Revision 5

August 2008



C-10 Inner/ Outer Thigh

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 C-10. 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.

<u>WARNING</u>: 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.
- 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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Frame Components

| ITEM | PART | DESCRIPTION | QTY. |
|------|-----------|-----------------------|------|
| NO. | NUMBER | | |
| 5 | BFM-10115 | Left Handle | 1 |
| 4 | BFM-10116 | Right Handle | 1 |
| 6 | BFM-10392 | Short Cage | 1 |
| 20 | BFM-10412 | Pulley Holder | 1 |
| 1 | BFM-10514 | C-10 Base | 1 |
| 2 | BFM-10515 | Right Side Arm | 1 |
| 3 | BFM-10516 | Left Side Arm | 1 |
| 13 | BFM-10517 | Bi-Directional Cam | 1 |
| 42 | BFM-10527 | Sprocket Cam | 1 |
| 35 | BFM-10528 | Thigh Pivot | 2 |
| 19 | BFM-50126 | Anti-Deflection Plate | 1 |
| 12 | BFM-50524 | Pulley Cover Plate | 1 |
| 15 | BFM-50527 | Guide Rod | 2 |
| 17 | BFM-50529 | Rubber Donut | 2 |
| 26 | BFM-50531 | Shroud | 1 |
| 18 | BFM-50615 | Guide Rod Top Plate | 1 |
| 30 | BFM-50914 | Arm Link | 1 |
| 57 | BFM-10619 | Base Plate | 1 |
| 58 | BFM-10413 | 3/4" 10lb Top Plate | 1 |
| 59 | BFM-50632 | 10lb Weight Plate | 19 |
| 60 | BFM-51178 | Back Bar | 1 |
| 63 | BFM-50995 | Belt Anchor | 2 |
| 64 | BFM-50993 | Belt Washer | 2 |

Cables

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-------------|-------------|------|
| 56 | CAB-13016 | CAB-13016 | 1 |

Accessories

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-------------|---------------------------|------|
| 43 | BFM-51173 | Magnetic Weight Stack Pin | 1 |

Tools Required

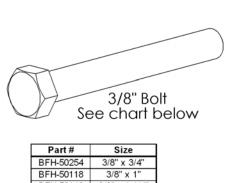
- 9/16" Wrench
- 3/4" Wrench
- 9/16" Ratchet
- Allen Wrench Set
- Tape Measure

Upholstery

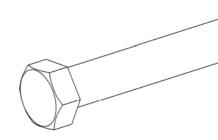
| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-------------|----------------------|------|
| 38 | BFU-10118 | Bottom Pad | 1 |
| 39 | BFU-10120 | Back Pad With Lumbar | 1 |
| 36 | BFU-10143 | Thigh Pad | 2 |

Hardware

| TEM NO. PART NUMBER DESCRIPTION QTY. | ITEM NO | DADT NUMBER | DESCRIPTION | OTV |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------|---------------------------|------|
| 8 BFH-50174 4 1/2" Pulley 4 9 BFH-50201 1/2" Pulley Spacer 4 10 BFH-50124 HCS 3/8"-16 X 2 3/4" P5 2 11 BFH-50157 3/8"-16 Nylock (Black) 31 14 BFH-50171 Flange Bearing 6 21 BFH-50146 3/8" Flat Washer (Black) 56 22 BFH-50120 5" Pulley 1 23 BFH-50122 HCS 3/8"-16 X 2 1/4" P5 1 24 BFH-50127 HCS 3/8"-16 X 3 1/2" P5 2 25 BFH-50130 HCS 3/8"-16 X 3 1/2" P5 2 27 BFH-50147 3/8" Lock Washer (Black) 12 28 BFH-50147 3/8" Lock Washer (Black) 12 28 BFH-50147 3/8" Lock Washer (Black) 12 29 BFH-50156 HCS 3/8"-16 X 3 1/4" P5 4 31 BFH-50126 HCS 3/8"-16 X 3 1/4" P5 4 32 BFH-50135 HCS 1/2-13 X 2 3/4 P5 2 33 BFH-50135 | | | DESCRIPTION | QTY. |
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| 33 BFH-50155 1/2"-13 Nylock (Black) 2 34 BFH-50325 Thrust Washer 1 40 BFH-50129 HCS 3/8"-16 X 4" P5 4 41 BFH-50219 Collar 2 46 BFH-50531 HCS 3/8"-16 X 1 3/4" P5 8 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50616 Sprocket 1 61 BFH-50617 Belt 1 65 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50149 THSCS 5/16" x 3/4" 2 67 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50142 FHSCS 3/8"-16 x 1 1/4" 4 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 | | | | |
| 34 BFH-50325 Thrust Washer 1 40 BFH-50129 HCS 3/8"-16 X 4" P5 4 41 BFH-50219 Collar 2 46 BFH-50531 HCS 3/8"-16 X 1 3/4" P5 8 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50149 FHSCS 5/16" x 3/4" 2 67 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50142 FHSCS 3/8"-16 x 1 1/4" 4 70 BFH-50534 FHSCS 3/8"-16 x 1 1/2" 4 71 BFH-50633 1-1/4" Grip Cap | | | | |
| 40 BFH-50129 HCS 3/8"-16 X 4" P5 4 41 BFH-50219 Collar 2 46 BFH-50531 HCS 3/8"-16 X 1 3/4" P5 8 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50145 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 33 | BFH-50155 | 1/2"-13 Nylock (Black) | |
| 41 BFH-50219 Collar 2 46 BFH-50531 HCS 3/8"-16 X 1 3/4" P5 8 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-5016 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Collar 2 74 BFH-50632 1-1/4" Grip Collar 2 | 34 | BFH-50325 | | |
| 46 BFH-50531 HCS 3/8"-16 X 1 3/4" P5 8 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50142 FHSCS 3/8"-16 x 1 1/4" 4 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 40 | BFH-50129 | HCS 3/8"-16 X 4" P5 | 4 |
| 47 BFH-50267 5/16"-18 Nylock (Black) 5 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50142 FHSCS 3/8"-16 x 1 1/4" 4 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 41 | BFH-50219 | | 2 |
| 48 BFH-50250 1 1/4" Shoulder Bolt 1 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 46 | BFH-50531 | | |
| 55 BFH-50145 FHSCS 3/8"-16 X 2 1/4" 2 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 47 | BFH-50267 | | |
| 56 BFH-50616 Sprocket 1 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | | | | |
| 61 BFH-50253 Beveled Leveler 2 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 55 | BFH-50145 | FHSCS 3/8"-16 X 2 1/4" | |
| 62 BFH-50149 3/8"-16 Jam Nut (Zinc) 2 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 56 | BFH-50616 | Sprocket | |
| 65 BFH-50617 Belt 1 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 61 | BFH-50253 | Beveled Leveler | |
| 66 BFH-50143 FHSCS 5/16" x 3/4" 2 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 62 | BFH-50149 | 3/8"-16 Jam Nut (Zinc) | |
| 67 BFH-50115 HCS 5/16"-16 x 2" P5 4 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | | BFH-50617 | | |
| 68 BFH-50142 FHSCS 3/8"-16 x 1 3/4" 4 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 66 | BFH-50143 | | |
| 69 BFH-50116 5/16" Flat Washer (Black) 8 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 67 | BFH-50115 | HCS 5/16"-16 x 2" P5 | |
| 70 BFH-50534 FHSCS 3/8"-16 x 1 1/4" 4 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 68 | BFH-50142 | FHSCS 3/8"-16 x 1 3/4" | 4 |
| 71 BFH-50120 HCS 3/8"-16 X 1 1/2" P5 4 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 69 | BFH-50116 | 5/16" Flat Washer (Black) | 8 |
| 72 BFH-50633 1-1/4" Grip Cap 2 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 70 | BFH-50534 | FHSCS 3/8"-16 x 1 1/4" | 4 |
| 73 BFM-51279 1-1/4" Grip Sleeve 2 74 BFH-50632 1-1/4" Grip Collar 2 | 71 | BFH-50120 | HCS 3/8"-16 X 1 1/2" P5 | 4 |
| 74 BFH-50632 1-1/4" Grip Collar 2 | 72 | BFH-50633 | 1-1/4" Grip Cap | 2 |
| 74 BFH-50632 1-1/4" Grip Collar 2 | 73 | BFM-51279 | 1-1/4" Grip Sleeve | 2 |
| · · · · · · · · · · · · · · · · · · · | 74 | BFH-50632 | • | 2 |
| | | BFH-50262 | • | 2 |



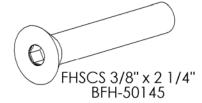
| Part # | Size |
|-----------|---------------|
| BFH-50254 | 3/8" x 3/4" |
| BFH-50118 | 3/8" x 1" |
| BFH-50119 | 3/8" x 1 1/4" |
| BFH-50120 | 3/8" x 1 1/2" |
| BFH-50285 | 3/8" x 1 3/4" |
| BFH-50121 | 3/8" x 2" |
| BFH-50122 | 3/8" x 2 1/4" |
| BFH-50123 | 3/8" x 2 1/2" |
| BFH-50124 | 3/8" x 2 3/4" |
| BFH-50125 | 3/8" x 3" |
| BFH-50126 | 3/8" x 3 1/4" |
| BFH-50127 | 3/8" x 3 /12" |
| 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" |

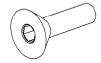


1/2" Bolt See chart below.

| 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" |







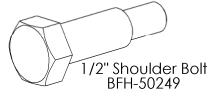
FHSCS 5/16" x 1" BFH-50245



1 1/4" Shoulder Bolt BFH-50250



BHSCS 3/8" X 1" BFH-50620





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

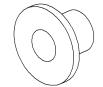
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30

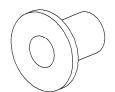


3/8" Jam Nut BFH-50149

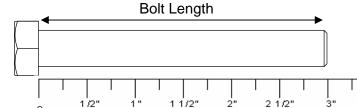
60



1/2" Pulley Spacer BFH-50201



3/4" Pulley Spacer BFH-50202



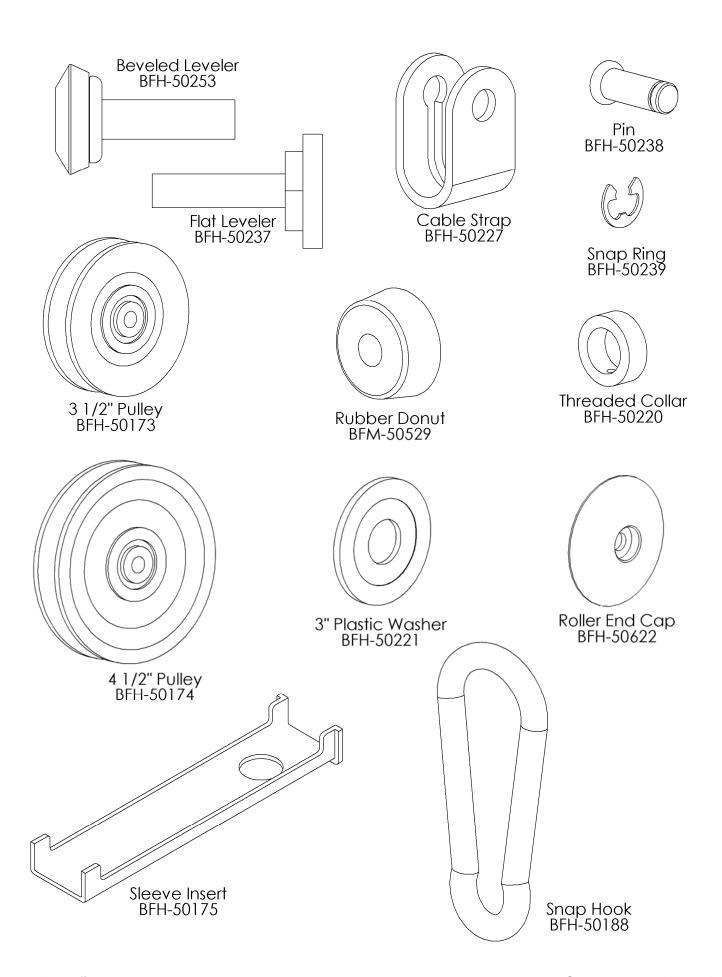
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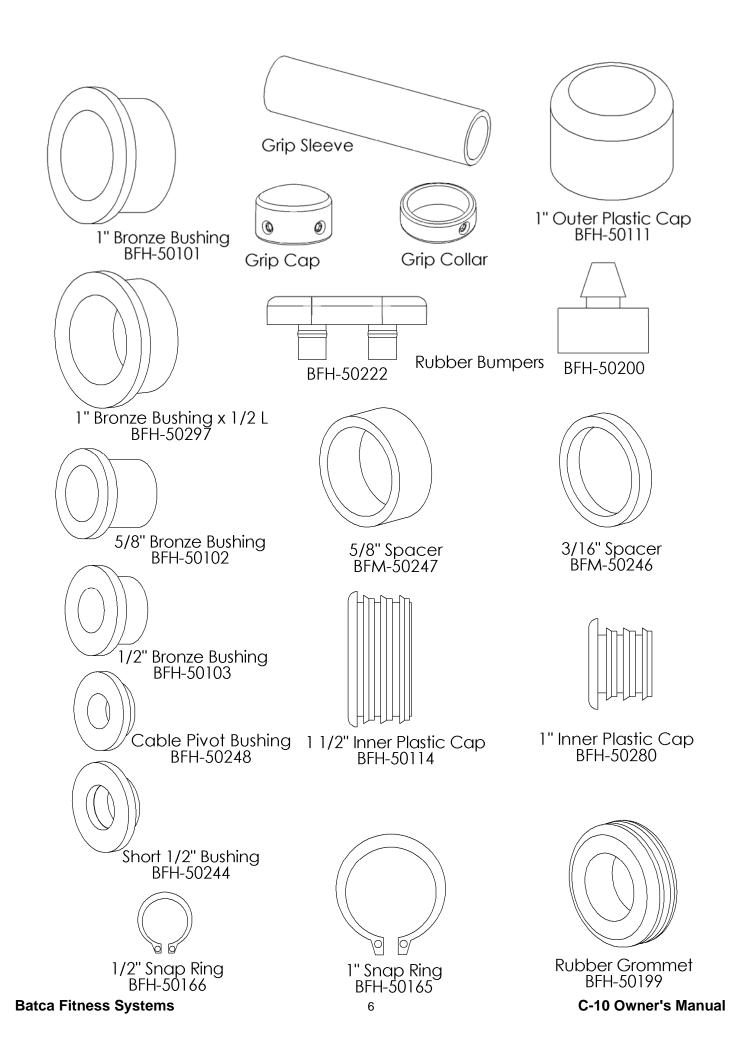
Note: Bolt length is measured from the underside of the head of the bolt.

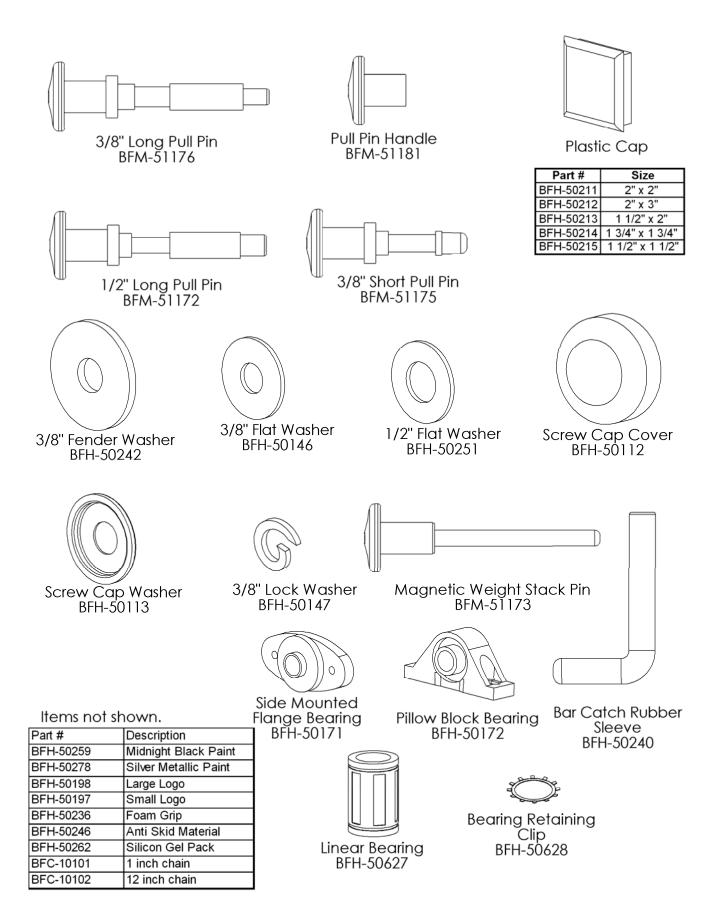
3 1/2" 4" 4 1/2" 5" 5 1/2" 6 90 100 110 120 130 140 150

80

70









PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:



Note: For a more consistent appearance, position all bolts in the direction shown in each figure.

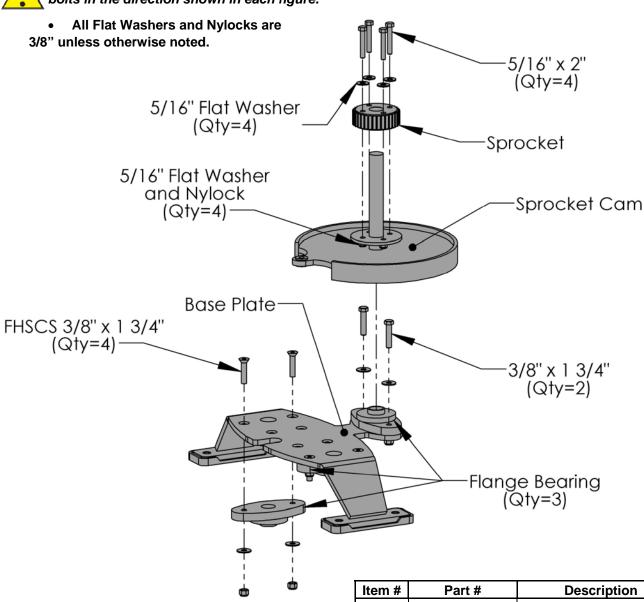


Figure 1

| Item # | Part # | Description | Qty |
|--------|------------|--------------------------|-----|
| 11 | BFH-50157 | 3/8"-16 Nylock (Black) | 6 |
| 14 | BFH-50171 | Flange Bearing | 3 |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 8 |
| 42 | BFM-10527A | Sprocket Cam | 1 |
| 68 | BFH-50142 | FHSCS 3/8"-16 X 1 3/4" | 4 |
| 57 | BFM-10619 | Base Plate | 1 |
| 56 | BFH-50616 | Sprocket | 1 |
| 69 | BFH-50116 | 5/16" Flat Washer Black | 8 |
| 47 | BFH-50117 | 5/16-18 Nylock (Black) | 4 |
| 46 | BFH-50531 | HCS 3/8"-16 X 1 3/4" P5 | 2 |
| 67 | BFH-50115 | HCS 5/16"-16 X 2" P5 | 4 |



PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 2:

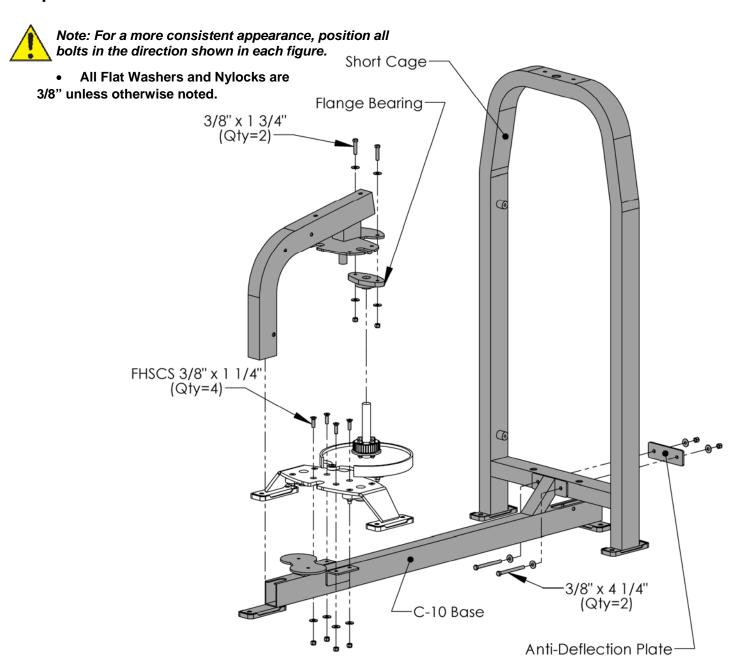
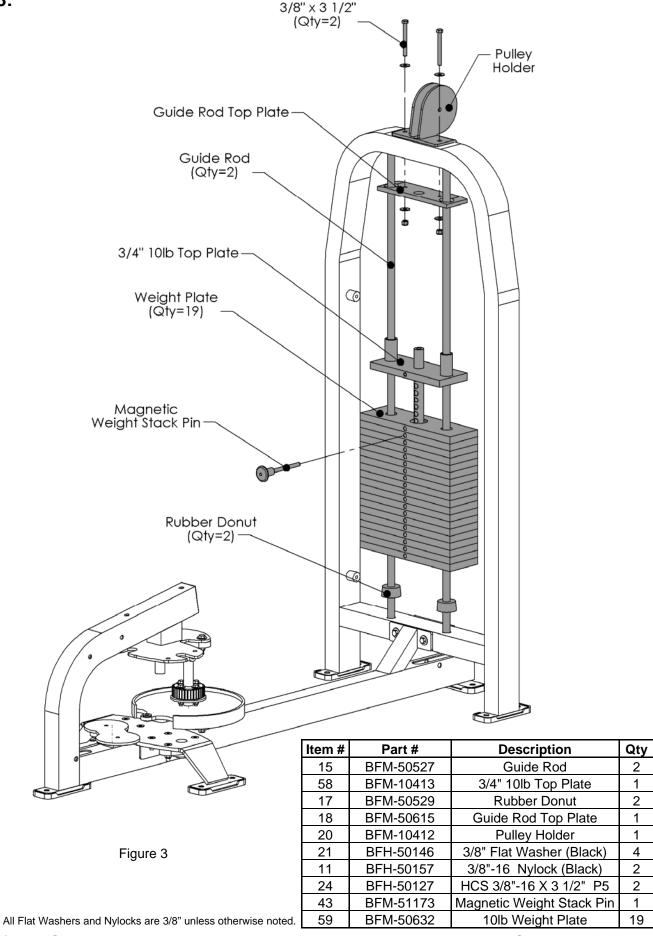


Figure 2

| Item # | Part # | Description | Qty |
|--------|------------|--------------------------|-----|
| 1 | BFM-10514A | C-10 Base | 1 |
| 6 | BFM-10392 | Short Cage | 1 |
| 14 | BFH-50171 | Flange Bearing | 1 |
| 19 | BFM-50126 | Anti-Deflection Plate | 1 |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 12 |
| 11 | BFH-50157 | 3/8"-16 Nylock (Black) | 8 |
| 25 | BFH-50130 | HCS 3/8"-16 X 4 1/4" P5 | 2 |
| 46 | BFH-50285 | HCS 3/8"-16 1 3/4" P5 | 2 |
| 70 | BFH-50534 | FHSCS 3/8"-16 X 1 1/4" | 4 |





Step 4:

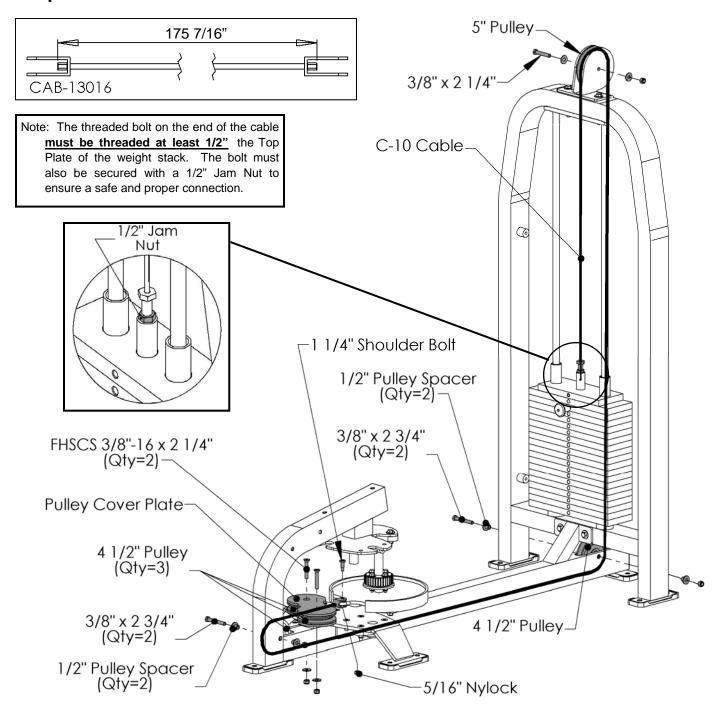


Figure 4

| Item # | Part # | Description | Qty |
|--------|-----------|--------------------------|-----|
| 8 | BFH-50174 | 4 1/2" Pulley | 4 |
| 9 | BFH-50201 | 1/2" Pulley Spacer | 4 |
| 10 | BFH-50124 | HCS 3/8"-16 X 2 3/4" P5 | 2 |
| 11 | BFH-50157 | 3/8"-16 Nylock (Black) | 5 |
| 12 | BFM-50883 | Pulley Cover Plate | 1 |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 4 |

| Item # | Part # | Description | Qty |
|--------|-----------|-------------------------|-----|
| 22 | BFH-50530 | 5" Pulley | 1 |
| 23 | BFH-50122 | HCS 3/8"-16 X 2 1/4" P5 | 1 |
| 56 | CAB-13016 | CAB-13016 | 1 |
| 47 | BFH-50267 | 5/16"-18 Nylock (Black) | 1 |
| 48 | BFH-50250 | 1 1/4" Shoulder Bolt | 1 |
| 55 | BFH-50145 | FHSCS 3/8"-16 X 2 1/4" | 2 |
| | | · | |

Step 5:

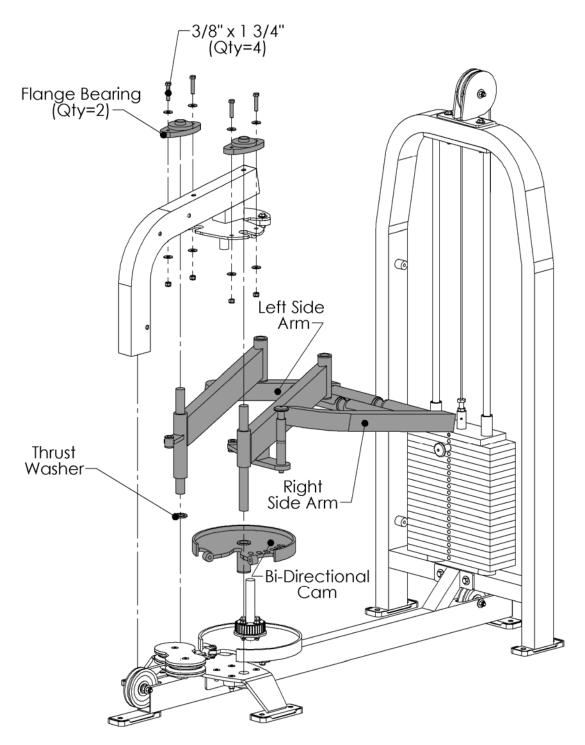
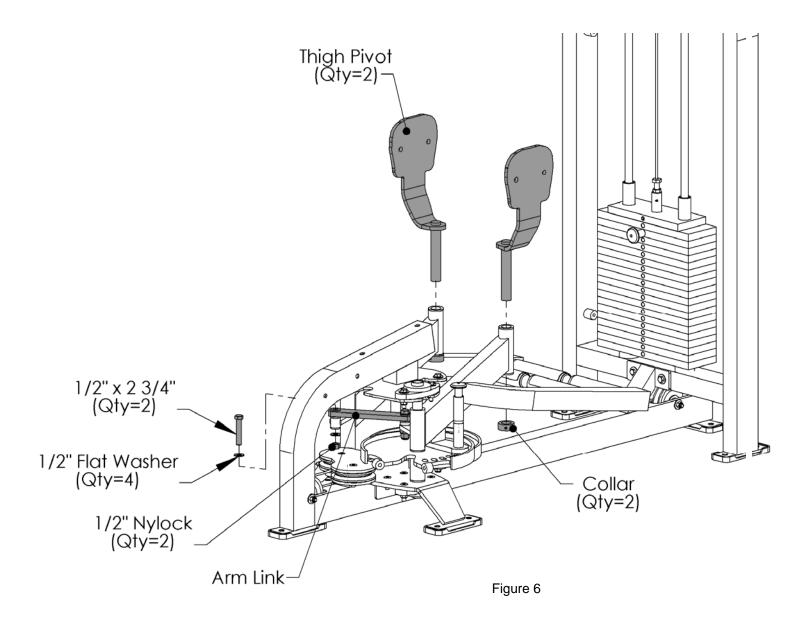


Figure 5

| Item # | Part # | Description | Qty |
|--------|---------------|--------------------------|-----|
| 2 | BFM-10515 | Right Side Arm | 1 |
| 3 | BFM-10516 | Left Side Arm | 1 |
| 11 | BFH-50157 | 3/8"-16 Nylock (Black) | 4 |
| 13 | BFM-10517revA | Bi-Directional Cam | 1 |
| 14 | BFH-50171 | Flange Bearing | 2 |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 8 |
| 34 | BFH-50325 | Thrust Washer | 1 |
| 68 | BFH-50285 | HCS 3/8"-16 1 3/4" P5 | 4 |

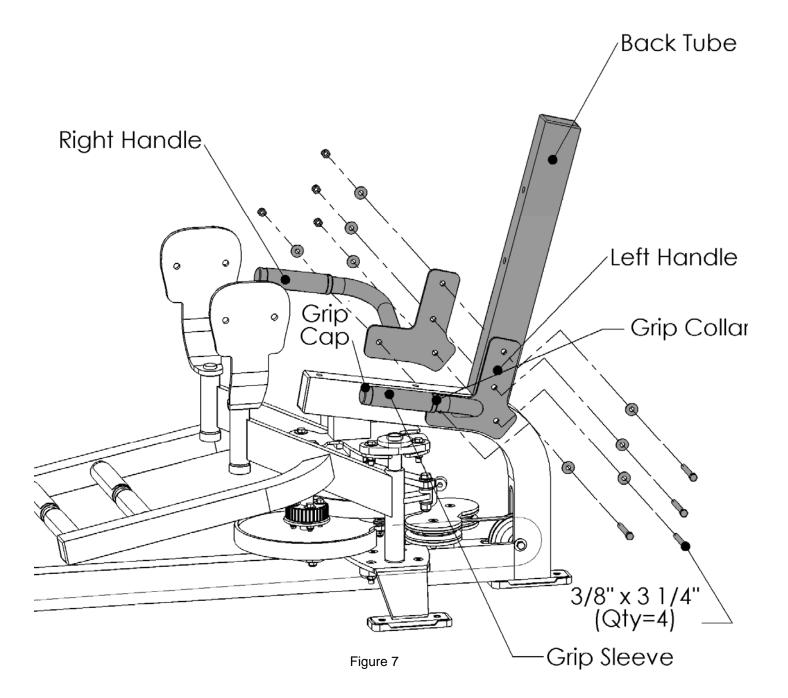
Step 6:



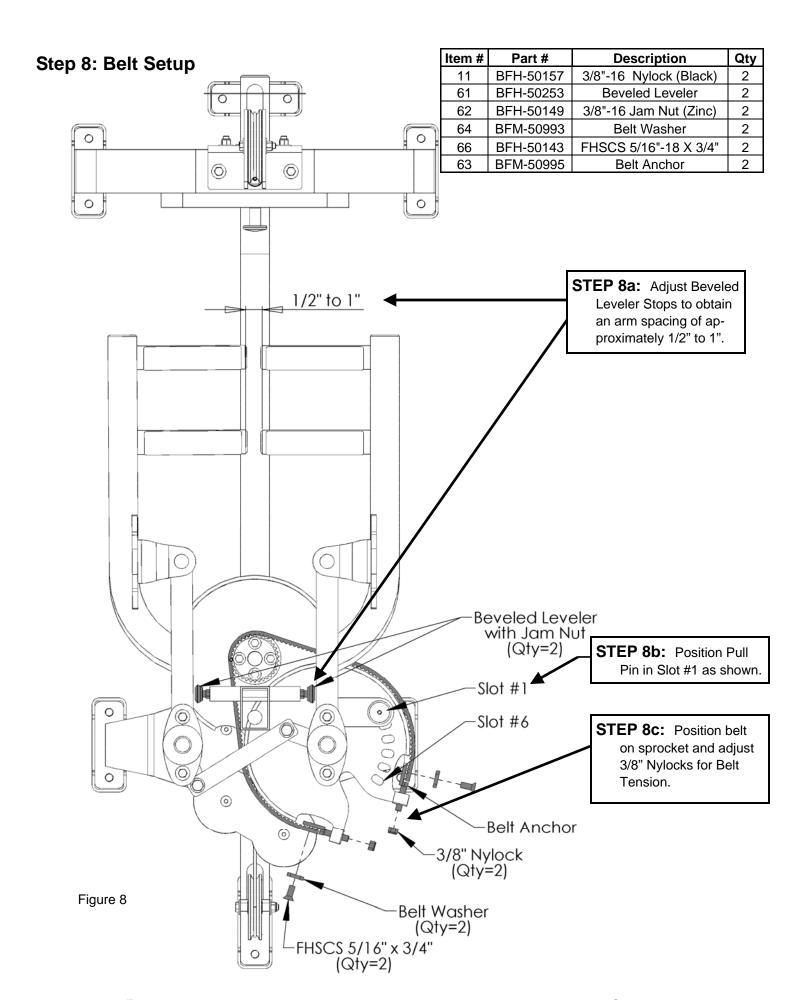
Note: Do not over tighten the two 1/2" bolts securing the arm link.

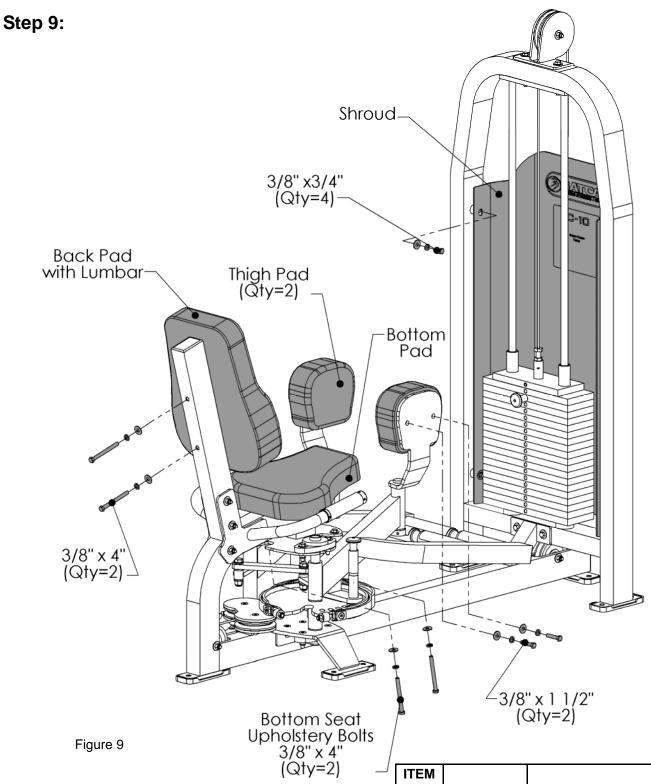
| Item # | Part # | Description | Qty |
|--------|-----------|-------------------------|-----|
| 30 | BFM-50914 | Arm Link | 1 |
| 31 | BFH-50251 | 1/2" Flat Washer Black | 4 |
| 32 | BFH-50135 | HCS 1/2"-13 X 2 3/4" P5 | 2 |
| 33 | BFH-50155 | 1/2"-13 Nylock (Black) | 2 |
| 35 | BFM-10528 | Thigh Pivot | 2 |
| 41 | BFH-50219 | Collar | 2 |

Step 7:



| Item # | Part # | Description | Qty |
|--------|-----------|--------------------------|-----|
| 11 | BFH-50157 | 3/8"-16 Nylock (Black) | 4 |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 8 |
| 4 | BFM-10155 | Right Handle | 1 |
| 5 | BFM-10156 | Left Handle | 1 |
| 29 | BFH-50126 | HCS 3/8"-16 X 3 1/4" P5 | 4 |
| 60 | BFM-51178 | Back Tube | 1 |
| 72 | BFH-50633 | 1-1/4" Grip Cap | 2 |
| 73 | BFM-51279 | 1-1/4" Grip Sleeve | 2 |
| 74 | BFH-50632 | 1-1/4" Grip Collar | 2 |





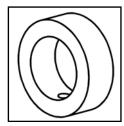
Note: All bolts in this step receive one 3/8" Flat Washer and one 3/8" Lock Washer instead of one 3/8" Nylock.

| HEM | | | |
|-----|-----------|--------------------------|-----|
| NO. | Part # | Description | Qty |
| 21 | BFH-50146 | 3/8" Flat Washer (Black) | 12 |
| 26 | BFM-50531 | Shroud | 1 |
| 27 | BFH-50147 | 3/8" Lock Washer (Black) | 12 |
| 28 | BFH-50254 | HCS 3/8-16 X 3/4 P5 | 4 |
| 36 | BFU-10143 | Thigh Pad | 2 |
| 38 | BFU-10118 | Bottom Pad | 1 |
| 39 | BFU-10120 | Back Pad With Lumbar | 1 |
| 40 | BFH-50129 | HCS 3/8"-16 X 4" P5 | 4 |
| 71 | BFH-50120 | HCS 3/8"-16 X 1 1/2" P5 | 4 |

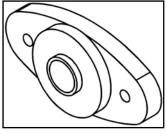
Final Assembly and Troubleshooting

IMPORTANT - Check These Components Before Using Gym:

• <u>Wrench Tighten</u> the set screws on all Threaded Collars (140), using an allen wrench, so that the set screws tighten against the threaded shaft. Refer to Step 6.



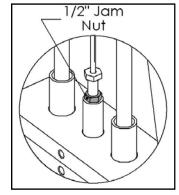
Threaded Collar BFH-50219



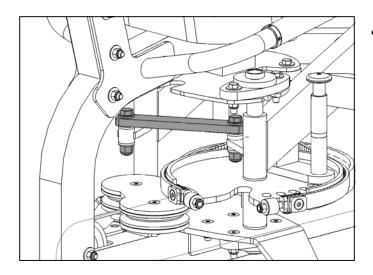
Side Mounted Flange Bearing BFH-50171

 Wrench Tighten the two set screws on all Bearings (Pillow Block Bearings and Side Mounted Flange Bearings) with an Allen Wrench. Refer to Steps 1, 2, and 5.

• Each Cable with a threaded bolt on either end <u>must be threaded at least 1/2"</u> 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.



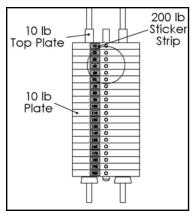
Top Plate



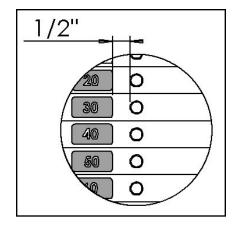
 To avoid binding during operation of the gym, check to make sure that the two 1/2" bolts securing the arm link have not been over tightened. Refer to Step 6 for details.

Final Assembly and Troubleshooting

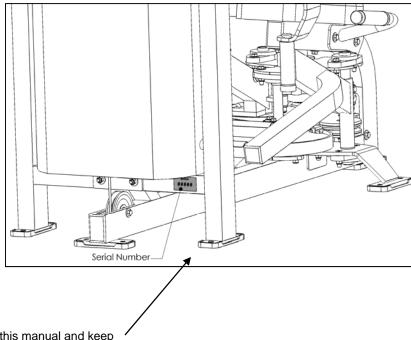
Weight Stack Decals:



200lb Stack (Standard)



Serial Number:



 <u>Record</u> 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.

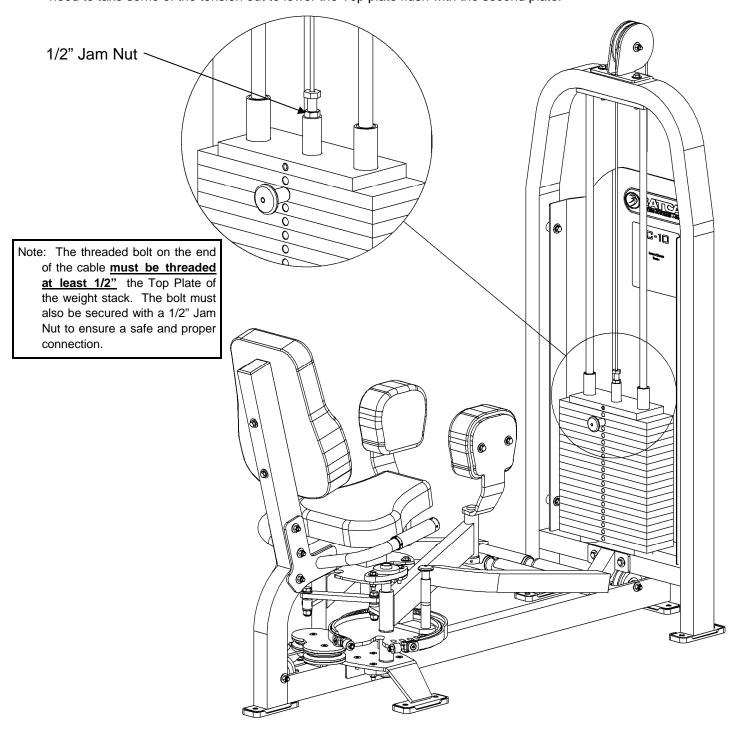
Cable Adjustments

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.



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 | Daily | | Weekly | | Monthly | Quarterly | | Years | |
|---------------|------------|-------|------------|--------|------------|---------|------------|------|------------|------|
| | Commercial | Home | Commercial | Home | Commercial | Home | Commercial | Home | Commercial | Home |
| Clean | | | | | | | _ | | | |
| Upholstery | Х | | | X | | | | | | |
| Hand Grips | X | | | Х | | | | | | |
| Roller Pads | Х | | | X | | | | | | |
| Guide Rods | | | Х | | | X | | | | |
| Chrome Slides | | | Χ | | | Χ | | | | |
| Frame | | | Χ | | | X | | | | |
| Inspect | | | | | | | | | | |
| Overall | Х | Χ | | | | | | | | |
| Safety Decals | Х | Χ | | | | | | | | |
| Cables | Х | Χ | | | | | | | | |
| Cable Tension | | | Χ | | | Х | | | | |
| Pulleys | Х | Х | | | | | | | | |
| Hardware | X | Х | | | | | | | | |
| Stops | X | Χ | | | | | | | | |
| Upholstery | X | Х | | | | | | | | |
| Hand Grips | | | Χ | | | Х | | | | |
| Frame | | | Χ | | | Х | | | | |
| Bushings | X | | | Х | | | | | | |
| Bearings | Х | | | Х | | | | | | |
| Lubricate | | | | | | | | | | |
| Guide Rods | | | Χ | | | Х | | | | |
| 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.

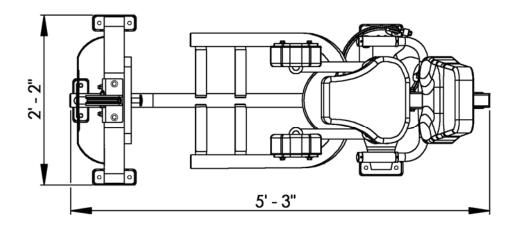
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

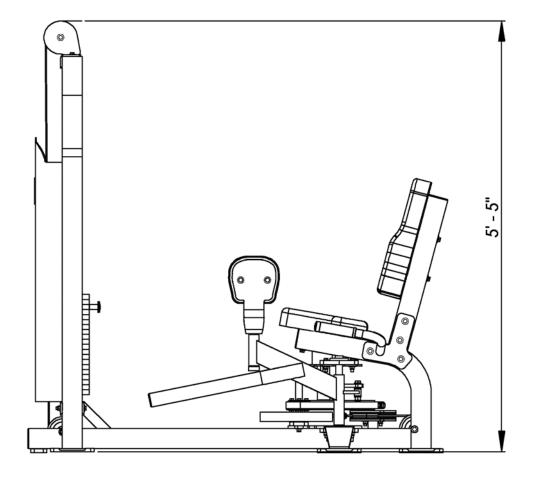
This warranty applies only to the original purchaser and is not transferable. Claims under this warranty must be made directly to Batca Fitness Systems.

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