

Revision 2

March 2005



BATCA
fitness systems · usa

X1 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 X1. 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 multi-station 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

Table of Contents

	<u>Page</u>		<u>Page</u>
Instructions	2	Weight Stack Decals	35
Parts Listing	3-5	Weight Stack Enclosures, Bars, Straps	36
Hardware Comparison	6-9	Leg Press Option	37-39
Cable Comparison	10	Leg Press Cable Routing	40-41
Main Frame Assembly	11-14	Final Assembly and Troubleshooting	42-43
Pec and Chest Station	15-21	Cable Tension and Adjustments	44-45
Leg Extension and Leg Curl	22-25	Maintenance	46
Cable Routing	26-32	Warranty	47
Upholstery	33-35	Floor Plan Layout	48

Main Frame Components

ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX	ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX
1	BFM-10189	Chest Base	1	1	37	BFM-10138	Chest Press Arm	1	2
2	BFM-10179	Back Base	1	1	38	BFM-10146	Chest Press Pulley Holder	1	2
3	BFM-10182	Low Row Base	1	3	39	BFM-10110	Chrome Pad Adjustment	1	1
4	BFM-50316	Anti-Deflection Plate	1	2	40	BFM-10137	Foot Shroud	1	2
5	BFM-10187	Low Row Diamond Plate	2	3	41	BFM-10429	Tube	2	2
6	BFM-10194	Leg Press Pole	1	1	42	BFM-10136	Knee Hold Down Elbow	1	2
7	BFM-10193	Leg Ext/Curl Pole	1	1	43	BFM-10129	Leg Ext/Curl Pillow Holder	1	2
8	BFM-10188	Chest Pole	1	1	44	BFM-10128	Elbow Support	1	2
9	BFM-10183	Middle Brace	1	1	45	BFM-50267	Counter Weight	1	3
10	BFM-10185	Bent Top	1	1	46	BFM-10139	Leg Ext/Curl Pivot Arm	1	2
11	BFM-10131	Bar Catch Right	1	2	47	BFM-10145	Two Pulley Feeder	1	2
12	BFM-10130	Bar Catch Left	1	2	48	BFM-10144	Leg Ext/Curl Cam	1	2
13	BFM-50150	Anti-Deflection Plate	2	2,3	49	BFM-10143	Leg Ext/Curl Frame	1	2
15	BFM-10430	Weight Plate	19	N/A	50	BFM-10151	Low Pivot Roller	1	2
16	BFM-50260	Guide Rod	2	4	51	BFM-10135	High Pivot Roller	1	2
17	BFM-50258	Weight Stack Shaft	1	N/A	52	BFM-10109	Chrome Pad Adjustment	1	2
18	BFM-10299	Top Plate	1	N/A	53	BFM-10115	Left Handle	1	2
19	BFM-10107	Guide Rod Holder	1	1	54	BFM-10116	Right Handle	1	2
20	BFM-10126	Pec Top	1	2	55	BFM-10141	Knee Alignment Roller	1	2
21	BFL-50127	Pec Pulley Holder	1	2	56	BFM-50222	Axle	1	3
22	BFM-10124	Upper Pec Arm Left	1	2	58	BFM-10180	Criss Cross Floater	1	3
23	BFM-10125	Upper Pec Arm Right	1	2	59	BFM-50345	Pulley Cover	3	2
24	BFM-50261	Axle	2	3	61	BFM-10195	Adjustable Lockout Free Floater	1	3
25	BFM-10191	Right Pec Cam	1	3	63	BFM-10181	33 Degree Free Floater	1	3
26	BFM-10190	Left Pec Cam	1	3	64	BFM-10133	Free Floater	2	3
27	BFM-10177	Lower Pec Arm Left	1	1	68	BFM-50324	Macro/Micro Cable Adj	2	N/A
28	BFM-10176	Lower Pec Arm Right	1	1	73	BFM-50244	Round Tube	1	2
29	BFL-50115	Plate	2	1	75	BFM-50322	Weight Stack Enclosure	1	4
30	BFM-50240	Cold Roll Handle	2	1	164	BFM-50456	Weight Stack Enclosure w/ Logo	1	4
31	BFM-10101	Chest Pivot	1	2	171	BFM-50315	Plate	1	3
32	BFM-10132	Foot Assist	1	2	172	BFM-50186	Anti-Deflection Plate	1	2
33	BFM-50246	Spacer 3/16"	2	3	176	BFM-50505	Pulley Cover w/ 1/2" Bore	1	3
34	BFM-50262	Chrome Cable Pivot	2	2	177	BFM-10348	5lb Top Plate	1*	N/A
36	BFM-50263	1/2 in. Cold Roll	1	2	178	BFM-50504	5lb Weight Plate	4*	N/A

Accessories

ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX
153	BFC-10101	1 inch Chain	1	3
154	BFC-10102	12 inch Chain	1	3
155	BFC-50122	Ab Strap	1	2
156	BFC-50125	Lat Bar	1	1
157	BFC-50126	Short Bar	1	2
158	BFC-50127	Magnetic Weight Stack Pin	1	3
202	BFC-50123	Ankle Strap	1	2

Upholstery

ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX
69	BFU-10129	Back Pad With Lumbar	2	3
70	BFU-10128	Bottom Pad	1	3
71	BFU-10130	7" Upholstery Roller	4	3
72	BFU-10131	Large Upholstery Roller	2	3
74	BFU-10127	Large Bottom Pad	1	3
182	BFU-10132	Lat Bar Pad	1	1

Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY	ITEM NO.	PART NUMBER	DESCRIPTION	QTY
14	BFH-50190	Rubber Donut	2	137	BFH-50220	Threaded Collar	5
90	BFH-50101	1" Flanged Bushing	22	138	BFH-50221	3" Plastic Washer	10
91	BFH-50102	5/8" Flanged Bushing	2	139	BFH-50222	Rubber Bumper	2
92	BFH-50103	1/2" Flanged Bushing	2	140	BFH-50254	HCS 3/8-16 X 3/4" P5	4
93	BFH-50110	Molded Grip	6	143	BFH-50234	Spring	2
94	BFH-50111	1" Round Outer Plastic Cap	3	145	BFH-50236	Foam Grip (Foam Cover Only)	2
95	BFH-50112	Screw Cap Cover	4	146	BFH-50237	Flat Leveler	1
96	BFH-50113	Screw Cap Washer	4	147	BFH-50238	Pin	5
97	BFH-50114	1 1/2" Round Plastic Cap	2	148	BFH-50239	Snap Ring	5
98	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	4	149	BFH-50240	Bar Catch Rubber Sleeve	2
99	BFH-50120	HCS 3/8"-16 1 1/2" P5	8	150	BFH-50241	Rear Delt Grip	2
100	BFH-50121	HCS 3/8"-16 X 2" P5	8	151	BFH-50242	3/8" Fender Washer	2
101	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	13	152	BFH-50243	4 1/2" Pulley w/ 1/2" Bore	1
102	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	12	159	BFH-50210	Gas Spring	1
103	BFH-50125	HCS 3/8"-16 X 3" P5	8	166	BFH-50286	FHSCS 5/16"-18 X 1"	2
104	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	28	167	BFH-50250	1 1/4" Shoulder Bolt	3
105	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	4	169	BFH-50192	200lb Weight Stack Decals	1
106	BFH-50129	HCS 3/8"-16 X 4" P5	4	170	BFH-50253	Beveled Leveler	2
107	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	3	173	BFH-50248	Cable Pivot Bushing	6
108	BFH-50133	HCS 3/8"-16 X 6 1/2" P5	2	174	BFH-50272	HCS 1/2"-13 x 4 1/4" P5	1
109	BFH-50134	HCS 3/8"-16 X 9" P5	2	175	BFH-50256	1/2"-13 Jam Nut (Zinc)	5
110	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4	179	BFH-50258	175lb Weight Stack Decals	N/A
110	BFH-50137	1/2"-13 X 3 1/4" (5/8" Thread)	1	180	BFH-50257	Warning Label	1
112	BFH-50146	3/8" Flat Washer (Black)	168	183	BFH-50247	3/8"-16 Thin Nylock (Zinc)	2
113	BFH-50147	3/8" Lock Washer (Black)	14	184	BFH-50227	Cable Strap	3
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	7	186	BFH-50267	5/16"-18 Nylock Nut	3
115	BFH-50288	3/8"-16 Nylock Nut (Zinc)	4	187	BFH-50246	Anti-Skid Material	5
117	BFH-50251	1/2" Flat Washer	12	188	BFH-50197	Small Logo	2
118	BFH-50155	1/2"-13 Nylock (Black)	6	189	BFH-50198	Large Logo	1
120	BFH-50157	3/8"-16 Nylock (Black)	88	190	BFH-50262	Silicone Gel Packet	2
122	BFH-50165	1" Snap Ring	4	191	BFH-50175	Sleeve Insert	4
123	BFH-50166	1/2" Snap Ring	2	192	BFH-50263	Pull Pin T-Handle	N/A
124	BFH-50172	Pillow Block Bearing	4	193	BFH-50269	Warning Label - Do Not Hang	1
125	BFH-50173	3 1/2" Pulley	4	194	BFM-50157	1/2" Short Pull Pin Assembly	2
126	BFH-50174	4 1/2" Pulley	24	195	BFM-50177	3/8" Long Pull Pin Assembly	2
127	BFH-50188	Snap Hook	4	196	BFM-50207	1/2" Long Pull Pin Assembly	2
128	BFH-50252	Plastic Collar	6	197	BFH-50199	Rubber Grommit	2
129	BFH-50200	Rubber Bumper	2	198	BFH-50280	1" Round Plastic Cap	9
130	BFH-50201	1/2" Pulley Spacer	12	200	BFH-50282	Bolt 1/4"-20 UNC x 1/4" L	2
131	BFH-50202	3/4" Pulley Spacer	8	201	BFH-50283	Rubber Bumper for 33deg F.F.	1
132	BFH-50211	2" Square Plastic Cap	10	205	BFH-50118	HCS 3/8"-16 X 1" P5	2
133	BFH-50212	2" x 3" Plastic Cap	8	206	BFH-50128	HCS 3/8"-16 X 3 3/4" P6	2
134	BFH-50213	1 1/2" x 2" Plastic Cap	2	207	BFH-50278	Platinum Silver Touch-Up Paint	1
135	BFH-50214	1 3/4" Square Plastic Cap	3	208	BFH-50259	Midnight Black Touch-Up Paint	1
136	BFH-50215	1 1/2" Square Plastic Cap	4	209	BFH-50297	1" Bronze Bushing x 1/2" L	4
				210	BFH-50291	Roll Pin	1

Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
35	CAB-10401	Foot Assist Cable	2
57	CAB-10402	Pec Cam to Pec Cam Cable	1
60	CAB-10403	Lat Pull to Weight Stack Cable	1
62	CAB-10404	Free Floater to Free Floater Cable	1
65	CAB-10405	Ab to Low Pulley Cable	1
66	CAB-10406	Free Floater to Chest Lockout Cable	1
67	CAB-10407	Leg Curl to Lockout Cable	1

Leg Press Components

ITEM NO.	PART NUMBER	DESCRIPTION	Qty
13	BFM-50150	Anti-Deflection Plate	1
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
59	BFM-50345	Pulley Cover	1
76	BFM-10142	Leg Press Frame	1
77	BFM-50317	Leg Press Connector Plate	2
78	BFM-10184	Leg Press Connector	1
79	BFM-10102	Foot Plate Pivot	1

ITEM NO.	PART NUMBER	DESCRIPTION	Qty
80	BFM-10140	Leg Press Pivot	1
81	BFM-10152	Bushing Holder	2
82	BFM-50247	Spacer 5/8"	2
83	BFM-50252	Four Bar	2
84	BFM-10106	Chrome Pad Adjustment	1
85	BFM-10432	Tube	2
86	BFL-50128	Foot Plate	1
87	BFM-50270	Cold Roll Handle	1

Leg Press Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	Qty
90	BFH-50101	1" Flanged Bushing	2
93	BFH-50110	Molded Grip	2
98	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
100	BFH-50121	HCS 3/8"-16 X 2" P5	1
102	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	3
103	BFH-50125	HCS 3/8"-16 X 3" P5	6
104	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	10
111	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
112	BFH-50146	3/8" Flat Washer (Black)	41
113	BFH-50147	3/8" Lock Washer (Black)	4
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
117	BFH-50251	1/2" Flat Washer	4
120	BFH-50157	3/8"-16 Nylock (Black)	25
124	BFH-50172	Pillow Block Bearing	2
125	BFH-50173	3 1/2" Pulley	1

ITEM NO.	PART NUMBER	DESCRIPTION	Qty
126	BFH-50174	4 1/2" Pulley	4
130	BFH-50201	1/2" Pulley Spacer	8
133	BFH-50212	2" x 3" Plastic Cap	4
136	BFH-50215	1 1/2" Square Plastic Cap	10
141	BFH-50249	1/2" Shoulder Bolt (3/8-16x50mm)	4
144	BFH-50235	Foam Grip LP (Foam Cover Only)	1
162	BFH-50244	1/2" Short Bronze Bushing	8
163	BFH-50144	FHSCS 3/8"-16 X 1"	2
167	BFH-50250	1 1/4" Shoulder Bolt	1
170	BFH-50253	Beveled Leveler	1
184	BFH-50227	Cable Strap	1
186	BFH-50267	5/16"-18 Nylock Nut	1
191	BFH-50175	Sleeve Insert	2
192	BFH-50263	Pull Pin T-Handle	N/A
194	BFM-50157	1/2" Short Pull Pin Assembly	1

Cables

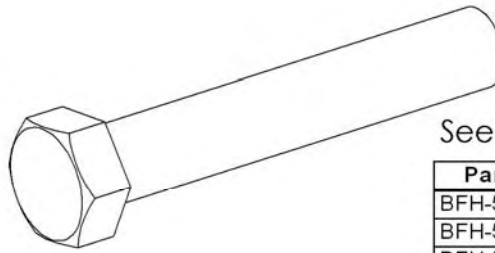
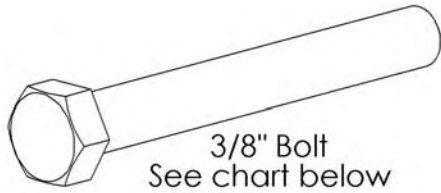
ITEM NO.	PART NUMBER	DESCRIPTION	Qty
89	CAB-10408	Leg Curl to Leg Press Cable	1

Upholstery

ITEM NO.	PART NUMBER	DESCRIPTION	Qty
69	BFU-10129	Back Pad With Lumbar	1
74	BFU-10127	Large Bottom Pad	1

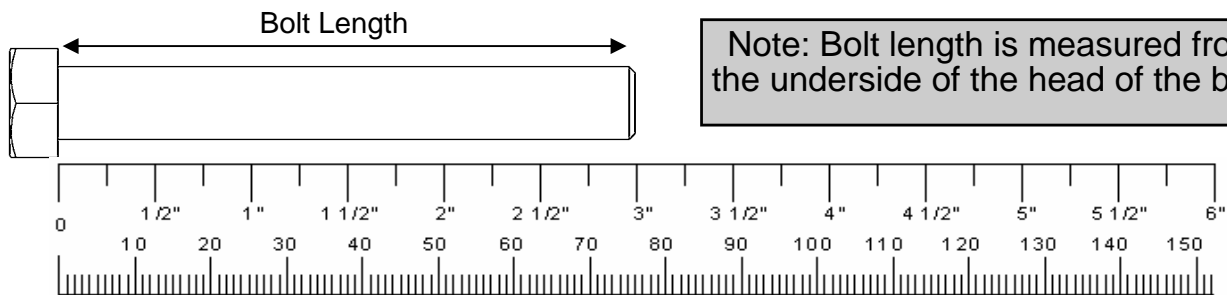
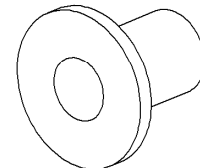
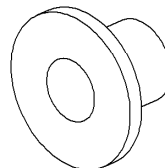
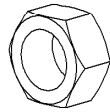
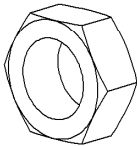
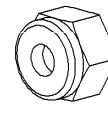
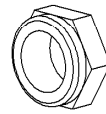
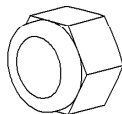
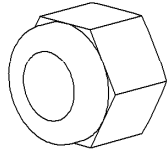
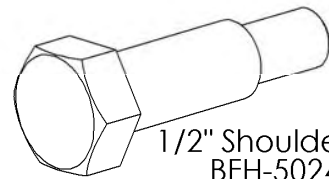
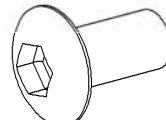
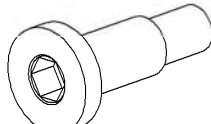
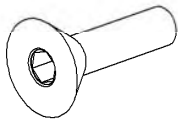
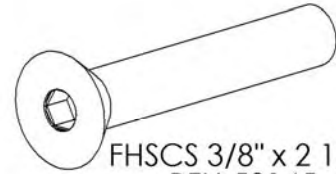
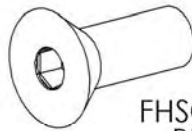
Tools Required

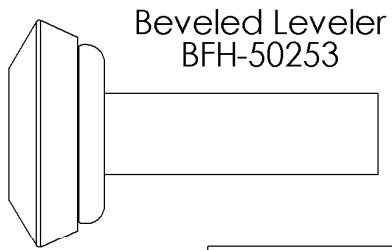
- 7/16" Wrench
- 1/2" Wrench
- 9/16" Wrench
- 3/4" Wrench
- 9/16" Ratchet
- 3/4" Ratchet
- Allen Wrench Set
- Tape Measure



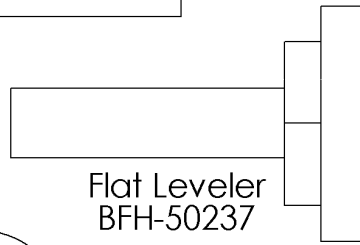
Part #	Size
BFH-50254	3/8" x 3/4"
BFH-50118	3/8" x 1"
BFH-50119	3/8" x 1 1/4"
BFH-50120	3/8" x 1 1/2"
BFH-50285	3/8" x 1 3/4"
BFH-50121	3/8" x 2"
BFH-50122	3/8" x 2 1/4"
BFH-50123	3/8" x 2 1/2"
BFH-50124	3/8" x 2 3/4"
BFH-50125	3/8" x 3"
BFH-50126	3/8" x 3 1/4"
BFH-50127	3/8" x 3 1/2"
BFH-50128	3/8"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

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"

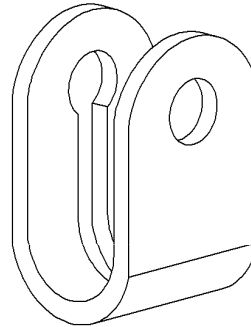




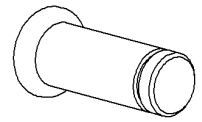
Beveled Leveler
BFH-50253



Flat Leveler
BFH-50237



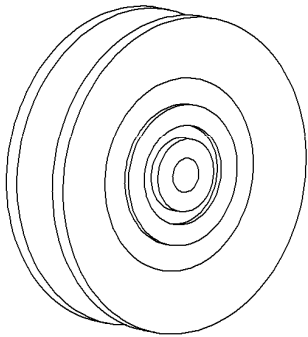
Cable Strap
BFH-50227



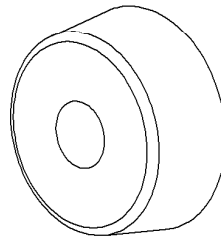
Pin
BFH-50238



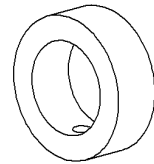
Snap Ring
BFH-50239



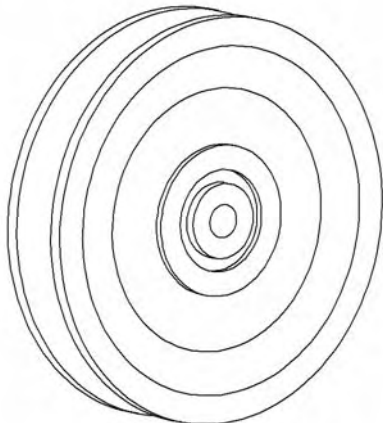
3 1/2" Pulley
BFH-50173



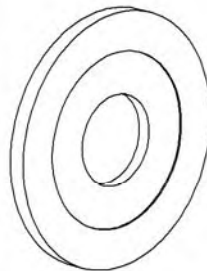
Rubber Donut
BFM-50529



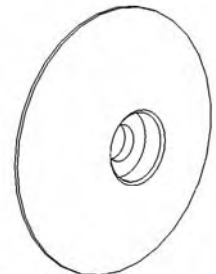
Threaded Collar
BFH-50220



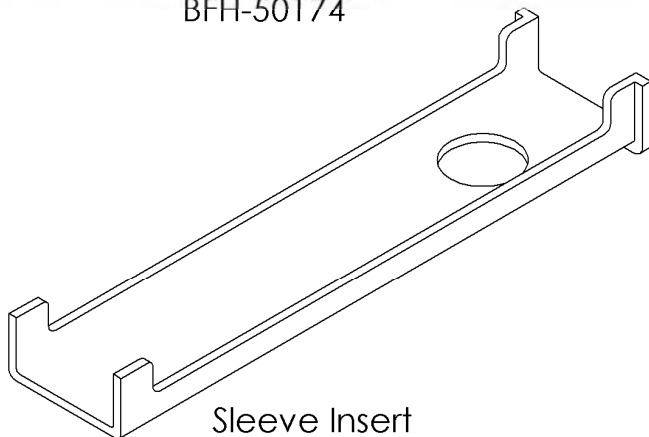
4 1/2" Pulley
BFH-50174



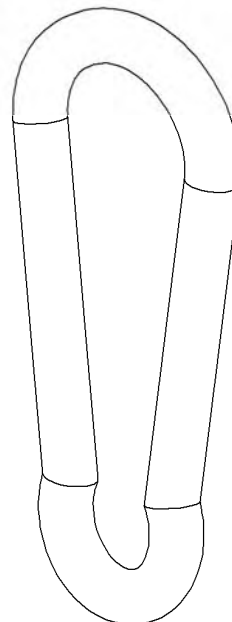
3" Plastic Washer
BFH-50221



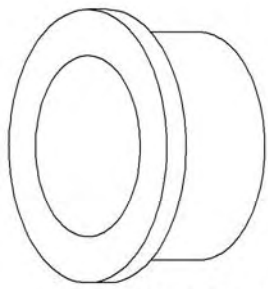
Roller End Cap
BFH-50622



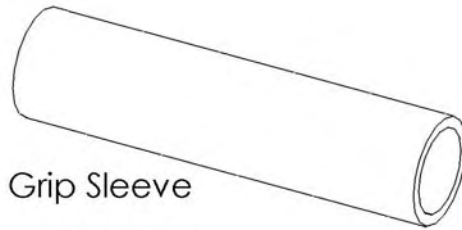
Sleeve Insert
BFH-50175



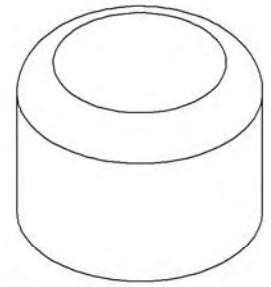
Snap Hook
BFH-50188



1" Bronze Bushing
BFH-50101



Grip Sleeve



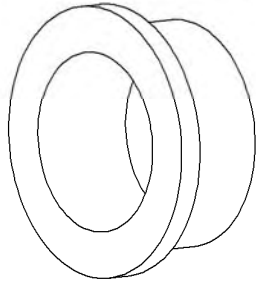
1" Outer Plastic Cap
BFH-50111



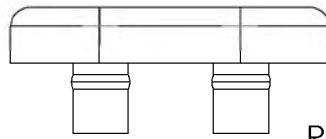
Grip Cap



Grip Collar

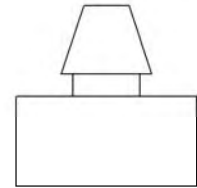


1" Bronze Bushing x 1/2 L
BFH-50297

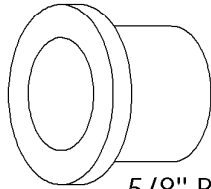


BFH-50222

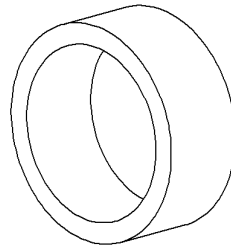
Rubber Bumpers



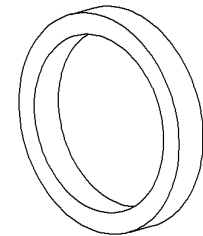
BFH-50200



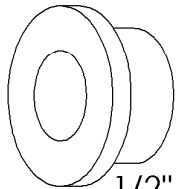
5/8" Bronze Bushing
BFH-50102



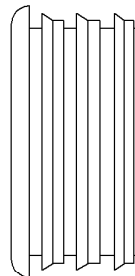
5/8" Spacer
BFM-50247



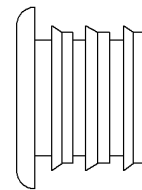
3/16" Spacer
BFM-50246



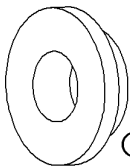
1/2" Bronze Bushing
BFH-50103



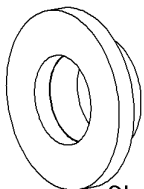
1 1/2" Inner Plastic Cap
BFH-50114



1" Inner Plastic Cap
BFH-50280



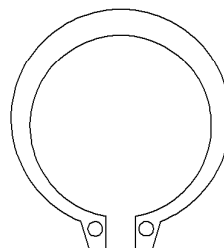
Cable Pivot Bushing
BFH-50248



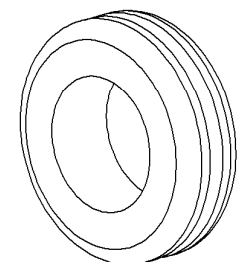
Short 1/2" Bushing
BFH-50244



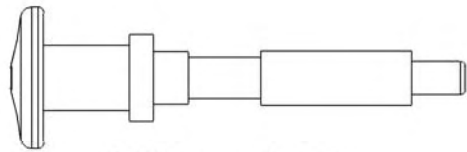
1/2" Snap Ring
BFH-50166



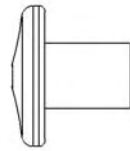
1" Snap Ring
BFH-50165



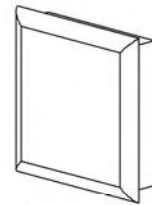
Rubber Grommet
BFH-50199



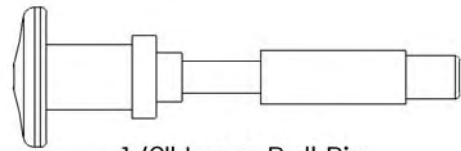
3/8" Long Pull Pin
BFM-51176



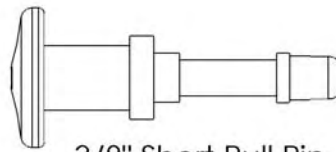
Pull Pin Handle
BFM-51181



Plastic Cap

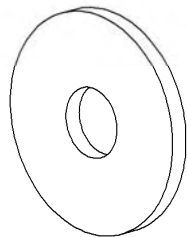


1/2" Long Pull Pin
BFM-51172

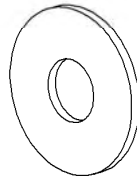


3/8" Short Pull Pin
BFM-51175

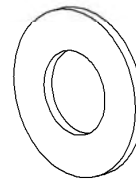
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



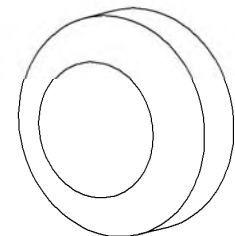
3/8" Fender Washer
BFH-50242



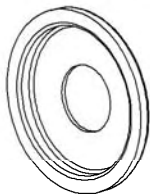
3/8" Flat Washer
BFH-50146



1/2" Flat Washer
BFH-50251



Screw Cap Cover
BFH-50112



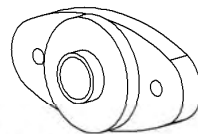
Screw Cap Washer
BFH-50113



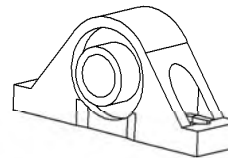
3/8" Lock Washer
BFH-50147



Magnetic Weight Stack Pin
BFM-51173



Side Mounted
Flange Bearing
BFH-50171



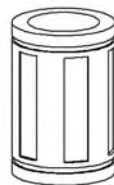
Pillow Block Bearing
BFH-50172



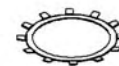
Bar Catch Rubber
Sleeve
BFH-50240

Items not shown.

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

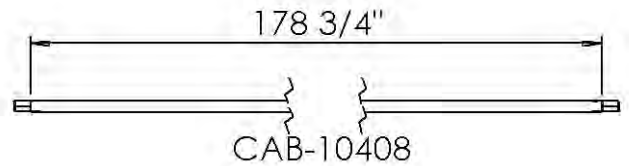
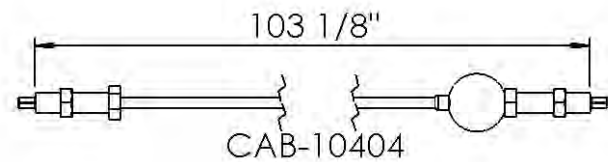
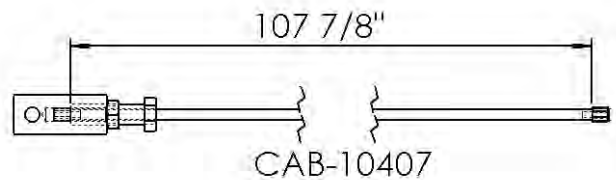
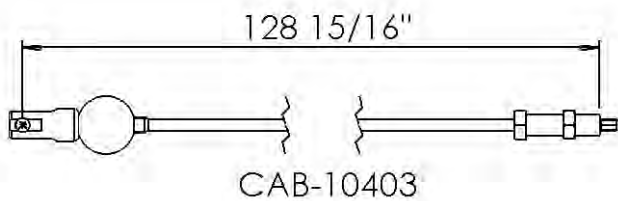
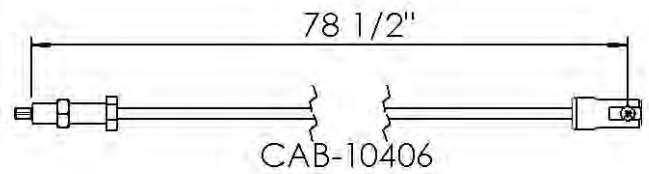
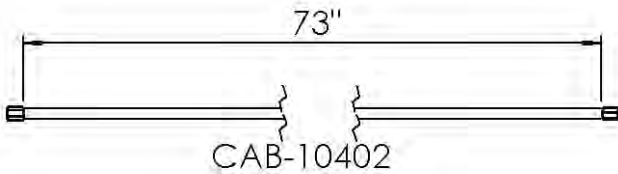
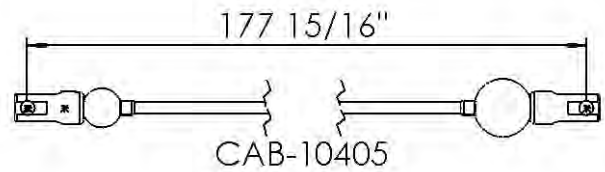
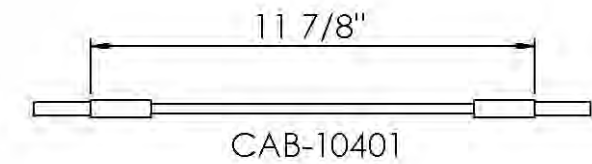


Linear Bearing
BFH-50627



Bearing Retaining
Clip
BFH-50628

Cable Comparison Chart



Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
35	CAB-10401	Foot Assist Cable	2
57	CAB-10402	Pec Cam to Pec Cam Cable	1
60	CAB-10403	Lat Pull to Weight Stack Cable	1
62	CAB-10404	Free Floater to Free Floater Cable	1
65	CAB-10405	Ab to Low Pulley Cable	1
66	CAB-10406	Free Floater to Chest Lockout Cable	1
67	CAB-10407	Leg Curl to Lockout Cable	1
89	CAB-10408	Leg Curl to Leg Press Cable	1



PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

- **Set** the Chest Base (1) in a location close to the gym's final position. (See Layout Diagram on back cover of this manual.). Keep in mind that you should allow at least 18"-24" as working room around the unit.



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

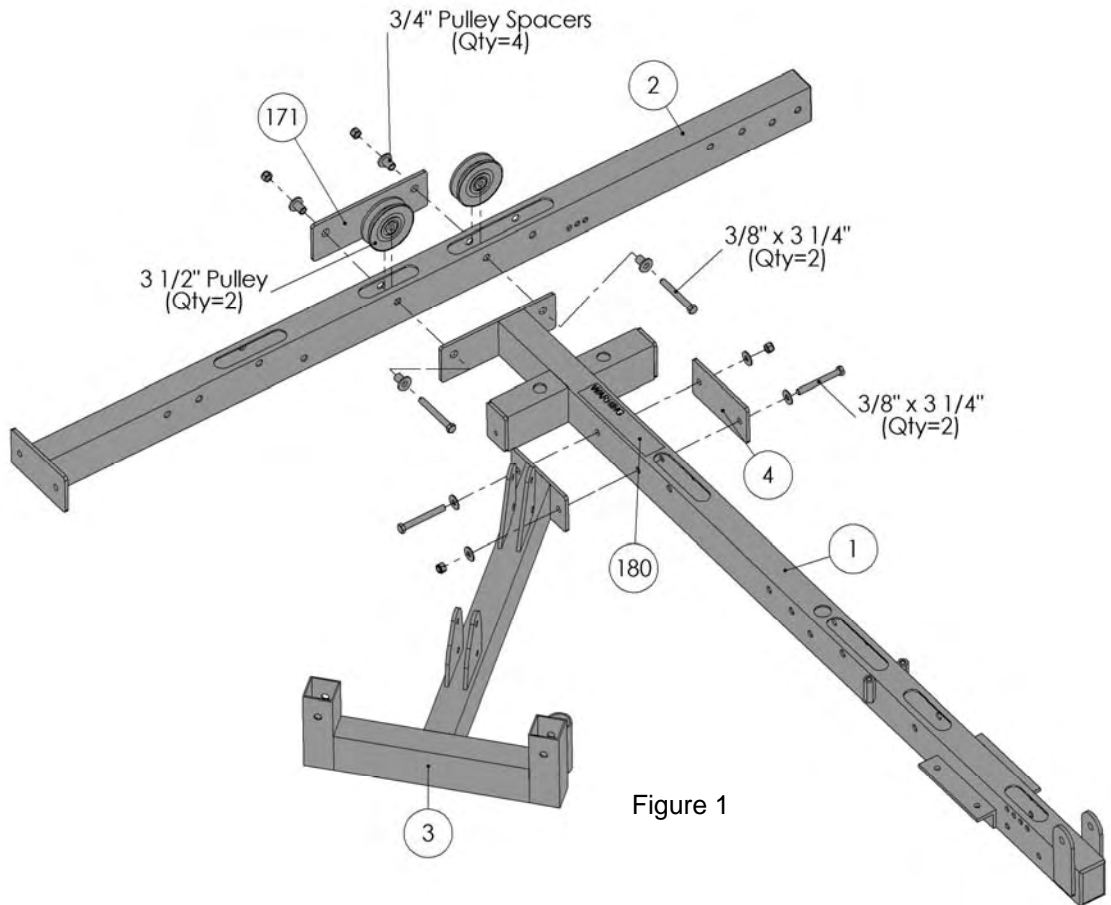


Figure 1



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

Item #	Part #	Description	Qty
1	BFM-10189	Chest Base	1
2	BFM-10179	Back Base	1
3	BFM-10182	Low Row Base	1
4	BFM-50316	Anti-Deflection Plate	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	4
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	4
125	BFH-50173	3 1/2" Pulley	2
131	BFH-50202	3/4" Pulley Spacer	4
171	BFM-50315	Anti-Deflection Plate	1
180	BFH-50257	Warning Label	1

Step 2:

- **Record** 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 Back Base (2) as shown in Figure 2.

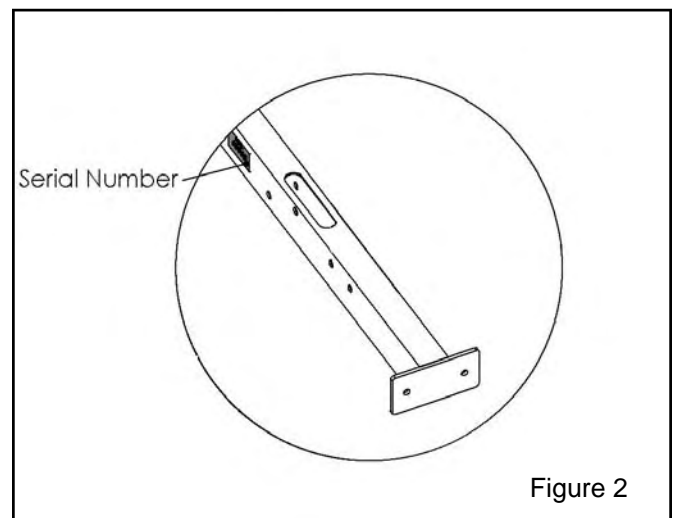


Figure 2

Step 3:

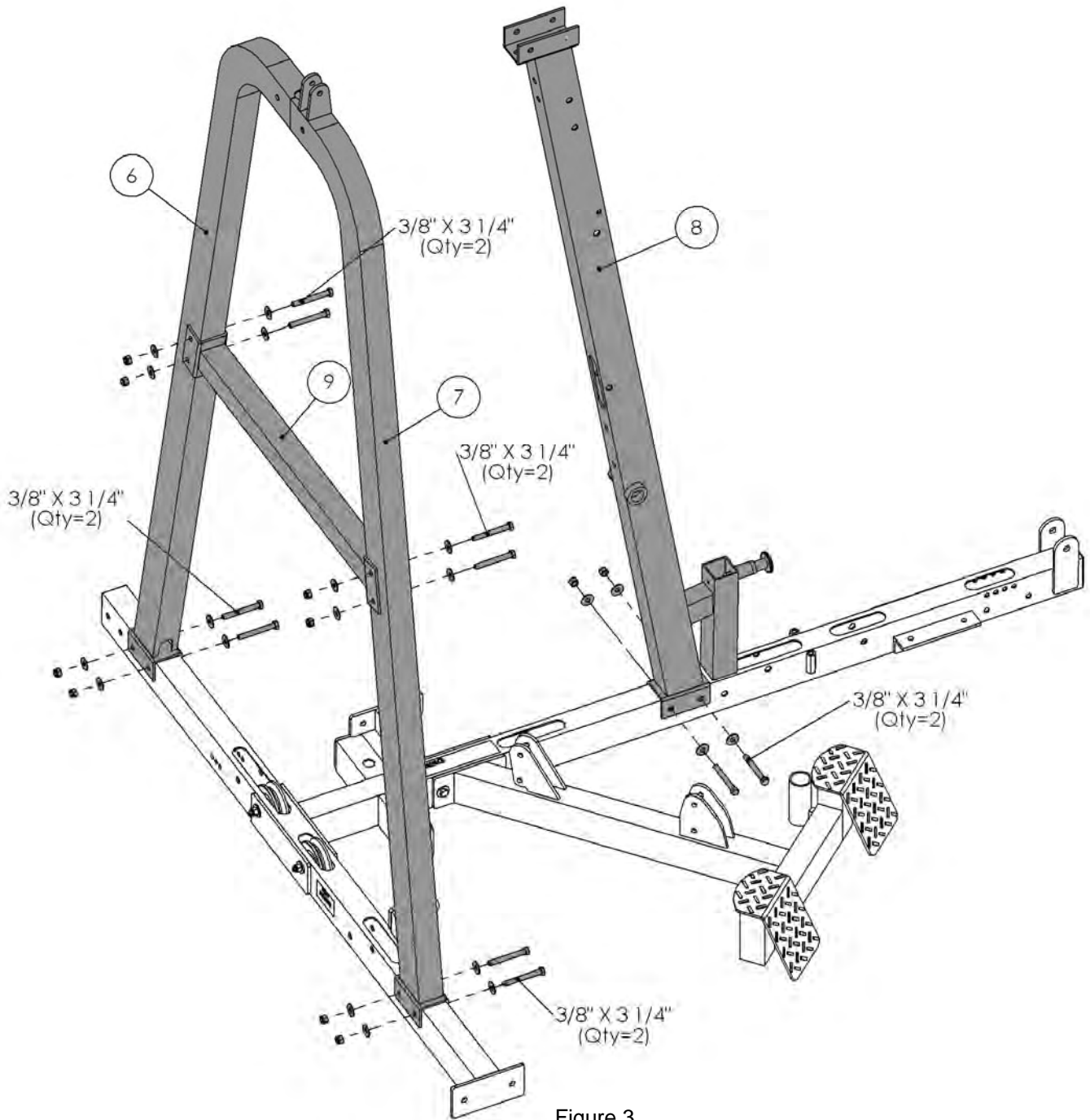


Figure 3

Item #	Part #	Description	Qty
6	BFM-10194	Leg Press Pole	1
7	BFM-10193	Leg Ext/Curl Pole	1
8	BFM-10188	Chest Pole	1
9	BFM-10183	Middle Brace	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	10
112	BFH-50146	3/8" Flat Washer (Black)	20
120	BFH-50157	3/8"-16 Nylock (Black)	10

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

Step 4:



Note: The bolt going through the Leg Ext/Curl Pole is to go from back to front as shown in Figure 4.

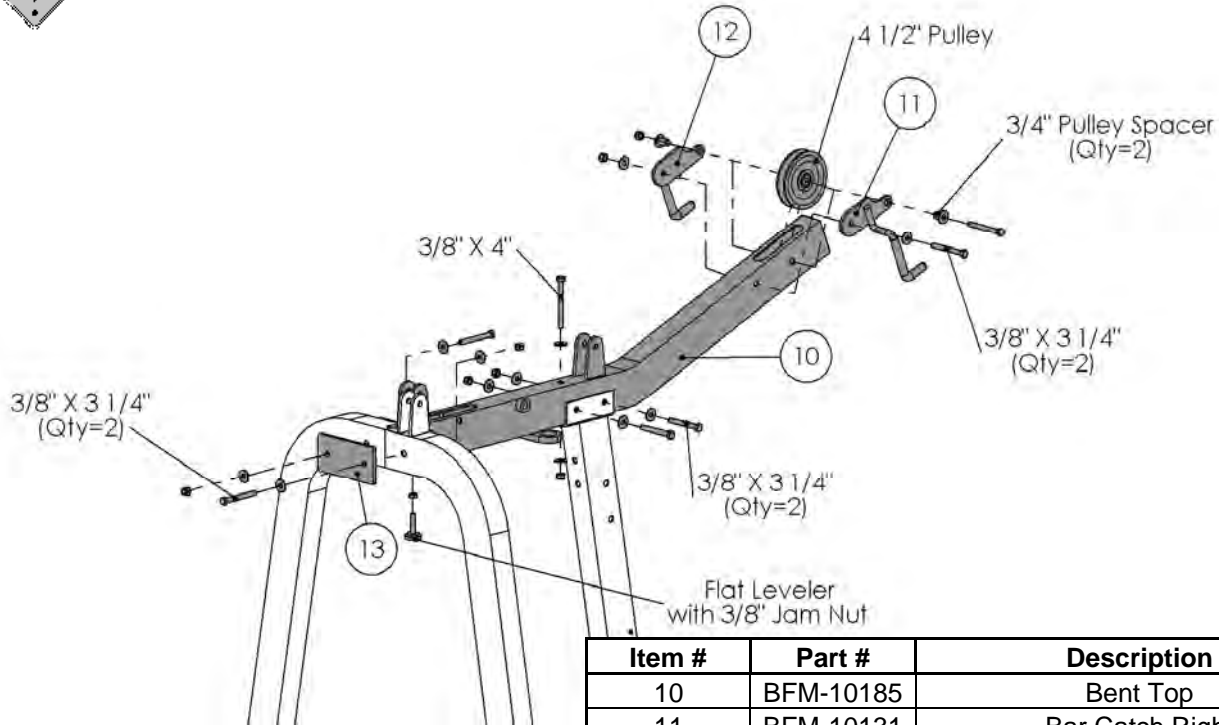


Figure 4

Item #	Part #	Description	Qty
10	BFM-10185	Bent Top	1
11	BFM-10131	Bar Catch Right	1
12	BFM-10130	Bar Catch Left	1
13	BFM-50150	Anti-Deflection Plate	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	6
106	BFH-50129	HCS 3/8"-16 x 4" P5	1
112	BFH-50146	3/8" Flat Washer (Black)	12
114	BFH-50149	3/8" Jam Nut (Zinc)	1
120	BFH-50157	3/8"-16 Nylock (Black)	7
126	BFH-50174	4 1/2" Pulley	1
131	BFH-50202	3/4" Pulley Spacer	2
146	BFH-50237	Flat Leveler	1

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

Step 5:

- **Snug Tighten** all loose hardware.
- **Align** the Leg Press Pole, the Leg Ext/Curl Pole and the Chest Pole so that they each are plumb and standing up vertically as shown in Figure 5.
- **Wrench Tighten** all snug bolts starting at the top of the gym and working towards the bottom.

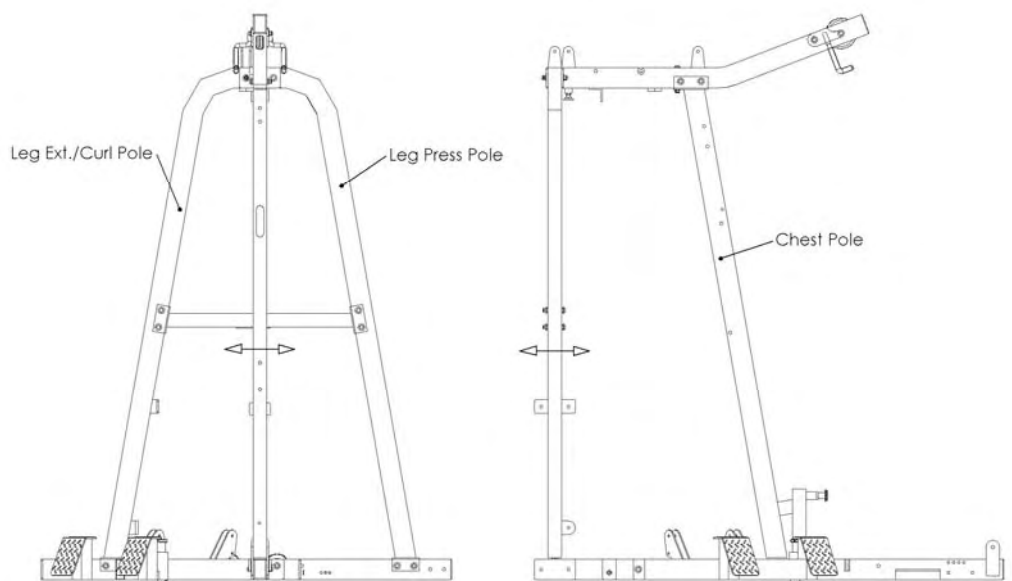


Figure 5

Step 6:

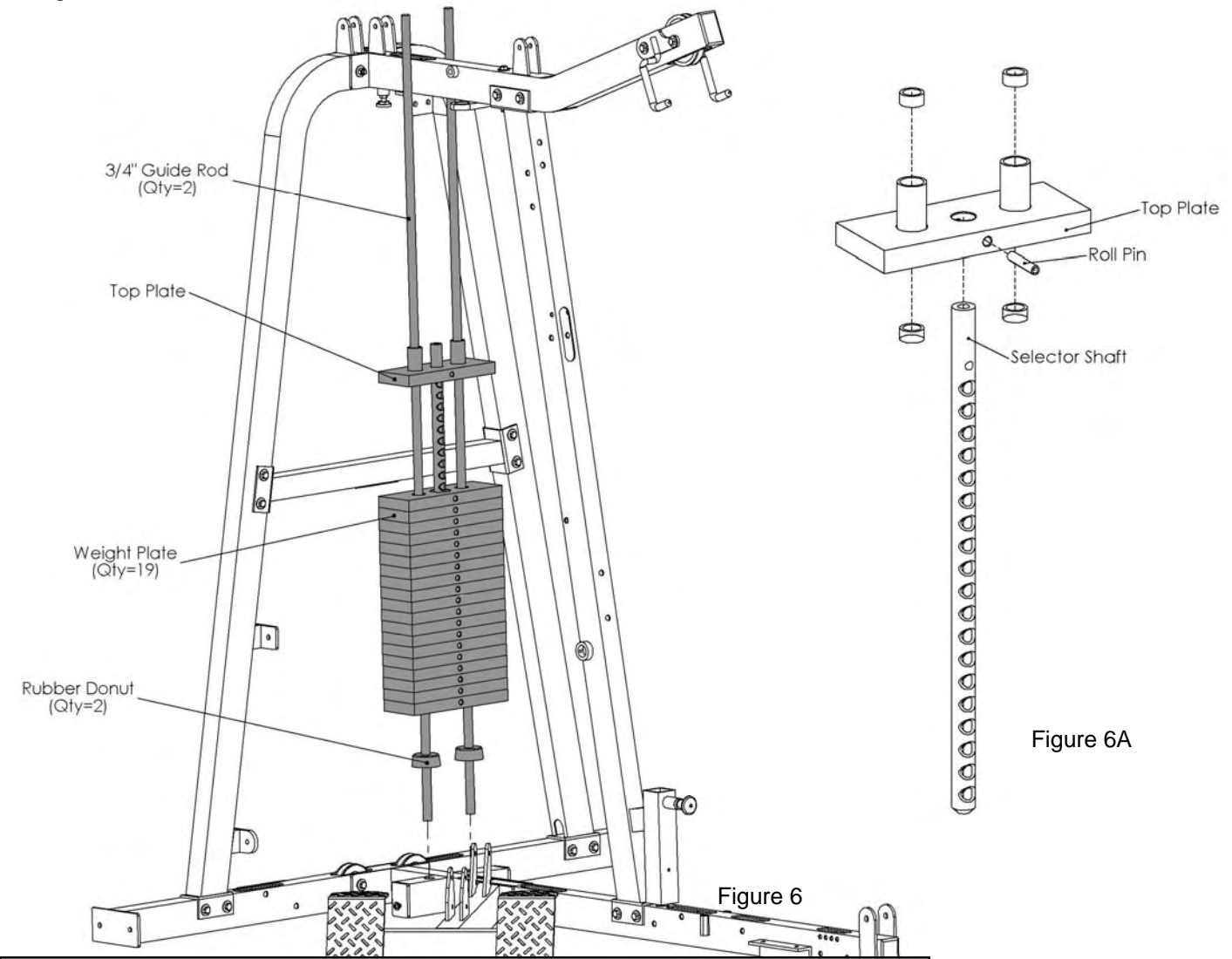
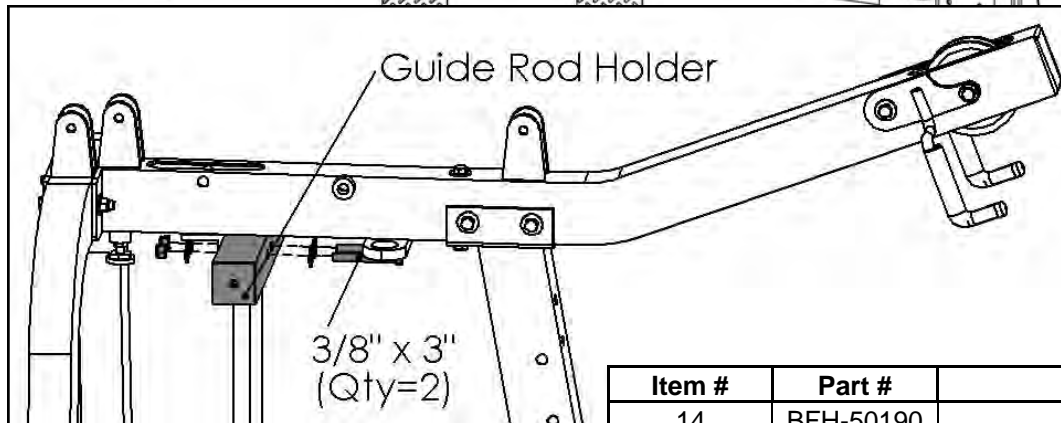


Figure 6A



Item #	Part #	Description	Qty
14	BFH-50190	Rubber Donut	2
15	BFM-10430	Weight Plate	19
16	BFM-50260	Guide Rod	2
17	BFM-50258	Selector Shaft	1
18	BFM-10299	Top Plate	1
19	BFM-10107	Guide Rod Holder	1
103	BFH-50125	HCS 3/8"-16 x 3" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	2
210	BFH-50291	Roll Pin	1

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

Step 7:



Note: The Pec Pulley Holder (21) can very easily be put on upside down. Note that the notch represents the top, as Shown in Figure 7A.

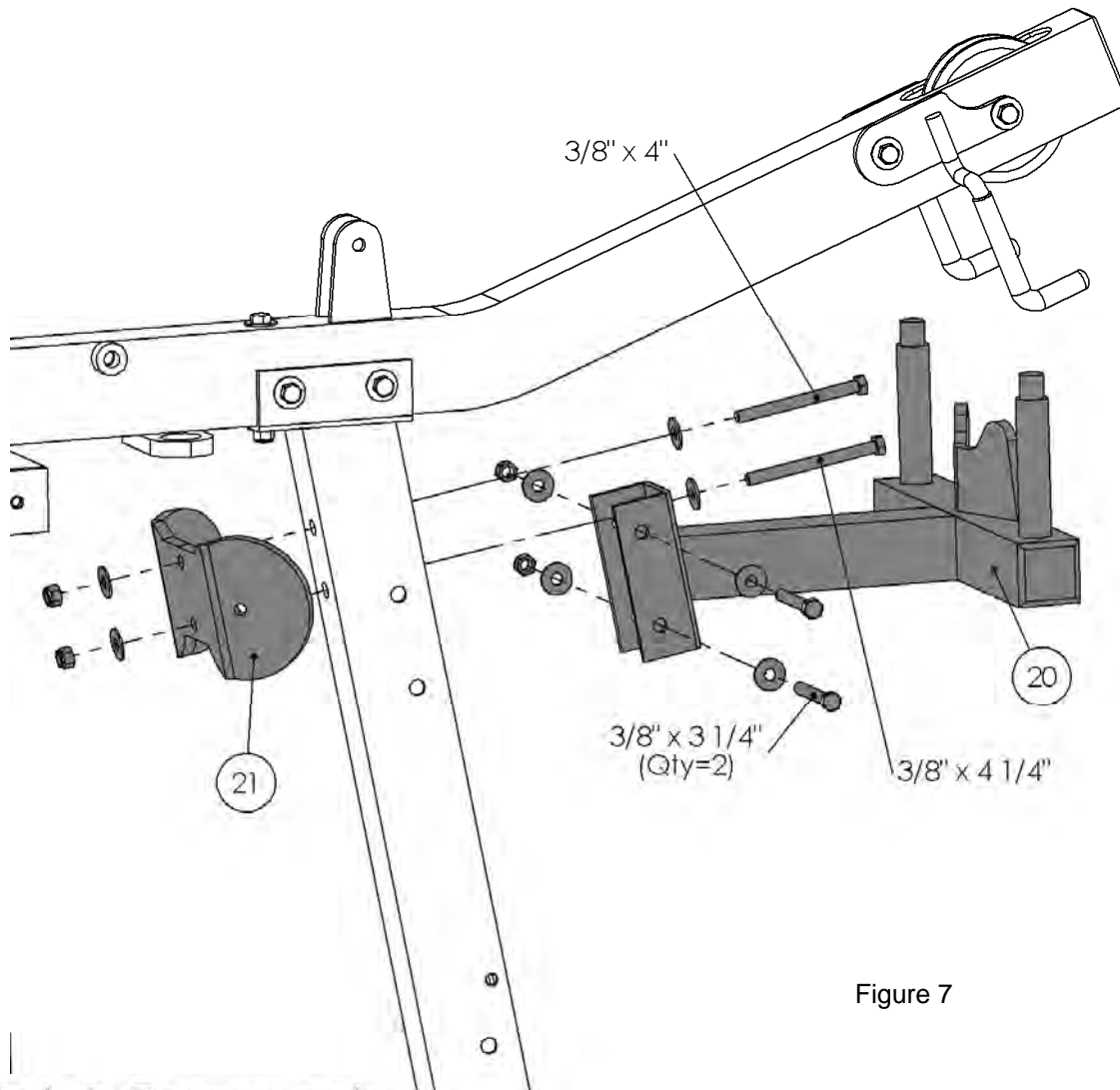


Figure 7

Notch Represents
Top

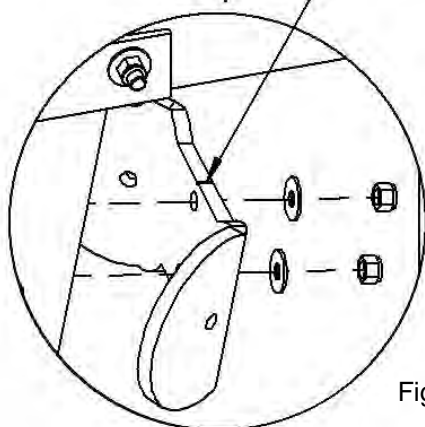


Figure 7A

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

Item #	Part #	Description	Qty
20	BFM-10126	Pec Top	1
21	BFL-50127	Pec Pulley Holder	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
106	BFH-50129	HCS 3/8"-16 x 4" P5	1
107	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	1
112	BFH-50146	3/8" Flat Washer (Black)	8
120	BFH-50157	3/8"-16 Nylock (Black)	4

Step 8:

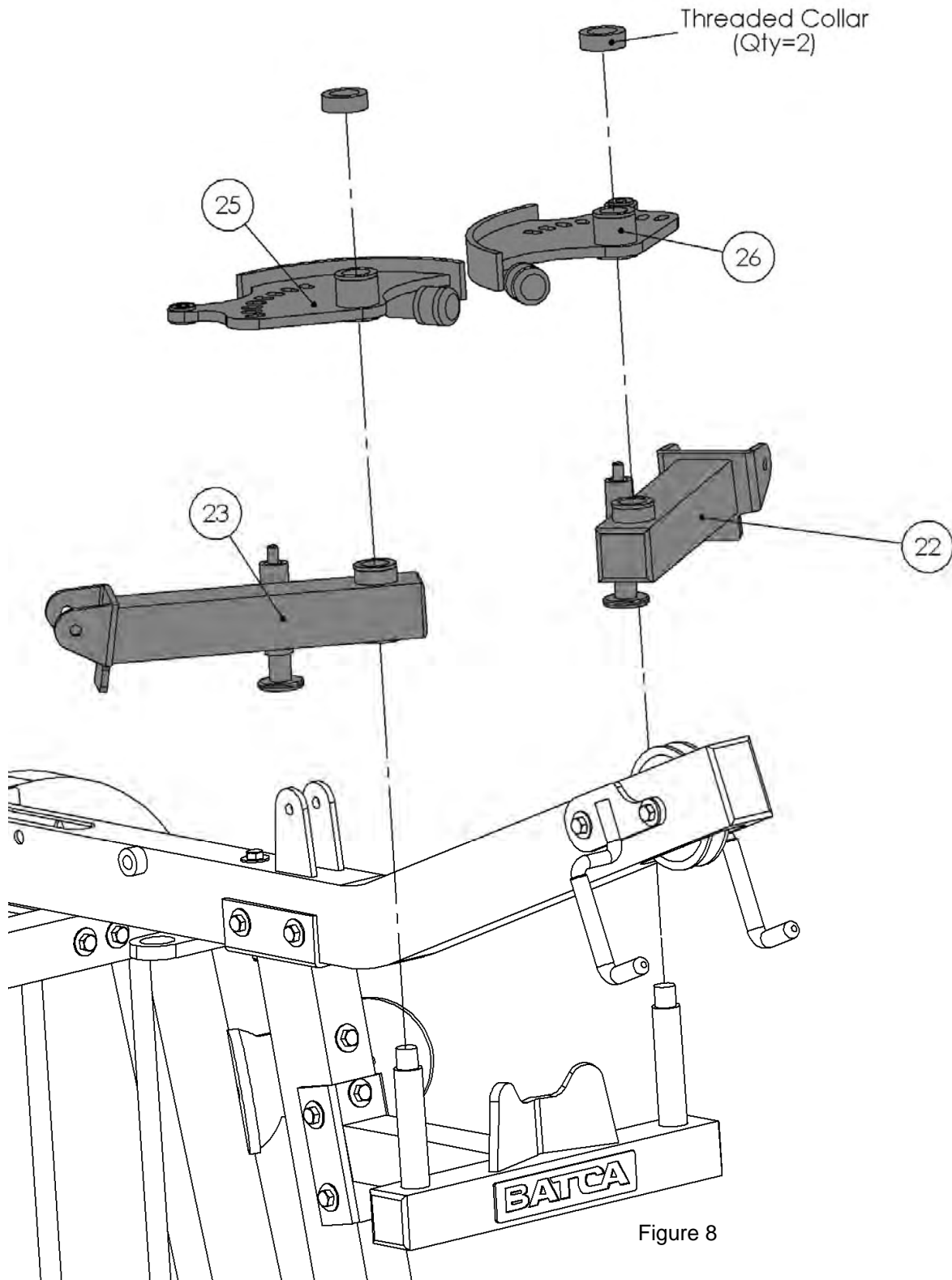


Figure 8

Item #	Part #	Description	Qty
22	BFM-10124	Upper Pec Arm Left	1
23	BFM-10125	Upper Pec Arm Right	1
25	BFM-10191	Right Pec Cam	1
26	BFM-10190	Left Pec Cam	1
137	BFH-50220	Threaded Collar	2

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

Step 9:

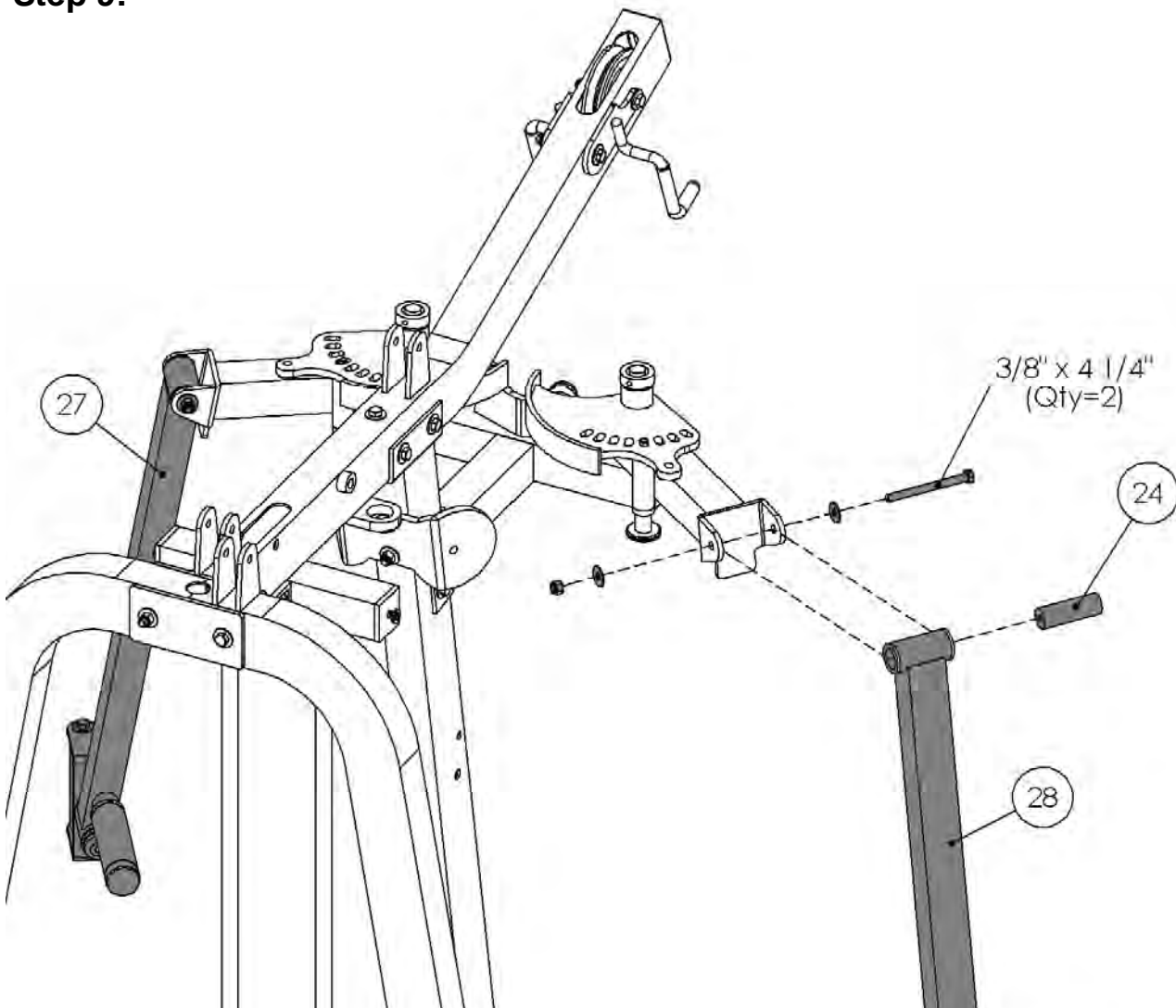


Figure 9

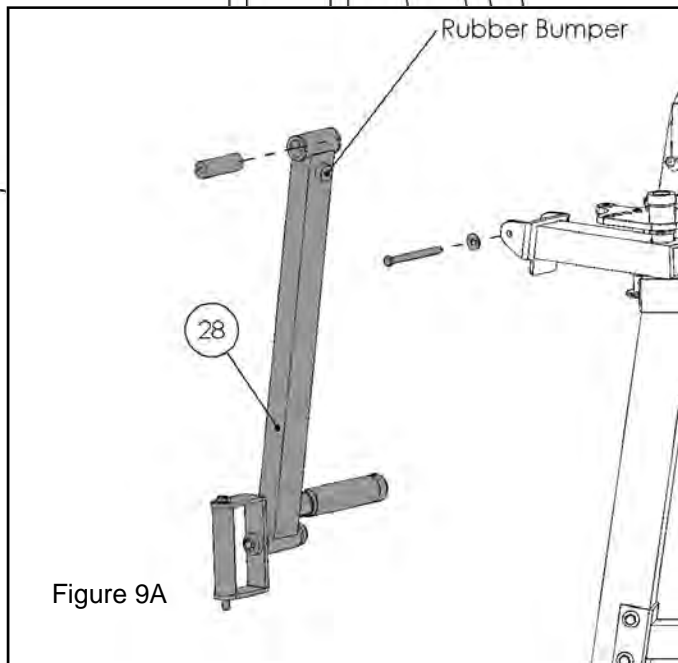


Figure 9A

Item #	Part #	Description	Qty
24	BFM-50261	Axle	2
27	BFM-10177	Lower Pec Arm Left	1
28	BFM-10176	Lower Pec Arm Right	1
107	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	2
129	BFH-50200	Rubber Bumper	2

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

Step 10:

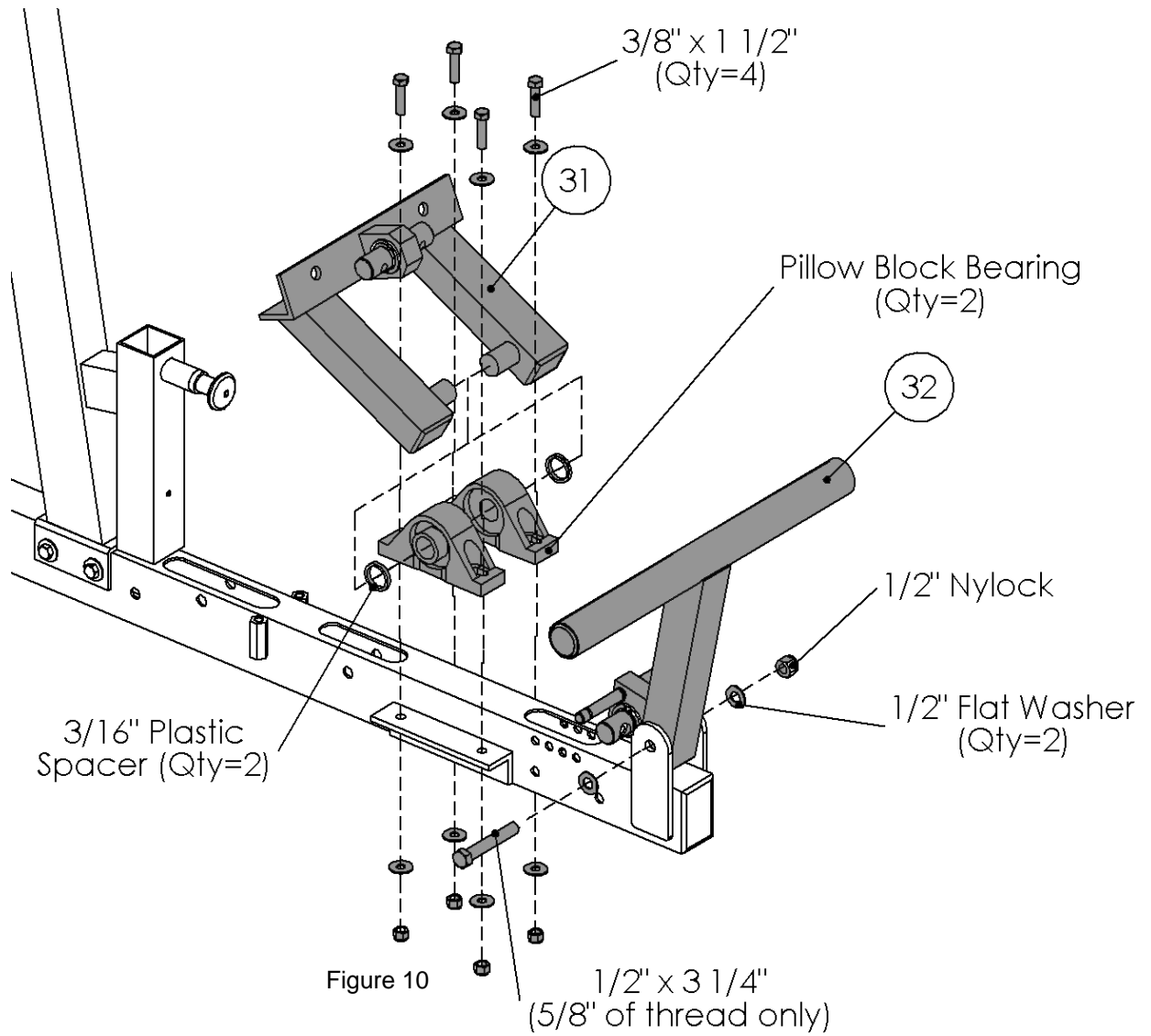


Figure 10

Note: It is very important that the 1/2"-13 x 3 1/4" Bolt (110) is not over tightened. This may affect the operation of the Foot Assist (32) and could cause it to bind.



Item #	Part #	Description	Qty
31	BFM-10101	Chest Pivot	1
32	BFM-10132	Foot Assist	1
33	BFM-50246	3/16" Spacer	2
99	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
110	BFH-50137	HCS 1/2"-13 x 3 1/4" (5/8" thread)	1
112	BFH-50146	3/8" Flat Washer (Black)	8
117	BFH-50251	1/2" Flat Washer (Black)	2
118	BFH-50155	1/2" Nylock (Black)	1
120	BFH-50157	3/8"-16 Nylock (Black)	4
124	BFH-50172	Pillow Block Bearing	2

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

Step 11:

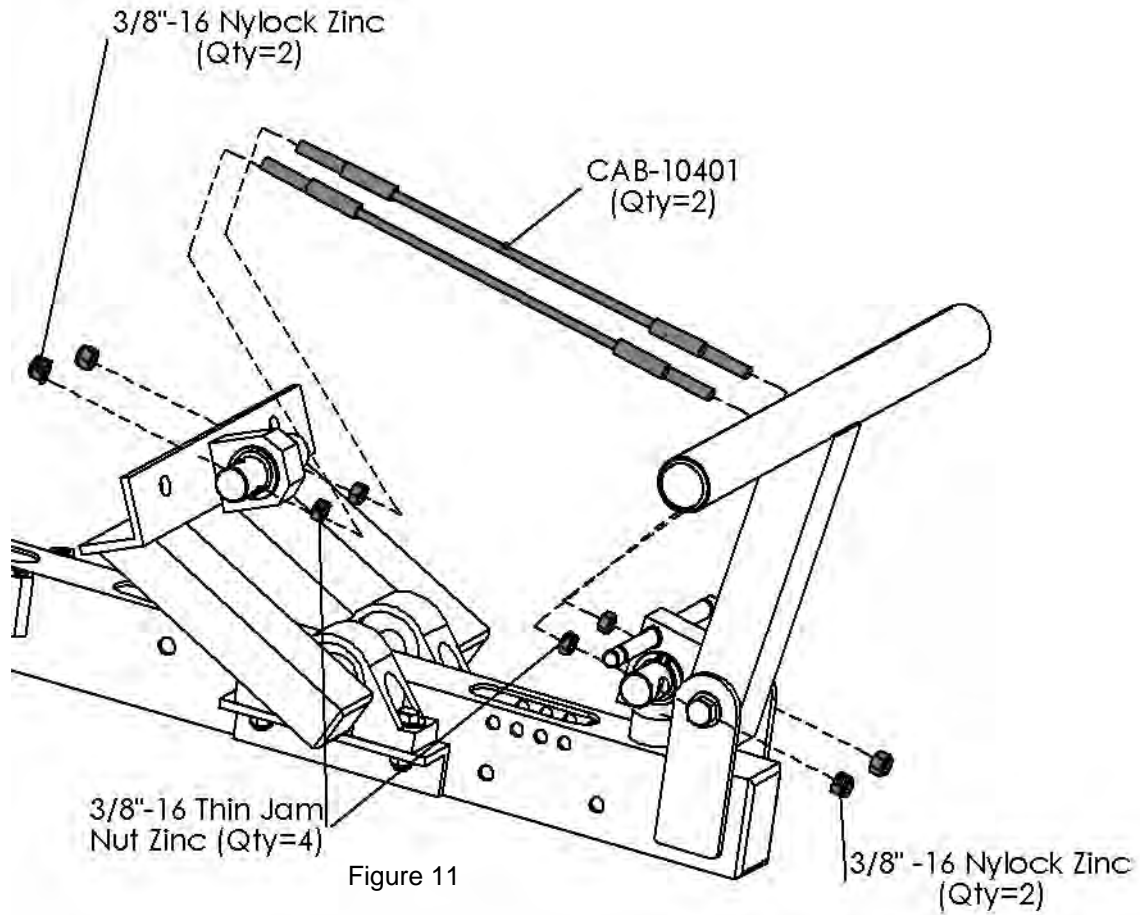


Figure 11

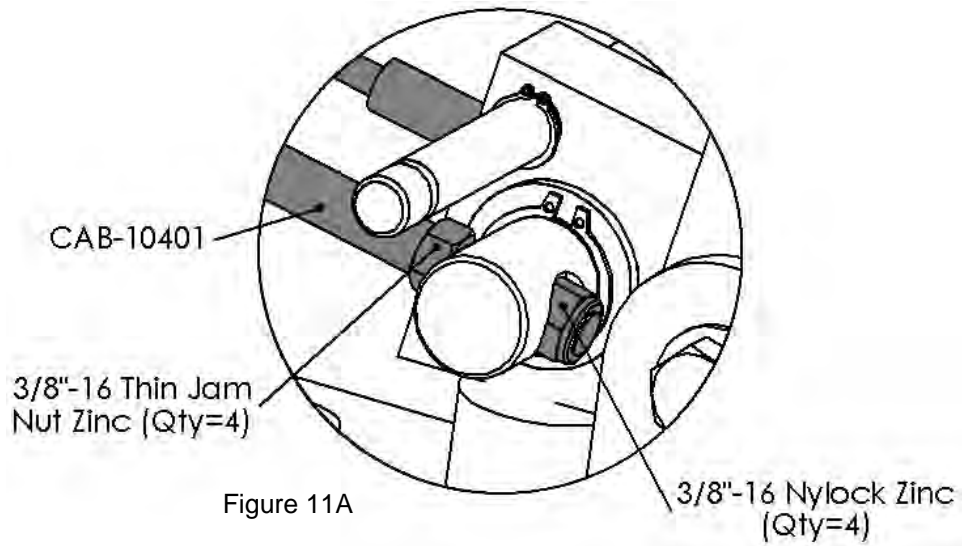
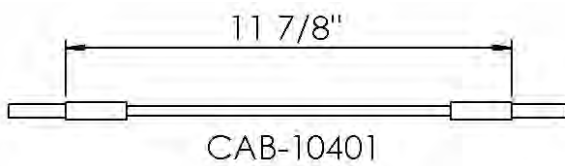


Figure 11A



Item #	Part #	Description	Qty
35	CAB-10401	Foot Assist Cable	2
114	BFH-50149	3/8" Jam Nut (Zinc)	4
115	BFH-50288	3/8"-16 Nylock (Zinc)	4

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

Step 12:



Note:
Tighten the four HCS 1/2"-13 x 3 1/4" Bolts (110) evenly until snug. Tighten the two shown going through the Chest Press Pulley Holder (38) first, then the remaining two shown going through the Chest Pivot (31) in Figure 12.

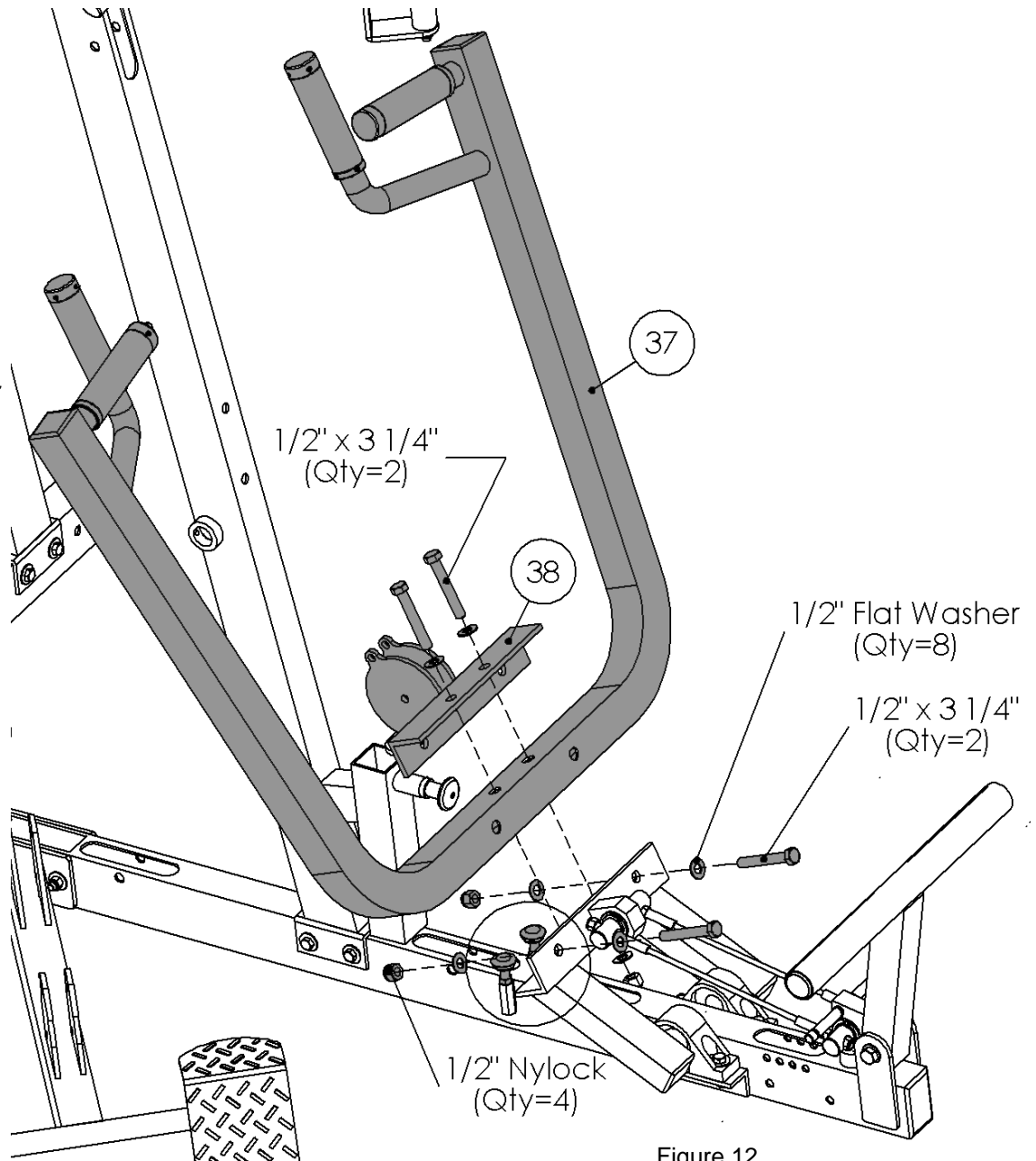


Figure 12

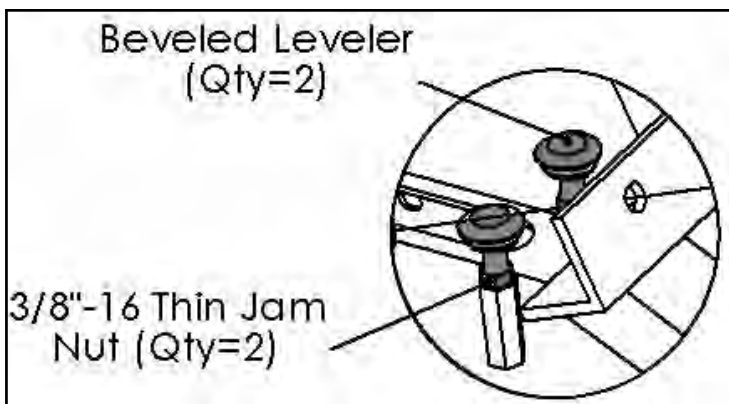


Figure 12A

Lower the Beveled Levelers (170) in order to adjust the Foot Assist Cables. When all of the slack is out of the Cables, raise the Levelers (170) until they touch the stops on the Chest Press Pulley Holder (38). **The Beveled Levelers (170) are not to be used to tighten the tension in any other cables.**

Item #	Part #	Description	Qty
37	BFM-10138	Chest Press Arm	1
38	BFM-10146	Chest Press Pulley Holder	1
110	BFH-50137	HCS 1/2"-13 x 3 1/4" P5	4
114	BFH-50149	3/8" Jam Nut (Zinc)	2
117	BFH-50251	1/2" Flat Washer (Black)	8
118	BFH-50155	1/2" Nylock (Black)	4
170	BFH-50253	Beveled Leveler	2

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

Step 13:

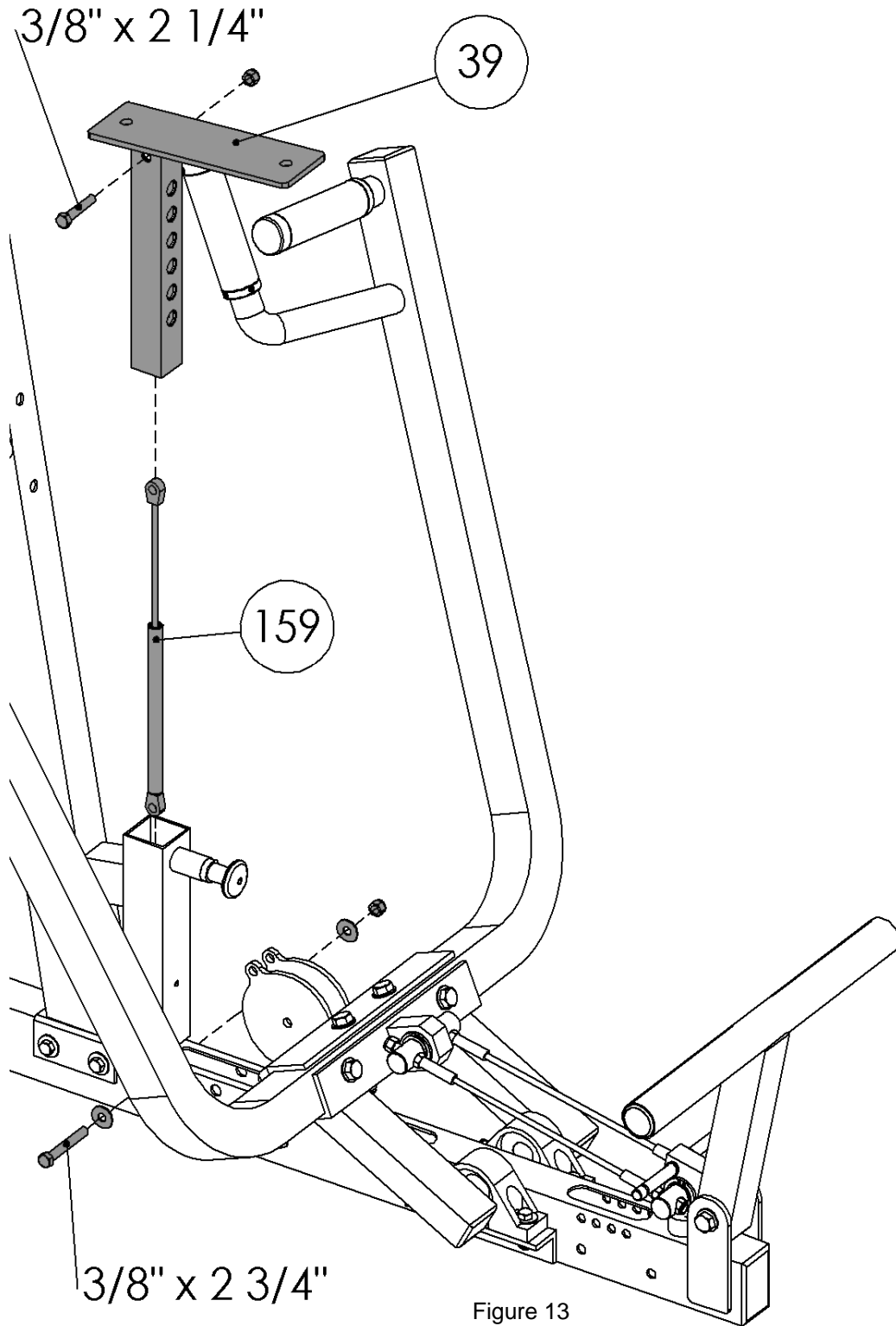


Figure 13

Item #	Part #	Description	Qty
39	BFM-10110	Chrome Pad Adjustment	1
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
102	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
112	BFH-50146	3/8" Flat Washer (Black)	2
120	BFH-50157	3/8"-16 Nylock (Black)	2
159	BFH-50210	Gas Spring	1

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

Step 14:

- **Align** the threaded shaft of the Knee Hold Down Elbow (42) parallel with the Back Base.

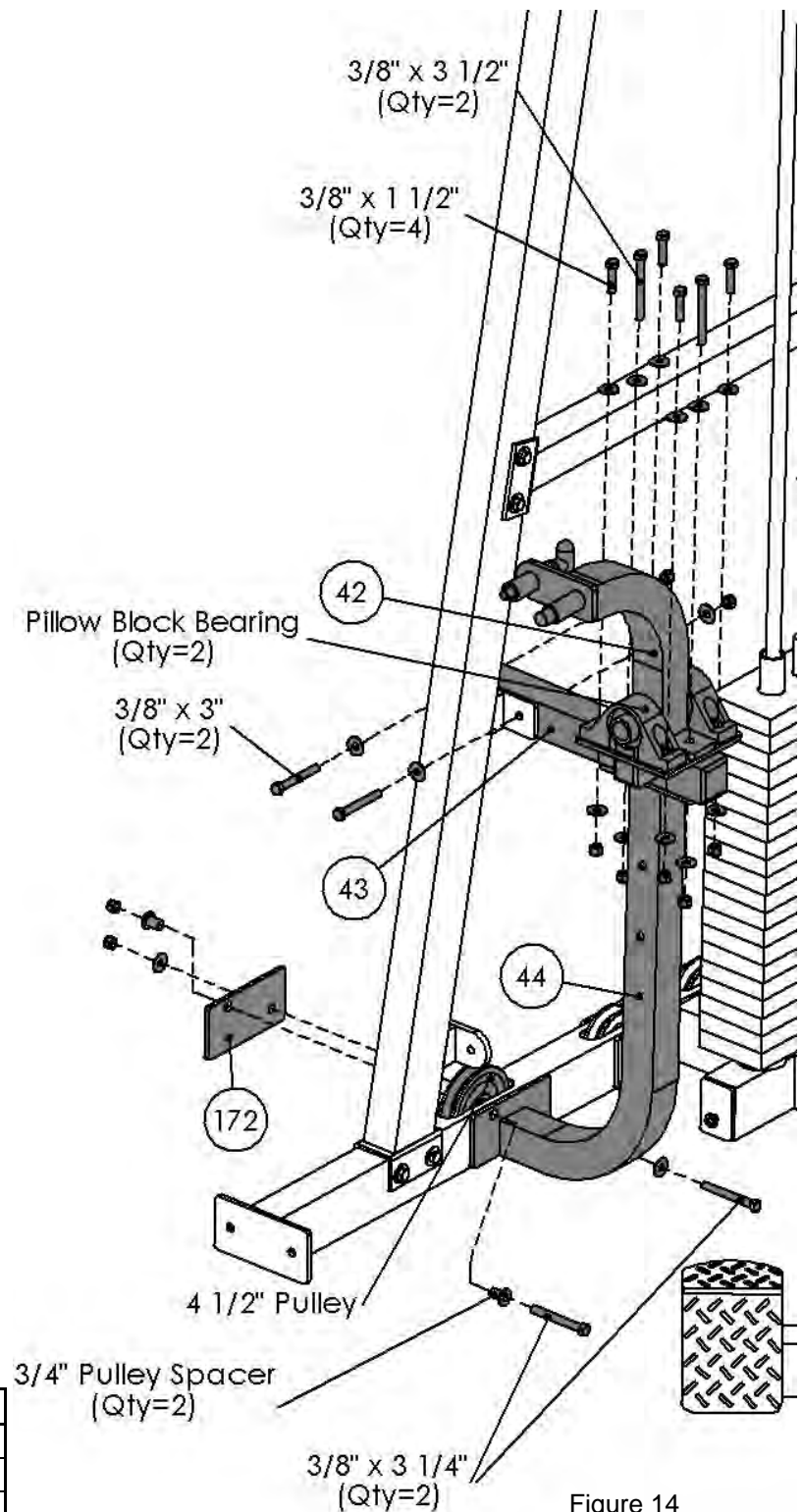


Figure 14

Item #	Part #	Description	Qty
42	BFM-10136	Knee Hold Down Elbow	1
43	BFM-10129	Leg Ext/Curl Pillow Holder	1
44	BFM-10128	Elbow Support	1
99	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
103	BFH-50125	HCS 3/8"-16 x 3" P5	2
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
105	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	18
120	BFH-50157	3/8"-16 Nylock (Black)	10
124	BFH-50172	Pillow Block Bearing	2
126	BFH-50174	4 1/2" Pulley	1
131	BFH-50202	3/4" Pulley Spacer	2
172	BFM-50186	Anti-Deflection Plate	1

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

Step 15:



Note: It is very important that the threaded shaft of the Leg Ext/Curl Cam (48) be lined up parallel to the Back Base. It is also very important that the inside face of the Leg Ext/Curl Cam (48) [the side facing away from you in Fig 15] is 2 5/16" from the face of the Elbow Support as seen in Figure 15A. This will allow the cable to wrap on the Leg Ext/Curl Cam (48) evenly during the exercise and provide the best performance.

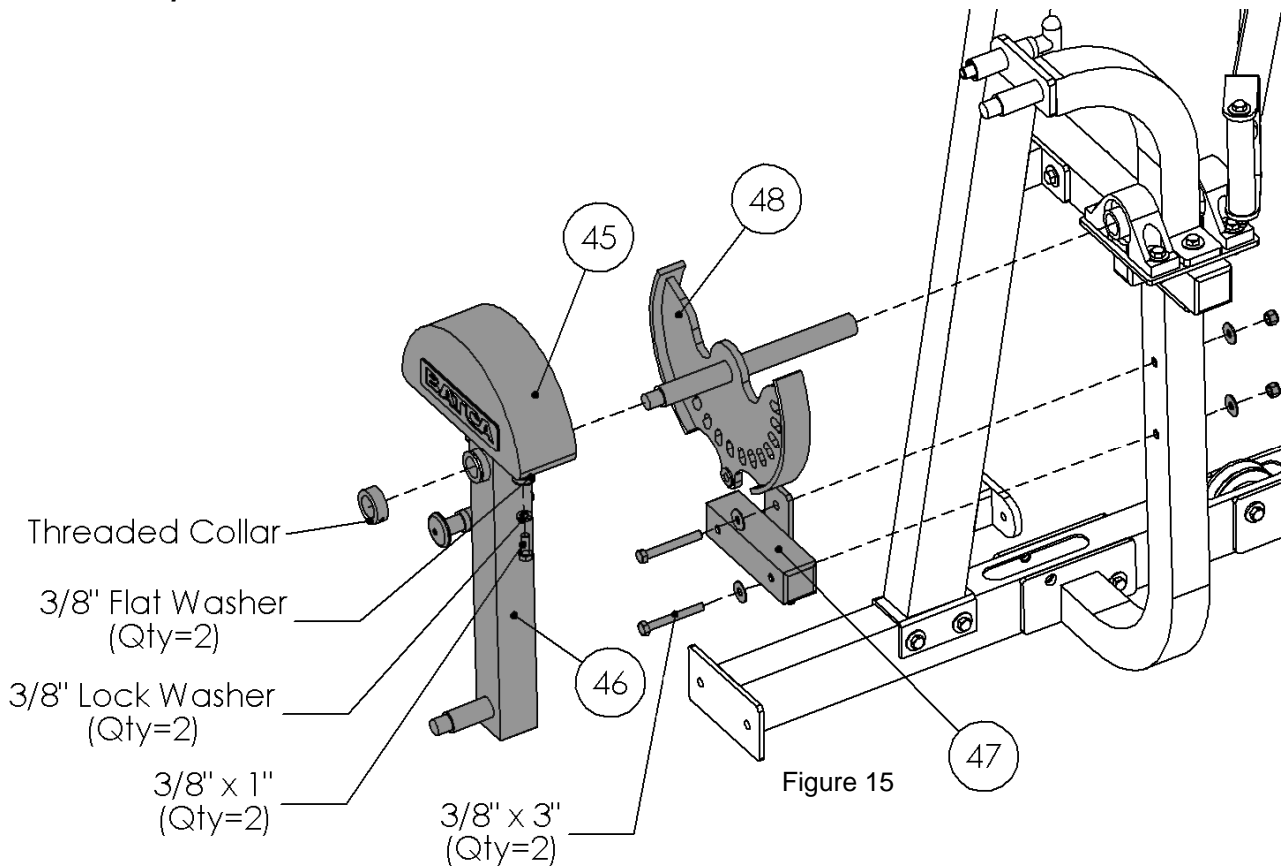


Figure 15

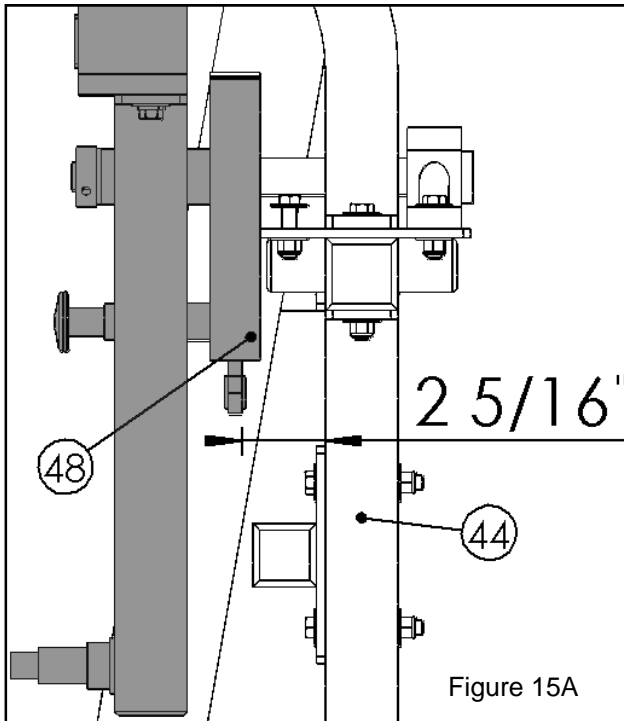


Figure 15A

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

Item #	Part #	Description	Qty
45	BFM-50267	Counter Weight	1
46	BFM-10139	Leg Ext/Curl Pivot Arm	1
47	BFM-10145	Two Pulley Feeder	1
48	BFM-10144	Leg Ext/Curl Cam	1
103	BFH-50125	HCS 3/8"-16 x 3" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	6
113	BFH-50147	3/8" Lock Washer (Black)	2
120	BFH-50157	3/8"-16 Nylock (Black)	2
137	BFH-50220	Threaded Collar	1
205	BFH-50118	HCS 3/8"-16 x 1" P5	2

Step 16:

- **Check Alignment** of the High Pivot Roller (51), the Low Pivot roller (50) and the Back Base to make sure each is parallel with one another. If some adjustment is needed, loosen the Pillow Block Bearings and the Knee Hold Down Elbow (attached in Step 14) and align parallel with each other. Wrench Tighten all bolts which were loosened for re-alignment.

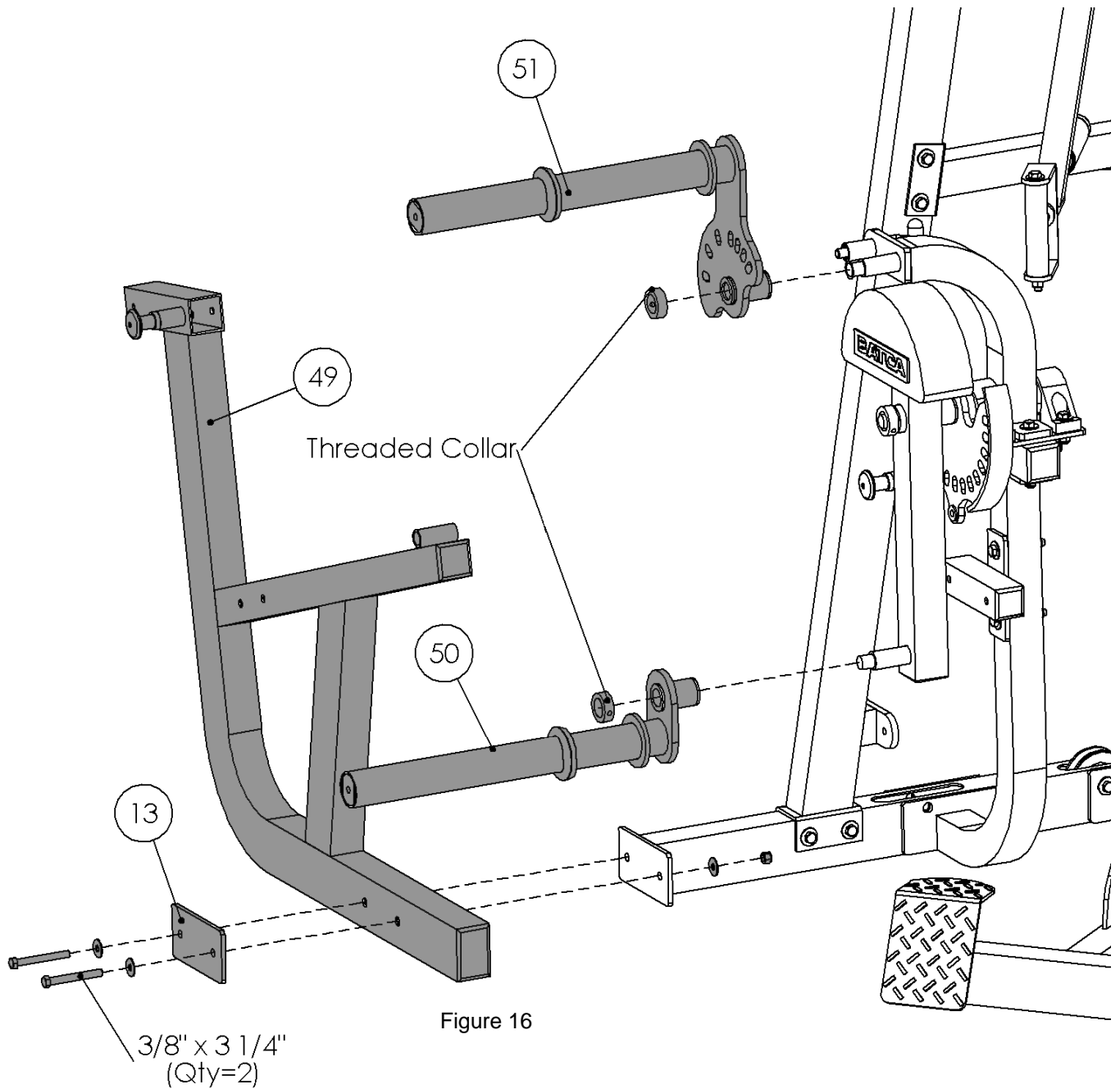


Figure 16

Item #	Part #	Description	Qty
13	BFM-50150	Anti-Deflection Plate	1
49	BFM-10143	Leg Ext/Curl Frame	1
50	BFM-10151	Low Pivot Roller	1
51	BFM-10135	High Pivot Roller	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	2
137	BFH-50220	Threaded Collar	2

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

Step 17:



Note: This Chrome Pad Adjustment (52) has six adjustment holes.

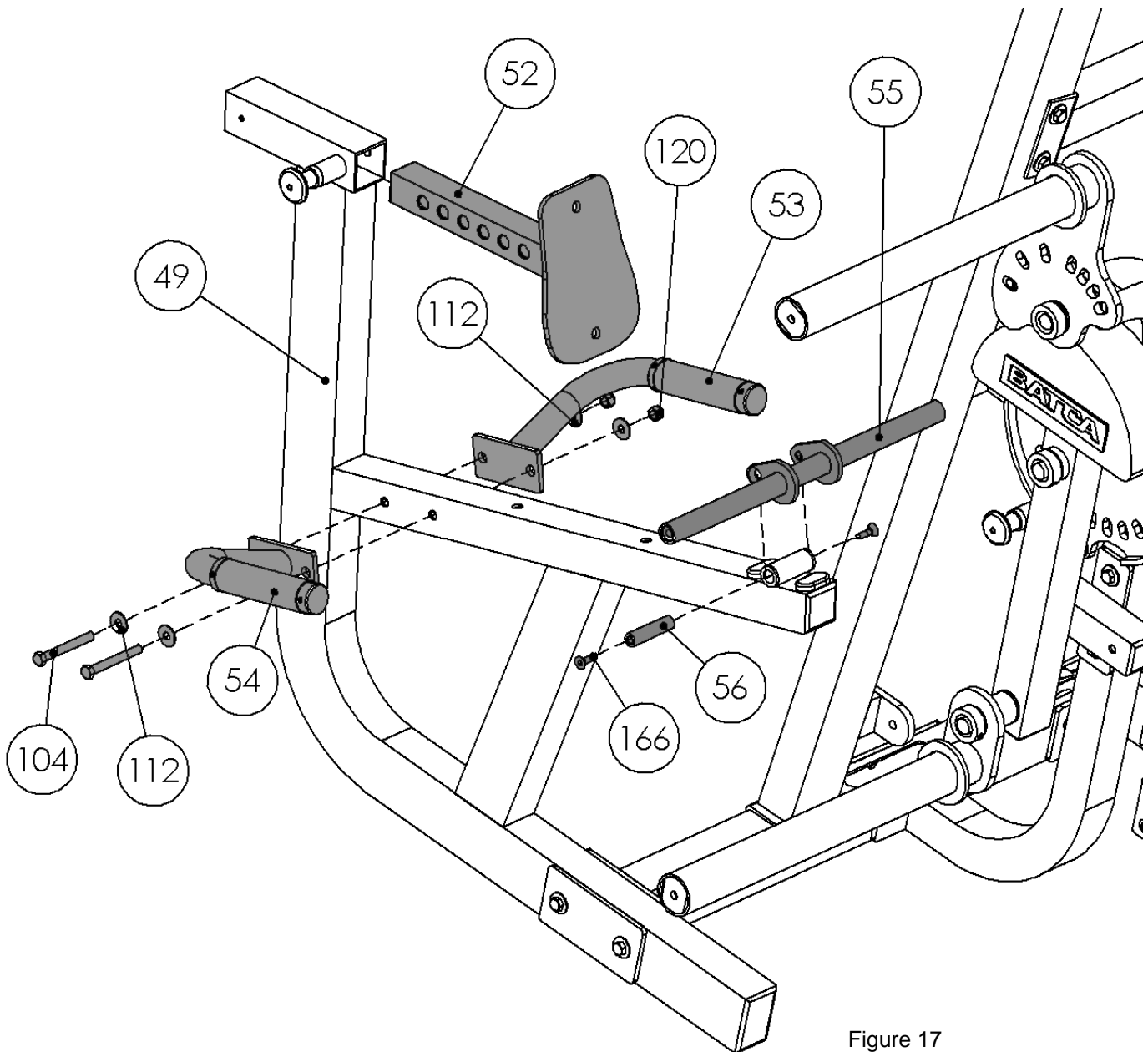


Figure 17

Item #	Part #	Description	Qty
52	BFM-10109	Chrome Pad Adjustment	1
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
55	BFM-10141	Knee Alignment Roller	1
56	BFM-50222	Threaded Axle	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	2
166	BFH-50286	FHSCS 5/16"-18 x 1"	2

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

Step 18:



There should be an additional 3/8" Flat Washer (112) between the 4 1/2" Pulley (126) and the Pec Pulley Holder, see Figure 18A below. Leaving off this washer may cause the pulley to rub the Pec Pulley Holder.

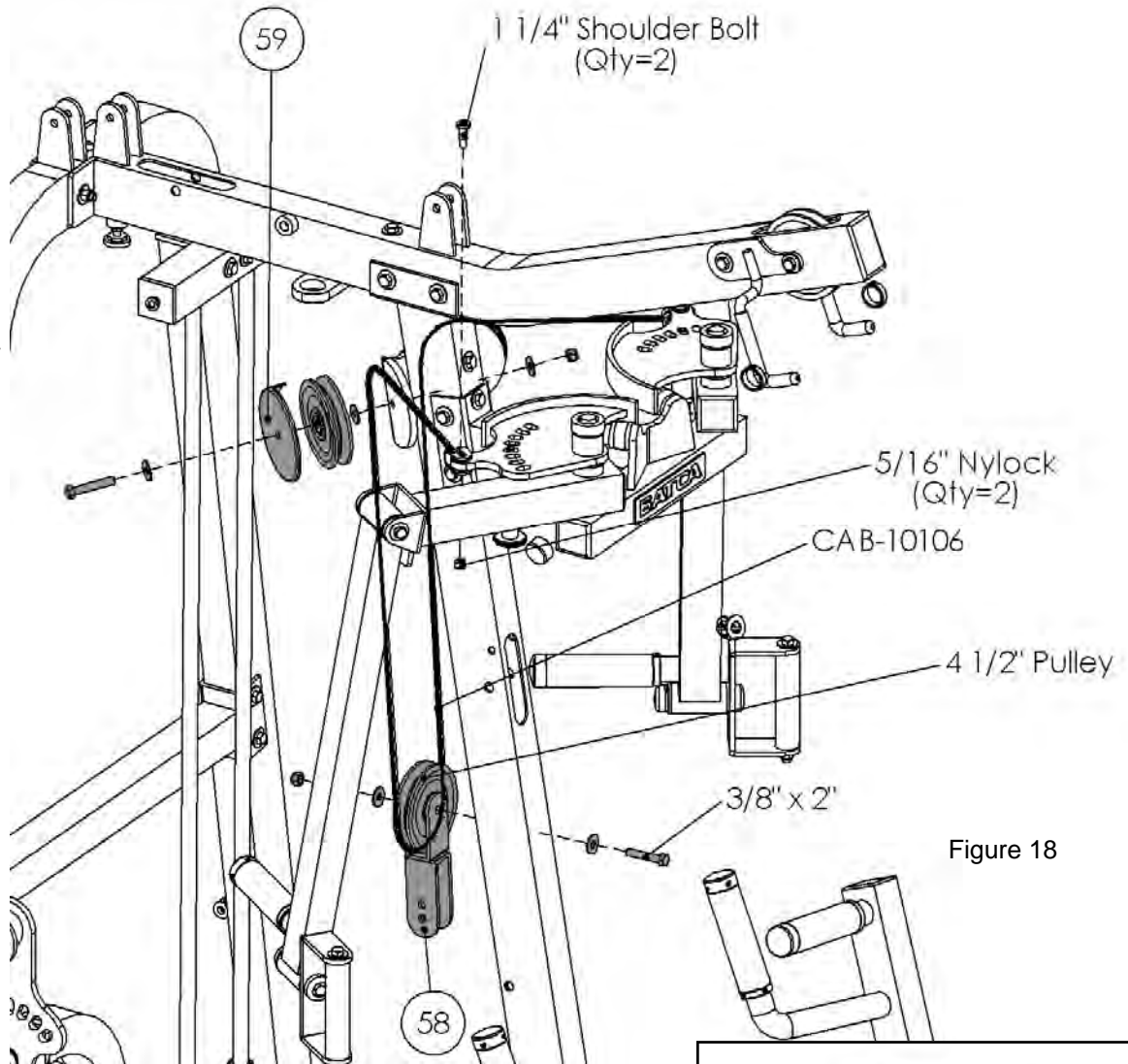


Figure 18

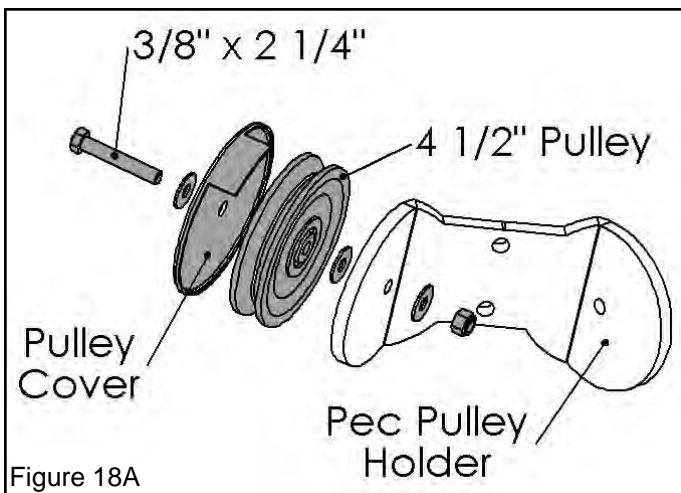


Figure 18A

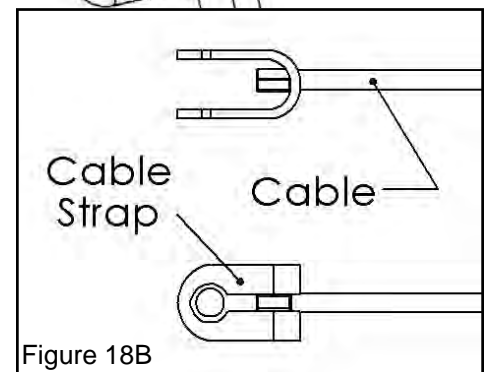
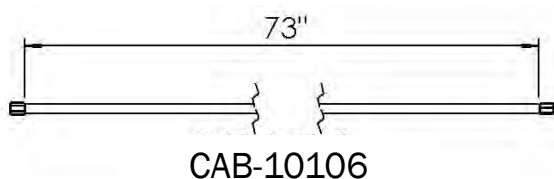


Figure 18B



CAB-10106

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

Item #	Part #	Description	Qty
57	CAB-10106	Pec Cam to Pec Cam Cable	
58	BFM-10180	Criss-Cross Free Floater	1
59	BFM-50345	Pulley Cover	2
100	BFH-50121	HCS 3/8"-16 x 2" P5	1
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	8
120	BFH-50157	3/8"-16 Nylock (Black)	3
126	BFH-50174	4 1/2" Pulley	3
167	BFH-50250	1 1/4" Shoulder Bolt	2
186	BFH-50267	5/16"-18 Nylock	2

Step 19:

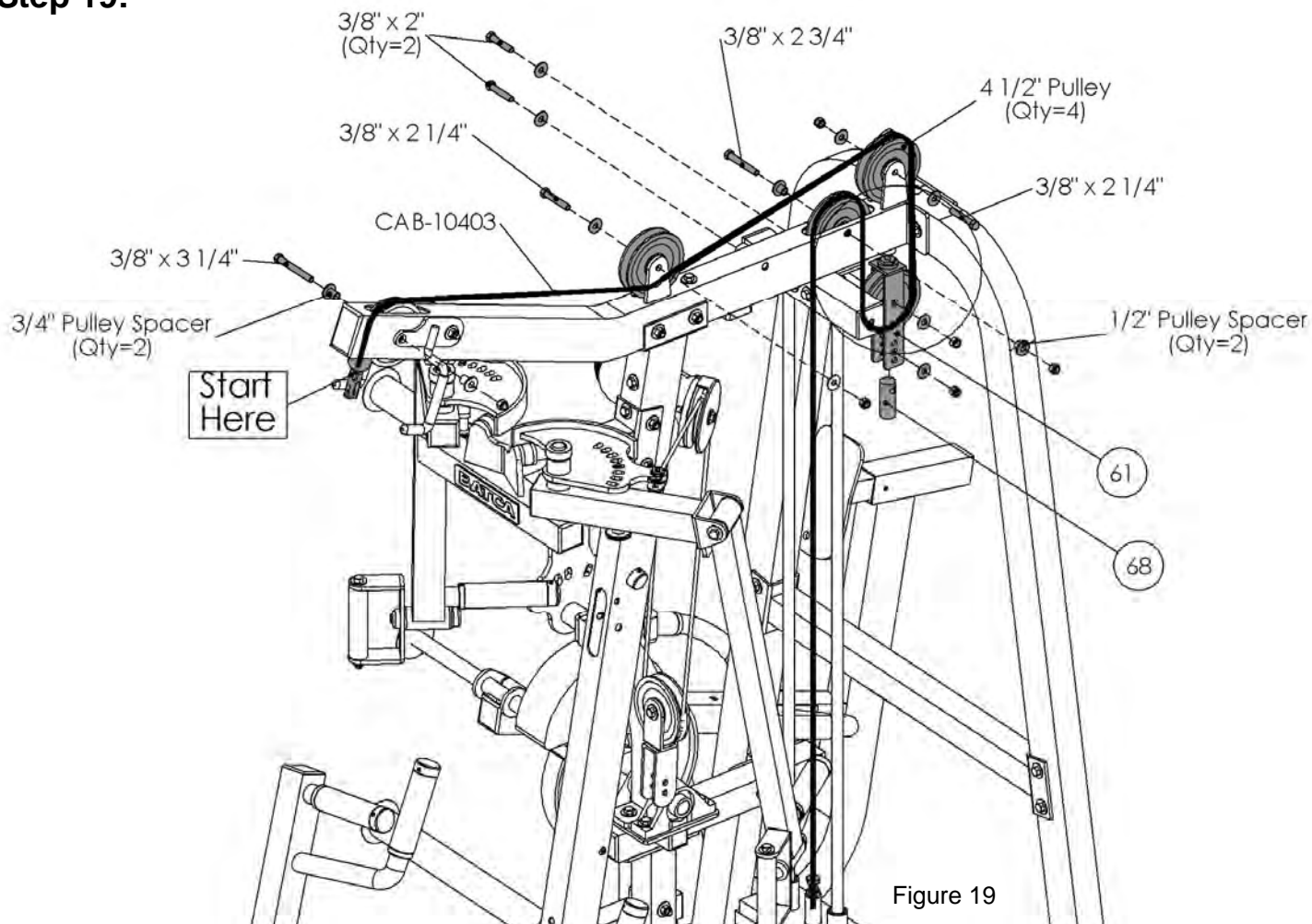
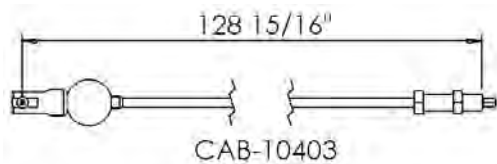


Figure 19

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



CAB-10403

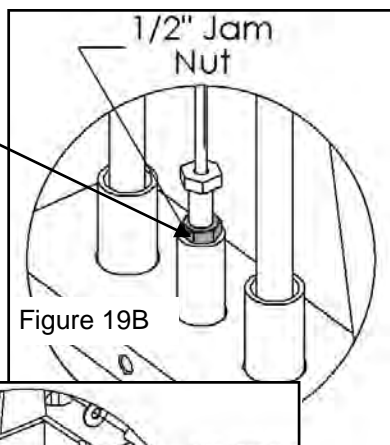


Figure 19B

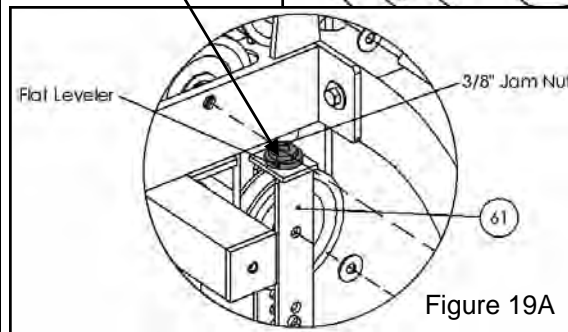
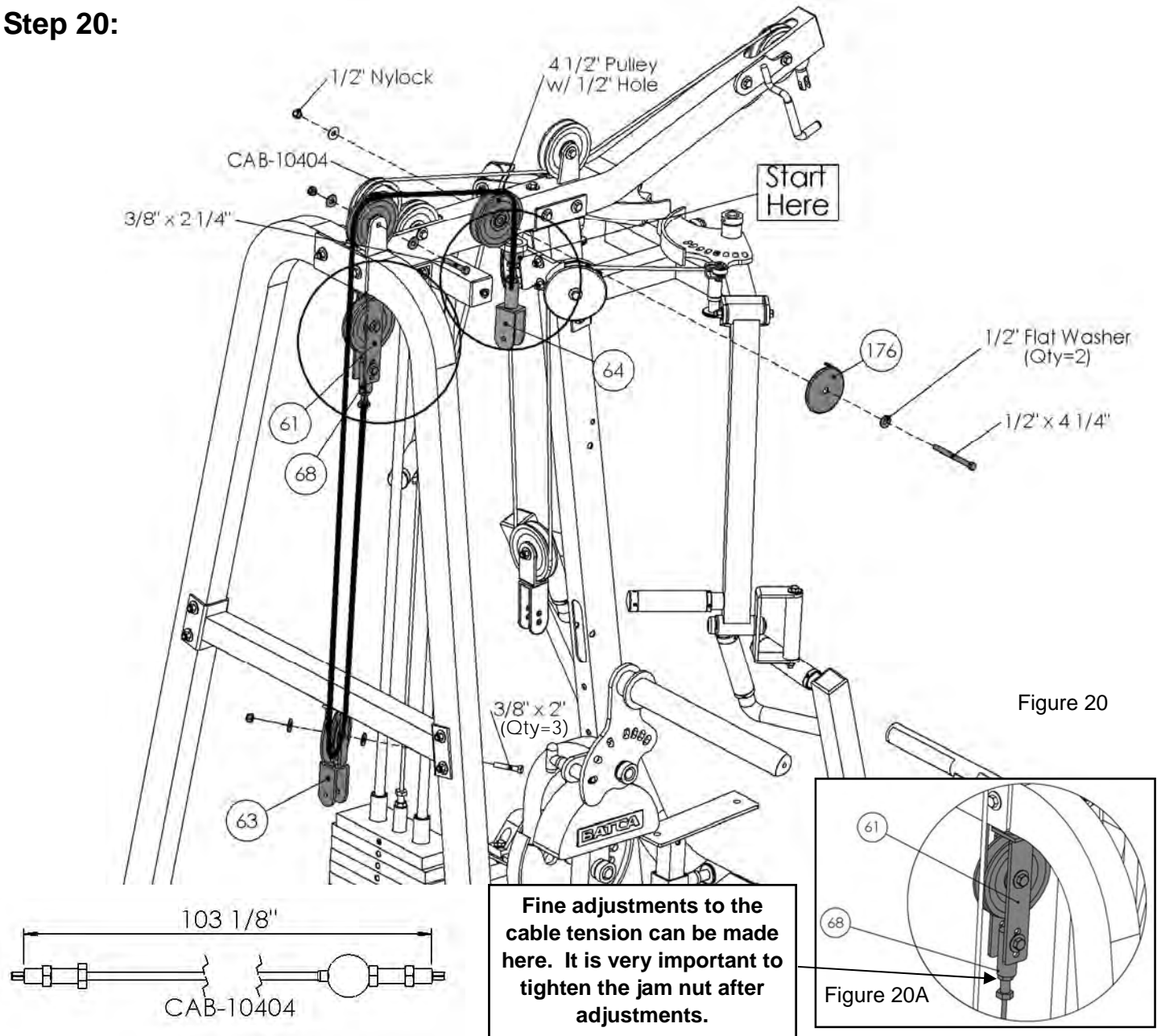


Figure 19A

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

Item #	Part #	Description	Qty
60	CAB-10403	Lat Pull to Weight Stack Cable	1
61	BFM-10195	Adjustable Lockout Free Floater	1
68	BFM-50324	Macro/Micro Cable Adj.	1
100	BFH-50121	HCS 3/8"-16 x 2" P5	2
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
102	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
112	BFH-50146	3/8" Flat Washer (Black)	8
114	BFH-50149	3/8" Jam Nut (Zinc)	1
120	BFH-50157	3/8"-16 Nylock (Black)	5
130	BFH-50201	1/2" Pulley Spacer	2
146	BFH-50237	Flat Leveler	1
175	BFH-50256	1/2" Jam Nut (Zinc)	1

Step 20:



Item #	Part #	Description	Qty
61	BFM-10195	Adjustable Lockout Free Floater	1
62	CAB-10404	Free Floater to Free Floater Cable	1
63	BFM-10181	33deg. Free Floater	1
64	BFM-10133	Free Floater	1
68	BFM-50324	Macro/Micro Cable Adj.	1
100	BFH-50121	HCS 3/8"-16 x 2" P5	3
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
112	BFH-50146	3/8" Flat Washer (Black)	8
117	BFH-50251	1/2" Flat Washer (Black)	2
118	BFH-50155	1/2" Nylock (Black)	1
120	BFH-50157	3/8"-16 Nylock (Black)	4
126	BFH-50174	4 1/2" Pulley	3
152	BFH-50243	4 1/2" Pulley w/ 1/2" Bore	1
174	BFH-50272	HCS 1/2"-13 x 4 1/4" P5	1
175	BFH-50256	1/2" Jam Nut (Zinc)	1
176	BFH-50243	Pulley Cover w/ 1/2" Bore	1

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

Step 21:



Note: Use the lower hole in the Criss Cross Free Floater (58) first. The upper hole is used to adjust the tension in the cables. This will be explained more on pages 44 and 45.

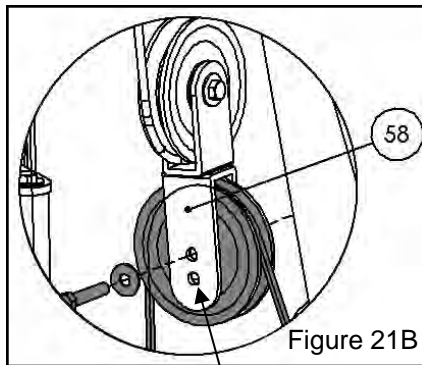


Figure 21B

Larger adjustments to the cable tension can be made here. Simply move bolt and cable to the next hole as needed.

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

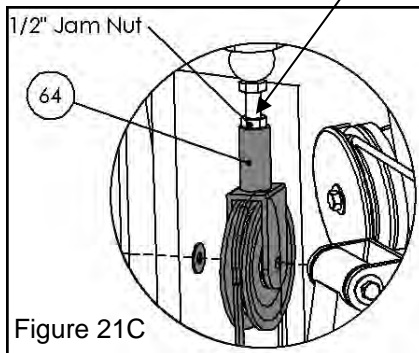


Figure 21C

Item #	Part #	Description	Qty
64	BFM-10133	Free Floater	1
65	CAB-10405	Ab to Low Pulley Cable	1
100	BFH-50121	HCS 3/8"-16 x 2" P5	3
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	4
102	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	3
112	BFH-50146	3/8" Flat Washer (Black)	16
120	BFH-50157	3/8"-16 Nylock (Black)	10
125	BFH-50173	3 1/2" Pulley	1
126	BFH-50174	4 1/2" Pulley	6
130	BFH-50201	1/2" Pulley Spacer	4

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

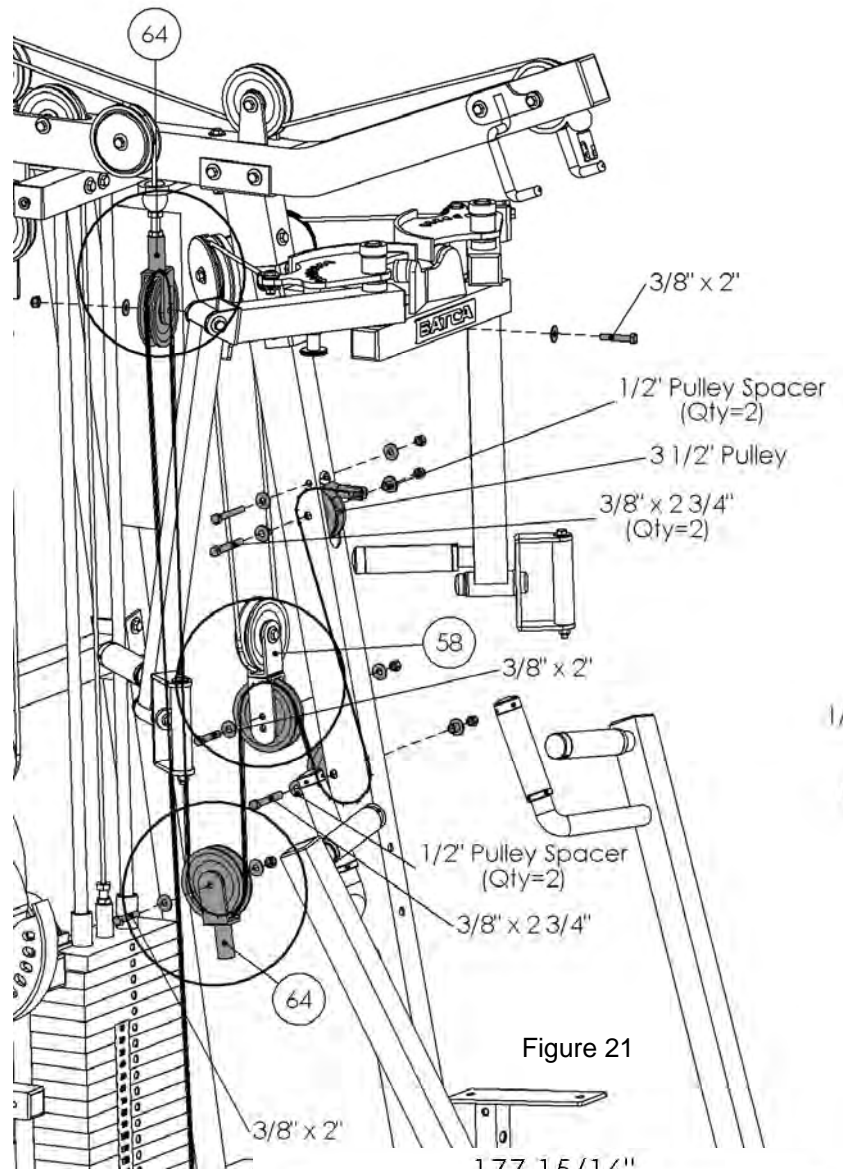
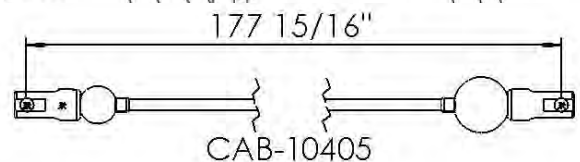


Figure 21



CAB-10405

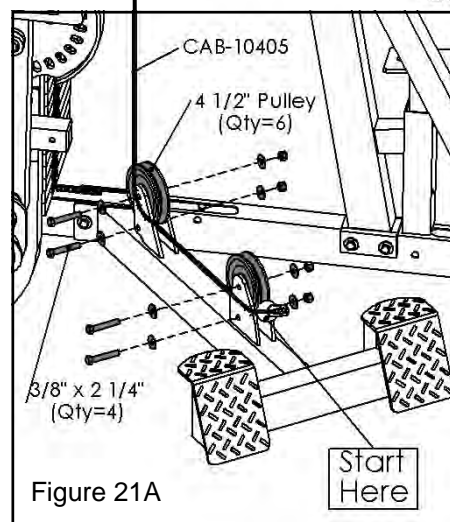


Figure 21A

NOTE: Use 4 1/2" pulleys unless otherwise specified.

Start Here

Step 22:

Figure 22

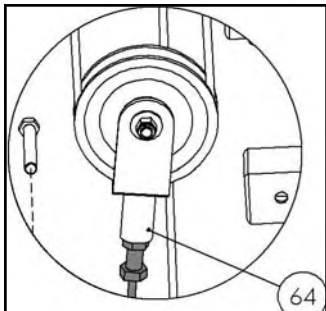
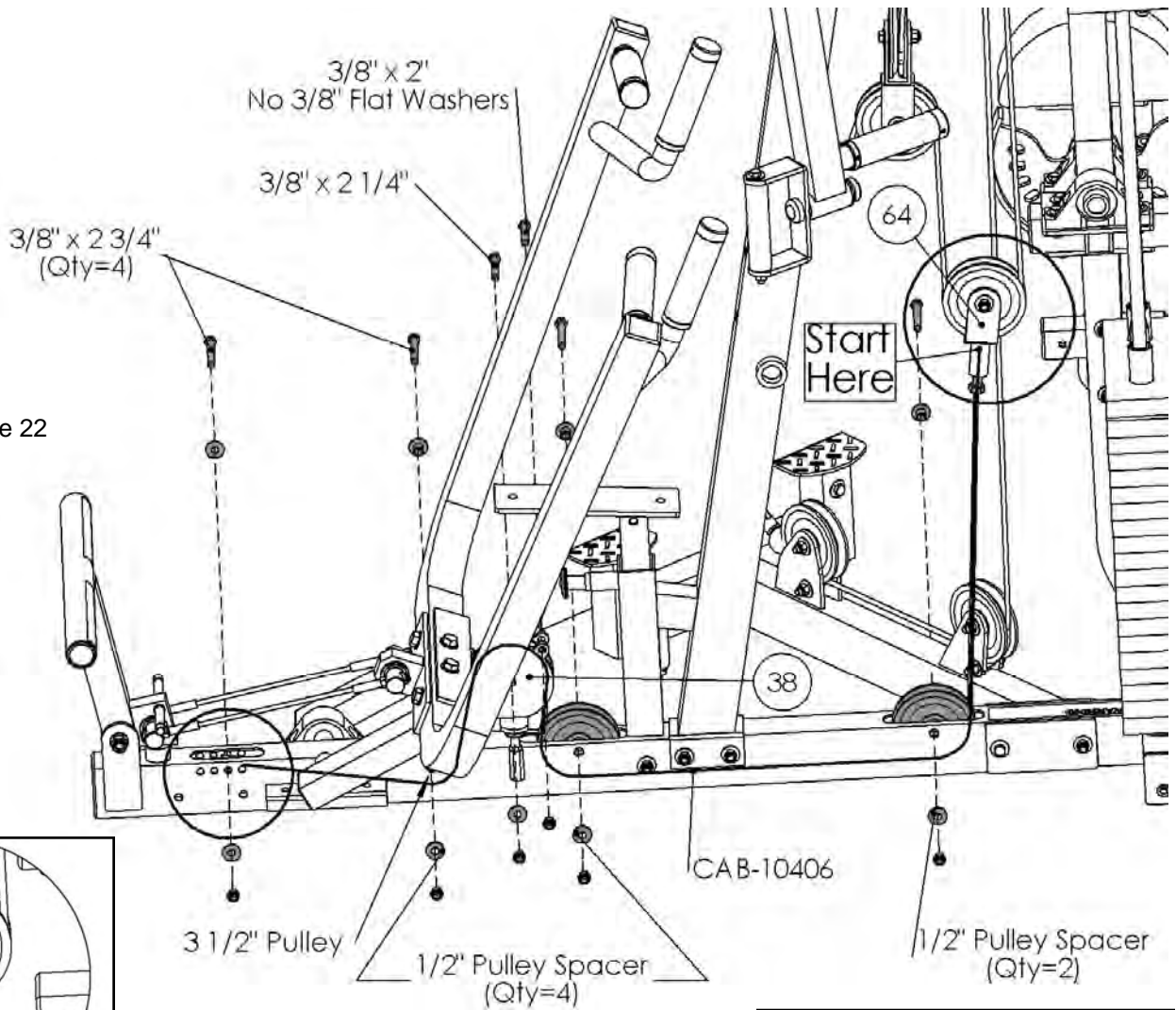


Figure 22A

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

Larger adjustments to the cable tension can be made here. Simply move bolt and cable to the next hole as needed.

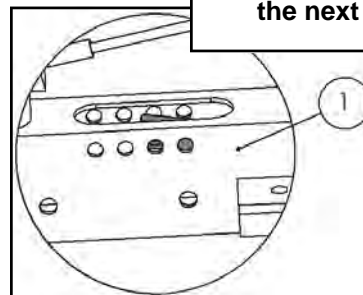
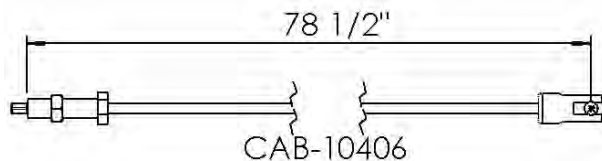


Figure 22B



Item #	Part #	Description	Qty
66	CAB-10406	Free Floater to Chest Lockout Cable	1
100	BFH-50121	HCS 3/8"-16 x 2" P5	1
101	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
102	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
112	BFH-50146	3/8" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	6
125	BFH-50173	3 1/2" Pulley	1
126	BFH-50174	4 1/2" Pulley	3
130	BFH-50201	1/2" Pulley Spacer	6
175	BFH-50256	1/2" Jam Nut (Zinc)	1

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

Step 23 (Without Leg Press Option):

NOTE: If receiving the Leg Press Option SKIP this step and continue with Step 24

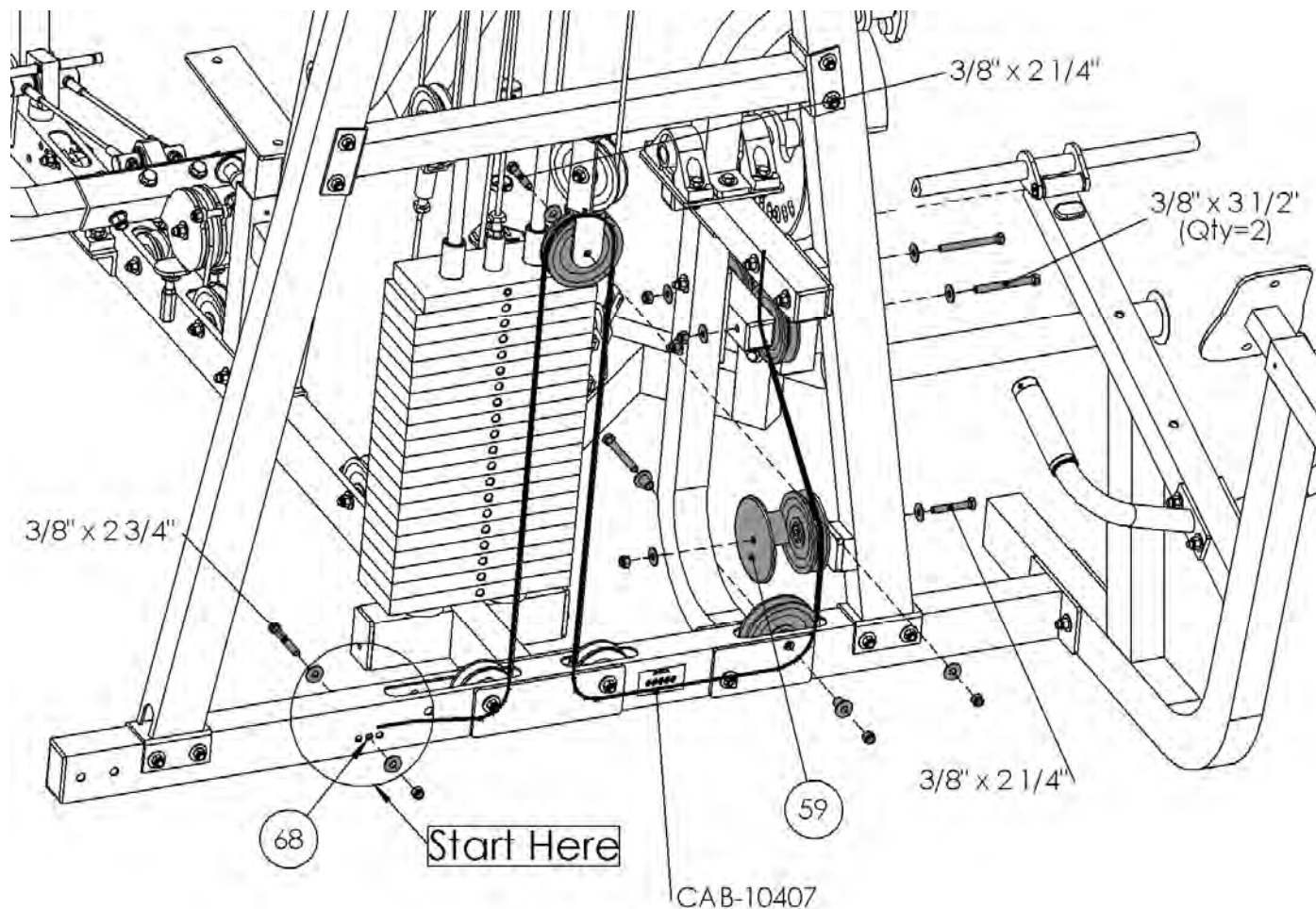
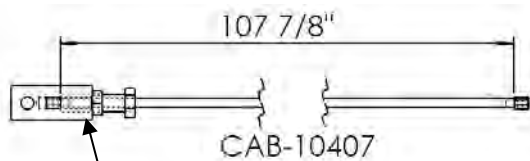


Figure 23

Step 23 continued on next page.



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 (175) be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does

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

Item #	Part #	Description	Qty
59	BFM-50345	Pulley Cover	1
67	CAB-10407	Leg Curl to Lockout Cable	1
68	BFM-50324	Macro/Micro Cable Adj.	1
100	BFH-50121	HCS 3/8\"-16 x 2\" P5	1
101	BFH-50122	HCS 3/8\"-16 x 2 1/4\" P5	1
102	BFH-50124	HCS 3/8\"-16 x 2 3/4\" P5	1
105	BFH-50127	HCS 3/8\"-16 x 3 1/2\" P5	2
112	BFH-50146	3/8\" Flat Washer (Black)	10
120	BFH-50157	3/8\"-16 Nylock (Black)	5
126	BFH-50174	4 1/2\" Pulley	5
167	BFH-50250	1 1/4\" Shoulder Bolt	1
186	BFH-50267	5/16\"-18 Nylock	1

Step 23 Continued:

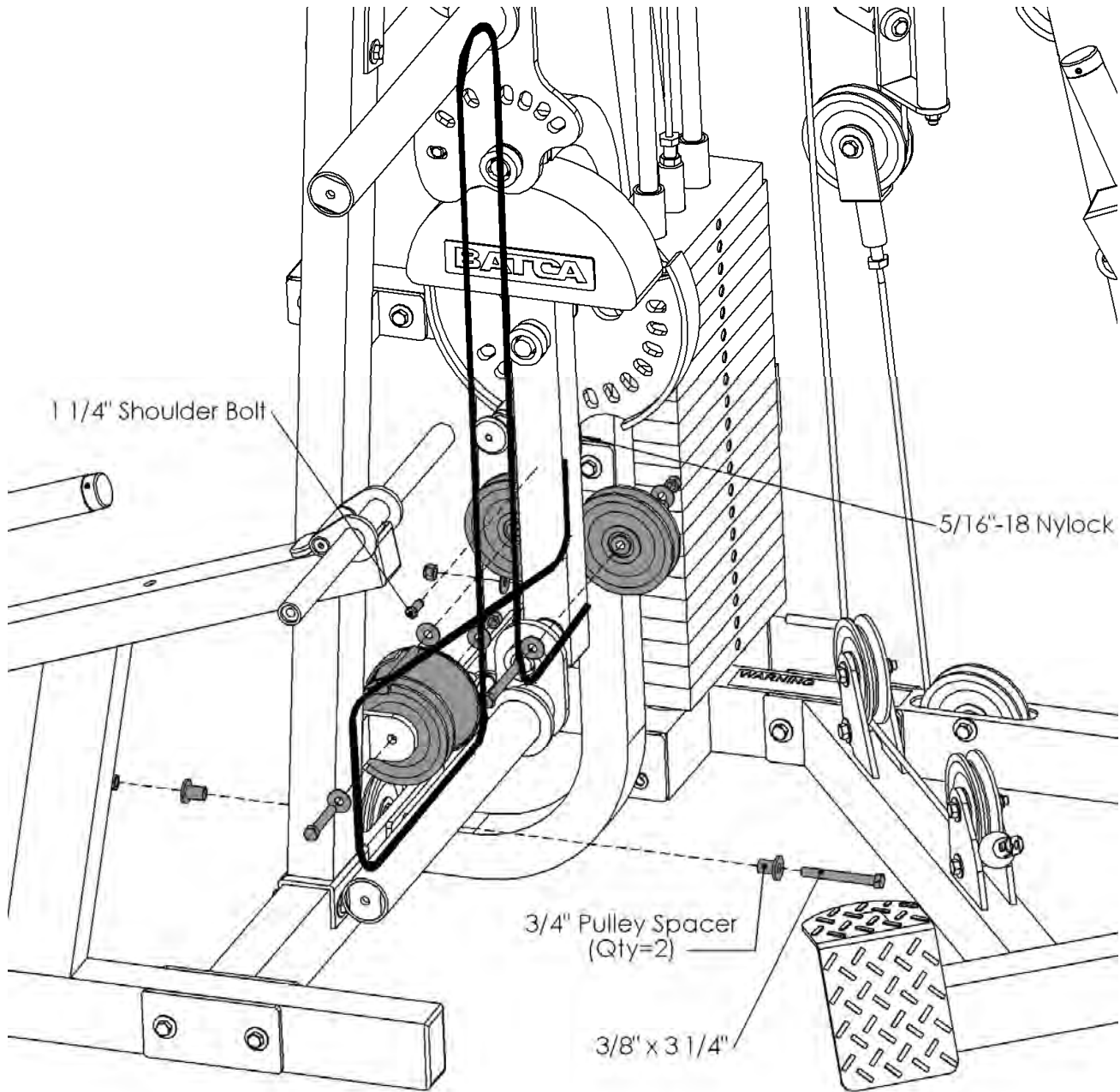


Figure 23A

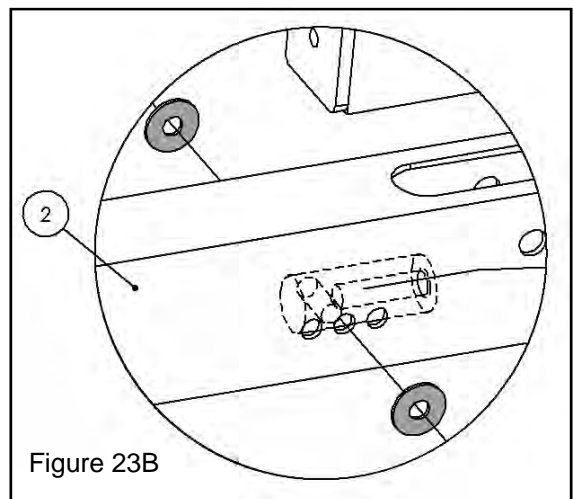


Figure 23B

Step 24:

Helpful Hint: if you have purchased the Leg Press Option, you should skip ahead to Steps 28-31 first, then return to finish Steps 24-27.

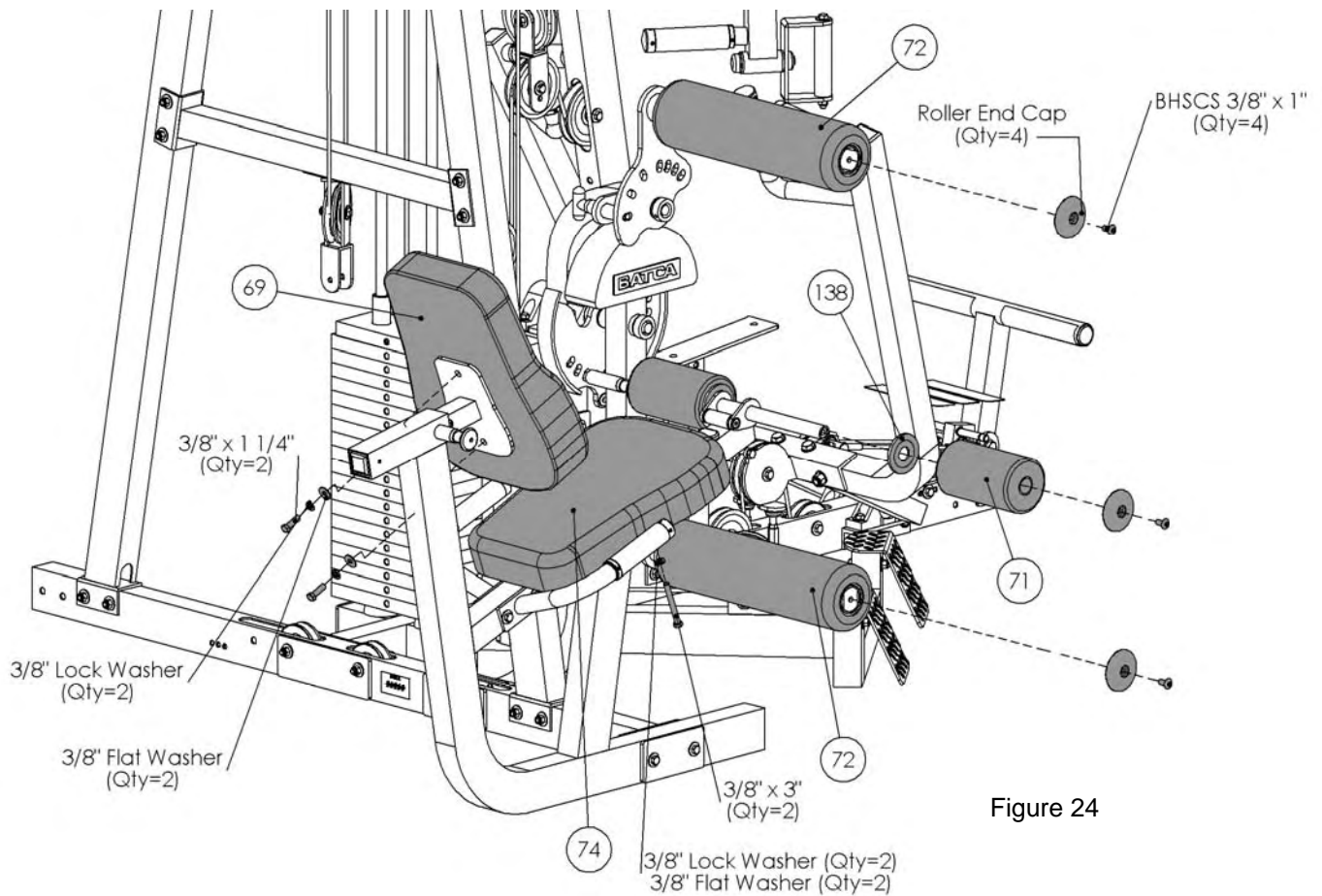


Figure 24

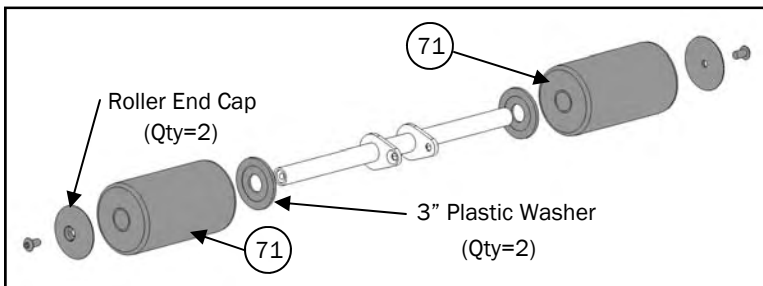


Figure 24A

Item #	Part #	Description	Qty
69	BFU-10129	Back Pad w/ Lumbar	1
71	BFU-10130	7" Upholstery Roller	2
72	BFU-10131	Large Upholstery Roller	2
74	BFU-10127	Large Bottom Pad	1
98	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
103	BFH-50125	HCS 3/8"-16 x 3" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	4
113	BFH-50147	3/8" Lock Washer (Black)	4
128	BFH-50252	Plastic Collar	4
138	BFH-50221	3" Plastic Washer	6

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

Step 25:

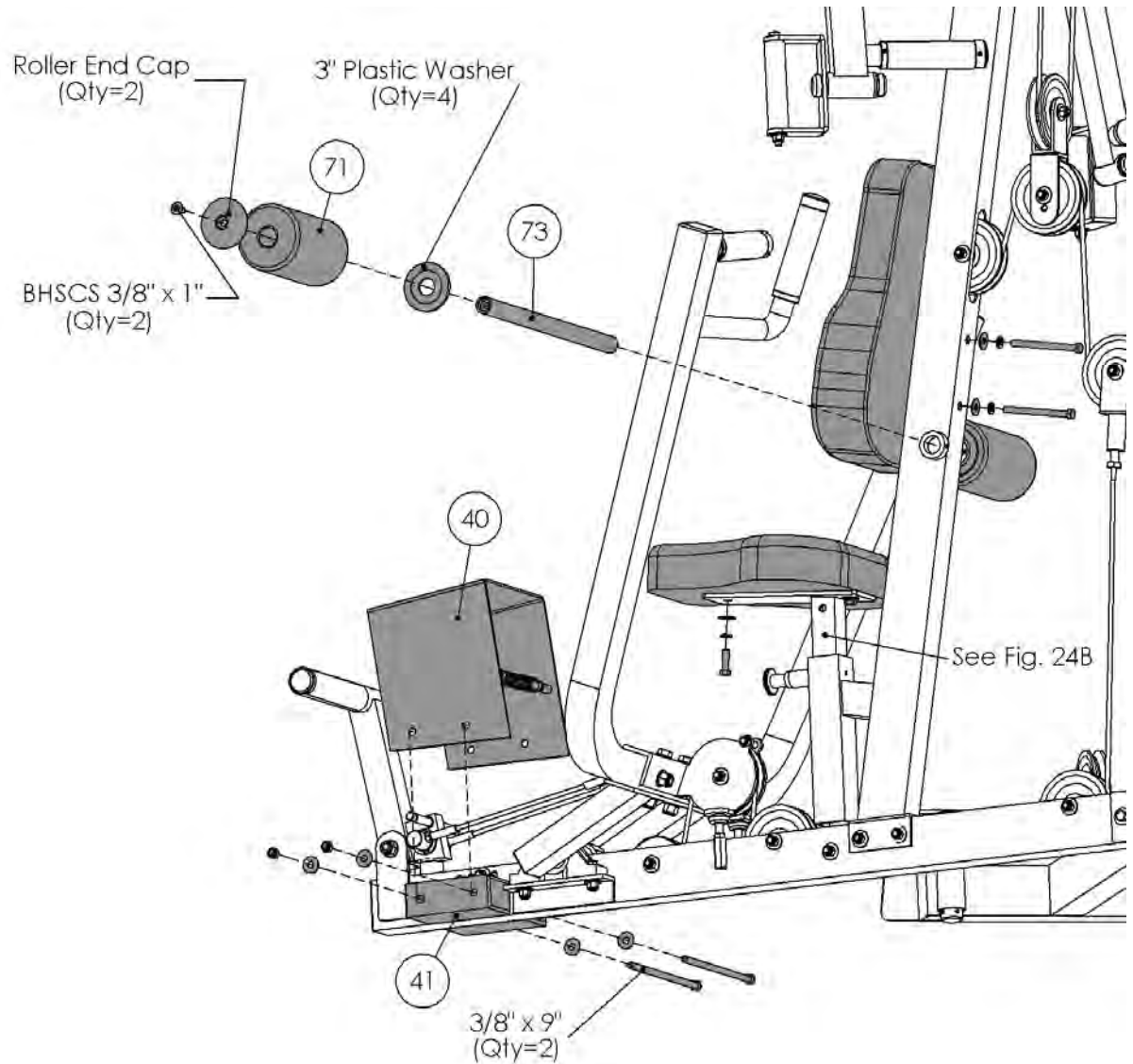


Figure 25

Item #	Part #	Description	Qty
40	BFM-10137	Foot Shroud	1
41	BFM-10429	Tube Spacer	2
69	BFU-10129	Back Pad w/ Lumbar	1
70	BFU-10128	Bottom Pad	1
71	BFU-10130	7" Upholstery Roller	2
73	BFM-50244	Round Tube	1
98	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
106	BFH-50129	HCS 3/8"-16 x 4" P5	2
109	BFH-50134	HCS 3/8"-16 x 9" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	8
113	BFH-50147	3/8" Lock Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	2
128	BFH-50252	Plastic Collar	2
138	BFH-50221	3" Plastic Washer	4
143	BFH-50234	6 1/2" Extension Spring	2

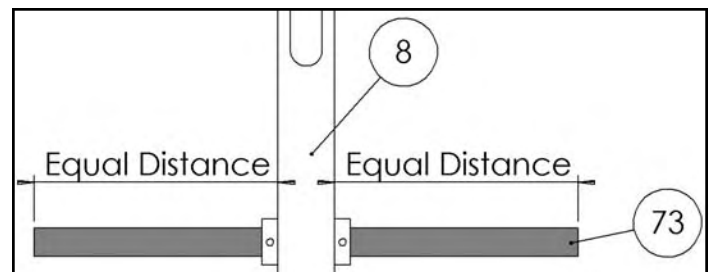


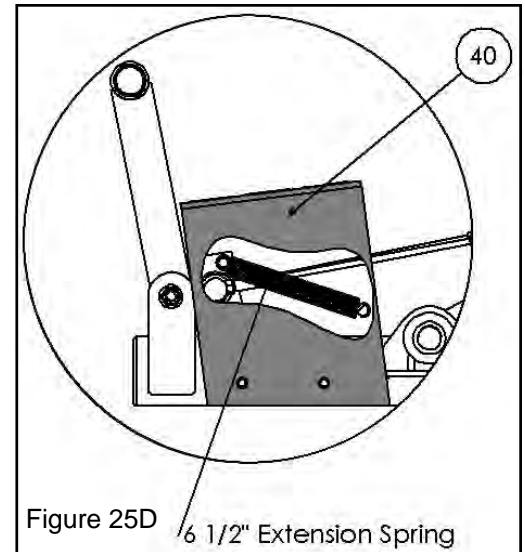
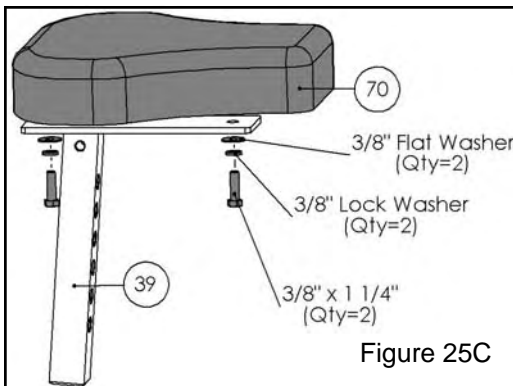
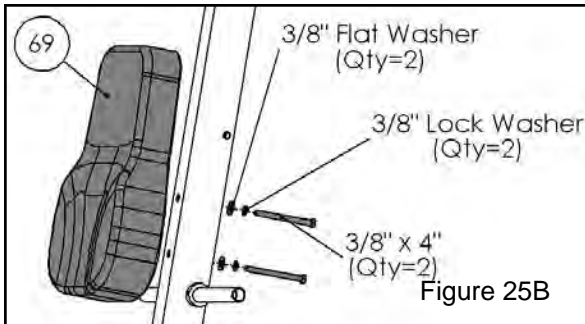
Figure 25A

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

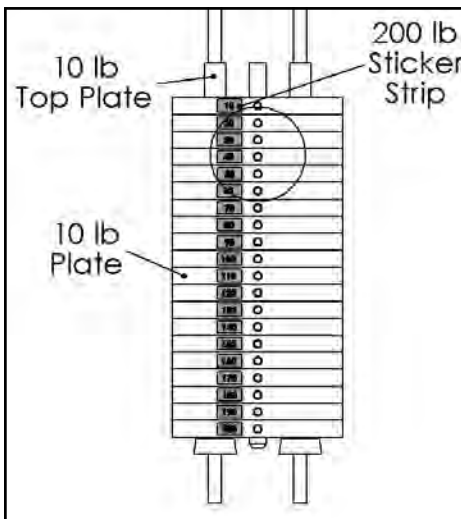
Step 25 Continued:



Note: It is very important that the Foot Shroud (40) is positioned just as Figure 25D below shows. The shorter end must be positioned towards the Foot Assist and the taller end toward the Chest Press Arm. If improperly installed the Foot Assist Cables will rub the Foot Shroud (40) during use and can cause damage and harm.

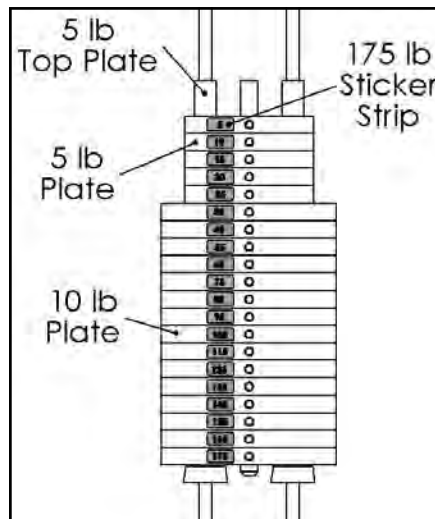


Step 26:



200 Lb Stack (Standard)

Figure 26A



175 Lb Stack (Optional)

Figure 26B

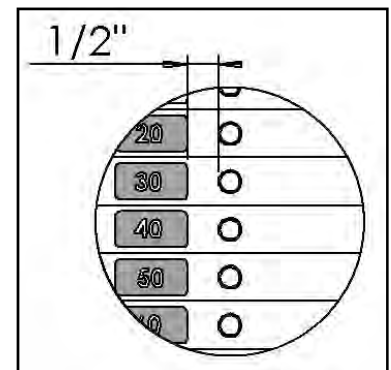


Figure 26C

Item #	Part #	Description	Qty
169	BFH-50192	200lb Weight Stack Decals	1
179	BFH-50258	175lb Weight Stack Decals	1

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

Step 27:

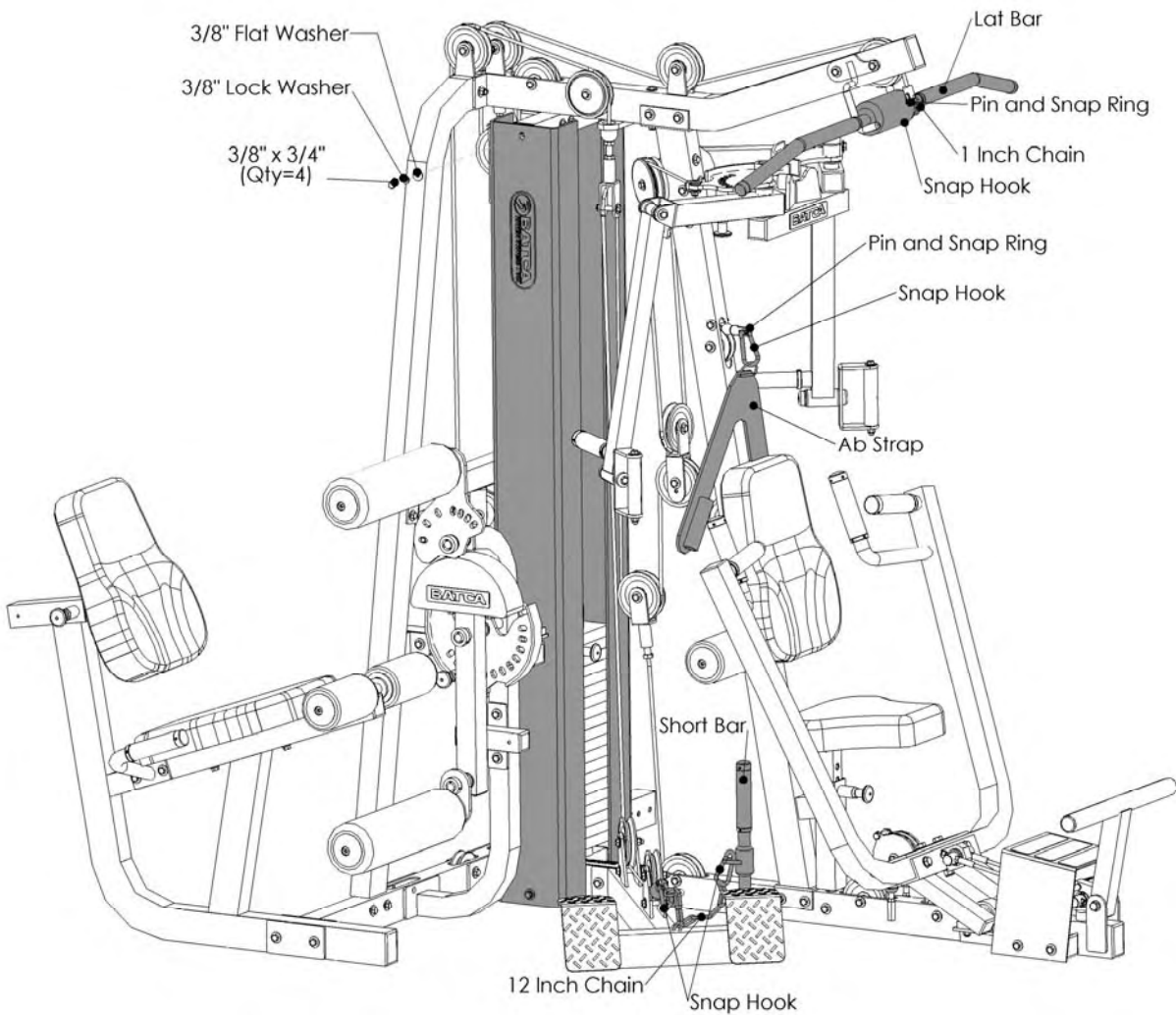


Figure 27

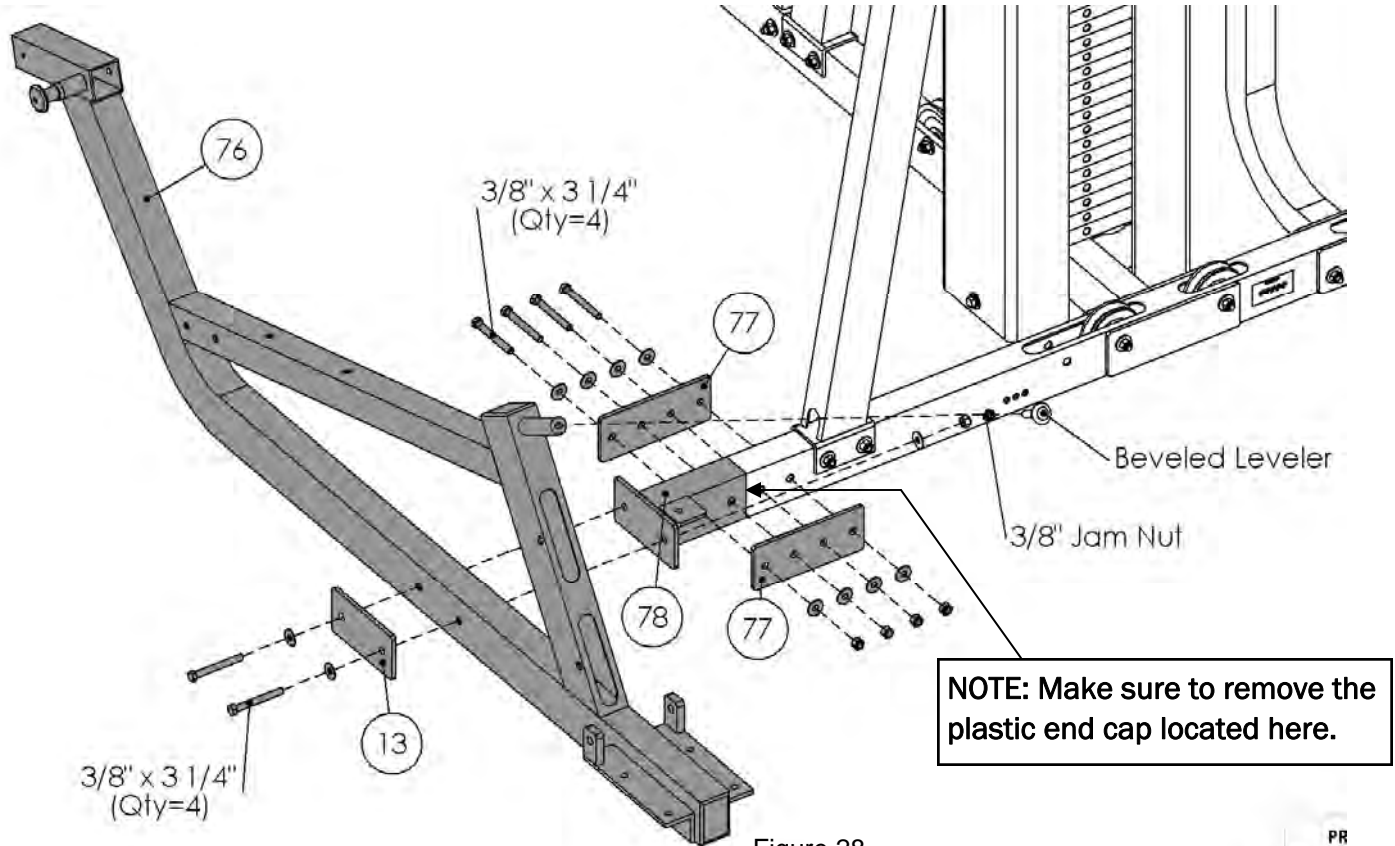
Item #	Part #	Description	Qty
75	BFM-50322	Weight Stack Enclosure	1
112	BFH-50146	3/8" Flat Washer (Black)	4
113	BFH-50147	3/8" Lock Washer (Black)	4
127	BFH-50188	Snap Hook	4
140	BFH-50254	HCS 3/8"-16 x 3/4" P5	4
147	BFH-50238	Pin	3
148	BFH-50239	Snap Ring	3
153	BFC-10101	1 inch Chain	1
154	BFC-10102	12 inch Chain	1
155	BFC-50122	Ab Strap	1
156	BFC-50125	Lat Bar	1
157	BFC-50126	Short Bar	1
164	BFM-50456	Weight Stack Enclosure w/ Logo	1
182	BFU-10132	Lat Bar Pad	1

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

Leg Press Option

Step 28:

- **Remove** 2" x 3" Plastic Cap from end of Back Base before assembling the Leg Press.



NOTE: Make sure to remove the plastic end cap located here.

Figure 28

PR
THF IN

Item #	Part #	Description	Qty
13	BFM-50150	Anti-Deflection Plate	1
76	BFM-10142	Leg Press Frame	1
77	BFM-50317	Leg Press Connector Plate	2
78	BFM-10184	Leg Press Connector	1
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	6
112	BFH-50146	3/8" Flat Washer (Black)	12
114	BFH-50149	3/8" Jam Nut (Zinc)	1
120	BFH-50157	3/8"-16 Nylock (Black)	6
170	BFH-50253	Beveled Leveler	1

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

Step 29:



Note: The Chrome Pad Adjustment (84) has five adjustment holes.

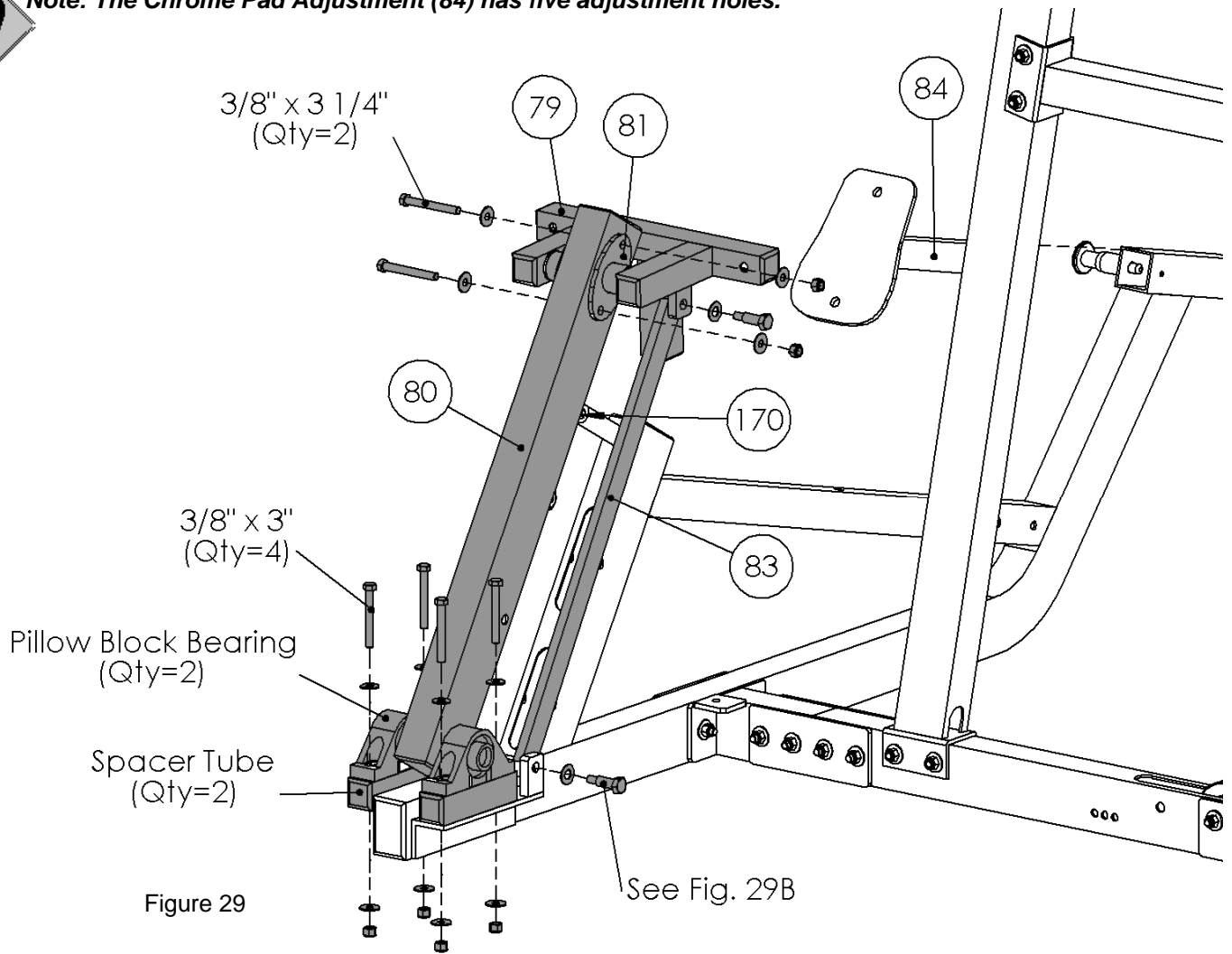


Figure 29

See Fig. 29B

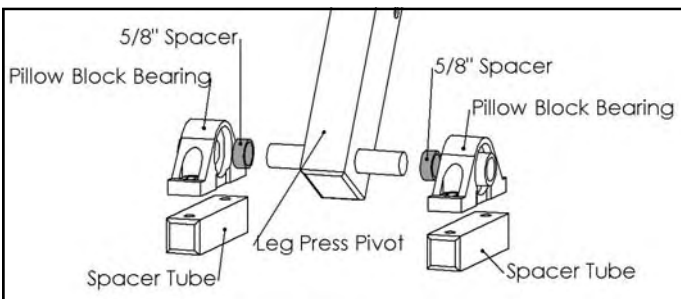
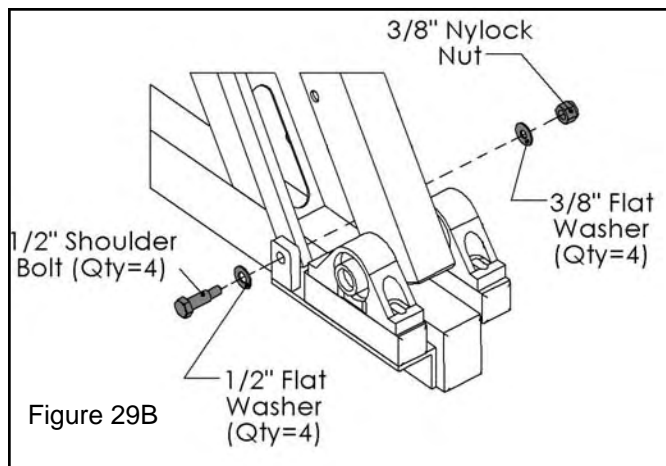


Figure 29A

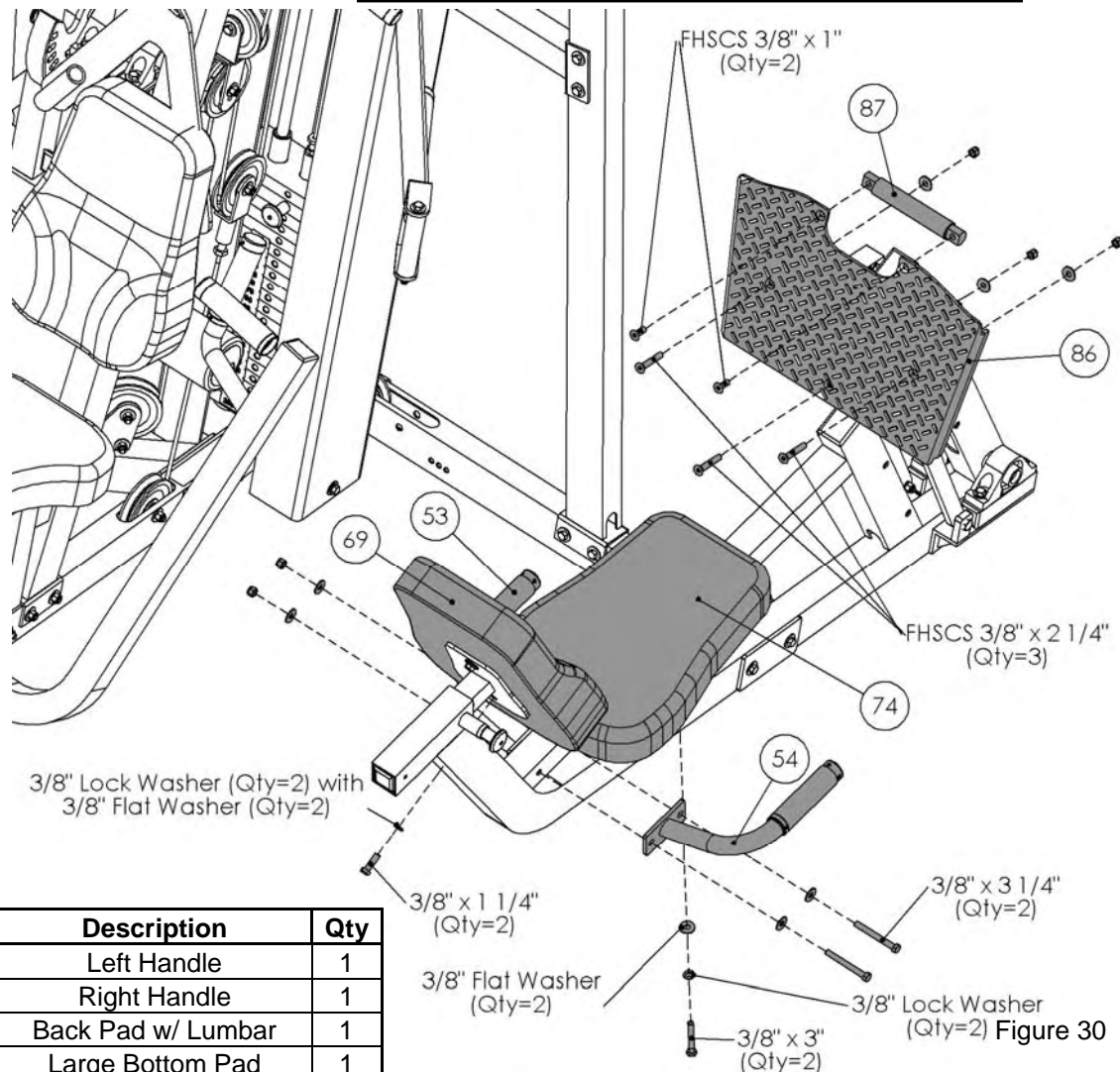
Item #	Part #	Description	Qty
79	BFM-10102	Foot Plate Pivot	1
80	BFM-10140	Leg Press Pivot	1
81	BFM-10152	Bushing Holder	2
82	BFM-50247	5/8" Spacer	2
83	BFM-50252	Four Bar	2
84	BFM-10106	Chrome Pad Adjustment	1
85	BFM-10432	Spacer Tube	2
103	BFH-50125	HCS 3/8"-16 x 3" P5	4
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	16
114	BFH-50149	3/8" Jam Nut (Zinc)	1
117	BFH-50251	1/2" Flat Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	10
124	BFH-50172	Pillow Block Bearing	2
141	BFH-50249	1/2" Shoulder Bolt (3/8"-16x50mm)	4
170	BFH-50253	Beveled Leveler	1

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

Step 29 Continued:



Step 30:



Item #	Part #	Description	Qty
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
69	BFU-10129	Back Pad w/ Lumbar	1
74	BFU-10127	Large Bottom Pad	1
86	BFL-50128	Foot Plate	1
87	BFM-50270	Cold Roll Handle	1
98	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
103	BFH-50125	HCS 3/8"-16 x 3" P5	2
104	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
111	BFH-50145	FHSCS 3/8"-16 x 2 1/4"	3
112	BFH-50146	3/8" Flat Washer (Black)	11
113	BFH-50147	3/8" Lock Washer (Black)	4
120	BFH-50157	3/8"-16 Nylock (Black)	5
163	BFH-50144	FHSCS 3/8"-16 x 1"	2

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

Step 31:

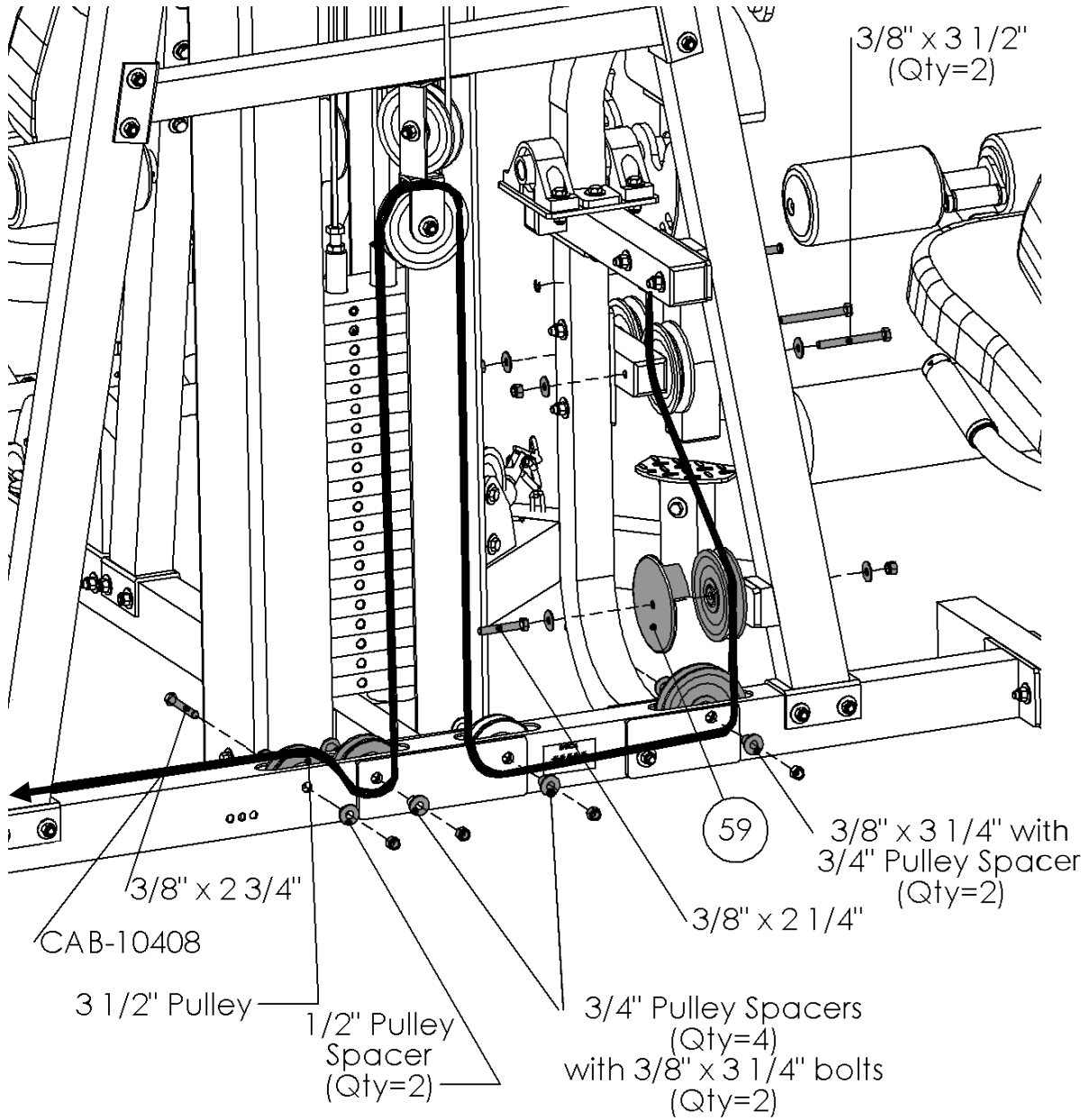
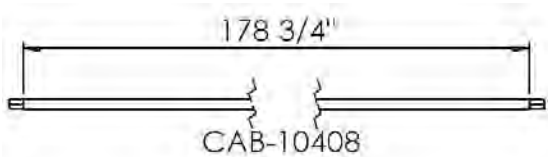


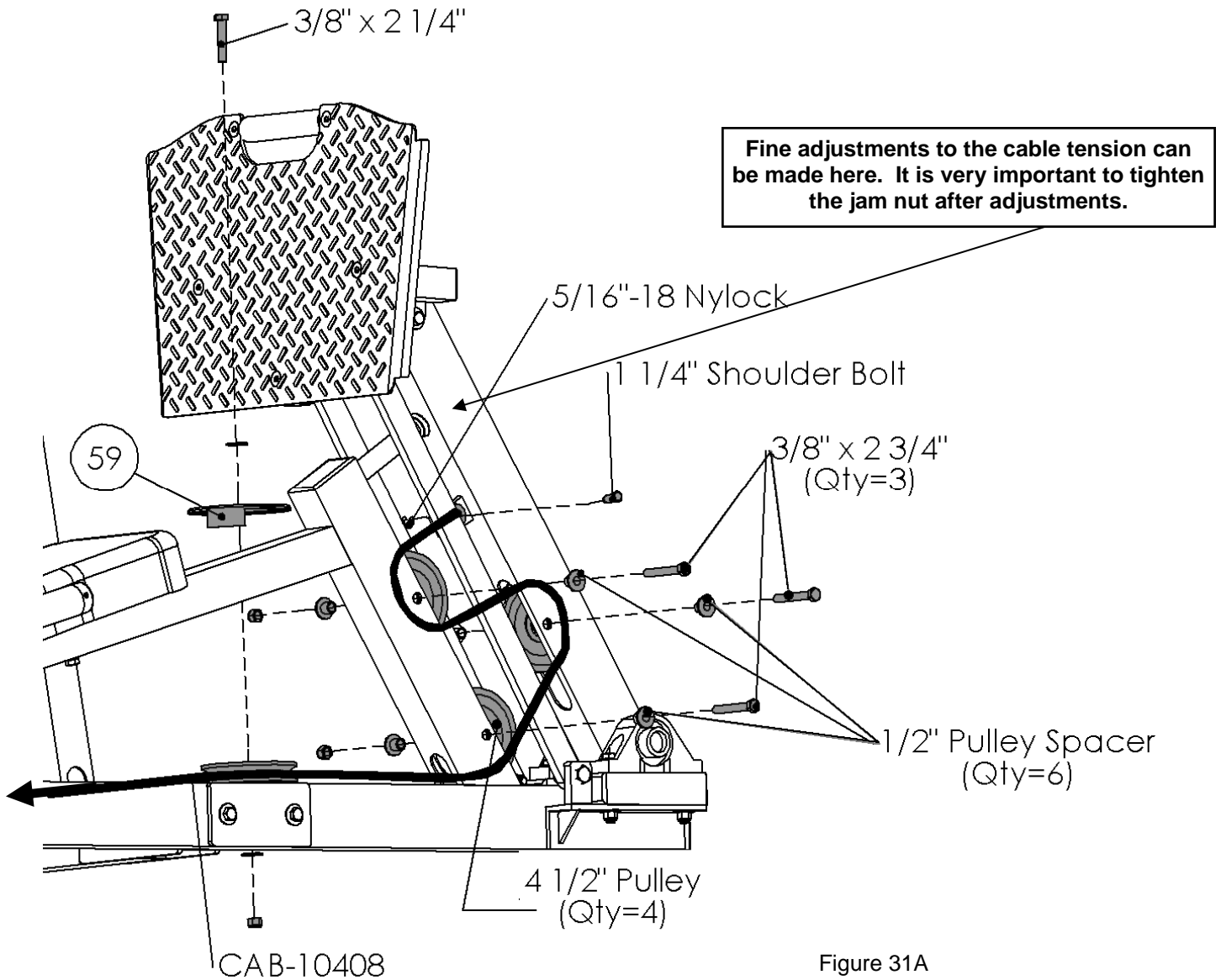
Figure 31



Item #	Part #	Description	Qty
59	BFM-50345	Pulley Cover	2
89	CAB-10408	Leg Curl to Leg Press Cable	1
100	BFH-50121	HCS 3/8"-16 x 2" P5	2
102	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
105	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
112	BFH-50146	3/8" Flat Washer (Black)	8
120	BFH-50157	3/8"-16 Nylock (Black)	8
125	BFH-50173	3 1/2" Pulley	1
126	BFH-50174	4 1/2" Pulley	9
130	BFH-50201	1/2" Pulley Spacer	8
167	BFH-50250	1 1/4" Shoulder Bolt	1
186	BFH-50267	5/16"-18 Nylock	1

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

Step 31 Continued:

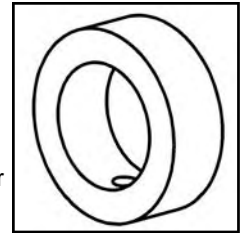


Final Assembly and Troubleshooting

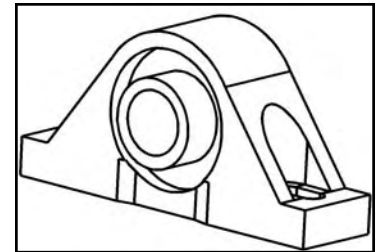
IMPORTANT - Check These Components Before Using Gym:

- **Wrench Tighten** the set screws on all Threaded Collars (140), using an allen wrench, so that the set screws tighten against the threaded shaft. Refer to Steps 8, 15, 16 and 25.

Threaded Collar
BFH-50220



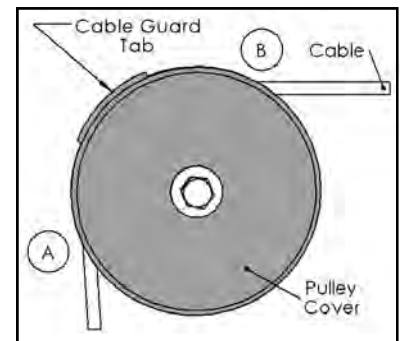
- **Wrench Tighten** the two set screws on all Pillow Block Bearings with an Allen Wrench. Refer to Steps 10 and 29.



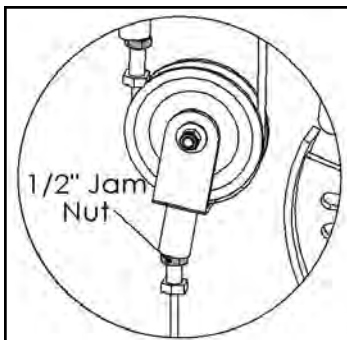
Pillow Block Bearing
BFH-50172

- **Position** the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of its track on the 4 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 4 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab. Refer to Steps 18, 20, 23, and 31.

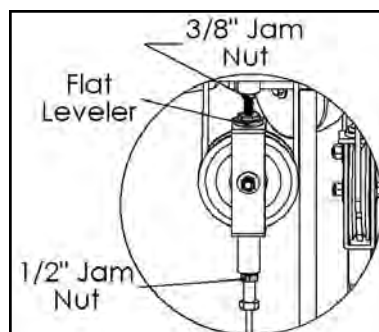
Pulley Cover
BFM-50345



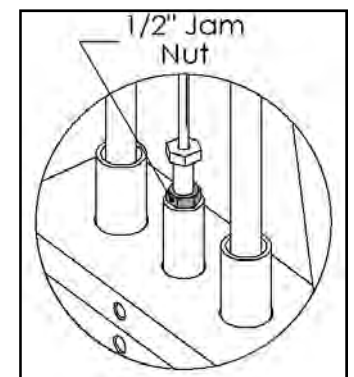
- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection. Refer to Steps 19, 20, 21, and 22. See Figures below.



Free Floater

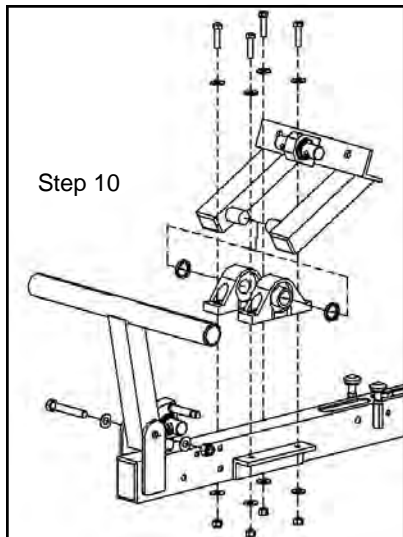


Free Floater w/ Lockout

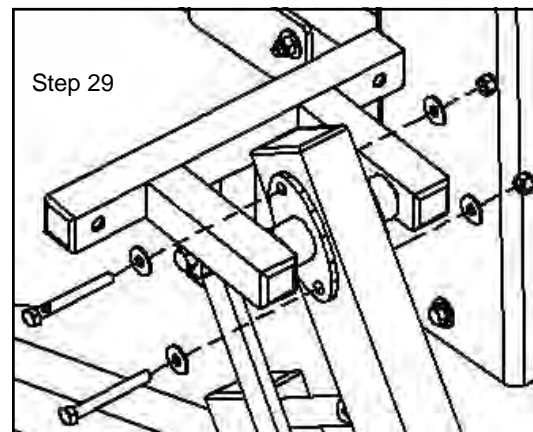
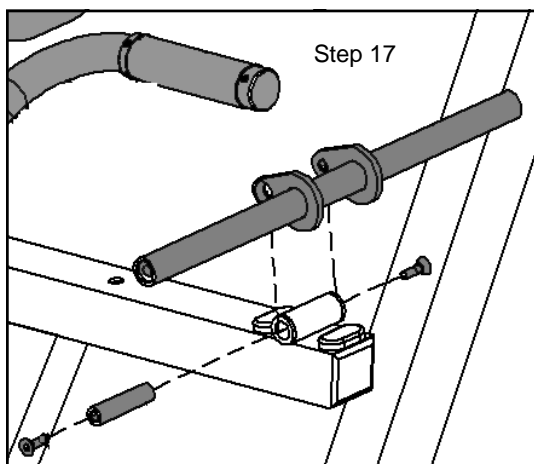
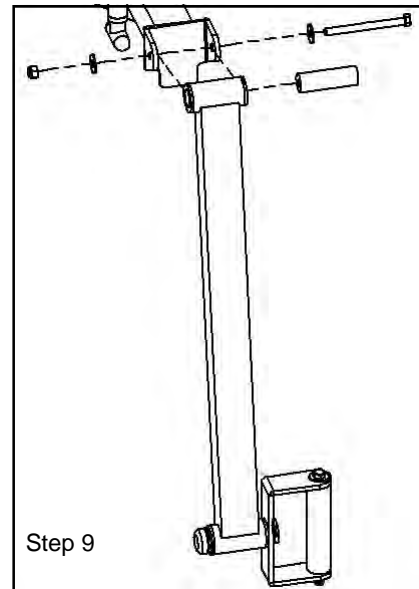


Top Plate

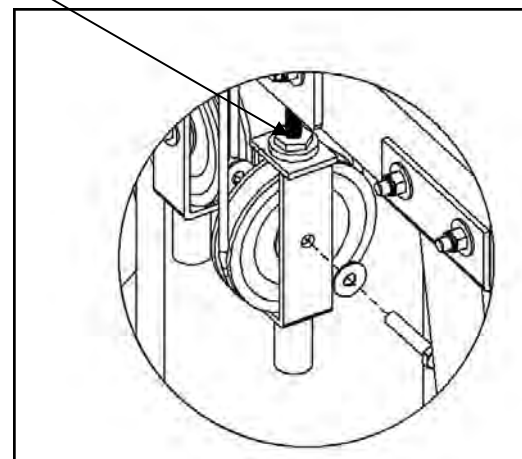
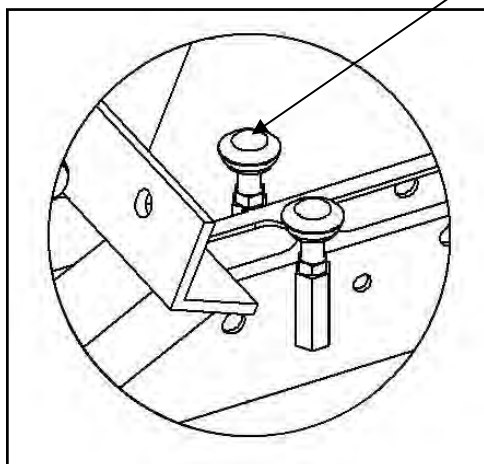
Final Assembly and Troubleshooting



Do NOT over tighten any of the bolts in these steps. Over tightening may cause the parts to bind, causing damage and impeding your exercise.



All levelers must be threaded at least 1/2" into its respective part. Each must also be secured with a 3/8" Jam Nut to ensure a safe and proper connection.



Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.
- **How to Begin:** In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-9 as shown below. The numbers for this sequence can be found in the upper left corner of each of the detailed views below. Each detailed view below will refer you to the original Figure for more detailed information. Follow the detailed information found in each reference figure.

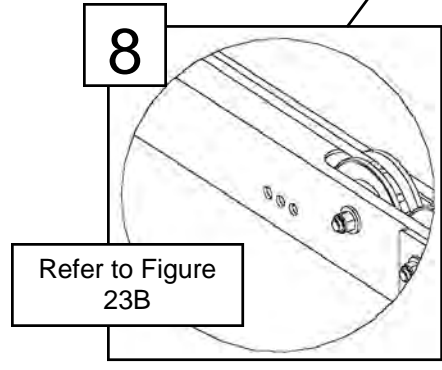
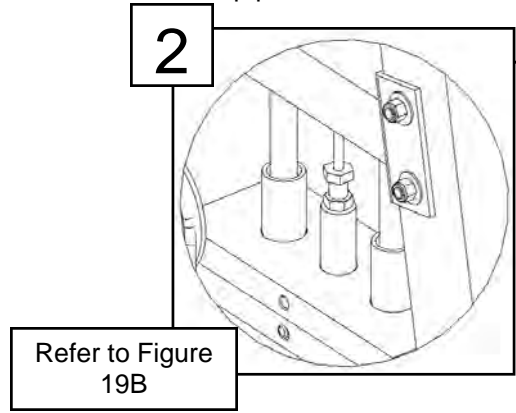
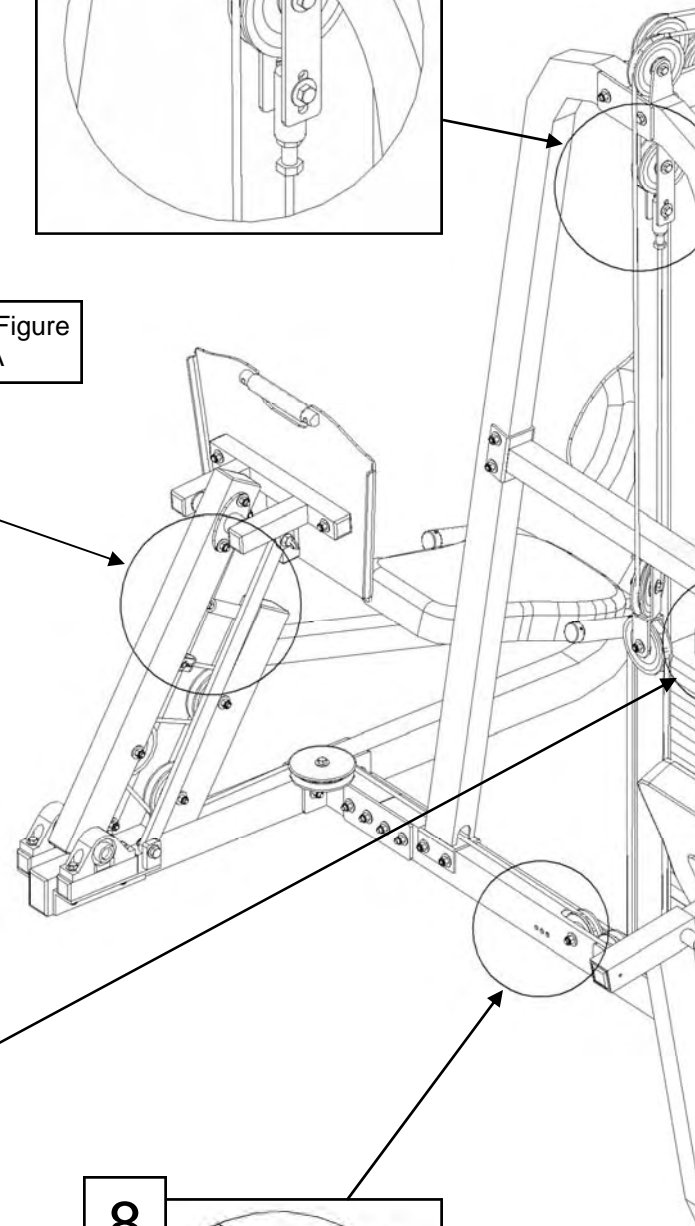
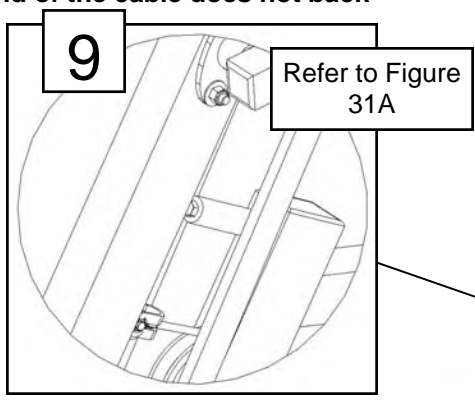
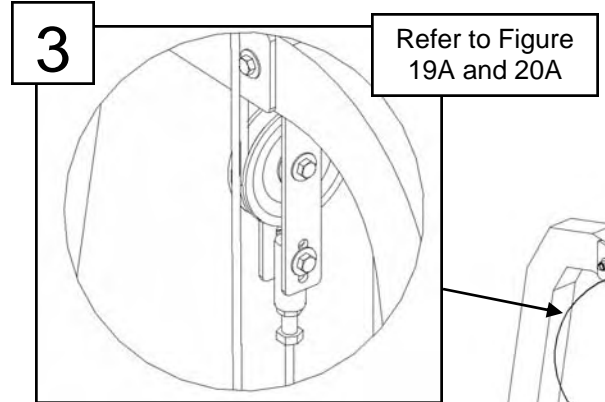


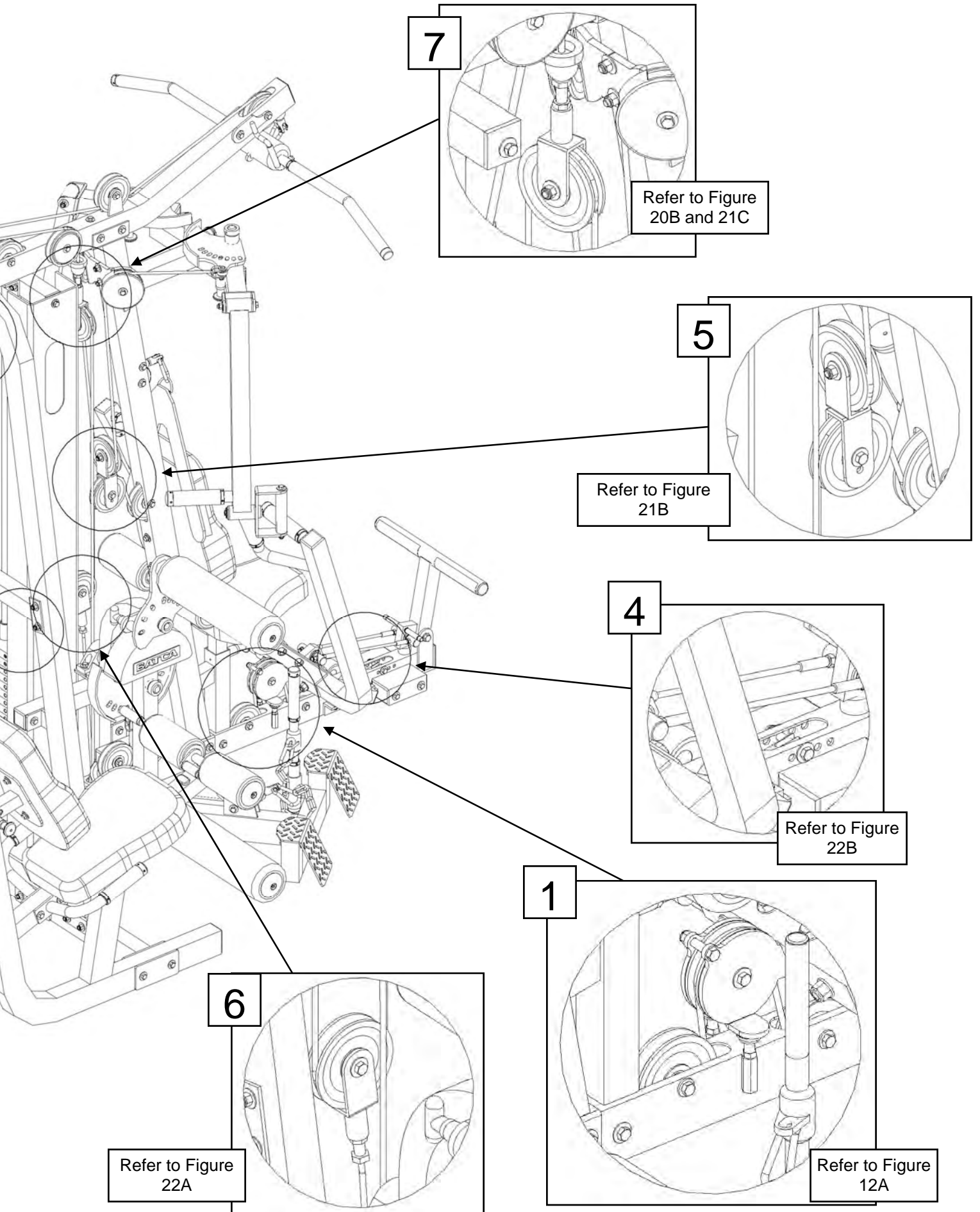
Note: All cables with threaded adjustable ends must have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 1/2" Jam Nut (175) be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.



Note: All levelers (Beveled (170) or Flat (146)) should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut (114) be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.

- **Note:** Adjustment 1 is strictly for adjusting the two Foot Assist Cables (35) and should not be used for adjusting any other cables.
- **Note:** Adjustment 8 is only used on units that did not receive a Leg Press Option.
- **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		Weekly		Monthly		Quarterly		Years	
	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home
Clean										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads	X			X						
Guide Rods			X			X				
Chrome Slides			X			X				
Frame			X			X				
Inspect										
Overall	X	X								
Safety Decals	X	X								
Cables	X	X								
Cable Tension			X			X				
Pulleys	X	X								
Hardware	X	X								
Stops	X	X								
Upholstery	X	X								
Hand Grips			X			X				
Frame			X			X				
Bushings	X			X						
Bearings	X			X						
Lubricate										
Guide Rods			X			X				
Bearings							As Needed			1
Replace										
Cables									1	3

Limited Lifetime Warranty

What is covered

For Residential Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for one year from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for three years after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for five years after date of purchase and warrants the frame and all welded parts for the lifetime of the original purchaser.

For Commercial Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for six months from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for one year after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for three years after date of purchase and warrants the frame and all welded parts for ten years after date of purchase.

What is not covered

This warranty does not cover damage, which results from shipping, misuse, abuse, neglect, carelessness, modification or alteration, accident, fire, flood, "acts of God" or other contingencies beyond the control of Batca Fitness Systems. This warranty also does not cover deterioration from wear and tear or exposure or any defect, which would not have happened if instructions in the owner's manual had been followed. Improper installation, improper assembly or follow-up maintenance along with installation of parts or accessories not originally intended for products of Batca Fitness Systems are also not covered by this warranty. Only genuine Batca parts should be used for replacement, repair, and maintenance for this warranty to apply.

Defective parts will be repaired or replaced at Batca Fitness Systems option, without parts charge to the purchaser. All returns require a return authorization prior to acceptance of repair work. Batca Fitness Systems reserves the right to make design changes without any prior notification and shall not be responsible for incidental or consequential damages.

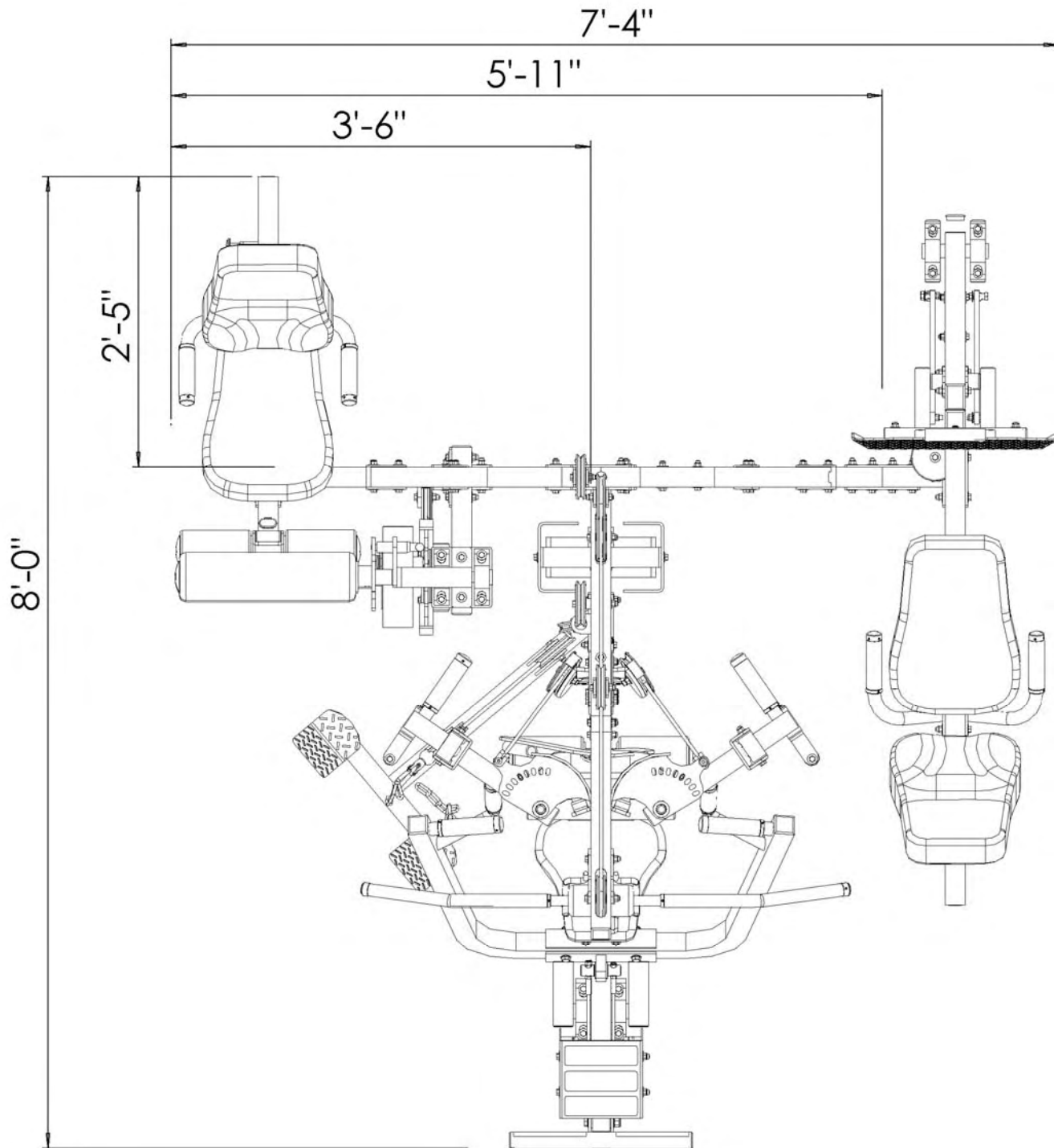
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

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

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

www.batcafitness.com

Please keep this for your records.



Layout Diagram

The X1 without Leg Press has a layout dimension of 5'-11" (width) x 8'-0" (length) x 6'-11" (height). With the Leg Press the X1 measures 7'-4" (width) x 8'-0" (length) x 6'-11" (height). When setting up the gym the back plate at the end of the chest base is 3'-6" from the leg ext/curl and 2'-3" to the back of the gym as shown above. There should be a minimum of 18", preferably 24", of working space around the entire unit.