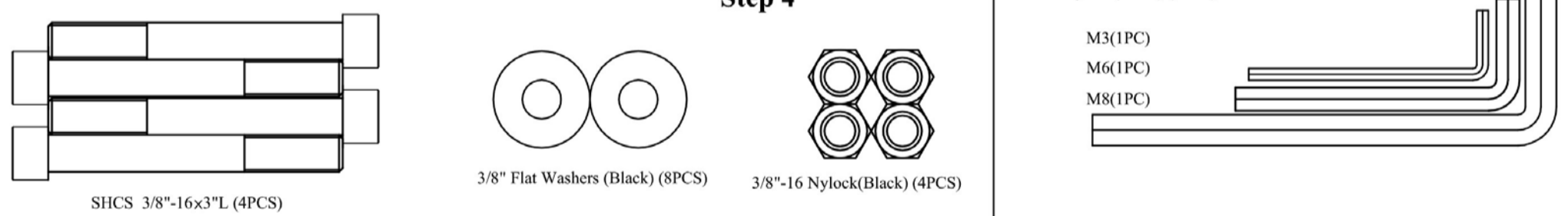
#### Step 2



#### Step 3



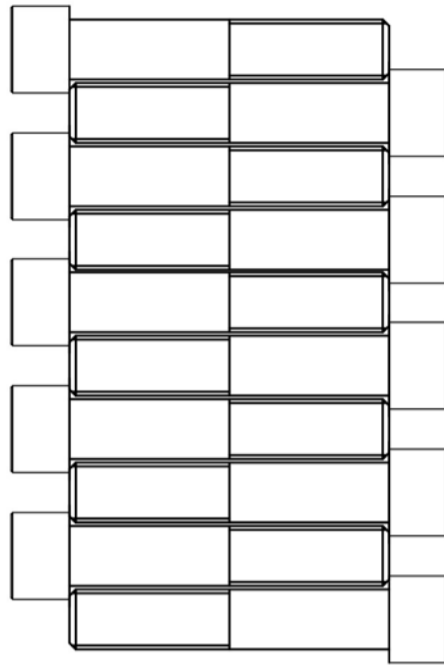
#### Step 4



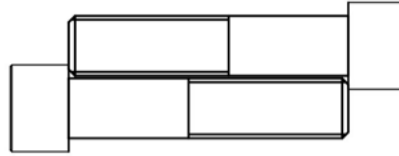
# Hardware Blister Packs

## Fusion 4 Functional Trainer (2-2)

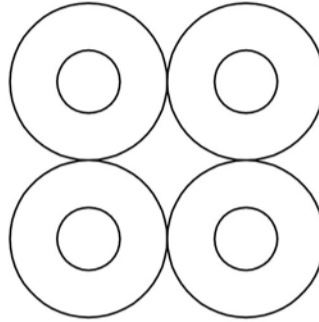
### Step 5



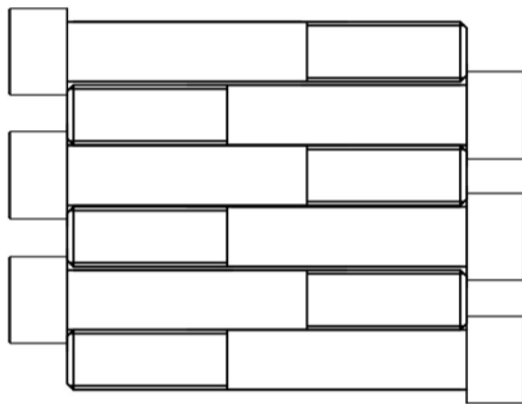
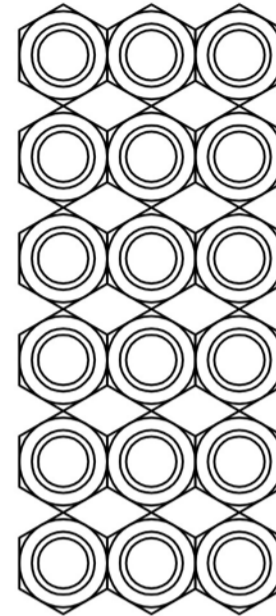
SHCS 3/8"-16x2" (10PCS)



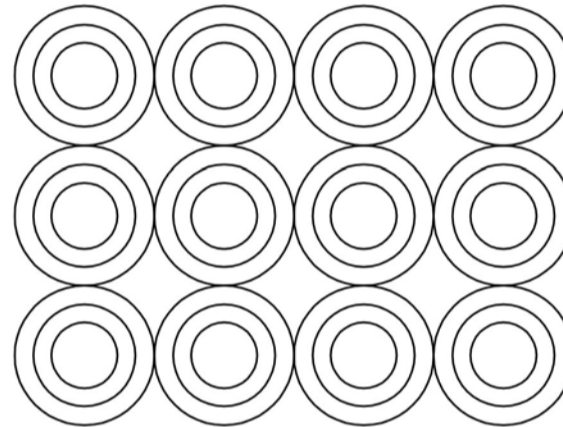
SHCS 3/8"-16x1 3/4" (2PCS)



3/8" Flat Washers (Black) (12PCS) 3/8"-16 Nylock(Black) (18PCS)

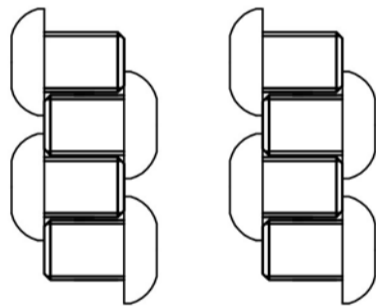


SHCS 3/8"-16x2 1/2" (6PCS)



3/8" Pulley Spacer (12PCS)

### Step 6



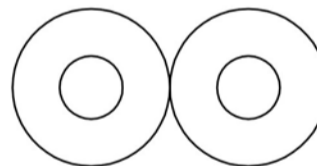
BHSCS 3/8"-16UNCx1/2"L(8PCS)



3/8" Lock Washer(Black) (10PCS)



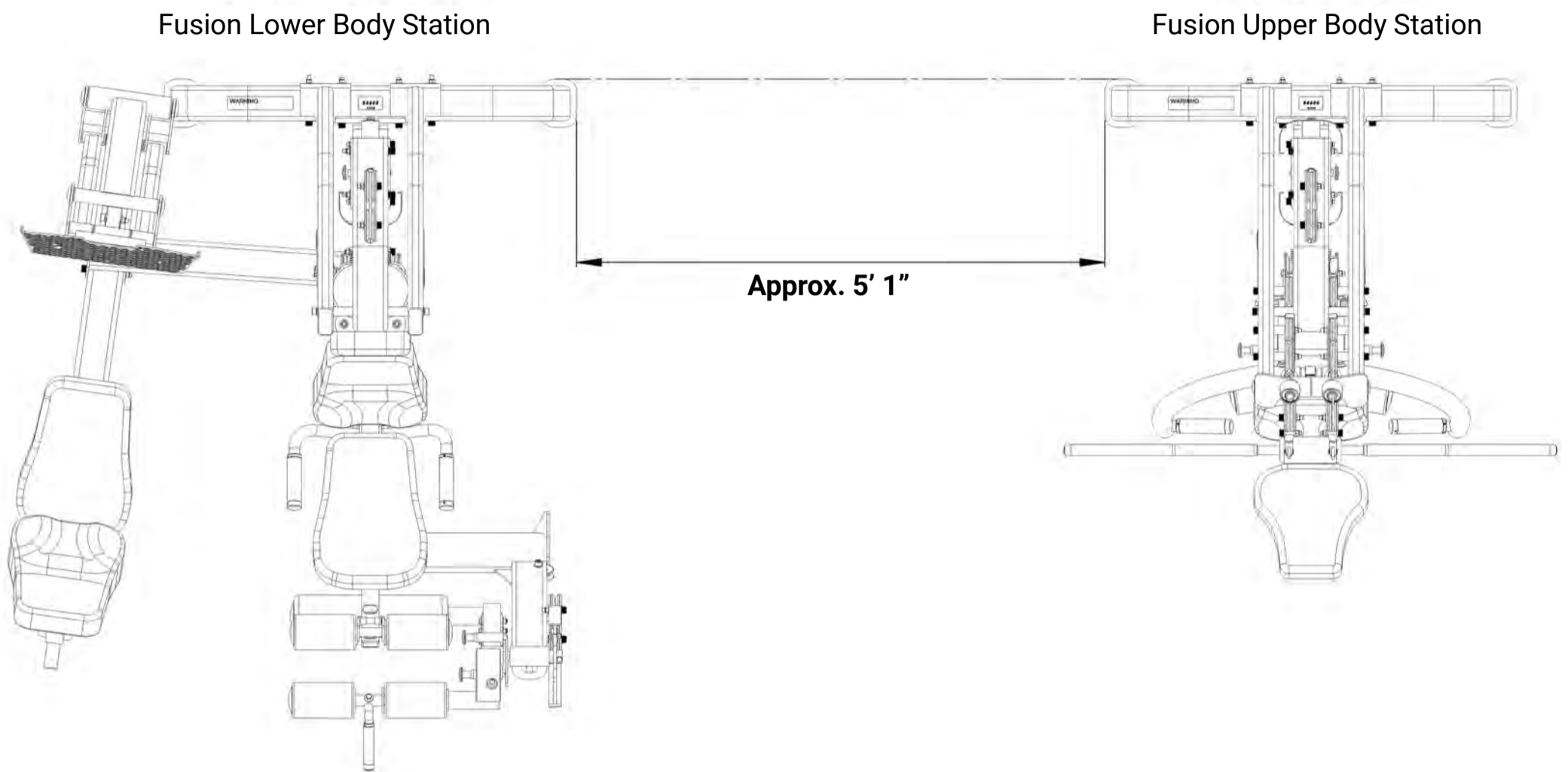
SHCS 3/8"-16x2 1/4" (2PCS)



3/8" Flat Washers (Black) (10PCS)

# Pre-Assembling Instructions

**!** **NOTE:** It is important to position the Upper Body and the Lower Body Stations accordingly. Make sure they are approximately 5 foot 1 inch apart by measuring from the inside of the rear base on each machine. Also Make sure the rear base on each machine are in line with each other across the back. This is important for connecting the two machines via the Functional Trainer as seen in step 3. This will help to insure all of the components on the Fusion 4 Functional Trainer line up smoothly and will help to make the installation process effortless.





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



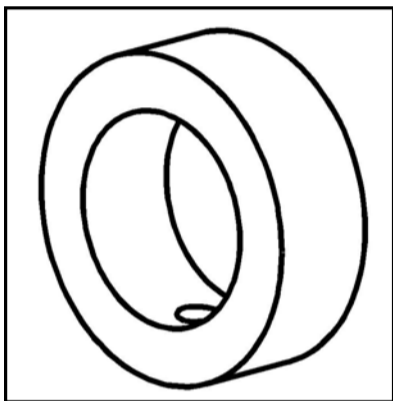
**Step 1:**

**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 3**

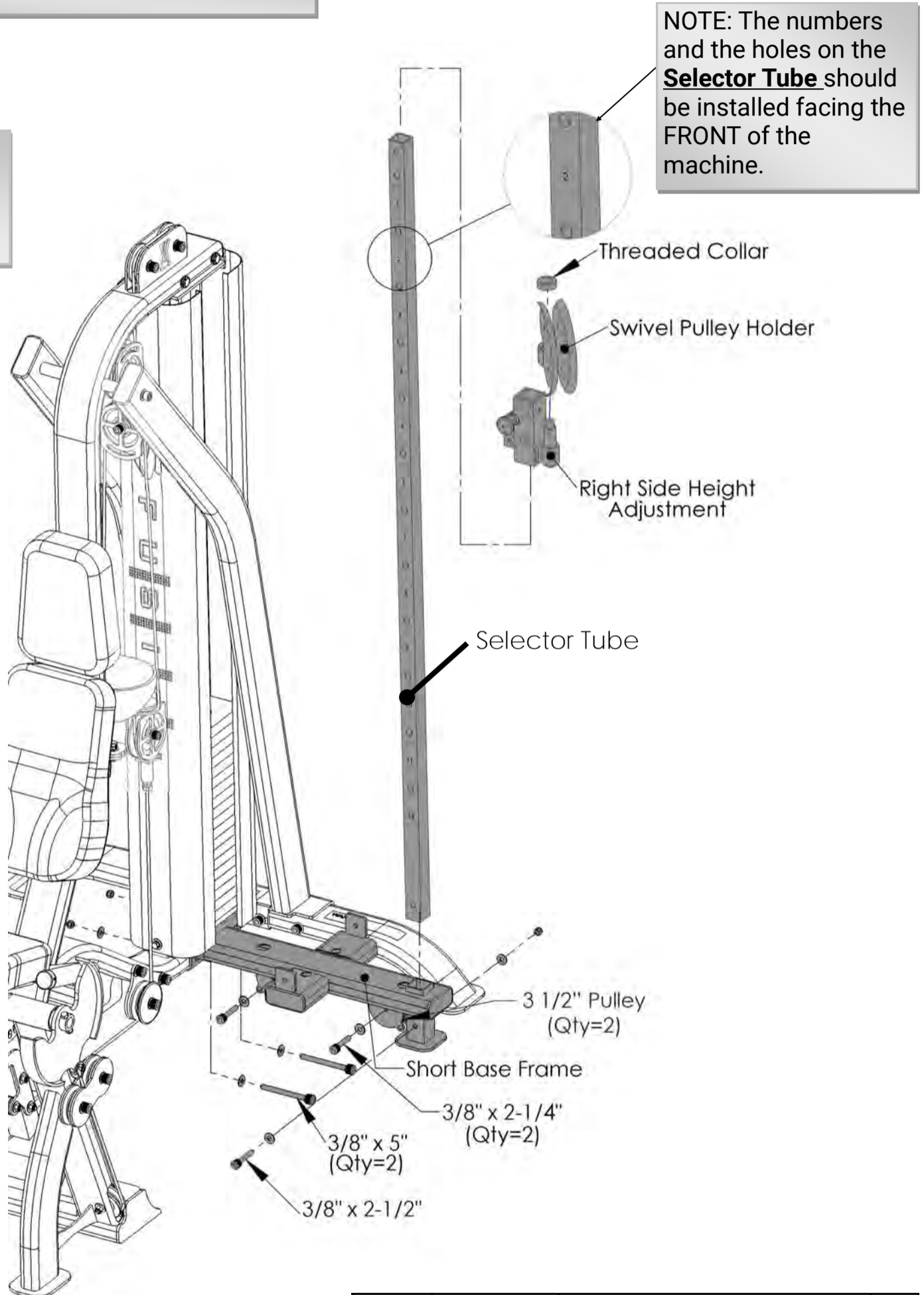
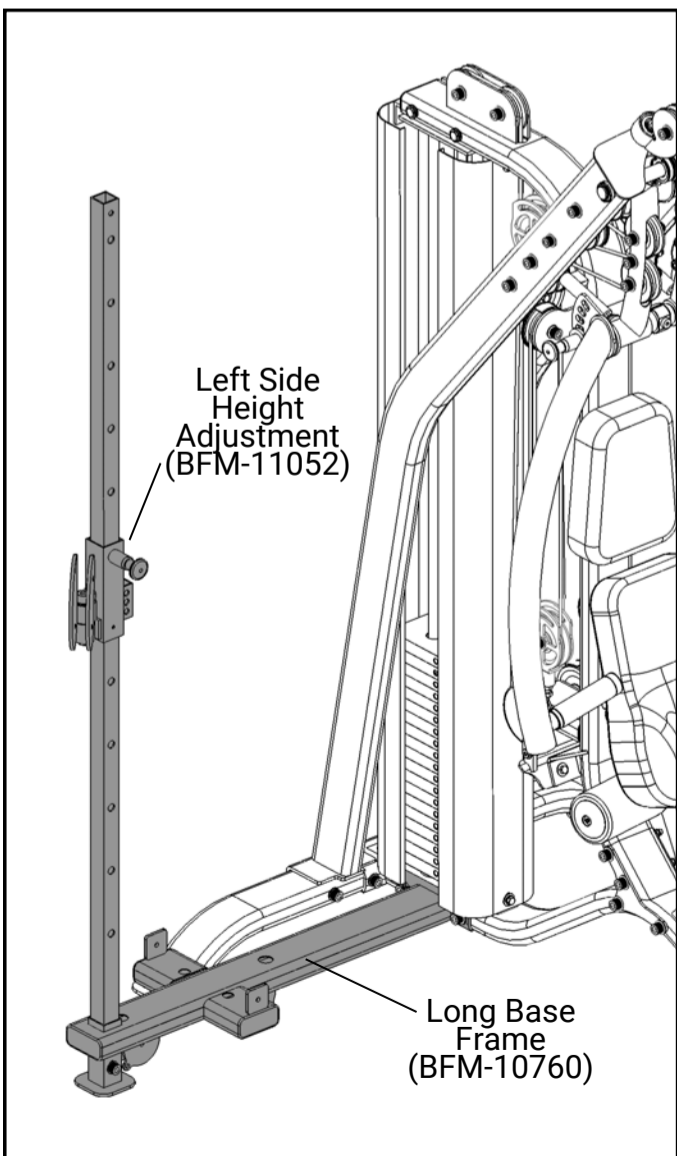
- **Wrench Tighten** the set screws on all Threaded Collars using an allen wrench, so that the set screws tighten against the shaft.



Threaded Collar  
BFH-50220

**Step 1a:**


Repeat step 1 for opposite (Left) side

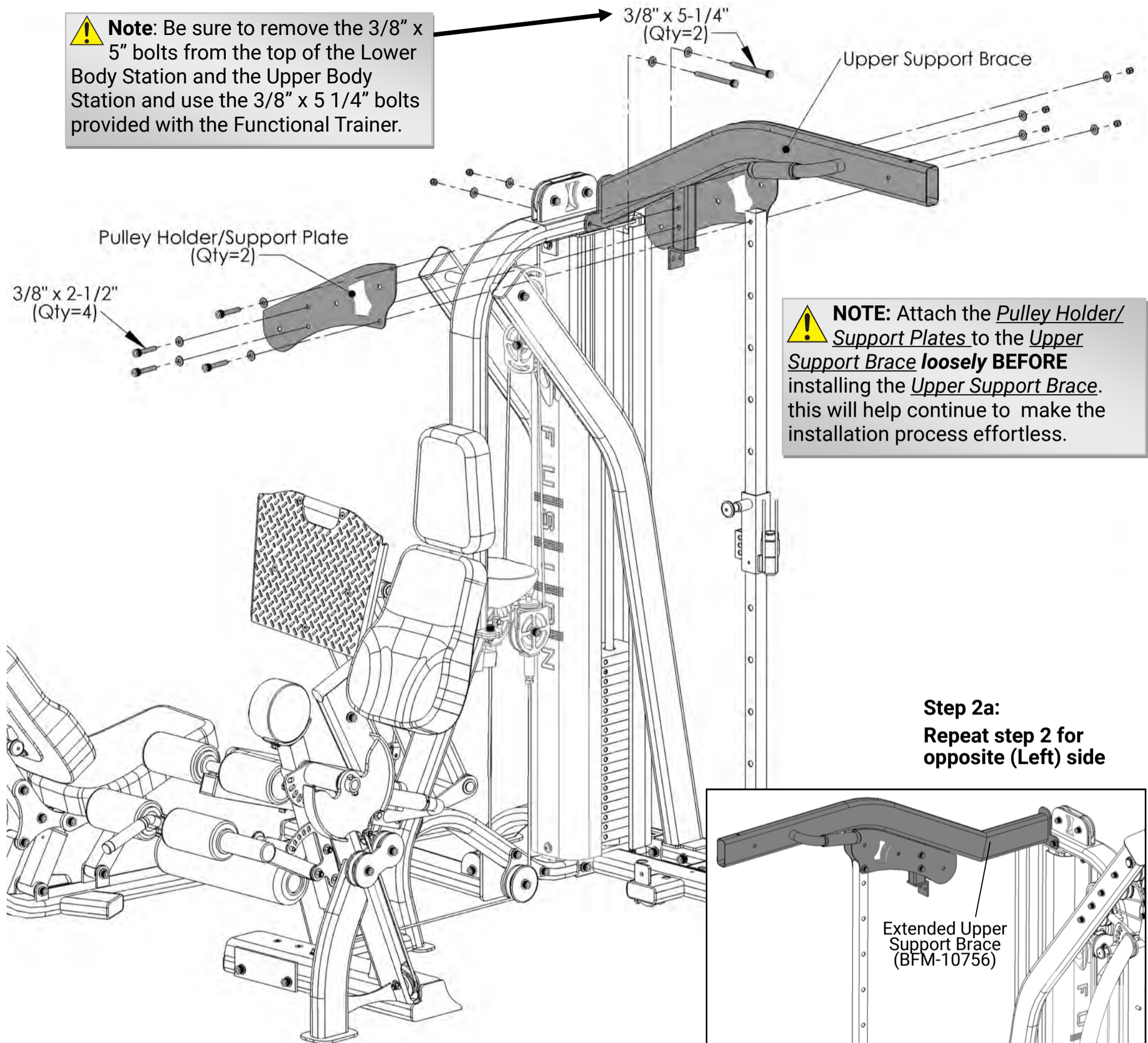



Item #	Part #	Description	Qty
1	BFM-11051	Right Side Height Adjustment	1
2	BFM-10400	Swivel Pulley Holder	1
3	BFM-10758	Short Base Frame (Right Side)	1
4	BFM-52519	Selector Tube	1
5	BFM-10760	Long Base Frame (Left Side)	1
6	BFM-10772	Right Side Height Adjustment	1
25	BFH-50220	Threaded Collar	1
26	BFH-50279	SHCS 3/8"-16 x 5"	2
27	BFP-52394	SHCS 3/8"-16x 2-1/2"	1
33	BFH-50173	3 1/2" Pulley	2
36	BFP-51752	SHCS 3/8"-16 x 2 1/4"	2
40	BFH-50146	3/8" Flat Washer	10
41	BFH-50157	3/8" Nylock	5



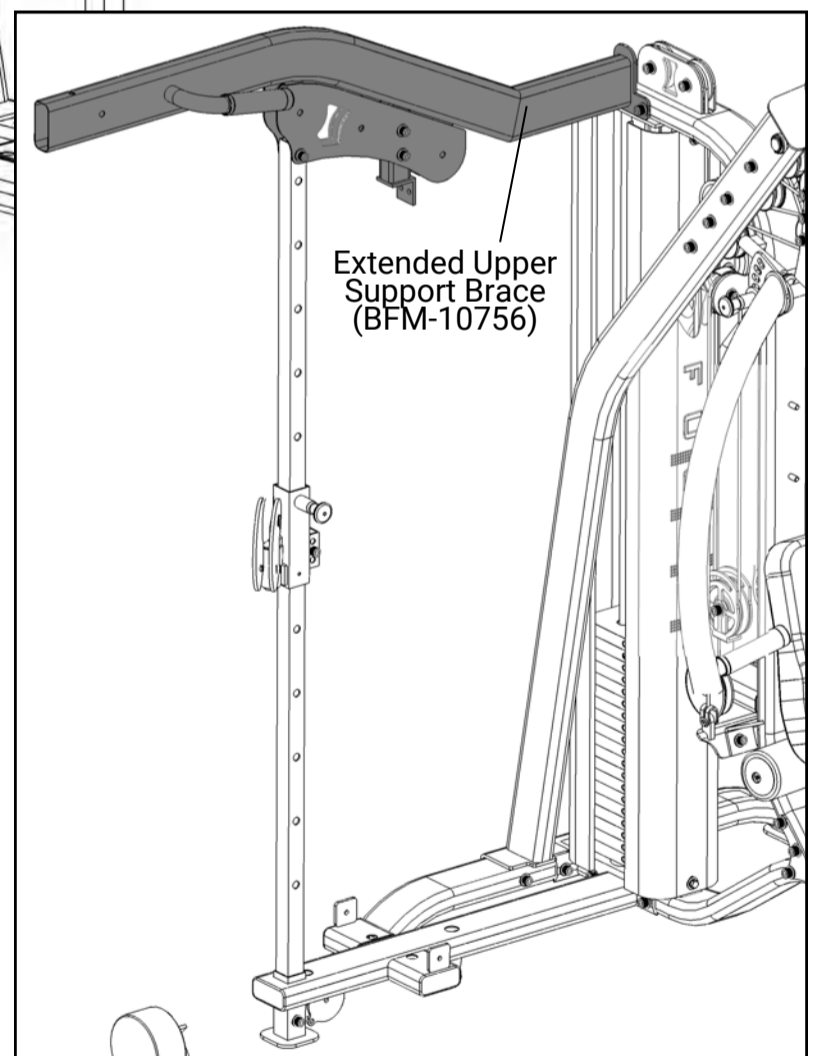
**Step 2:**  **Do Not Tightened Bolts Until Next Step**

 **Note:** Be sure to remove the 3/8" x 5" bolts from the top of the Lower Body Station and the Upper Body Station and use the 3/8" x 5 1/4" bolts provided with the Functional Trainer.



 **NOTE:** Attach the *Pulley Holder/Support Plates* to the *Upper Support Brace* **loosely** **BEFORE** installing the *Upper Support Brace*. this will help continue to make the installation process effortless.

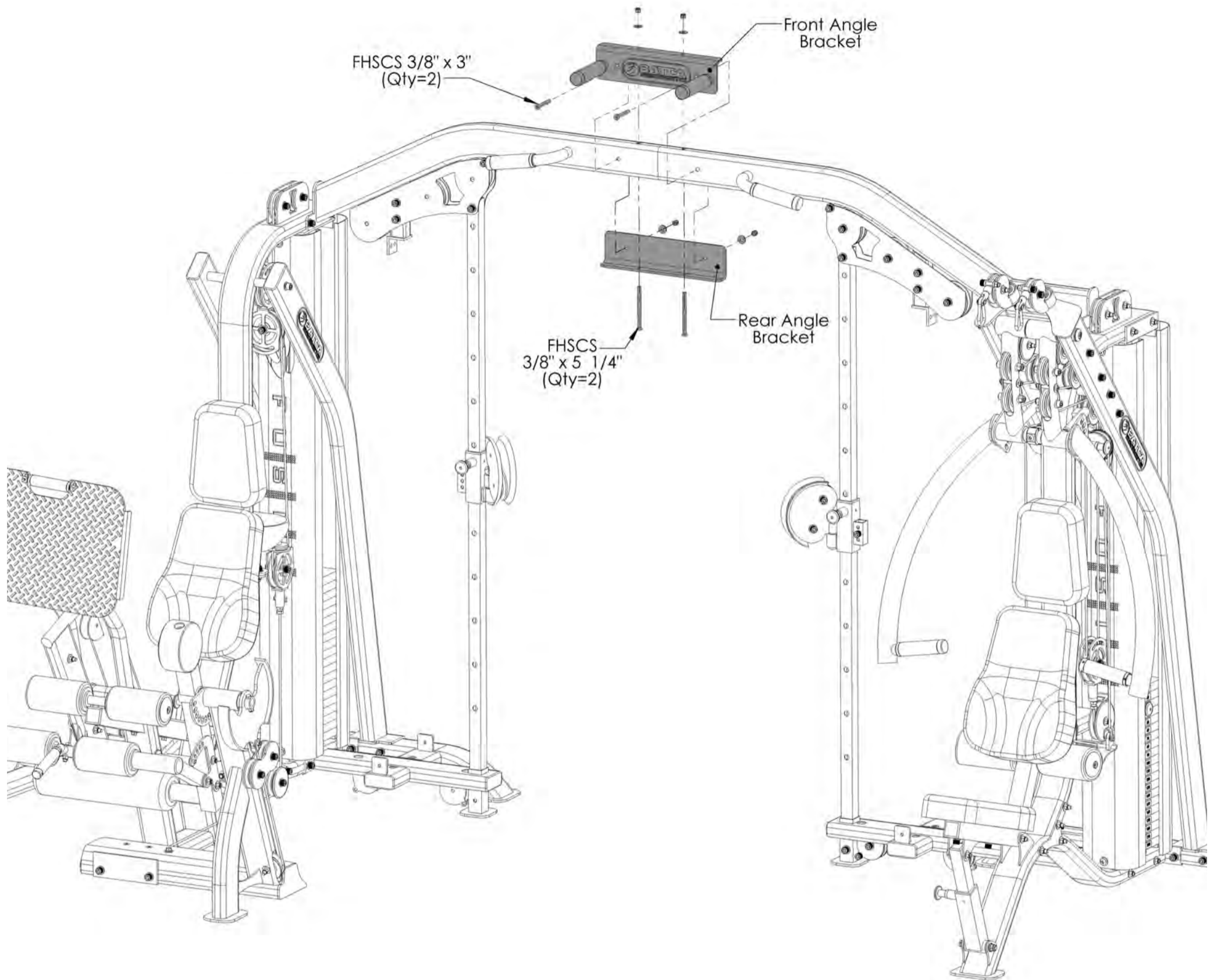
**Step 2a:**  
Repeat step 2 for  
opposite (Left) side



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

Item #	Part #	Description	Qty
7	BFM-51456	PulleyHolder/Support Plate	2
8	BFM-10757	Upper Support Brace (Right)	1
9	BFM-10756	Extended Upper Support Brace (Left Side)	1
27	BFP-52394	SHCS 3/8"-16 x 2 1/2	4
28	BFP-51756	SHCS 3/8"-16 x 5 1/4	2
40	BFH-50146	3/8" Flat Washer	12
41	BFH-50157	3/8" Nylock	6

**Step 3:**  **Make Sure All Bolts are Tightened Before Moving on**

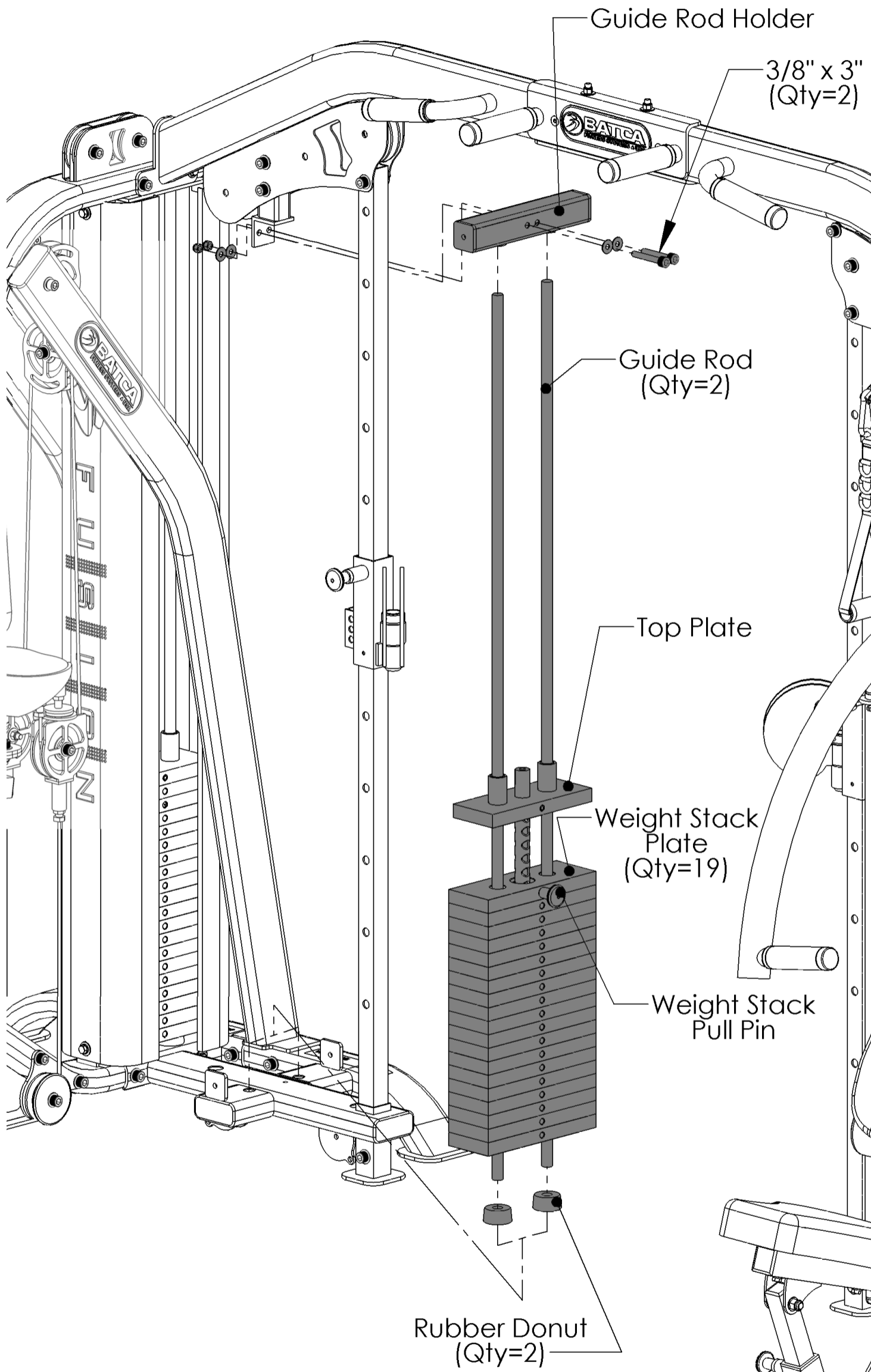


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

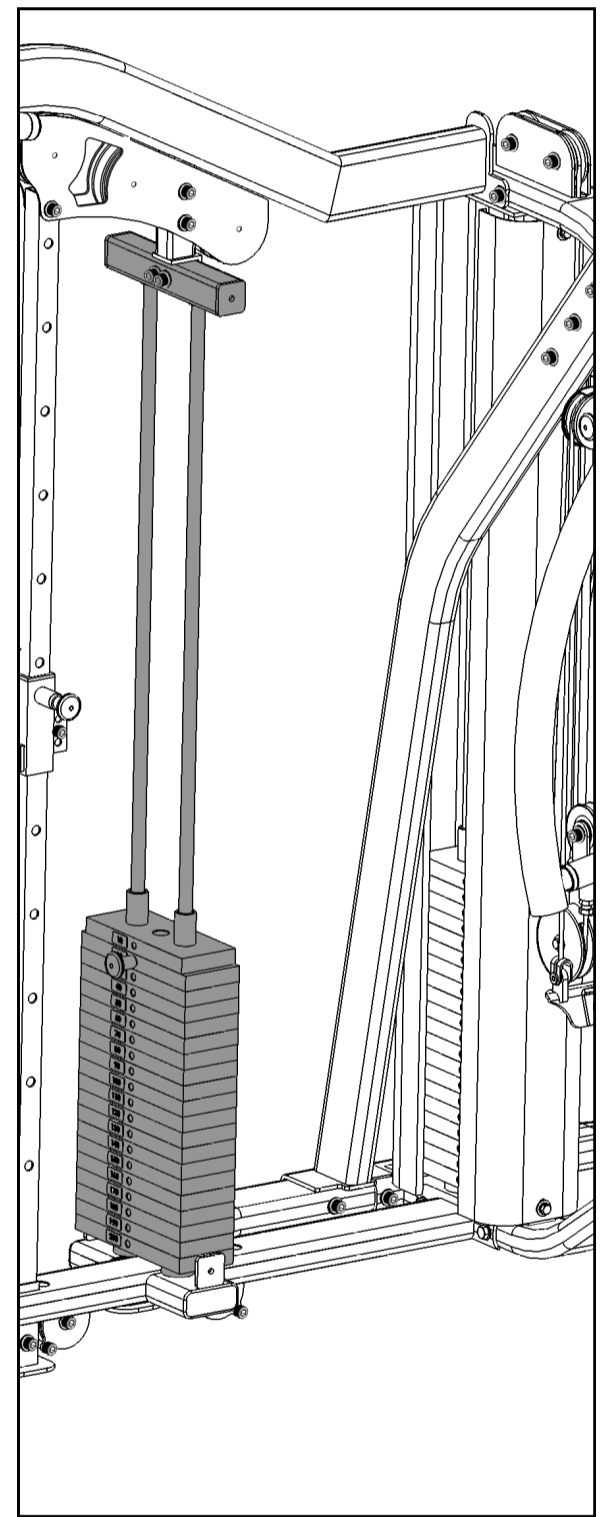
Item #	Part #	Description	Qty
10	BFM-10751	Front Angle Bracket	1
11	BFM-51457	Rear Angle Bracket	1
29	BFH-50323	FHSCS 3/8"-16 x 3"	2
30	BFH-51184	FHSCS 3/8"-16 x 5 1/4"	2
40	BFH-50146	3/8" Flat Washer	4
41	BFH-50157	3/8" Nylock	4



**Step 4:**  **Make Sure All Bolts are Tightened Before Moving on**




**Step 4a:**  
Repeat step 4 for  
opposite (Left) side

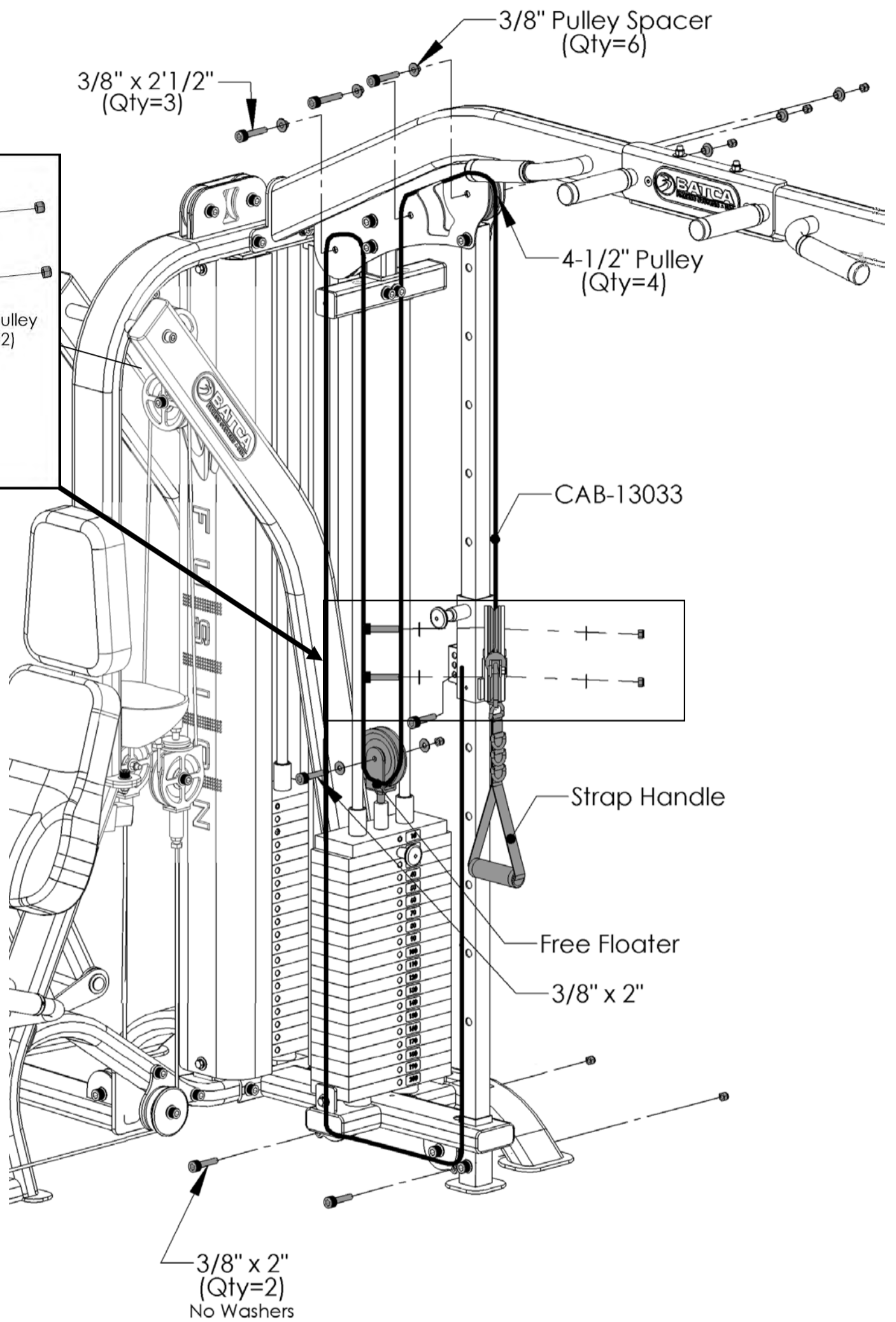
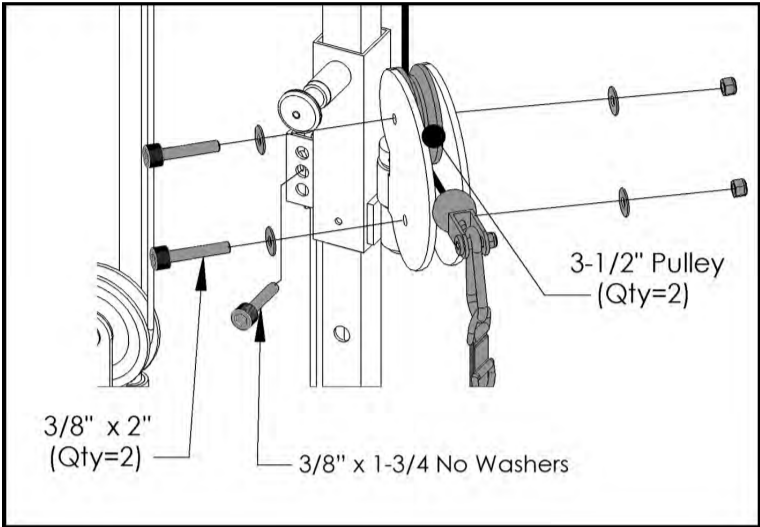


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

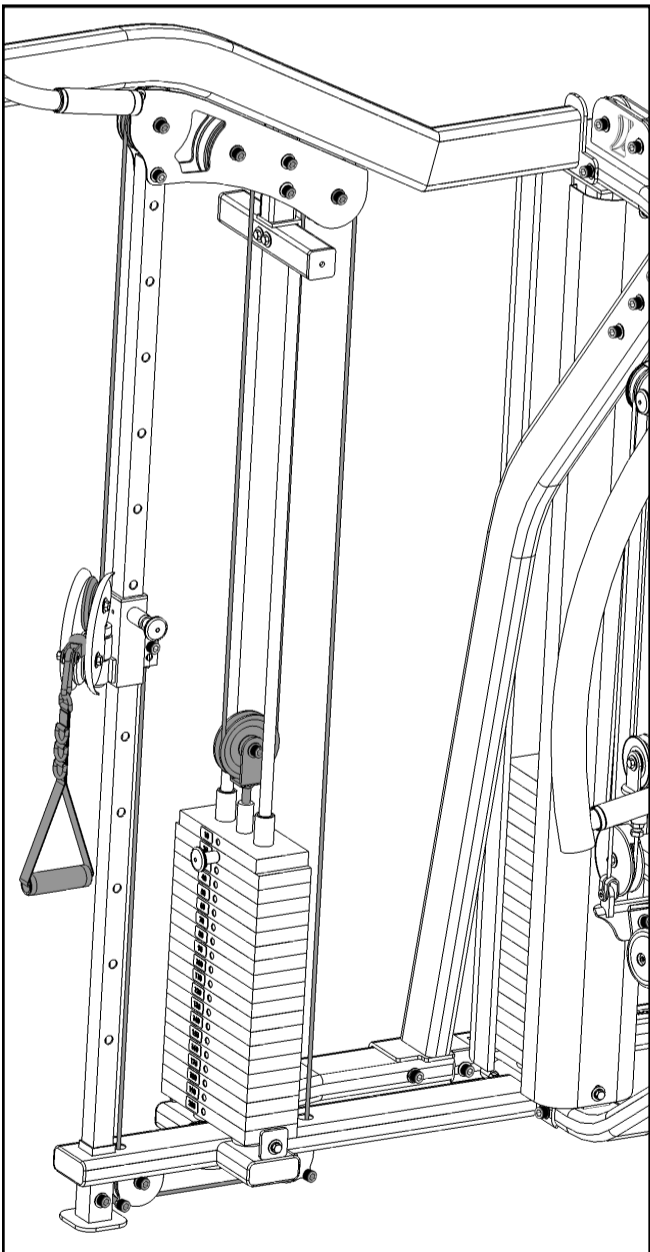
Item #	Part #	Description	Qty
12	BFM-10752	Guide Rod Holder	1
13	BFM-10299	Top Plate	1
14	BFM-51493	Guide Rod	2
15	BFM-50256	Weight Stack Plate	19
16	BFM-50529	Rubber Donut	2
22	BFM-51173	Weight Stack Pull Pin	1
31	BFP-51747	SHCS 3/8"-16 x 3"	2
40	BFH-50146	3/8" Flat Washer	4
41	BFH-50157	3/8" Nylock	2

**Step 5:**  **Make Sure All Bolts are Tightened Before Moving on**

 **Note:** Make Sure Cable is not pinched in between the tube and the pulley support plate. Further cable routing instructions are on the next



**Step 5a:**  
Repeat step 5 for opposite (Left) side



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

Item #	Part #	Description	Qty
17	BFM-10425	Free Floater (Male)	1
23	BFC-10103	Strap Handle	1
24	CAB-13033	Funcinal Trainer Cable	1
27	BFP-52394	SHCS 3/8"-16x 2-1/2"	3
32	BFH-50174	4 1/2" Pulley	4
33	BFH-50173	3 1/2" Pulley	2
34	BFH-51187	3/8" Pulley Spacers	6
35	BFP-51759	SHCS 3/8"-16 x 2"	5
37	BFP-52398	SHCS 3/8"-16 x 1 3/4"	1
40	BFH-50146	3/8" Flat Washer	6
41	BFH-50157	3/8" Nylock	9

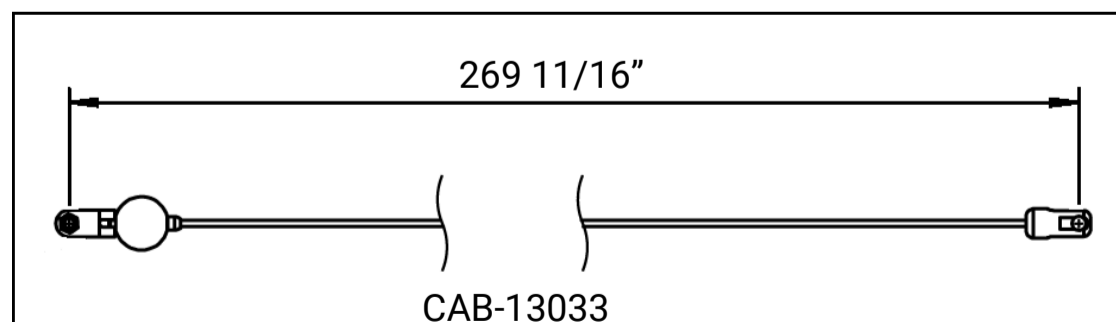
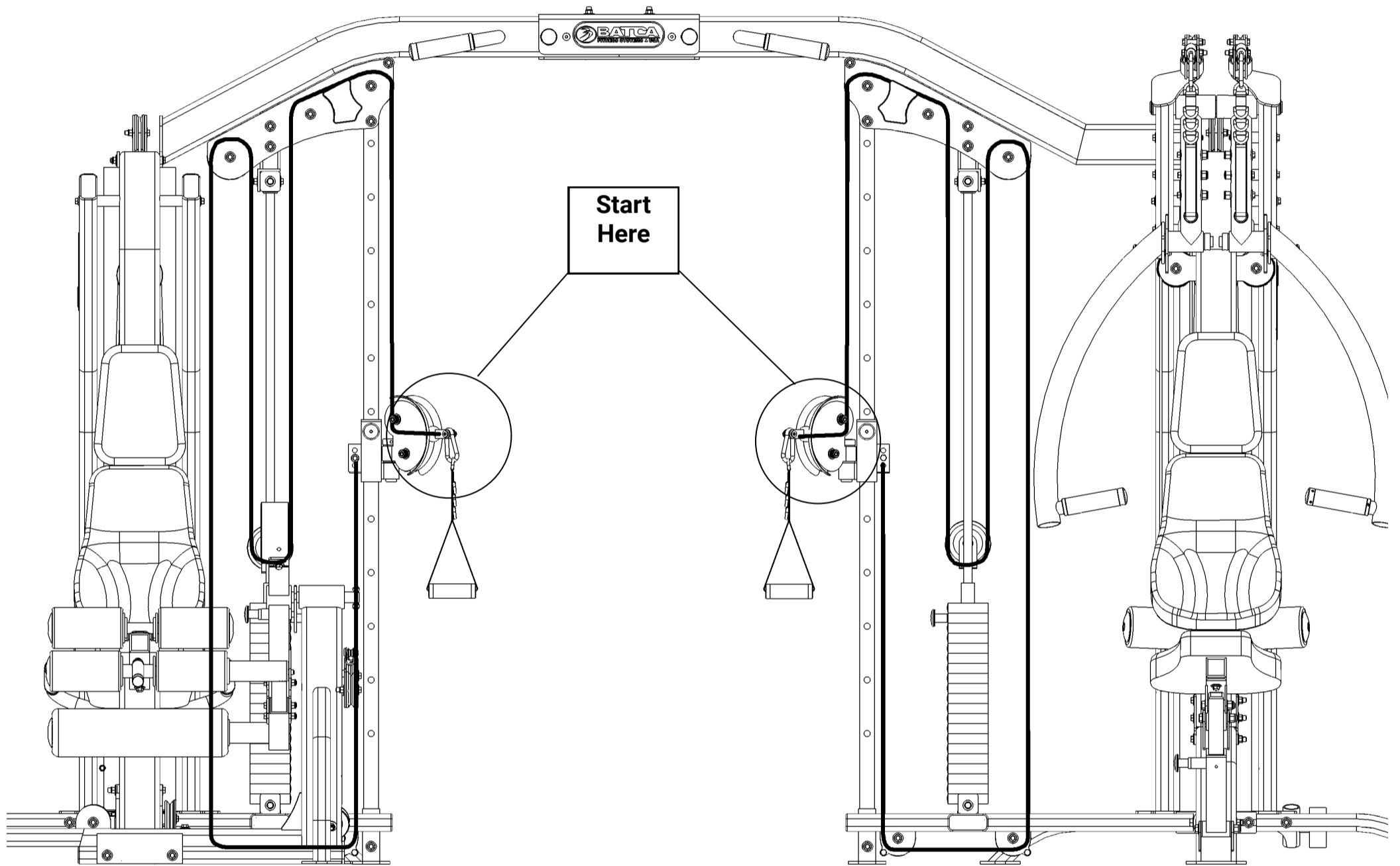
## Step 5 Continued:



**Make Sure All Bolts are Tightened Before Moving on**



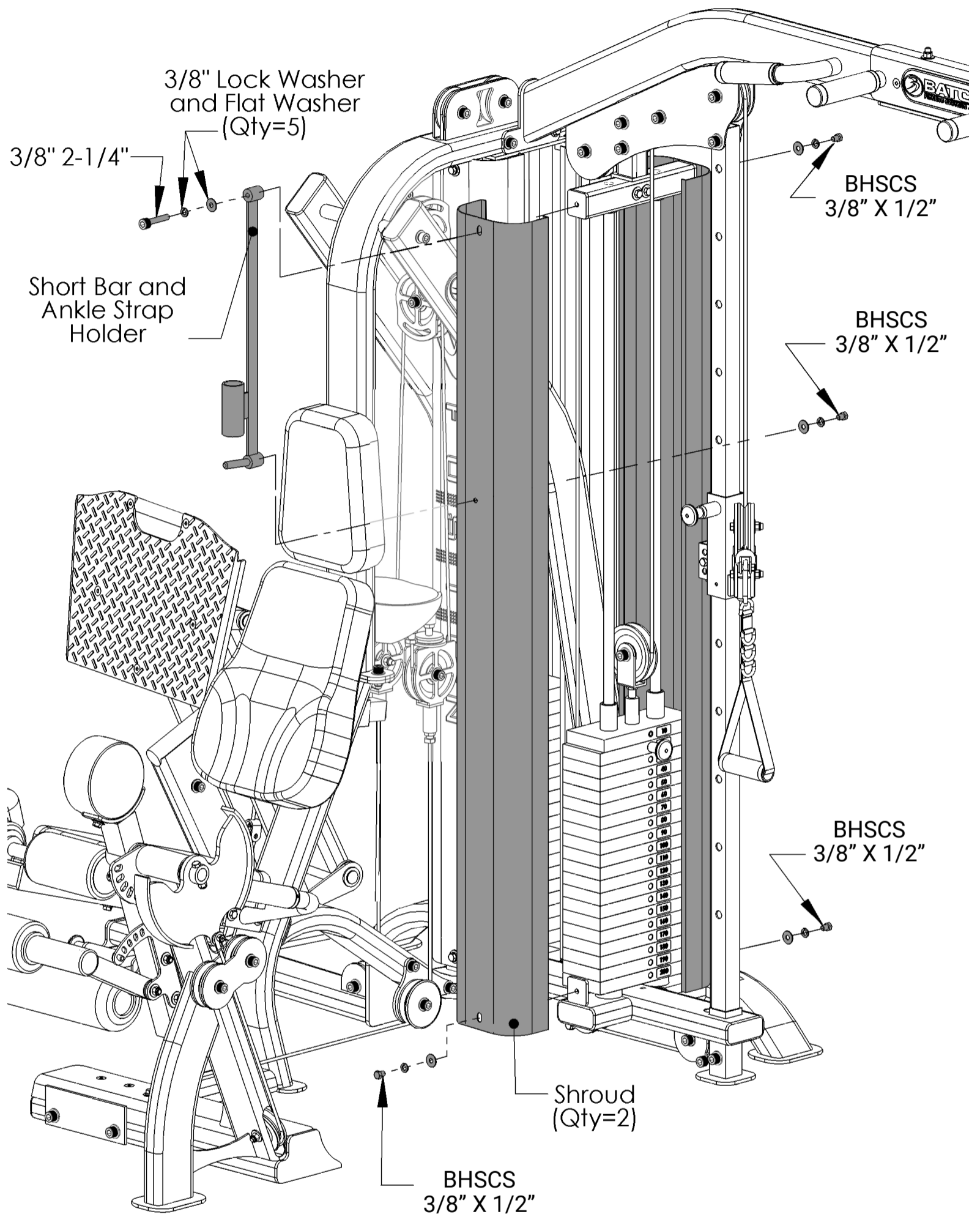
Note: Cables CAB-13033 has a removable Cable Strap (BFH-50227) end to make cable routing easier. The Cable Strap ends can be found packaged with the hardware.



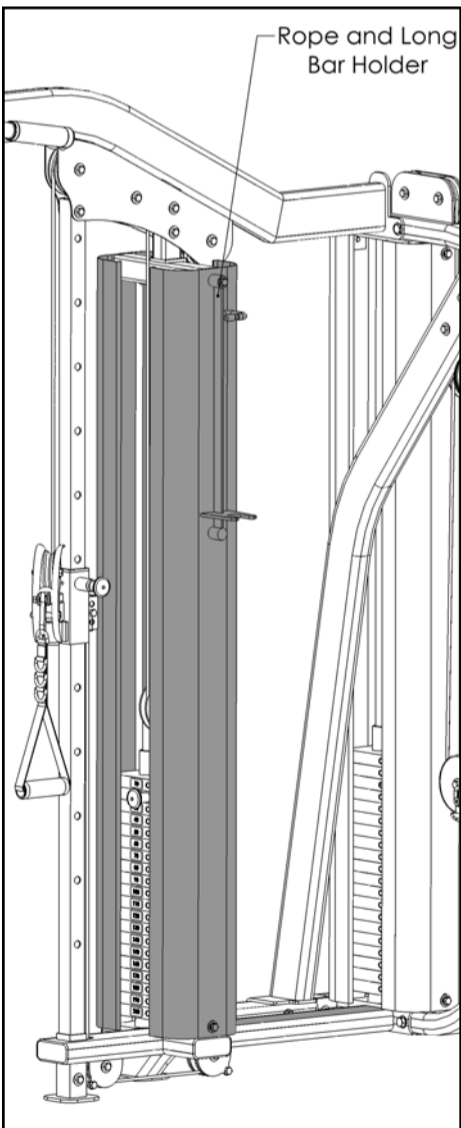
All Flat Washers and Nylocks are 3/8" unless otherwise noted.



**Step 6:**  **Make Sure All Bolts are Tightened Before Moving on**



**Step 6a:**  
Repeat step 6 for  
opposite (Left) side



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

Item #	Part #	Description	Qty
18	BFM-10762	Short Bar/Ankle Strap Holder	1
19	BFM-51494	Front Shroud	1
20	BFM-51082	Rear Shroud	1
21	BFM-10763	Rope/Long Bar Holder	1
36	BFP-51752	SHCS 3/8"-16 x 2 1/4"	1
38	BFP-52401	BHSCS 3/8"-16 x 1/2"	4
39	BFH-50147	3/8" Lock Washer	5
41	BFH-50146	3/8" Flat Washer	5

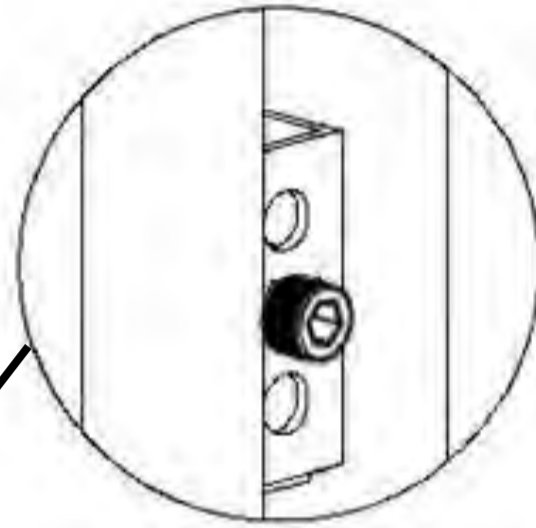
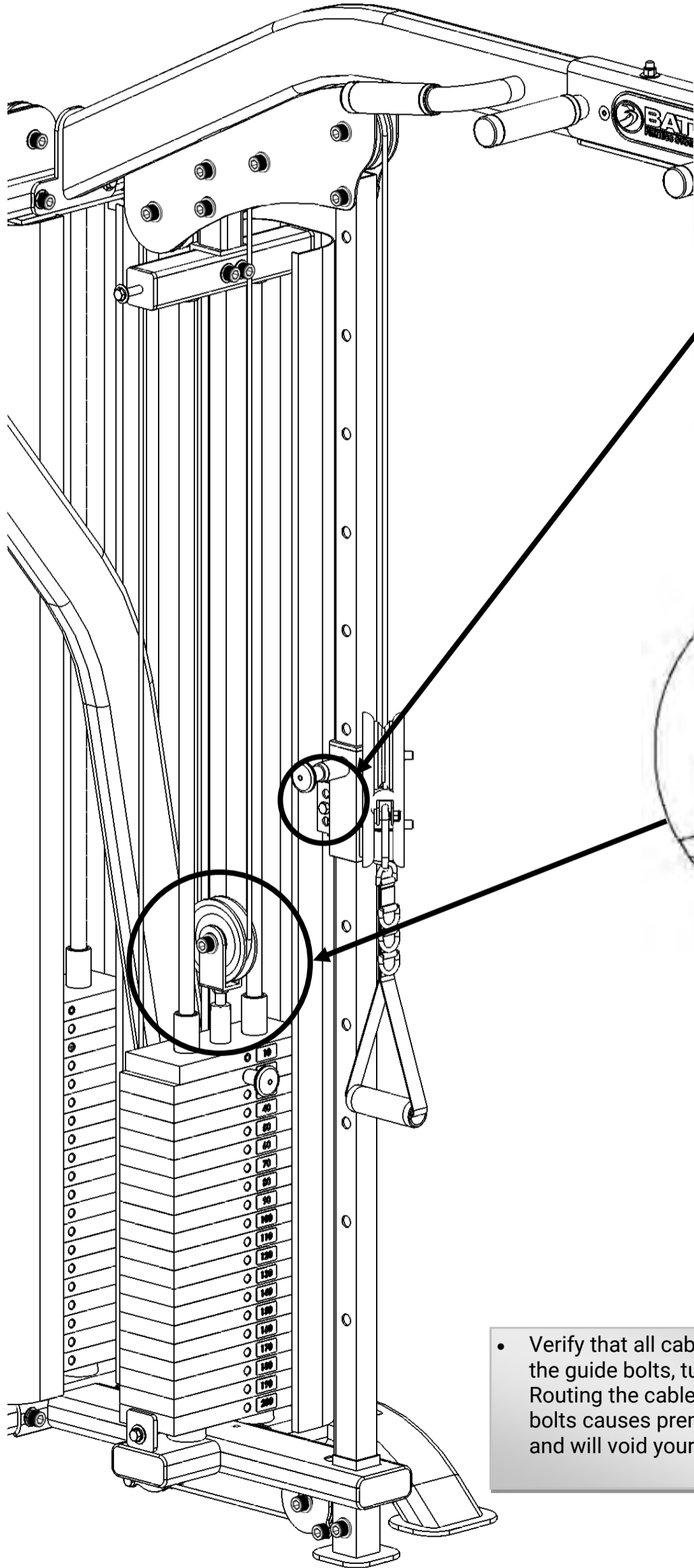
# Cable Adjustments



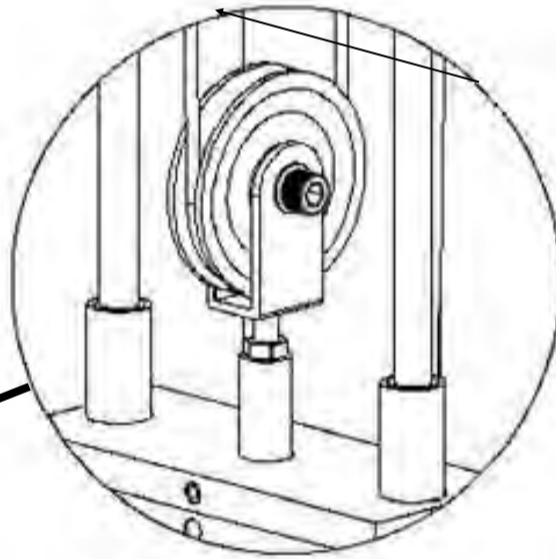
- **Adjust** cables to proper tension from any of the locations shown below.

**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 bolt can be positioned in any one of the three optional holes to account for any slack in the cable.

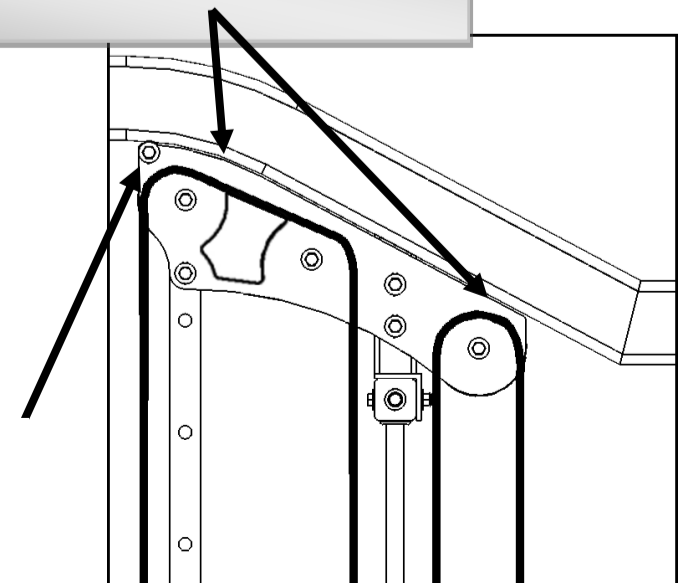


Fine adjustments to cable tension can be made here. At least 1/2" of the threads should be threaded in to the top weight plate. It is very important to tighten the jam nut after adjustments.

Make Sure Cable is not pinched in between the tube and the pulley support plate.

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

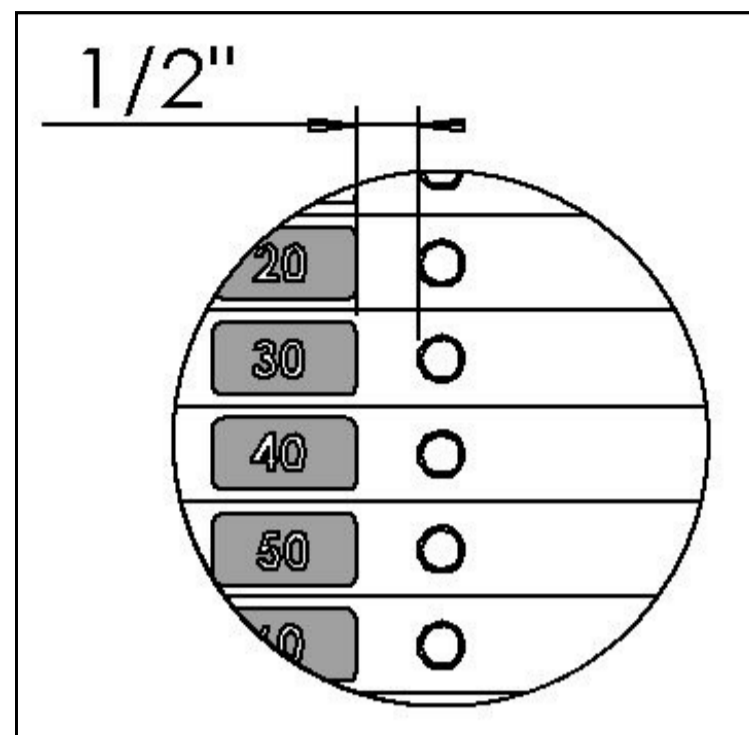
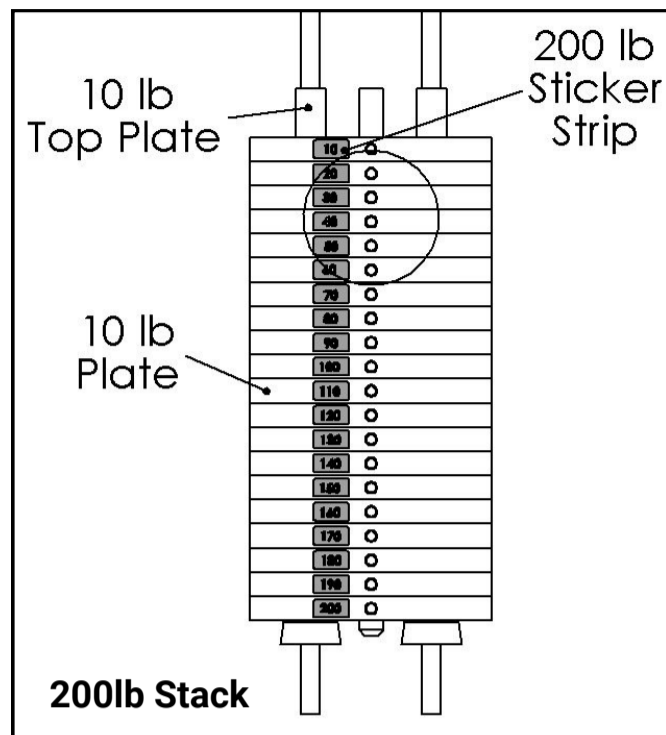
Guide Bolts



Fusion 4 Functional Trainer

# Final Assembly and Troubleshooting

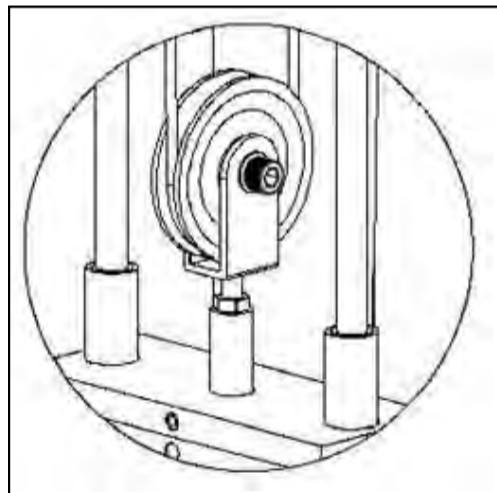
## Weight Stack Decals:



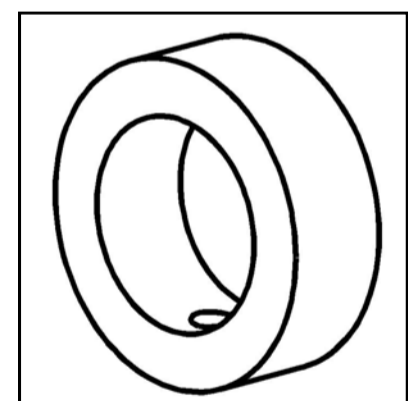
**!** The weight stack decals should be installed with a gap of 1/2" between the edge of the decals and the side of the holes for the weight stack pin. This spacing is critical because a larger gap between the decal and the center pin hole could result in the weight stack decals being covered by shrouds. It is helpful to use a 1" strip of painters tape to install the decals straight by lining up the edge of the piece of tape with the center of the hole in the plates and use the other side of the tape as a guide for applying the decals. The stacks shown in the diagram above are our standard 200 lb weight stacks where all 20 plates are 10lbs. The decals used for the standard weight stack should be labeled 10-200. If the medical 175 lb weight stacks were purchased, the top five plates will be 5 lbs. The decals used for the medical weight stacks should be labeled 5-175 and are typically packaged with the weight stacks themselves.

## IMPORTANT - Check These Components Before Using Gym:

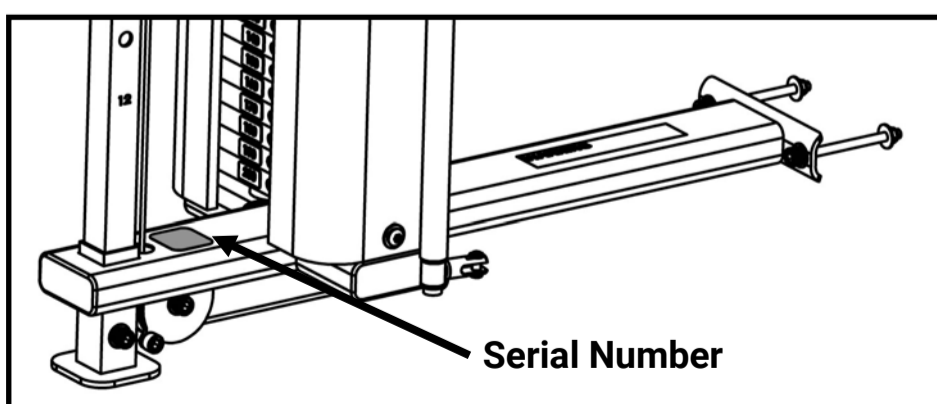
- Each Free Floater **must be threaded at least 1/2"** into the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.



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



Threaded Collar  
BFH-50220



- 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.



# 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
<b>Clean</b>					
Upholstery		X			
Hand Grips		X			
Roller Pads		X			
Guide Rods			X		
Chrome Slides			X		
Frame			X		
<b>Inspect</b>					
Overall	X				
Safety Decals	X				
Cables	X				
Cable Tension			X		
Pulleys	X				
Hardware	X				
Stops	X				
Upholstery	X				
Hand Grips			X		
Frame			X		
Bushings		X			
Bearings		X			
<b>Lubricate</b>					
Guide Rods			X		
<b>Replace</b>					
Cables					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.

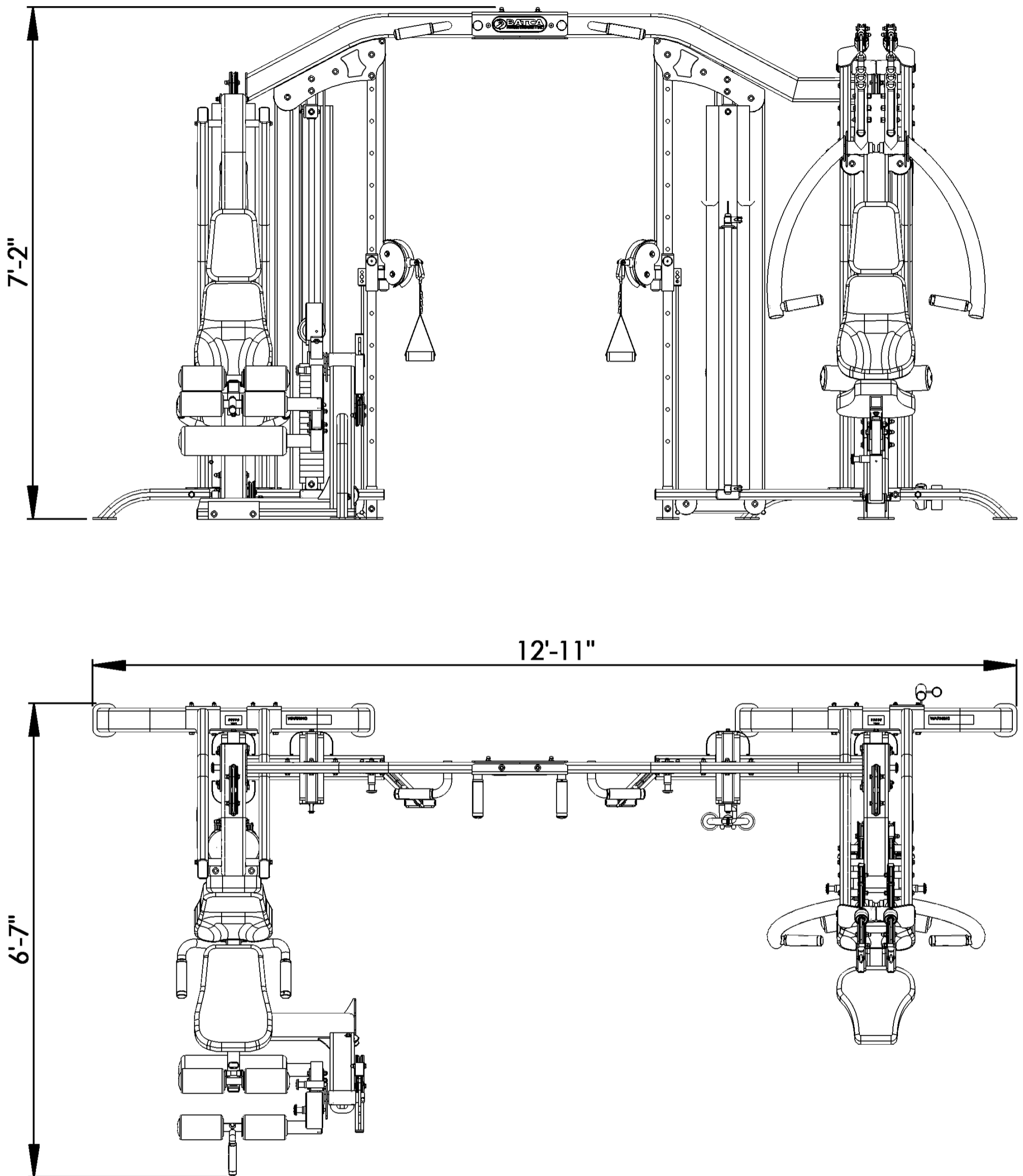
Batca Fitness Systems  
1207 N. New Hope Road  
Raleigh, NC 27610  
(919) 255-1233

[www.batcafitness.com](http://www.batcafitness.com)

Please keep this for your records.



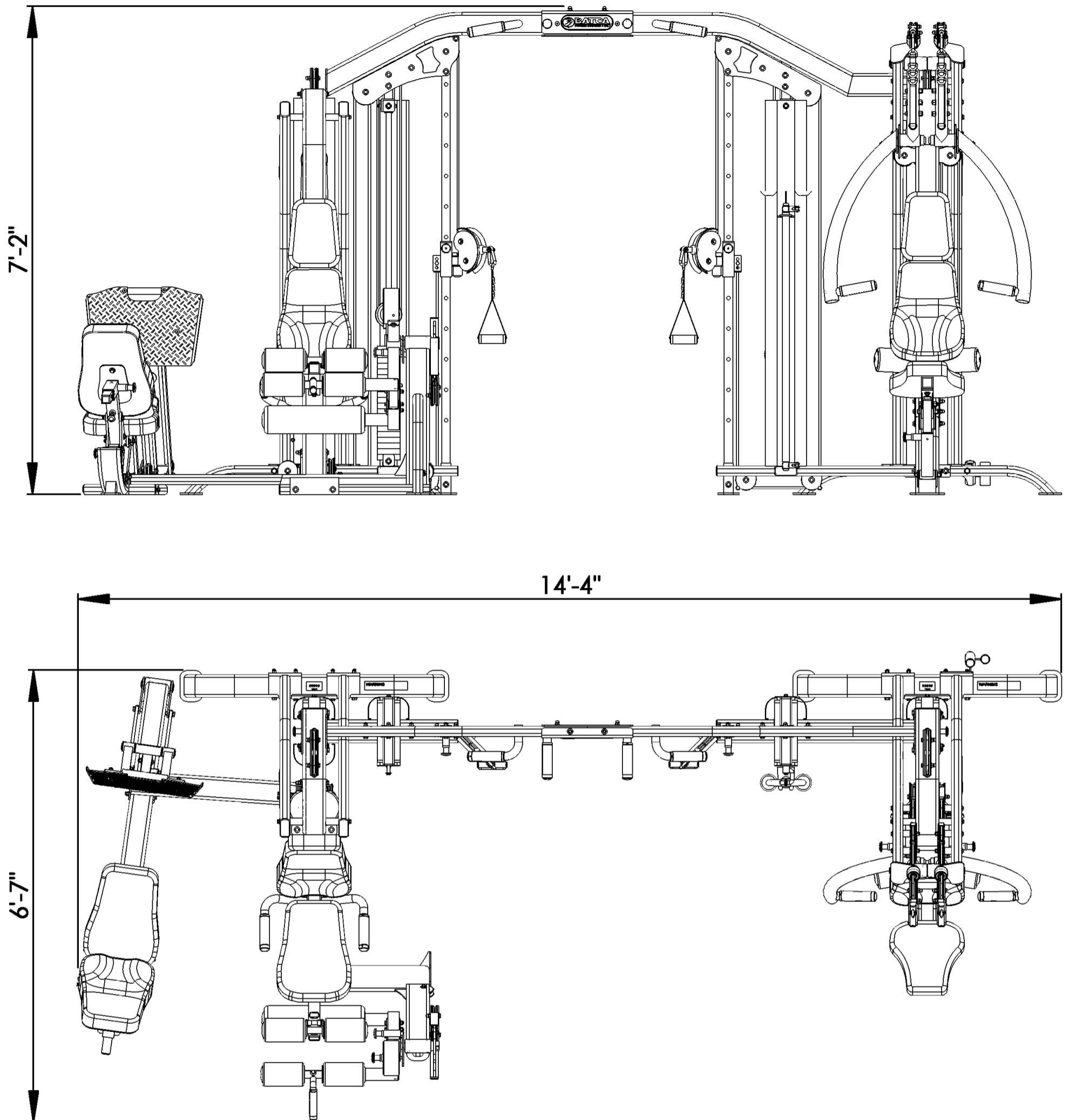
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## Layout Diagram without Leg Press

The Fusion without Leg Press has a layout dimension of 12'-11" (width) x 6'-7" (length) x 7'-2" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.





## Layout Diagram with Leg Press

The Fusion with Leg Press has a layout dimension of 14'-4" (width) x 6'-7" (length) x 7'-2" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.