Revision 6

June 2009



C-5

Ab Crunch / Back Extension

Owner's Manual



Date of Purchase

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

Instructions

Congratulations on the purchase of your new Batca C-5. 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 NO.	PART NUMBER	DESCRIPTION	QTY.
1	BFM-10775	Ab/Back Frame	1
2	BFM-10332	Ab/Back Pivot Arm	1
3	BFM-10333	Foot Plate Adjustment	1
5	BFM-10353	Bi-directional Cam	1
6	BFM-50564	Counter Weight	1
7	BFM-10334	Ab/Back Pivot Roller	1
13	BFM-50658	Anti-Deflection Plate	1
15	BFM-10443	Pillow Support	1
16	BFM-10437	Base Connector	1
17	BFM-10355	Short Cage	1
18	BFM-50529	Rubber Donut	2
19	BFM-50527	Guide Rod	2
20	BFM-10413	3/4" 10lb Top Plate	1
21	BFM-50531	Shroud	1
22	BFM-50615	Guide Rod Plate	1
24	BFM-10358	Ab/Back Bent Connector	1
26	BFM-10430	Weight Plate	19
27	BFM-50474	Chrome Tube (no holes)	1
28	BFM-50475	Chrome Tube (with holes)	1
30	BFM-50126	Anti-Deflection Plate	4
31	BFM-10359	Pulley Holder with Lockout	1
32	BFM-10133	Free Floater	1
36	BFM-50653	Anti-Deflection Plate	1
39	BFM-50484	Diamond Foot Plate	2
49	BFM-50345	Pulley Cover	1
69	BFM-10661	Right Handle	1
70	BFM-10662	Left Handle	1
72	BFM-50524	Double Pulley Cover	1

Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
54	CAB-12012	Wt. Stack to Lockout Cable	1
59	CAB-13005	Free Floater to Cam Cable	1

Tools Required

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

Accessories

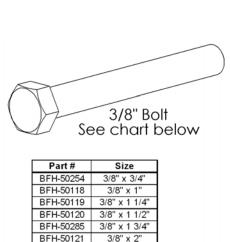
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
63	BFM-51173	Magnetic Weight Stack Pin	1

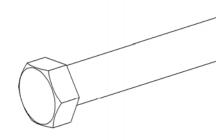
Upholstery

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
11	BFU-10121	7" Upholstery Roller	2
12	BFU-10122	Large Upholstery Roller	1
25	BFU-10117	Large Bottom Pad	1

Hardware

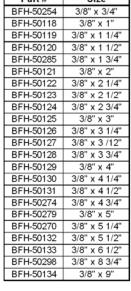
1TEM NO. PART NUM 4 BFH-500 9 BFH-500		DESCRIPTION	QTY.
9 RFH-504	/2	Pillow Block Bearing	2
ים כי	522	Roller End Cap	3
10 BFH-502	221	3" Plastic Washer	2
14 BFH-502	220	Threaded Collar	2
23 BFH-502	255	Rubber Foot	5
29 BFH-502	215	1 1/2" Square Plastic Cap	4
33 BFH-501	174	4 1/2" Pulley	6
34 BFH-502	202	3/4" Pulley Spacer	2
35 BFH-502	201	1/2" Pulley Spacer	2
37 BFH-505	530	5" Pulley	1
38 BFH-501	146	3/8" Flat Washer (Black)	56
40 BFH-501	157	3/8"-16 Nylock (Black)	30
41 BFH-501	147	3/8" Lock Washer (Black)	8
42 BFH-502	254	HCS 3/8-16 X 3/4 P5	4
43 BFH-501	126	HCS 3/8"-16 X 3 1/4" P5	6
44 BFH-501	130	HCS 3/8"-16 X 4 1/4" P5	6
45 BFH-501	124	HCS 3/8"-16 X 2 3/4" P5	1
46 BFH-501	127	HCS 3/8"-16 X 3 1/2" P5	2
47 BFH-501	122	HCS 3/8"-16 X 2 1/4" P5	5
48 BFH-501	118	HCS 3/8"-16 X 1" P5	2
51 BFH-502	276	HCS 3/8"-16 X 5 3/4" P5	2
52 BFH-501	145	FHSCS 3/8"-16 X 2 1/4"	6
53 BFH-501	120	HCS 3/8"-16 1 1/2" P5	4
55 BFH-501	197	Small Logo	1
56 BFH-501	198	Large Logo	1
57 BFH-503	303	Oval Logo	1
58 BFH-503	319	C-5 Placard	1
60 BFH-502	250	1 1/4" Shoulder Bolt	2
61 BFH-502	267	5/16"-18 Nylock (Black)	2
62 BFH-501	199	Rubber Grommet	2
64 BFH-501	119	HCS 3/8"-16 X 1 1/4" P5	2
68 BFH-502	278	Silver Metallic Touch-Up Paint	1
71 BFH-501	151	5/16" Flat Washer (Zinc)	4
72 BFH-506	520	3/8" x 1" BHSCS	3
73 BFM-506	633	1 1/4" Grip Cap	2
74 BFM-512	279	1 1/4" Grip Sleeve	2
75 BFM-500	632	1 1/4" Grip Collar	2
BFH-502	262	Silicon Gel Pack	2



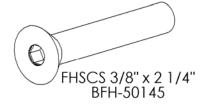


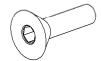
1/2" Bolt See chart below.

Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
	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"









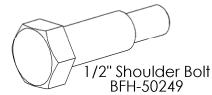
FHSCS 5/16" x 1" BFH-50245



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

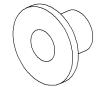
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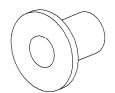


3/8" Jam Nut BFH-50149

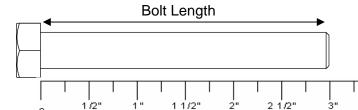
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1/2" Pulley Spacer BFH-50201



3/4" Pulley Spacer BFH-50202

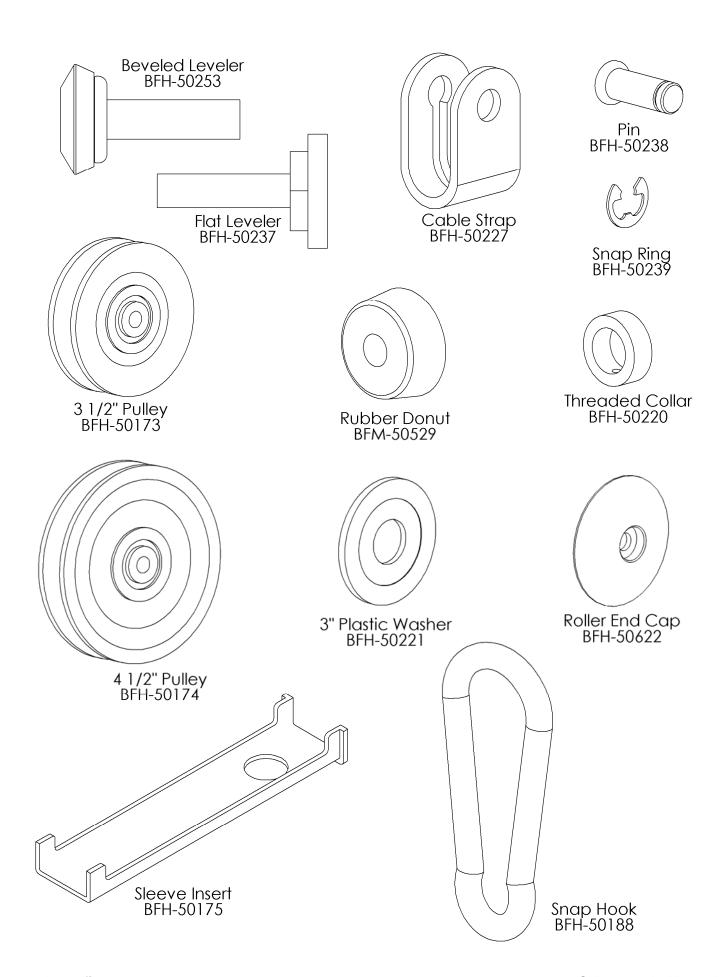


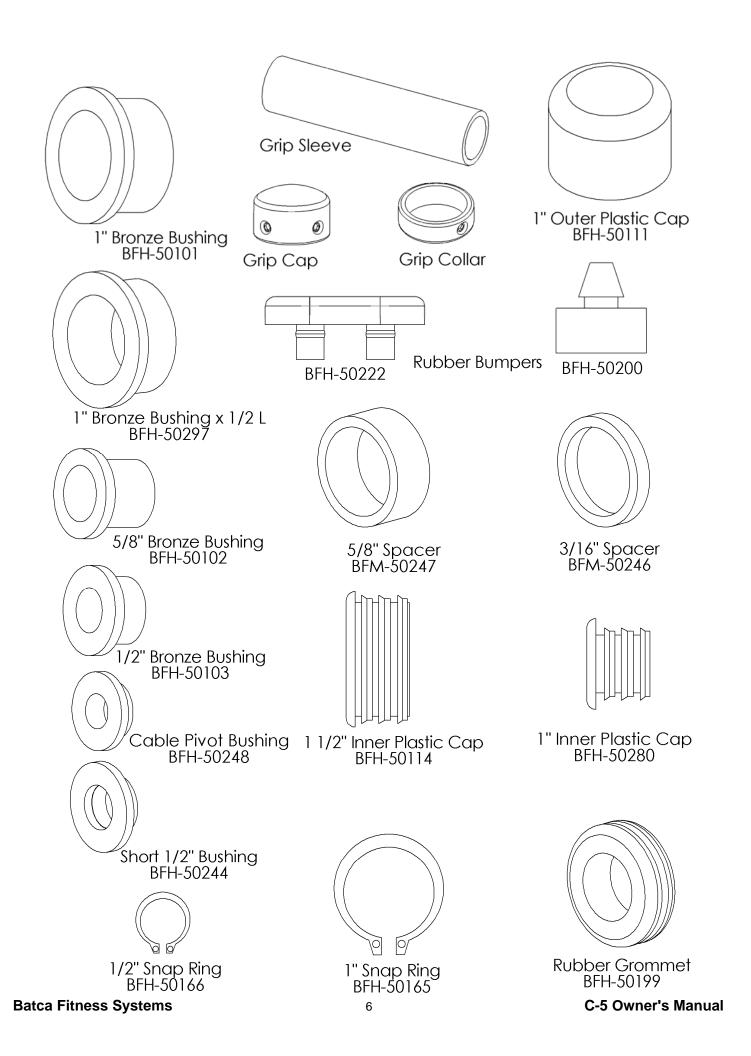
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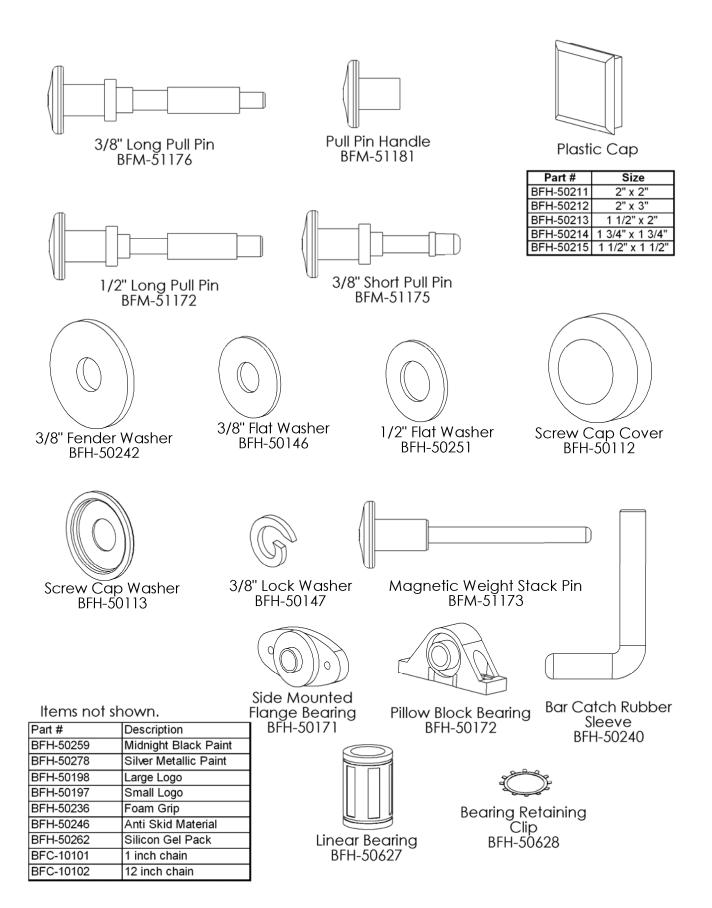
Note: Bolt length is measured from the underside of the head of the bolt.

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70







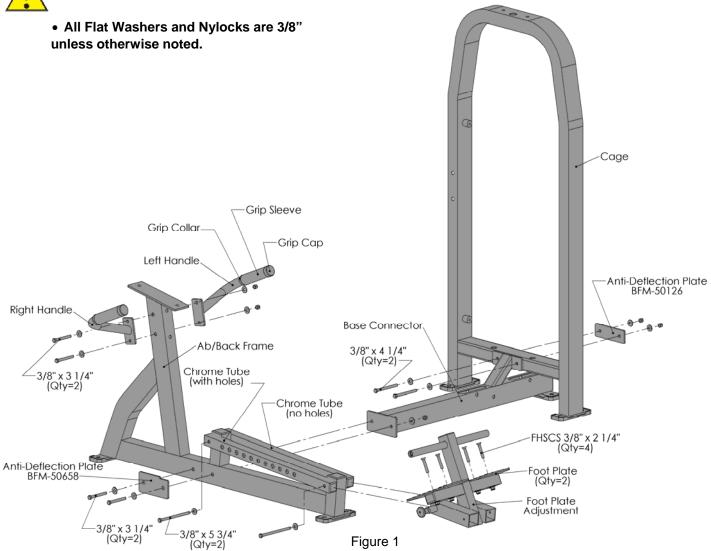


PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:



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



Item #	Part #	Description	Qty
1	BFM-10775	Ab/Back Frame	1
3	BFM-10333	Foot Plate Adjustment	1
13	BFM-50658	Anti-Deflection Plate	1
16	BFM-10437	Base Connector	1
17	BFM-10355	Cage	1
23	BFH-50255	Rubber Foot	5
27	BFM-50474	Chrome Tube (no holes)	1
28	BFM-50475	Chrome Tube (with holes)	1
30	BFM-50126	Anti-Deflection Plate	1
38	BFH-50146	3/8" Flat Washer (Black)	20
39	BFM-50484	Diamond Foot Plate	2

Item #	Part #	Description	Qty
40	BFH-50157	3/8"-16 Nylock (Black)	12
43	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	4
44	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
51	BFH-50276	HCS 3/8"-16 x 5 3/4" P5	2
52	BFH-50145	FHSCS 3/8"-16 x 2 1/4"	4
69	BFM-10661	Right Handle	1
70	BFM-10662	Left Handle	1
73	BFM-50633	1 1/4" Grip Cap	2
74	BFM-51279	1 1/4" Grip Sleeve	2
75	BFM-50632	1 1/4" Grip Collar	2

Step 2:

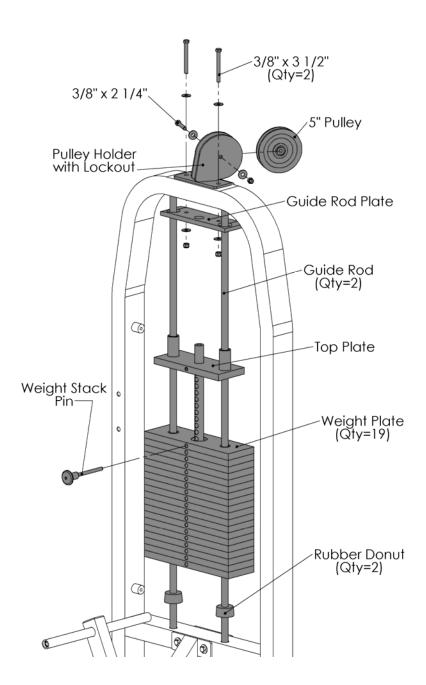
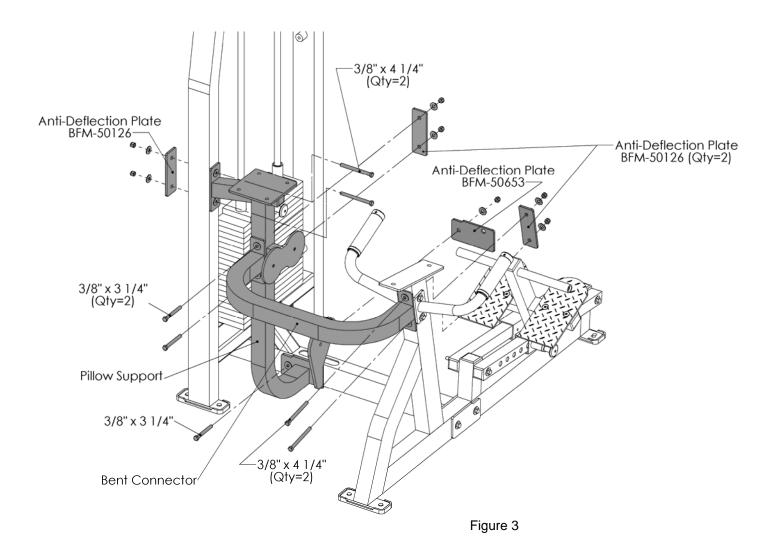


Figure 2

Item #	Part #	Description	Qty
18	BFM-50529	Rubber Donut	2
19	BFM-50527	Guide Rod	2
20	BFM-50413	3/4" 10lb Top Plate	1
22	BFM-50615	Guide Rod Plate	1
26	BFM-10430	Weight Plate	19
31	BFM-10359	Pulley Holder with Lockout	1
37	BFH-50530	5" Pulley	1
38	BFH-50146	3/8" Flat Washer (Black)	6
40	BFH-50157	3/8"-16 Nylock (Black)	3
46	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
47	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
63	BFM-51173	Magnetic Weight Stack Pin	1

Step 3:



Item #	Part #	Description	Qty
15	BFM-10443	Pillow Support	1
24	BFM-10358	Ab/Back Bent Connector	1
30	BFM-50126	Anti-Deflection Plate	3
36	BFM-50653	Anti-Deflection Plate	1
38	BFH-50146	3/8" Flat Washer (Black)	14
40	BFH-50157	3/8"-16 Nylock (Black)	7
43	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	3
44	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	4

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

Step 4:



Note: It is very important that the inside face of the Cam (the side facing to the left) is 5/16" away from the face of the pulley holder plate on the Pole, as shown in Figure 4A below.

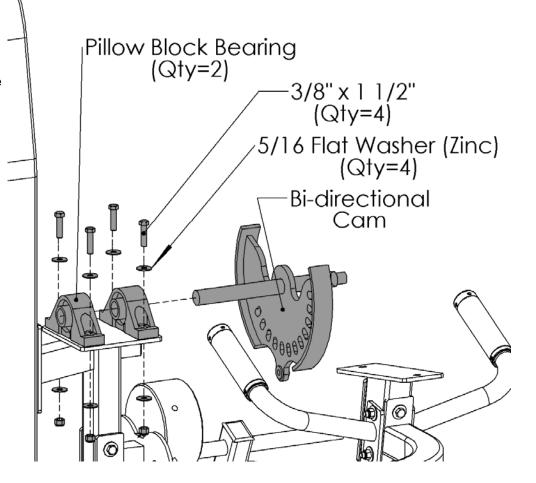
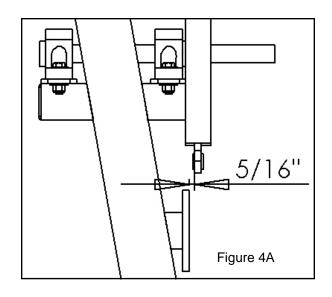


Figure 4



Item #	Part #	Description	Qty
4	BFH-50172	Pillow Block Bearing	2
5	BFM-10353	Bi-directional Cam	1
38	BFH-50146	3/8" Flat Washer (Black)	4
40	BFH-50157	3/8"-16 Nylock (Black)	4
53	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
71	BFH-50151	5/16" Flat Washer (Zinc)	4

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

Step 5:

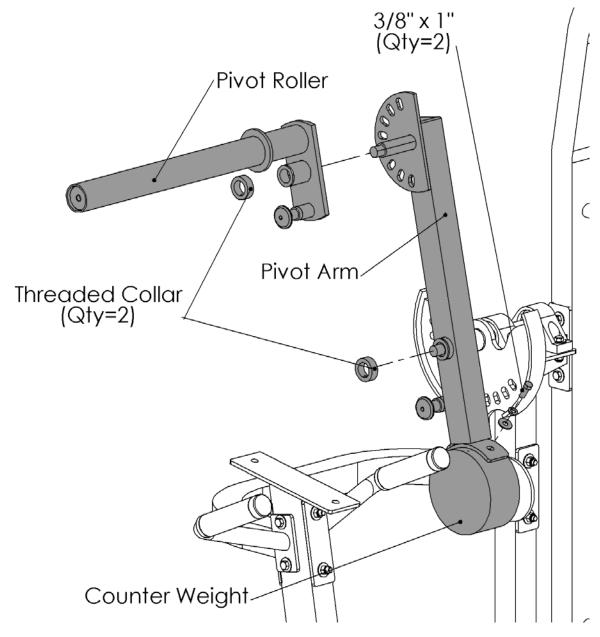


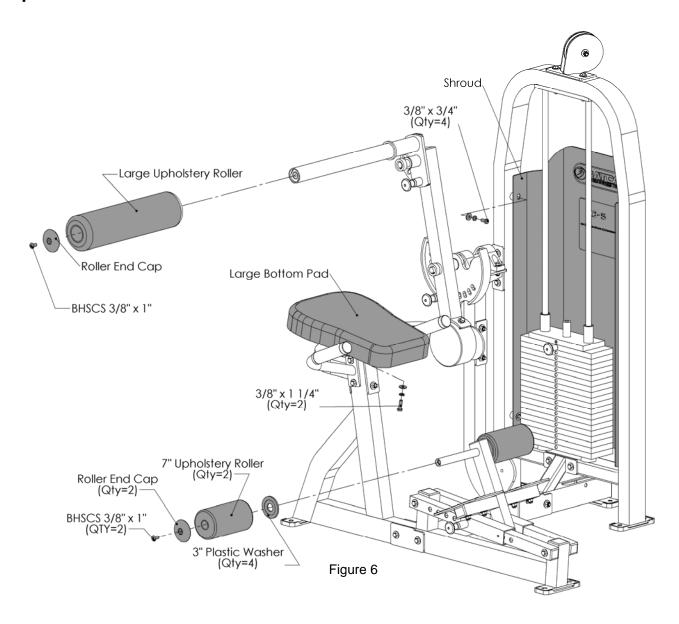
Figure 5

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

Item #	Part #	Description	Qty
2	BFM-10332	Ab/Back Pivot Arm	1
6	BFM-50564	Counter Weight	1
7	BFM-10334	Ab/Back Pivot Roller	1
14	BFH-50220	Threaded Collar	2
38	BFH-50146	3/8" Flat Washer (Black)	2
41	BFH-50147	3/8" Lock Washer (Black)	2
48	BFH-50118	HCS 3/8"-16 x 1" P5	2

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

Step 6:



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

Item #	Part #	Description	Qty
9	BFH-50622	Roller End Cap	3
10	BFH-50221	3" Plastic Washer	2
11	BFU-10121	7" Upholstery Roller	2
12	BFU-10122	Large Upholstery Roller	1
21	BFM-50531	Shroud	1
25	BFU-10117	Large Bottom Pad	1
38	BFH-50146	3/8" Flat Washer (Black)	6
41	BFH-50147	3/8" Lock Washer (Black)	6
42	BFH-50254	HCS 3/8"-16 x 3/4" P5	4
64	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
72	BFH-50620	3/8" x 1" BHSCS	3

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

Step 7:

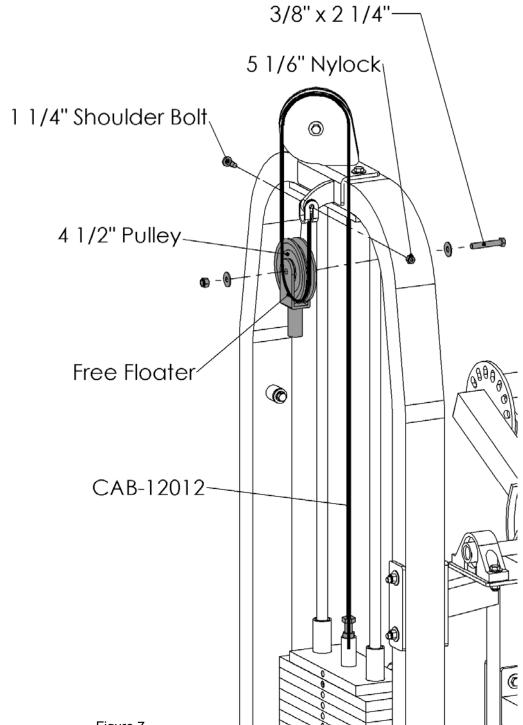
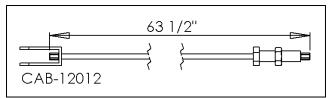


Figure 7

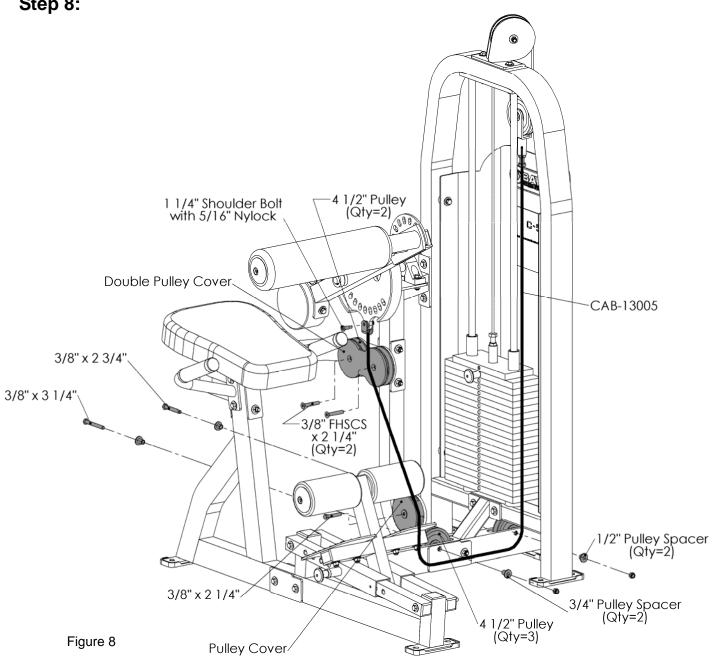


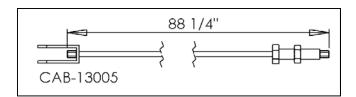
All Flat	Washers	and N	vlocks	are 3/	8" unless	otherwise

Item #	Part #	Description	Qty
32	BFM-10133	Free Floater	1
33	BFH-50174	4 1/2" Pulley	1
38	BFH-50146	3/8" Flat Washer (Black)	2
40	BFH-50157	3/8"-16 Nylock (Black)	1
47	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
54	CAB-12012	Wt. Stack to Lockout Cable	1
60	BFH-50250	1 1/4" Shouldet Bolt	1
61	BFH-50267	5/16"-18 Nylock (Black)	1

14







33	BFH-50174	4 1/2" Pulley	5
34	BFH-50202	3/4" Pulley Spacer	2
35	BFH-50201	1/2" Pulley Spacer	2
38	BFH-50146	3/8" Flat Washer (Black)	6
40	BFH-50157	3/8"-16 Nylock (Black)	5
43	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
45	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
49	BFM-50345	Pulley Cover	1
47	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
52	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	2
59	CAB-13005	Free Floater to Cam Cable	1
60	BFH-50250	1 1/4" Shouldet Bolt	1
61	BFH-50267	5/16"-18 Nylock (Black)	1
72	BFM-50524	Double Pulley Cover	1

Description

Qty

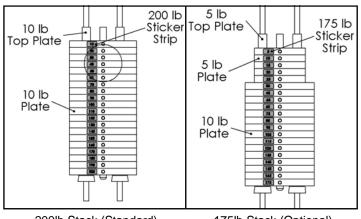
All Flat Washers and Nylocks are 3/8" unless otherwise

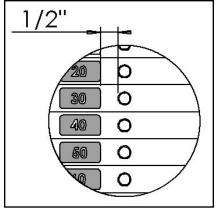
Item #

Part #

Final Assembly and Troubleshooting

Weight Stack Decals:

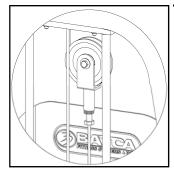




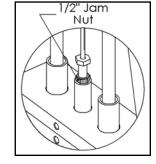
200lb Stack (Standard)

175lb Stack (Optional)

IMPORTANT - Check These Components Before Using Gym:

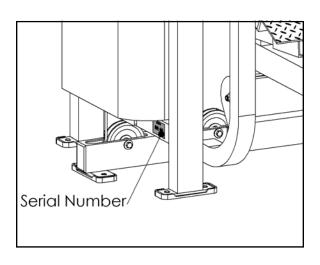


Each Cable with a threaded bolt on either end <u>must be threaded</u> <u>at least 1/2"</u> into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

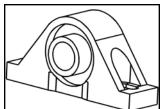


Free Floater

Top Plate



 Wrench Tighten the two set screws on all Pillow Block Bearings with an Allen Wrench.



Pillow Block Bearing BFH-50172

 <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 side of the cage as seen in the figure to the left..

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.

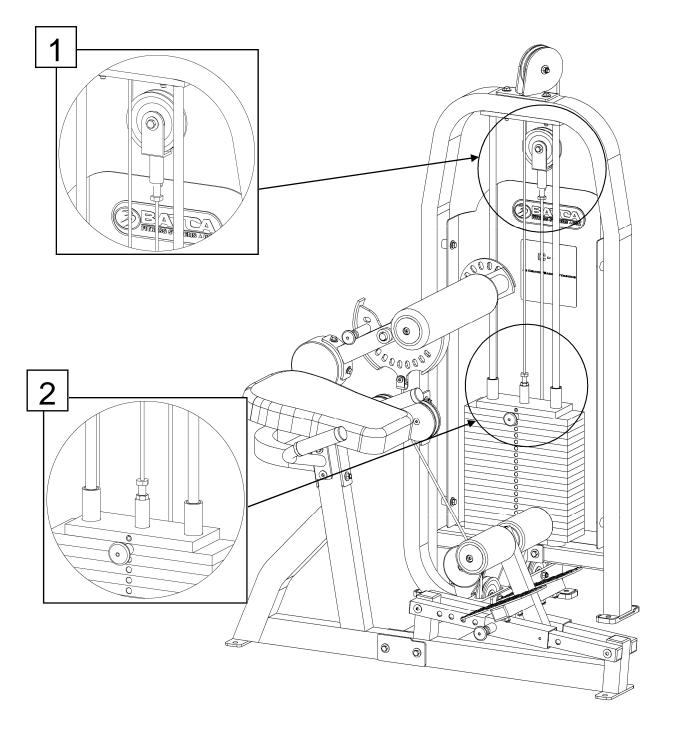
Cable Adjustments

• 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.

• <u>Note:</u> 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

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

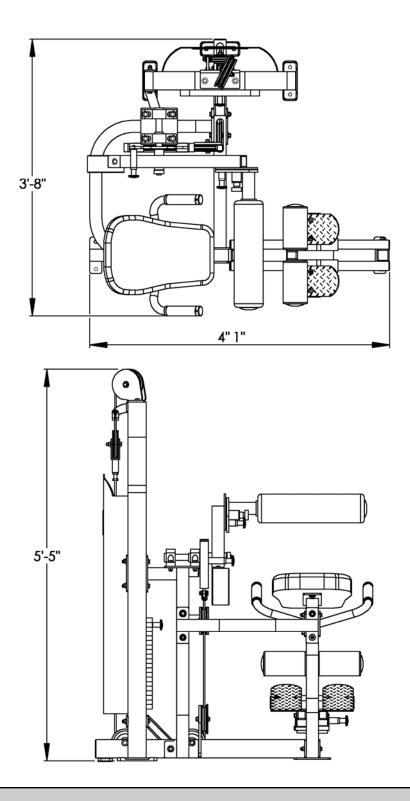
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase 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-5 has a layout dimension of 3'-8" (width) x 4'-1" (length) x 5'-5" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.