



LFT Link Free Trainer  
Owner's Manual



Serial Number Here

Date of Purchase



# Instructions

Congratulations on the purchase of your new Batca LFT Link Free Trainer. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Batca dealer.

## Warning

Batca Fitness Systems has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

**WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.**

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine BATCA replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local BATCA FITNESS SYSTEMS distributor or BATCA FITNESS SYSTEMS at (919) 255-1233.  
[www.batcafitness.com](http://www.batcafitness.com)

## Table of Contents

	<u>Page</u>		<u>Page</u>
Instructions	2	Final Assembly and Troubleshooting	15
Tools Required/Hardware	3-5	Cable Tension and Adjustments	16
Main Assembly	6-14	Maintenance	17
Cable Routing	11-12	Warranty	18
		Floor Plan Layout	19

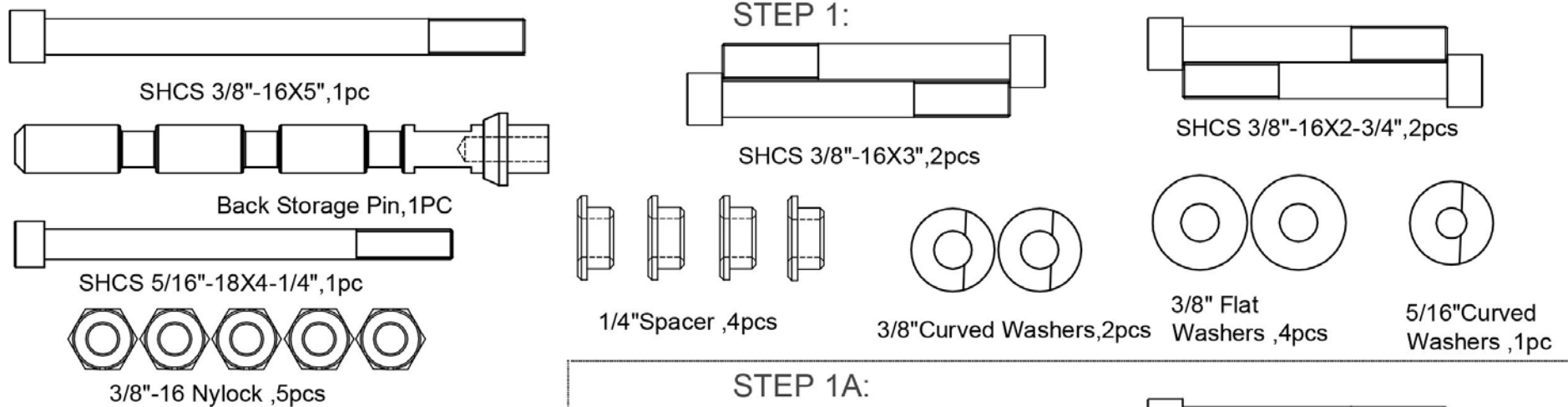
## Tools Required

- 9/16" Wrench/Ratchet
- 3/4" Wrench
- Metric Allen Wrench Set (M8, M6, M4)
- Tape Measure

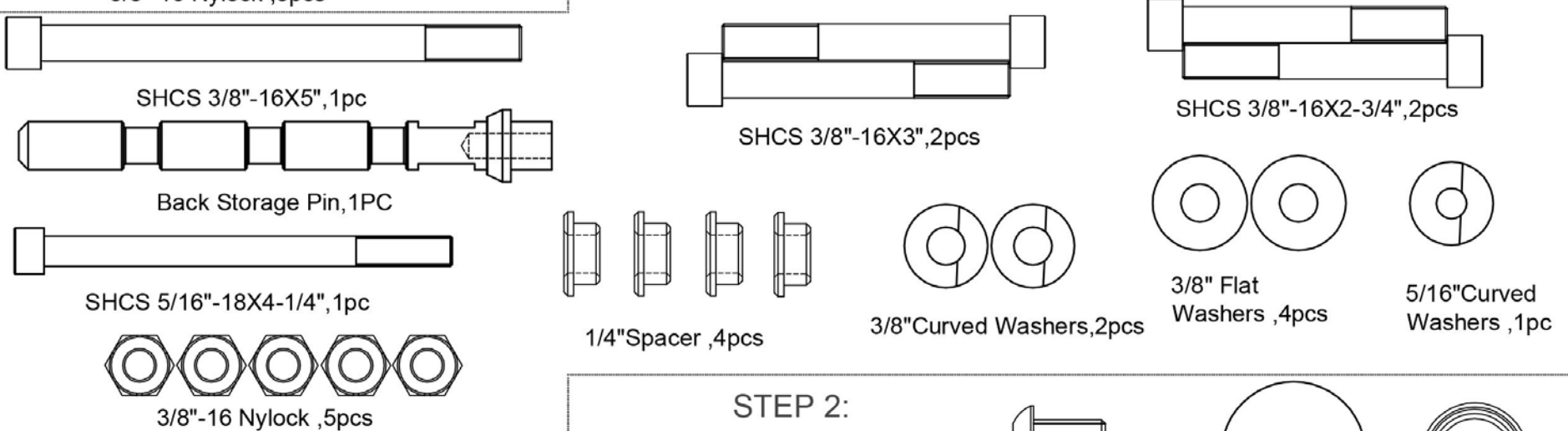
## Hardware Blister Packs

### LFT (4-1)

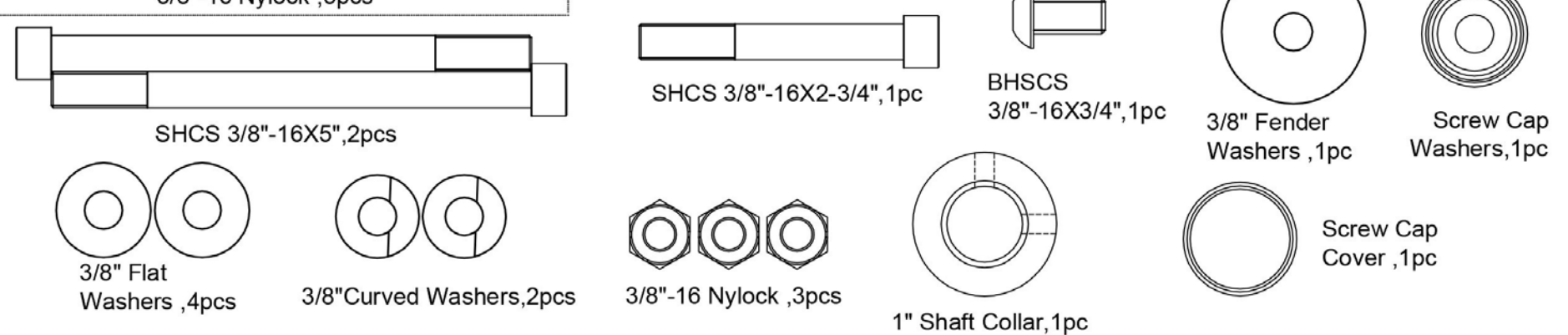
#### STEP 1:



#### STEP 1A:



#### STEP 2:

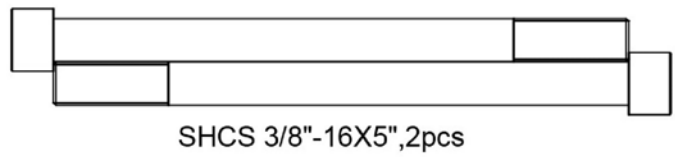




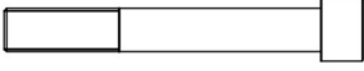
# Hardware Blister Packs

## LFT (4-2)

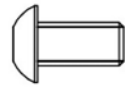
### STEP 2A:



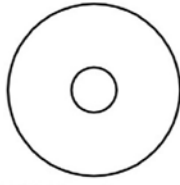
SHCS 3/8"-16X5",2pcs



SHCS 3/8"-16X2-3/4",1pc



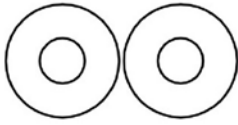
BHSCS  
3/8"-16X3/4",1pc



3/8" Fender  
Washers ,1pc



Screw Cap  
Washers,1pc



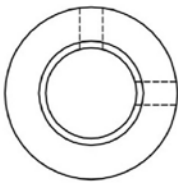
3/8" Flat  
Washers ,4pcs



3/8"Curved Washers,2pcs



3/8"-16 Nylock ,3pcs

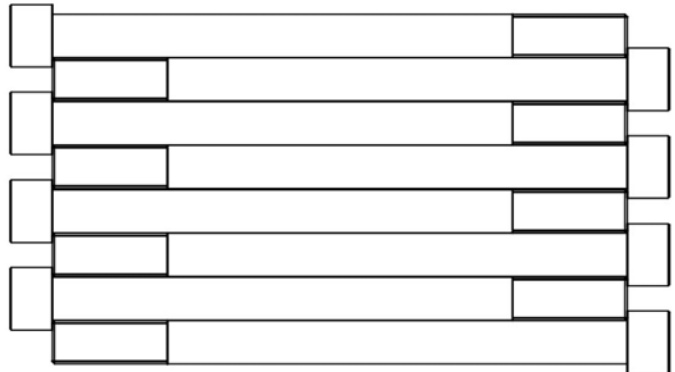


1" Shaft Collar,1pc

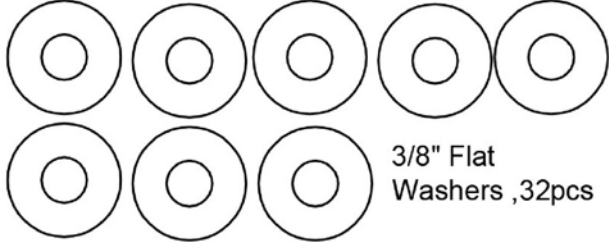


Screw Cap Cover ,1pc

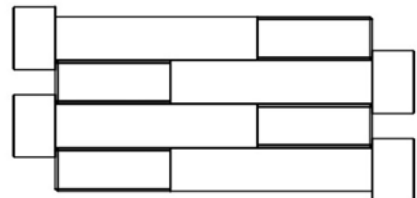
### STEP 3:



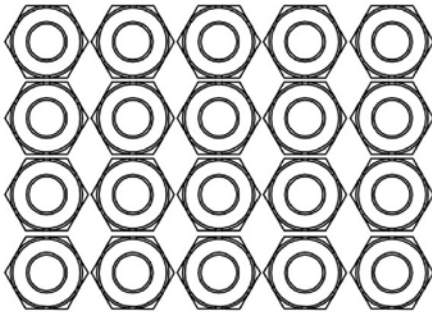
SHCS 3/8"-16X5",8pcs



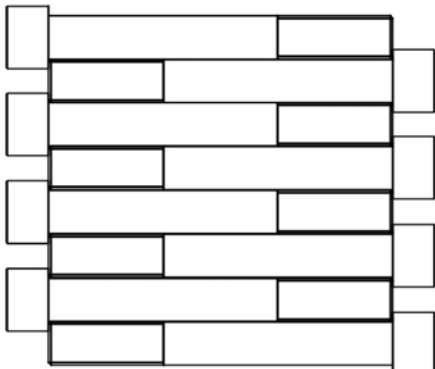
3/8" Flat  
Washers ,32pcs



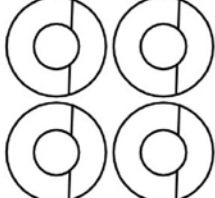
SHCS 3/8"-16X2-3/4",4pcs



3/8"-16 Nylock ,20pcs



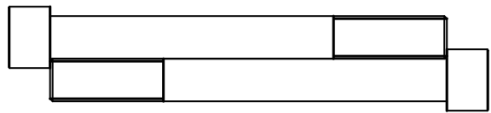
SHCS 3/8"-16X3",8pcs



3/8"Curved Washers ,8pcs

## LFT (4-3)

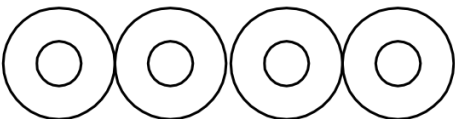
### STEP 4:



SHCS 3/8"-16X3-1/2",2pcs

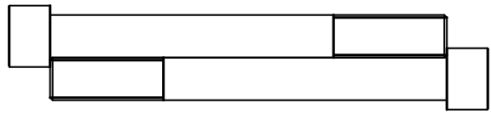


3/8"-16 Nylock ,2pcs



3/8" Flat Washers ,4pcs

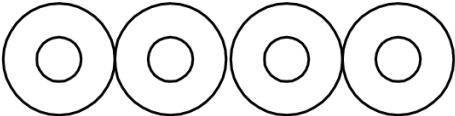
### STEP 4A:



SHCS 3/8"-16X3-1/2",2pcs

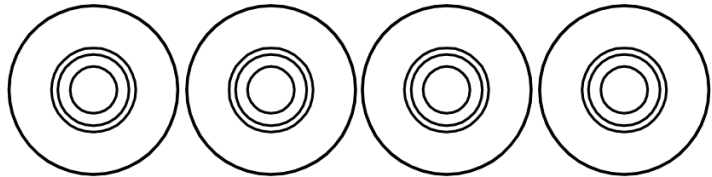


3/8"-16 Nylock ,2pcs

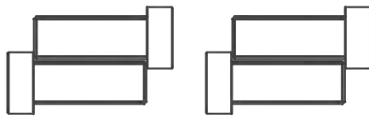


3/8" Flat Washers ,4pcs

### STEP 5:

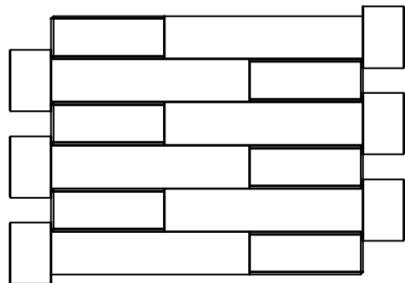


Small Aluminum Cap,4PCS

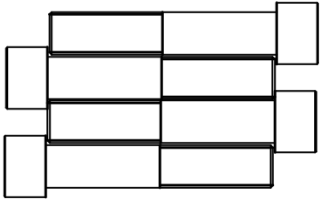


SHCS 3/8"-16X1",4PCS

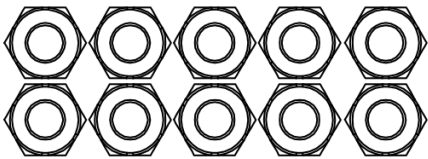
### STEP 6:



SHCS 3/8"-16X2-3/4",6pcs



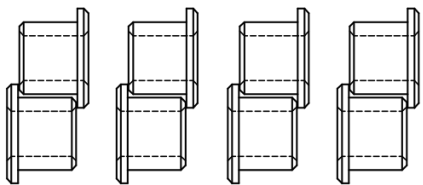
SHCS 3/8"-16X2",4pcs



3/8"-16 Nylock ,10pcs



3/8" Flat Washers ,12pcs

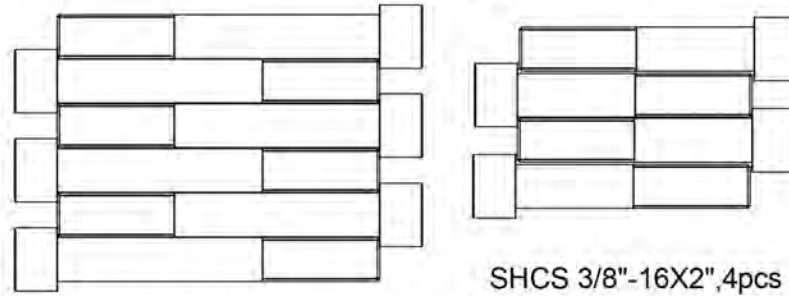


1/2"Spacer ,8pcs

# Hardware Blister Packs

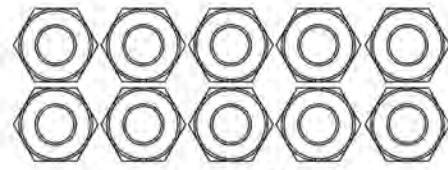
## LFT (4-4)

### STEP 6A:

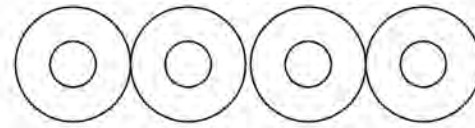


SHCS 3/8"-16X2-3/4",6pcs

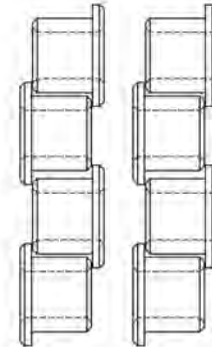
SHCS 3/8"-16X2",4pcs



3/8"-16 Nylock ,10pcs

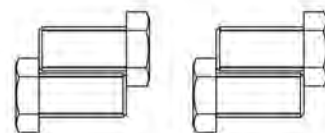


3/8" Flat Washers ,12pcs

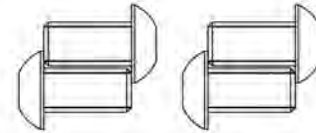


1/2"Spacer ,8pcs

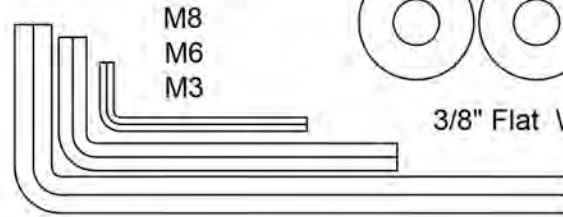
### STEP 7:



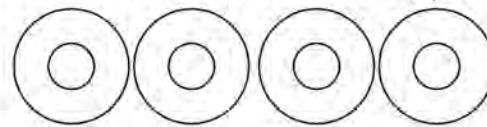
HCS 3/8"-16X3/4",4pcs



BHSCS 3/8"-16X3/4",4pcs



M8  
M6  
M3



3/8" Flat Washers ,8pcs



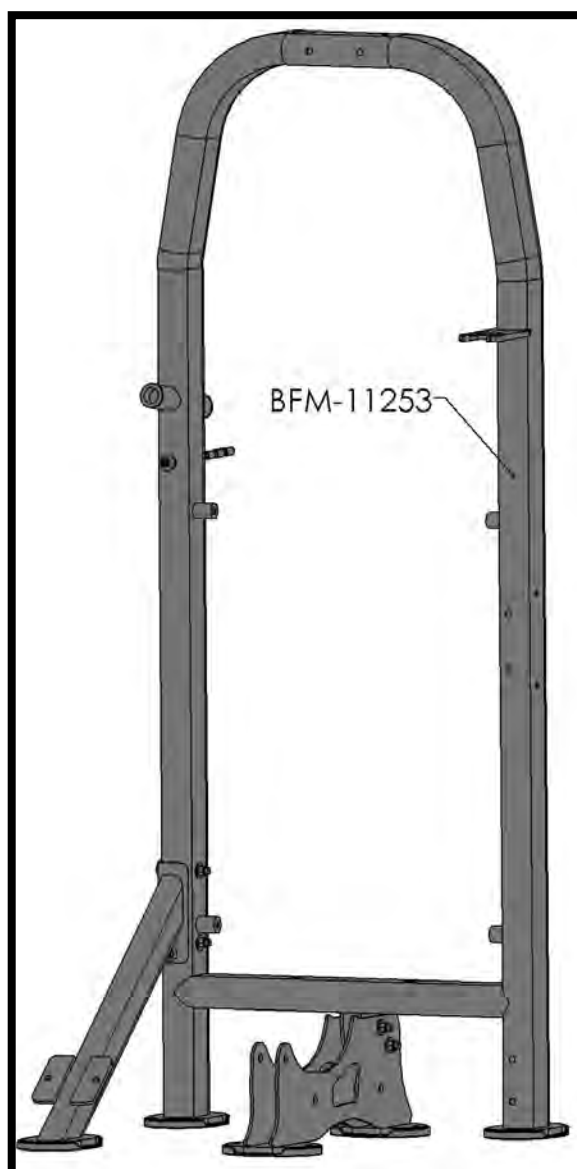
## Step 1:

**Note: Please Position Hardware in the same direction as shown in the figure. This will make future steps easier to assemble**

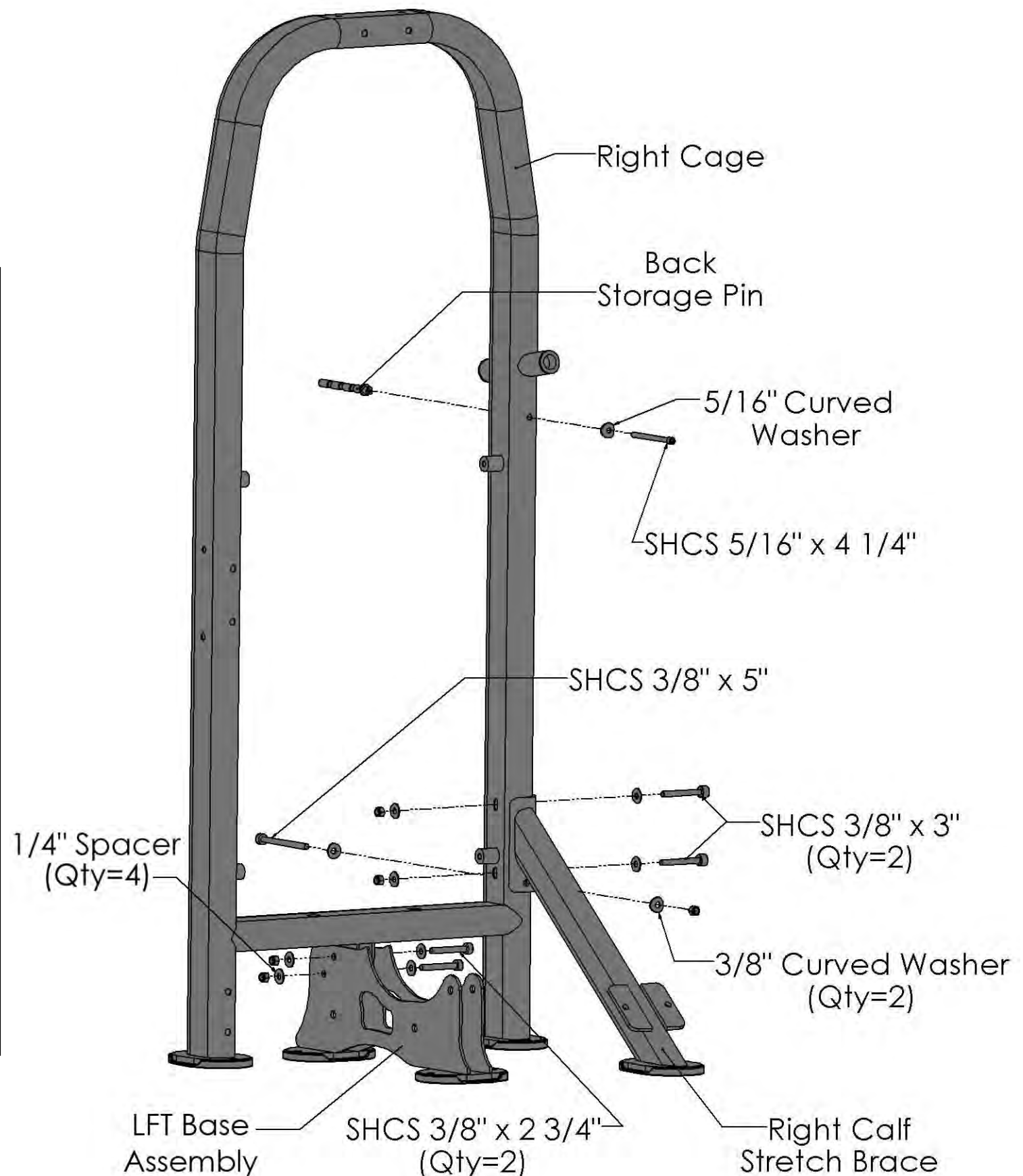
All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

**Do Not Tighten Bolts Until Step 4**

### Step 1a: Repeat Step 1 for the left side



**Note: There is a Left Cage (BFM-11253) in Step 1a as opposed to the Right Cage (BFM-11254) in Step 1.**



### Step 1a: Left Side Components and Hardware

Part #	Description	Qty
BFM-11253	Left Cage	1
BFM-11248	Left Calf Stretch Brace	1
BFP-10931	LFT Cage Base	1
BFM-53055	Back Storage Pin	1
BFP-51799	SHCS 3/8" x 5"	1
BFP-51747	SHCS 3/8" x 3"	2
BFP-51750	SHCS 3/8" x 2 3/4"	2
BFH-50657	SHCS 5/16" x 4 1/4"	1
BFH-50146	3/8" Flat Washer	4
BFH-50204	3/8" Curved Washer	2
BFP-52096	1/4" Spacer	4
BFH-50654	5/16" Curved Washer	1
BFH-50157	3/8" Nylock	5

### Step 1: Right Side Components and Hardware

Part #	Description	Qty
BFM-11254	Right Cage	1
BFM-11249	Right Calf Stretch Brace	1
BFP-10931	LFT Cage Base	1
BFM-53055	Back Storage Pin	1
BFP-51799	SHCS 3/8" x 5"	1
BFP-51747	SHCS 3/8" x 3"	2
BFP-51750	SHCS 3/8" x 2 3/4"	2
BFH-50657	SHCS 5/16" x 4 1/4"	1
BFH-50146	3/8" Flat Washer	4
BFH-50204	3/8" Curved Washer	2
BFP-52096	1/4" Spacer	4
BFH-50654	5/16" Curved Washer	1
BFH-50157	3/8" Nylock	5



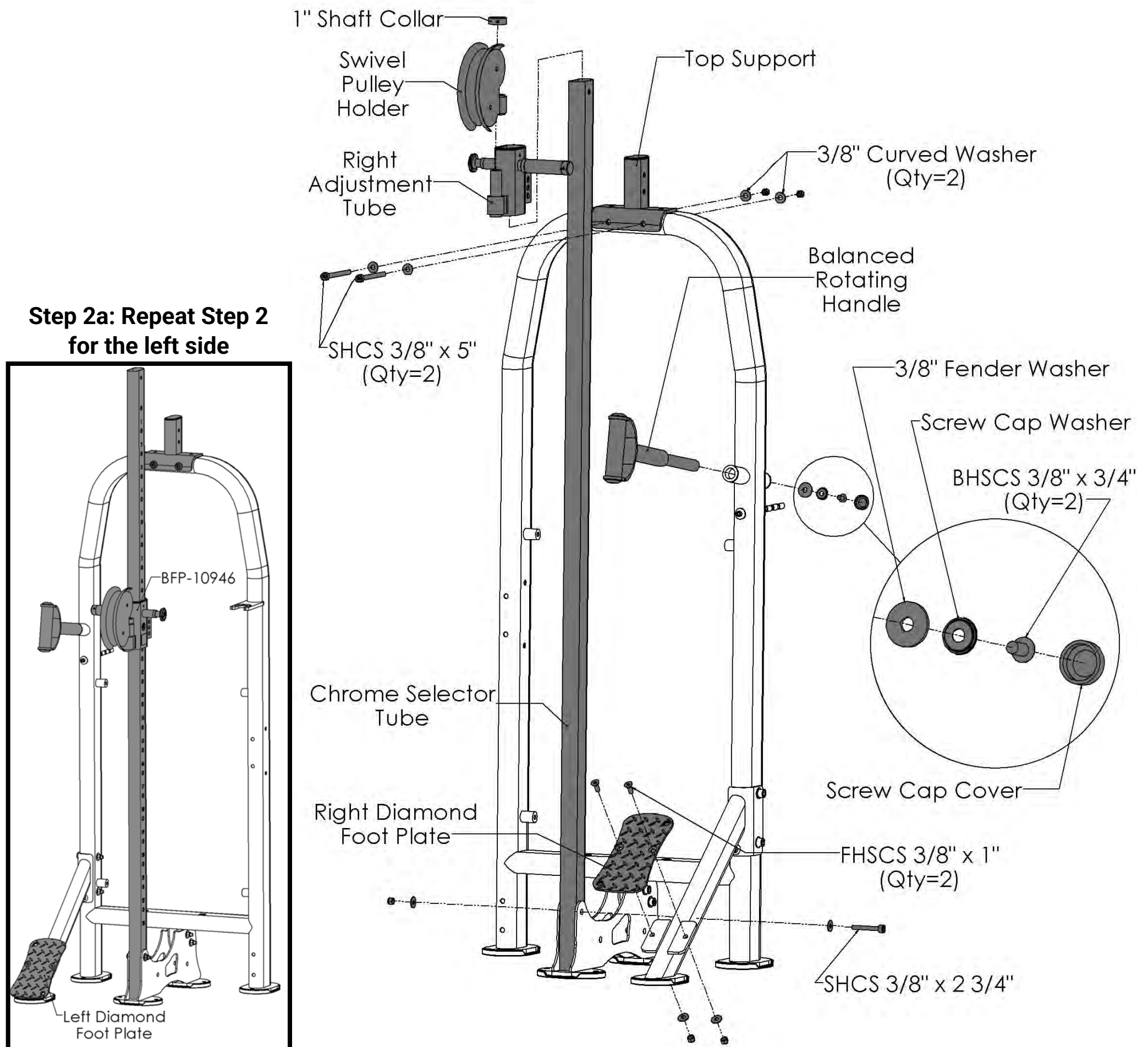


## Step 2:

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.



### Do Not Tighten Bolts Until Step 4



#### Step 2a: Left Side Components and Hardware

Part #	Description	Qty
BFP-10934	Top Support	1
BFM-11259	Balanced Rotating Handle	1
BFP-10946	Left Side Adjustment Tube	1
BFP-10945	Swivel Pulley Holder	1
BFP-52086	Chrome Selector Tube	1
BFM-53048	Left Side Diamond Foot Plate	1
BFH-50220	1" Shaft Collar	1
BFH-50112	Screw Cap Cover	1
BFP-51799	SHCS 3/8" x 5"	2
BFP-51750	SHCS 3/8" x 2 3/4"	1
BFH-50144	FHSCS 3/8" x 1"	2
BFP-52340	BHSCS 3/8" x 3/4"	1
BFH-50146	3/8" Flat Washer	6
BFH-50204	3/8" Curved Washer	2
BFH-50242	3/8" Fender Washer	1
BFH-50113	Screw Cap Washer	1
BFH-50157	3/8" Nylock	5

#### Step 2: Right Side Components and Hardware

Part #	Description	Qty
BFP-10934	Top Support	1
BFM-11259	Balanced Rotating Handle	1
BFP-10944	Right Side Adjustment Tube	1
BFP-10945	Swivel Pulley Holder	1
BFP-52086	Chrome Selector Tube	1
BFM-53050	Right Side Diamond Foot Plate	1
BFH-50220	1" Shaft Collar	1
BFH-50112	Screw Cap Cover	1
BFP-51799	SHCS 3/8" x 5"	2
BFP-51750	SHCS 3/8" x 2 3/4"	1
BFH-50144	FHSCS 3/8" x 1"	2
BFP-52340	BHSCS 3/8" x 3/4"	1
BFH-50146	3/8" Flat Washer	6
BFH-50204	3/8" Curved Washer	2
BFH-50242	3/8" Fender Washer	1
BFH-50113	Screw Cap Washer	1
BFH-50157	3/8" Nylock	5

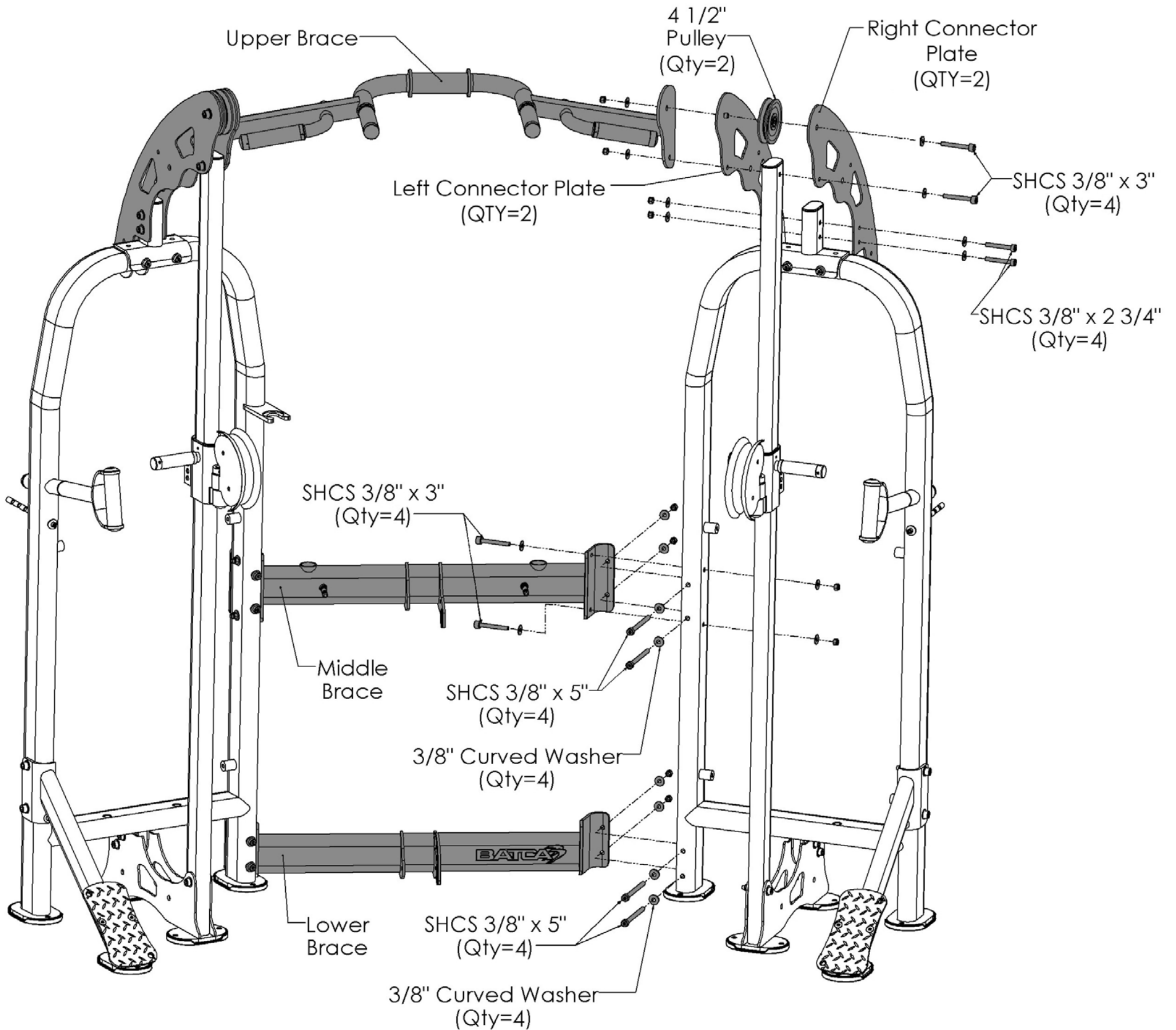


### Step 3:

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.



**Do Not Tighten Bolts Until Step 4**



Part #	Description	Qty
BFM-11258	Upper Brace	1
BFM-11255	Middle Brace	1
BFM-11245	Lower Brace	1
BFM-11281	Right Connector Plate	2
BFM-11282	Left Connector Plate	2
BFH-50174	4 1/2" Pulley	2
BFP-51799	SHCS 3/8" x 5"	8
BFP-51747	SHCS 3/8" x 3"	8
BFP-51750	SHCS 3/8" x 2 3/4"	4
BFH-50146	3/8" Flat Washer	32
BFH-50204	3/8" Curved Washer	8
BFH-50157	3/8" Nylock	20



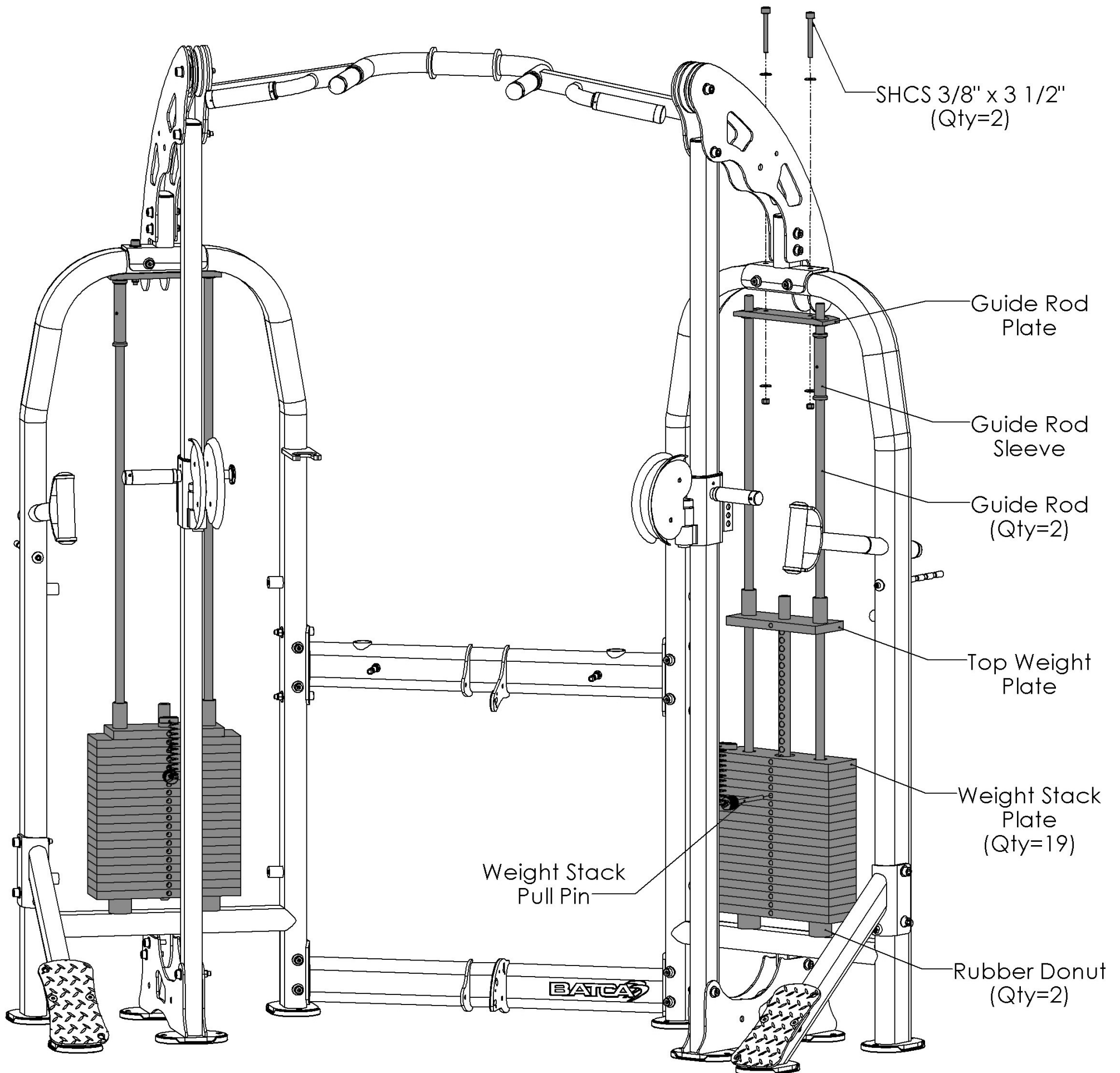


## Step 4:

**All Flat Washers and Nylocks are 3/8" unless otherwise noted.** Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.



**Tighten All Bolts At The End Of Completing This Step**



**Step 4: Left Side Components and Hardware**

Part #	Description	Qty
BFP-51707	Guide Rod Plate	1
BFP-51745	Guide Rod	2
BFM-10413	Top Weight Plate	1
BFM-50632	Weight Stack Plate	19
BFP-53259	Guide Rod Sleeve	1
BFM-50529	Rubber Donut	2
BFM-53079	Weight Stack Pull Pin	1
BFP-51760	SHCS 3/8" x 3 1/2"	2
BFH-50146	3/8" Flat Washer	4
BFH-50157	3/8" Nylock	2

**Step 4: Right Side Components and Hardware**

Part #	Description	Qty
BFP-51707	Guide Rod Plate	1
BFP-51745	Guide Rod	2
BFM-10413	Top Weight Plate	1
BFM-50632	Weight Stack Plate	19
BFP-53259	Guide Rod Sleeve	1
BFM-50529	Rubber Donut	2
BFM-53079	Weight Stack Pull Pin	1
BFP-51760	SHCS 3/8" x 3 1/2"	2
BFH-50146	3/8" Flat Washer	4
BFH-50157	3/8" Nylock	2

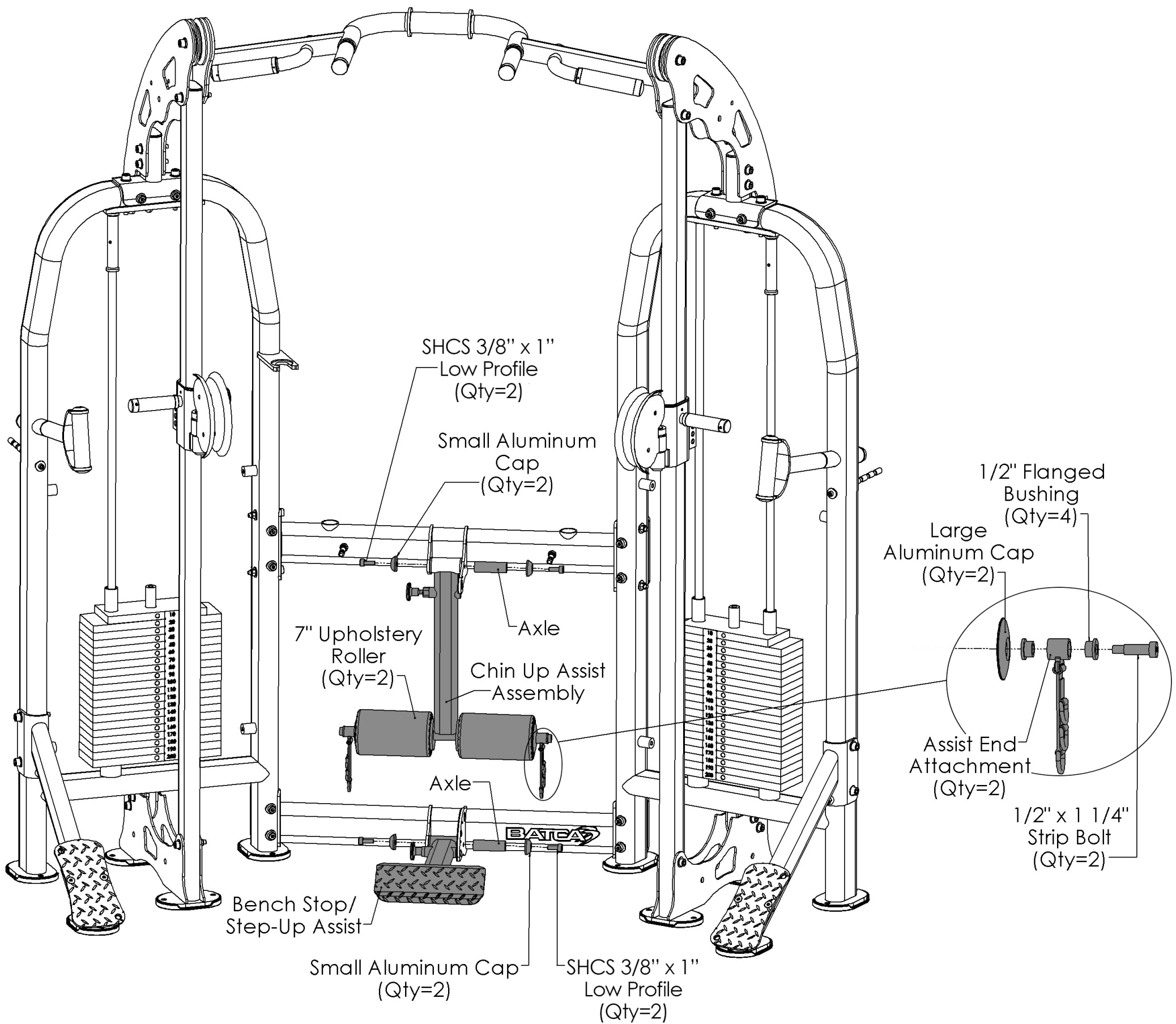


## Step 5:

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a 3/8" **CURVED WASHER** instead of a 3/8" **FLAT WASHER**.



**Make Sure All Bolts Are Tightened Before Moving On**



Part #	Description	Qty
BFM-11256	Chin Up Assist Assembly	1
BFM-11246	Bench Stop/Step-Up Assist Assembly	1
BFU-10201	7" Upholstery Roller	2
BFM-50261	Axle	2
BFM-53073	Small Aluminum Cap	4
BFM-52924	Large Aluminum Cap	2
BFM-11213	Assist End Attachment	2
BFH-50103	1/2" Flanged Bushing	4
BFH-50232	1/2" x 1 1/4" Strip Bolt	2
BFH-50665	SHCS 3/8" x 1" - Low Profile	4

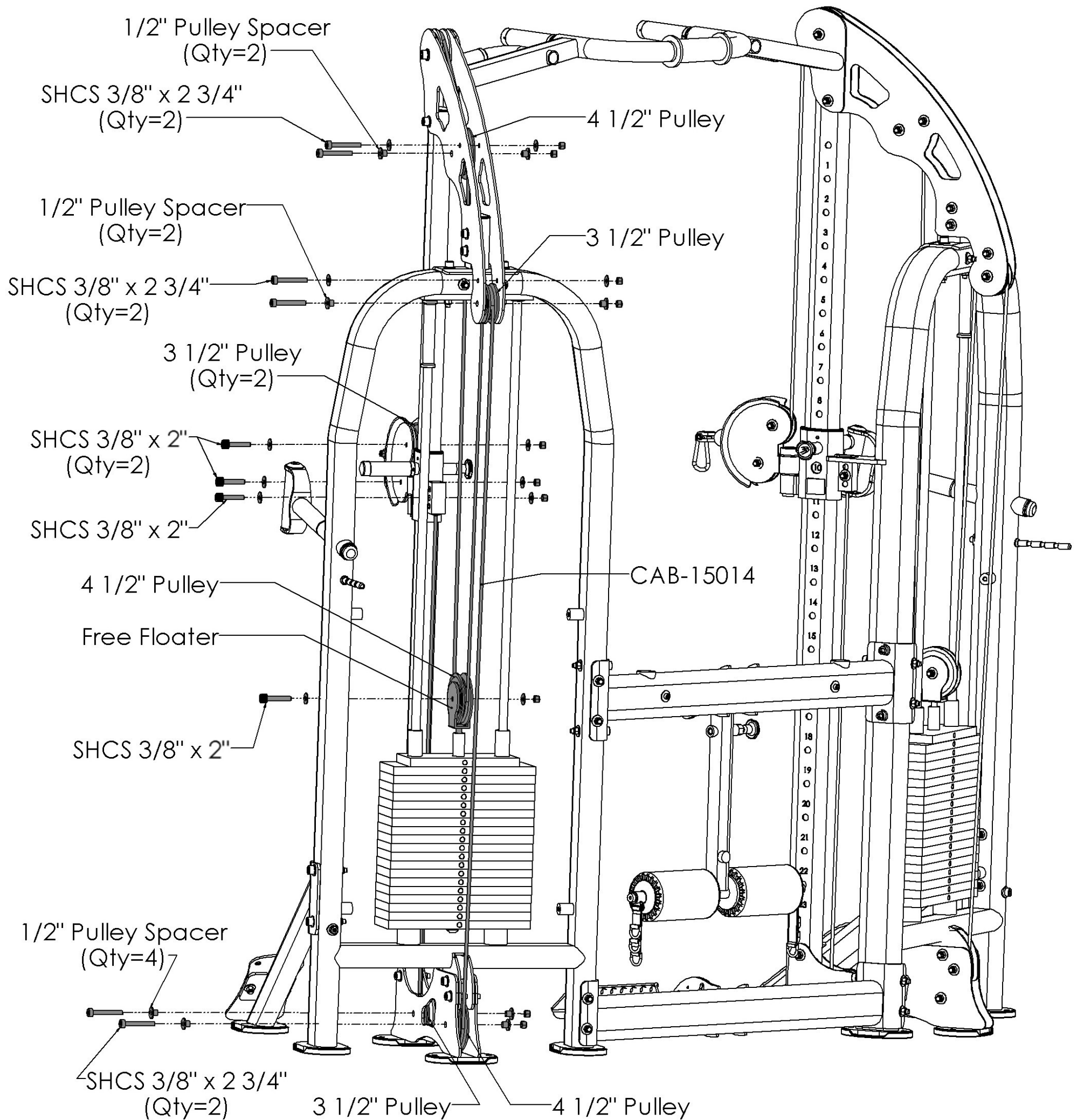


## Step 6:

**All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a 3/8" *CURVED WASHER* instead of a 3/8" *FLAT WASHER*.**



**Make Sure All Bolts Are Tightened Before Moving On**



### Step 6: Left Side Components and Hardware

Part #	Description	Qty
CAB-15014	Cable	1
BFM-11262	Free Floater	1
BFH-50173	3 1/2" Pulley	4
BFH-50174	4 1/2" Pulley	3
BFP-52091	1/2" Pulley Spacer	8
BFP-51750	SHCS 3/8" 2 3/4"	6
BFP-51759	SHCS 3/8" x 2"	4
BFH-50146	3/8" Flat Washer	12
BFH-50157	3/8" Nylock	10

### Step 6: Right Side Components and Hardware

Part #	Description	Qty
CAB-15014	Cable	1
BFM-11262	Free Floater	1
BFH-50173	3 1/2" Pulley	4
BFH-50174	4 1/2" Pulley	3
BFP-52091	1/2" Pulley Spacer	8
BFP-51750	SHCS 3/8" 2 3/4"	6
BFP-51759	SHCS 3/8" x 2"	4
BFH-50146	3/8" Flat Washer	12
BFH-50157	3/8" Nylock	10

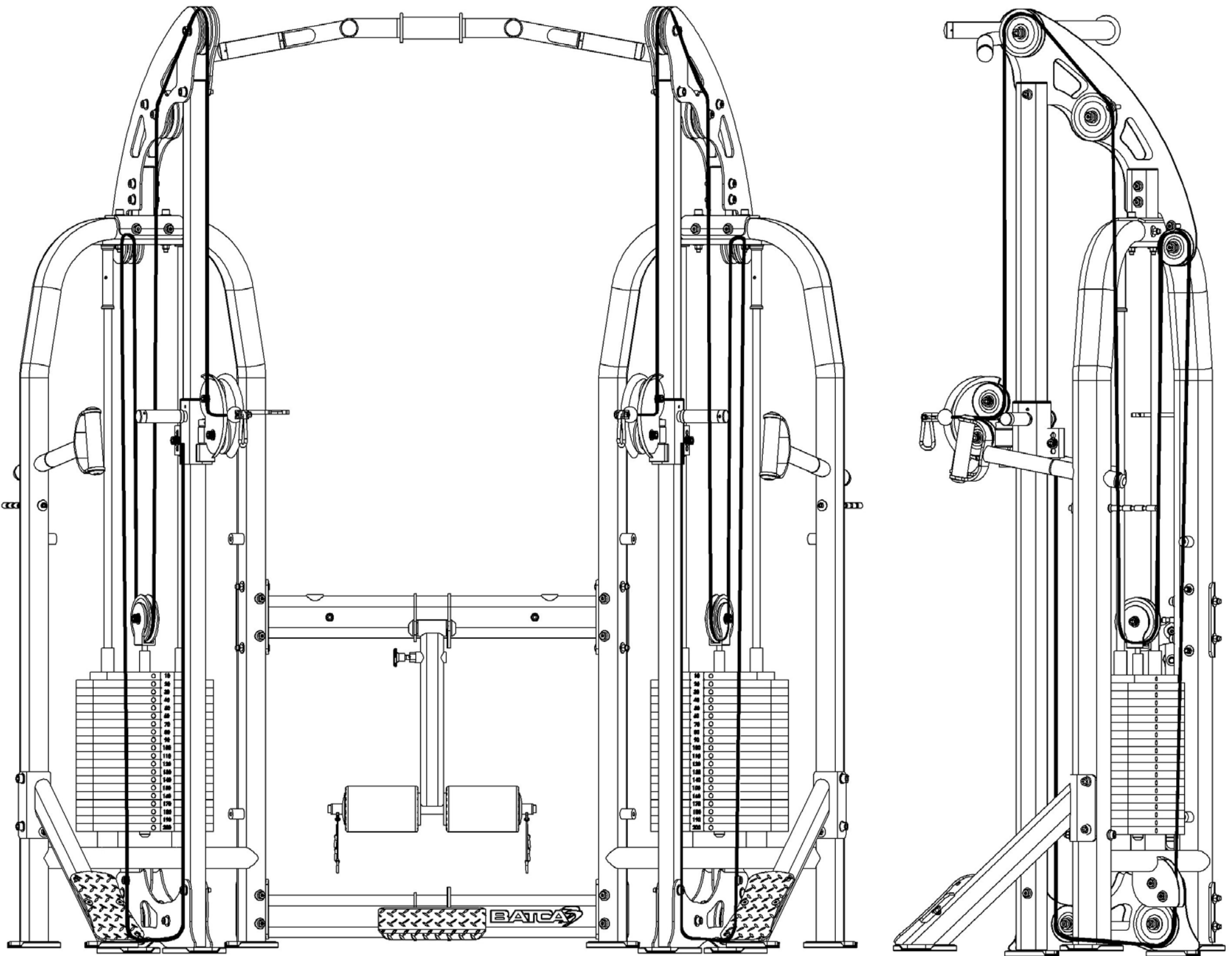




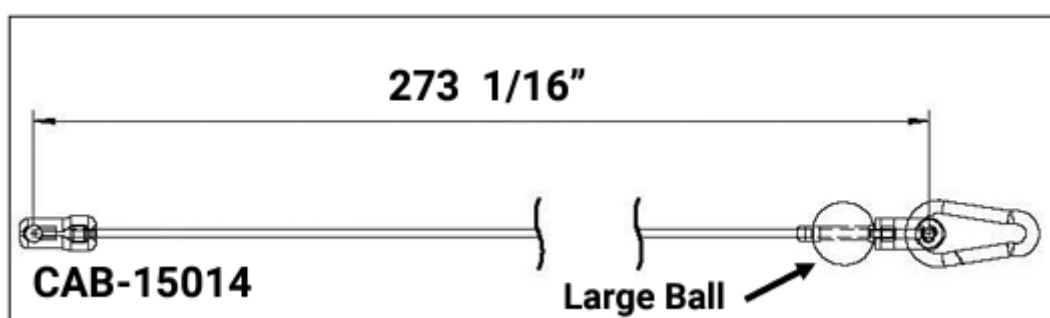
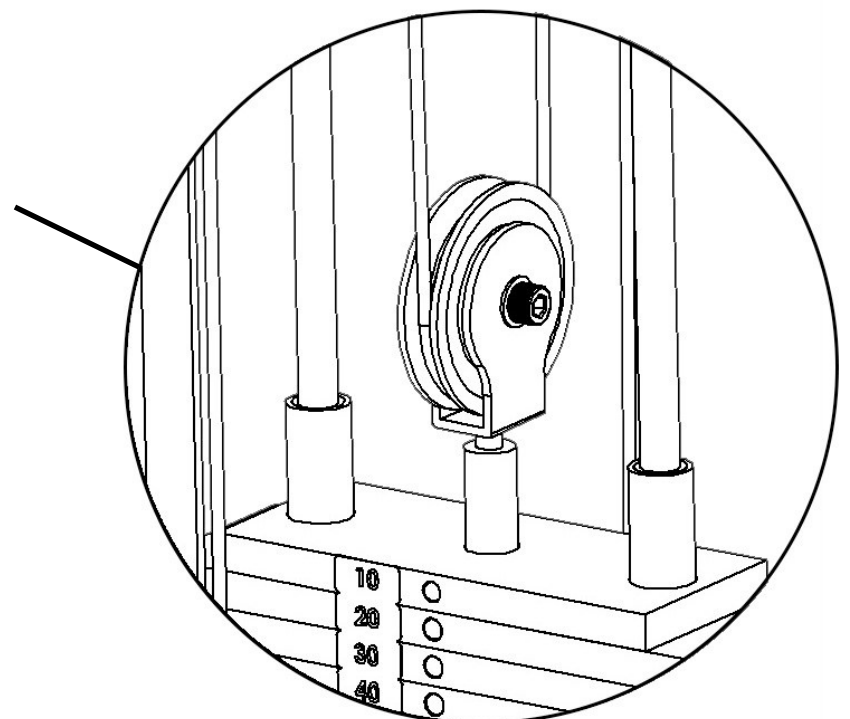
## Step 6 Continued: Cable Routing Diagram



Make Sure All Bolts Are Tightened Before Moving On



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

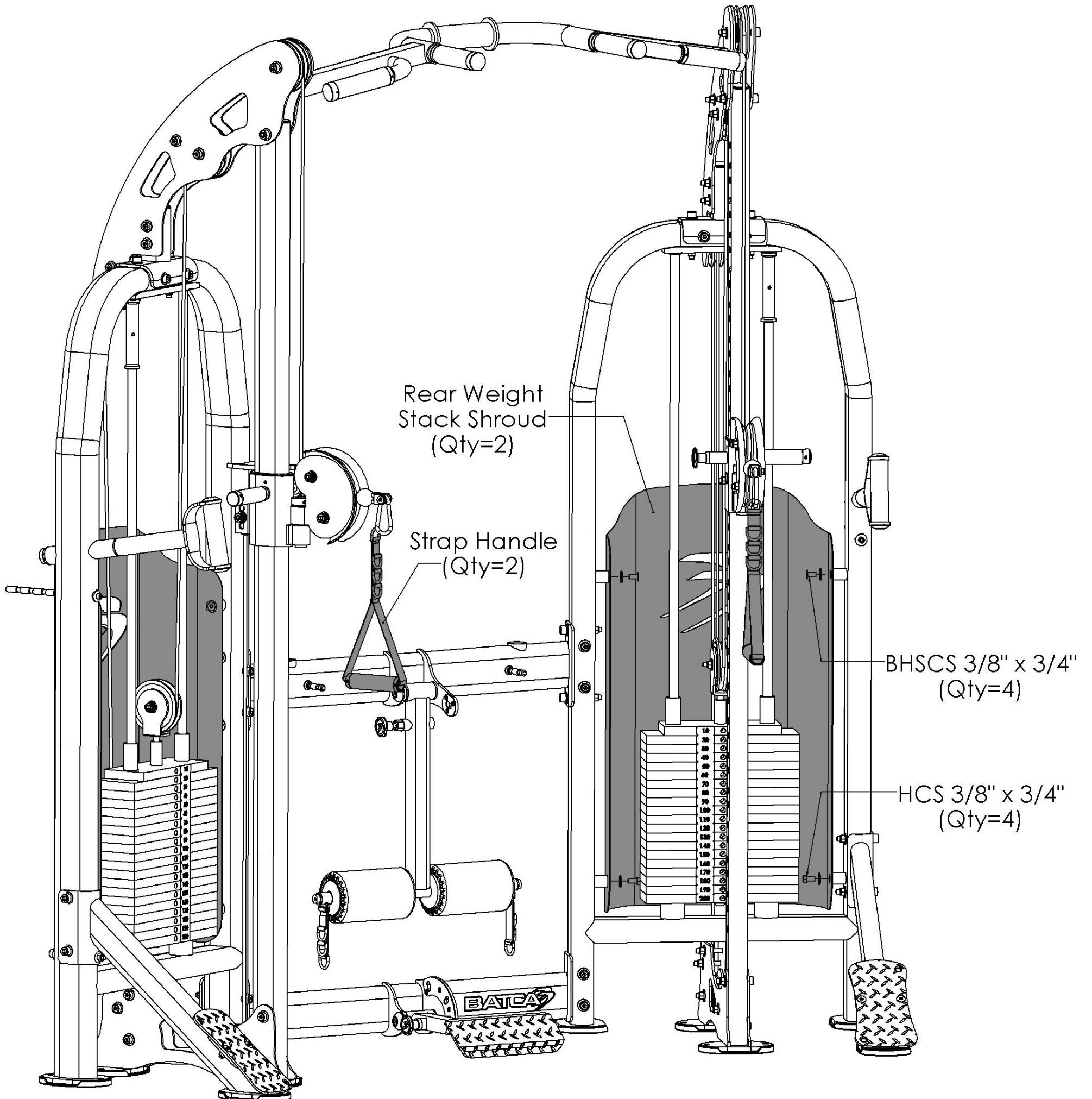




## Step 7:

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

**Do Not Tighten Bolts Until The Next Step**



Part #	Description	Qty
BFP-52189	Rear Weight Stack Shroud	2
BFC-10103	Strap Handle	2
BFP-52340	BHSCS 3/8" x 3/4"	4
BFH-50254	HCS 3/8" x 3/4"	4
BFH-50146	3/8" Flat Washer	8

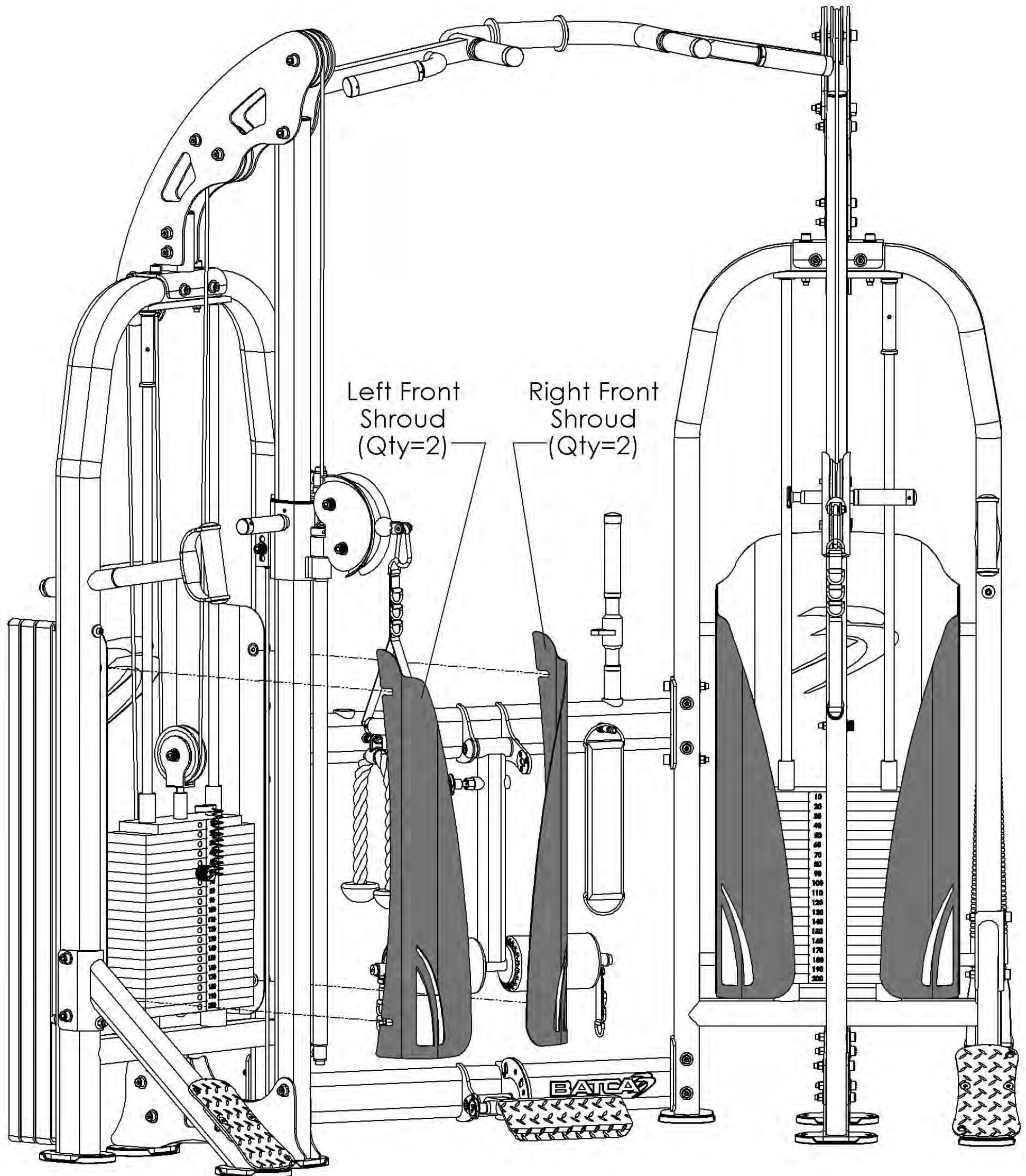




## Step 8:

All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a 3/8" **CURVED WASHER** instead of a 3/8" **FLAT WASHER**.

 **Do Not Tighten Bolts Until The Next Step**

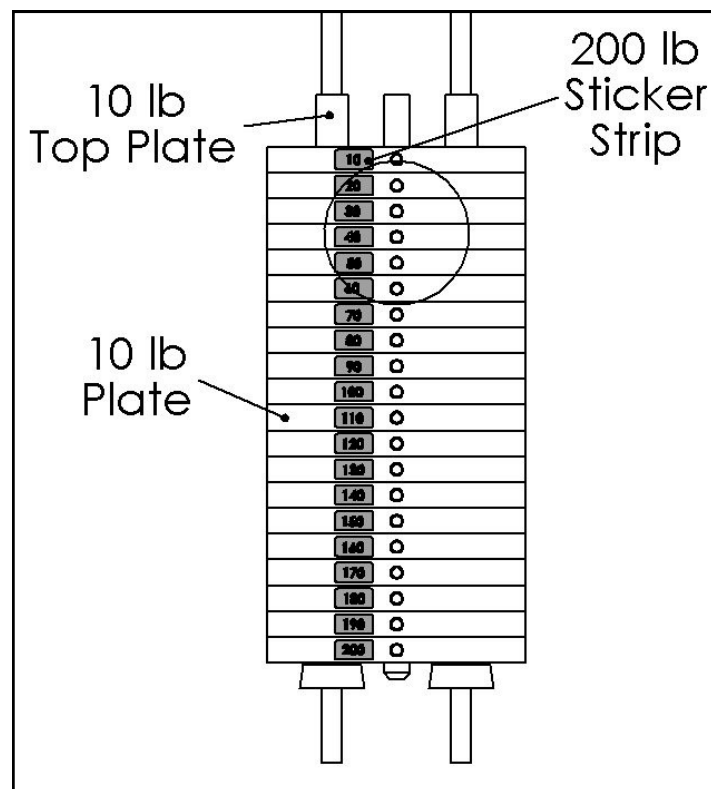


Part #	Description	Qty
BFP-51741	Right Front Weight Stack Shroud	2
BFP-51742	Left Front Weight Stack Shroud	2

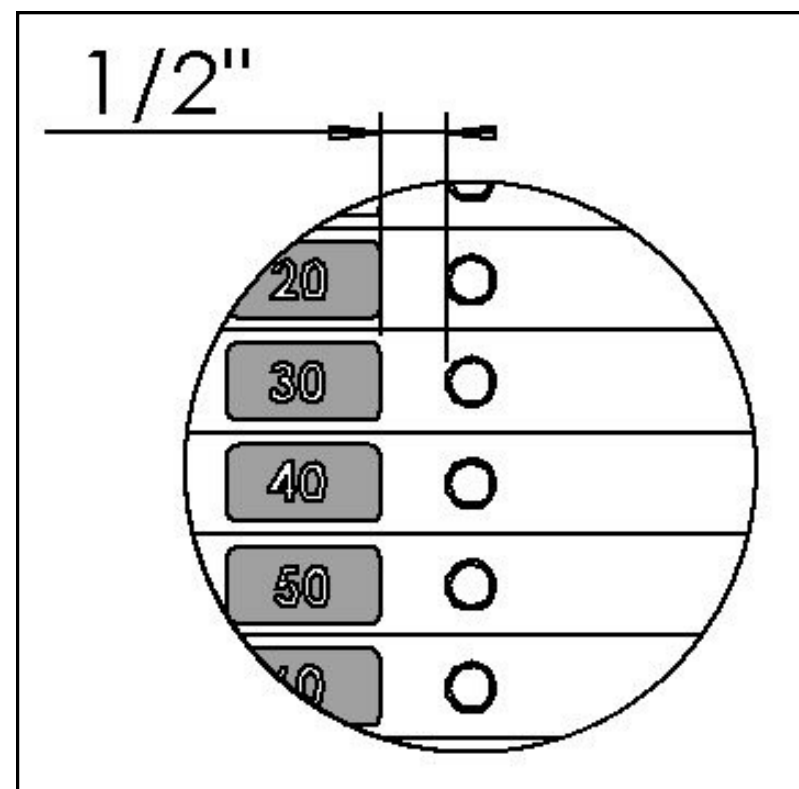


# Final Assembly and Troubleshooting

## Weight Stack Decals:



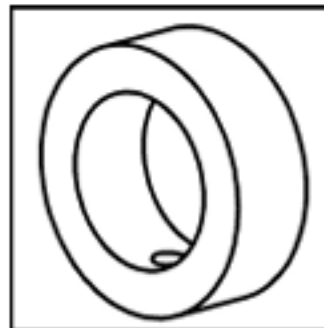
200lb Stack



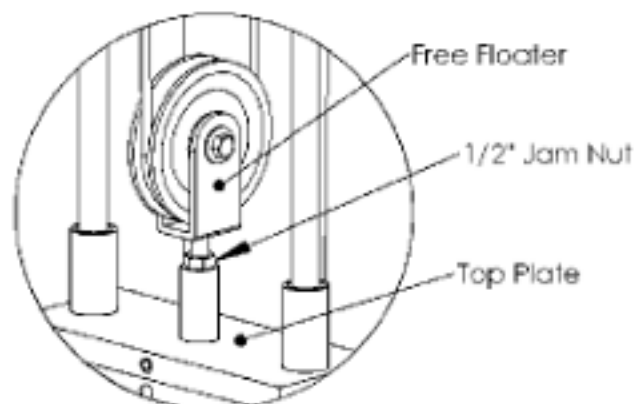
## IMPORTANT - Check These Components Before Using

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

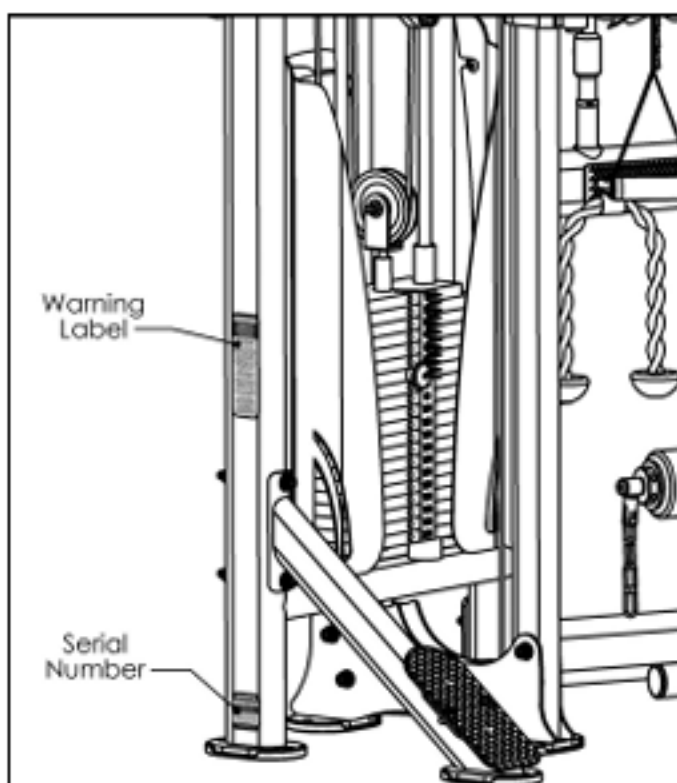
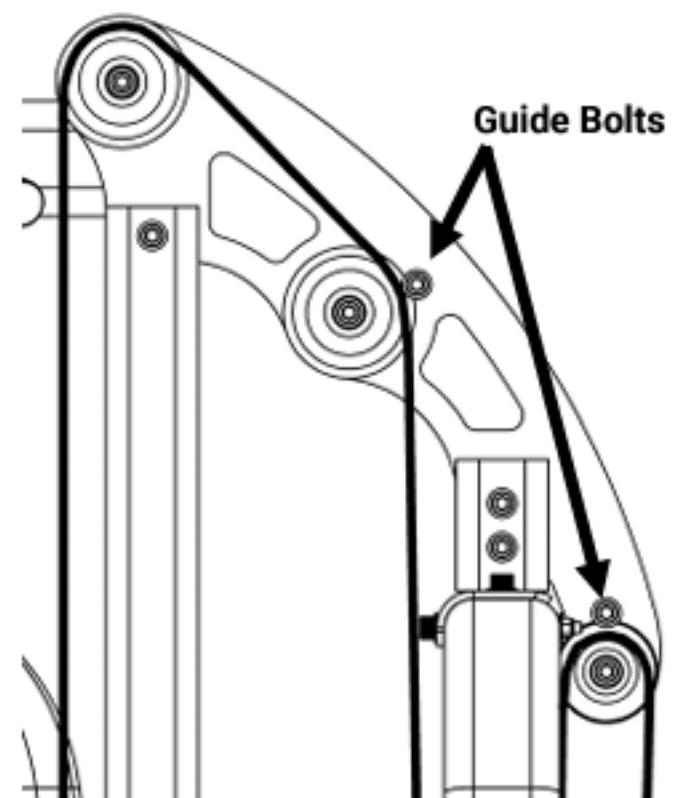
Threaded Collar BFH-50220



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



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



- **Record** your serial number on the front of this manual and keep for your records. The serial number can be found on the side of the cage as seen in the figure to the left.

## Guide Rod

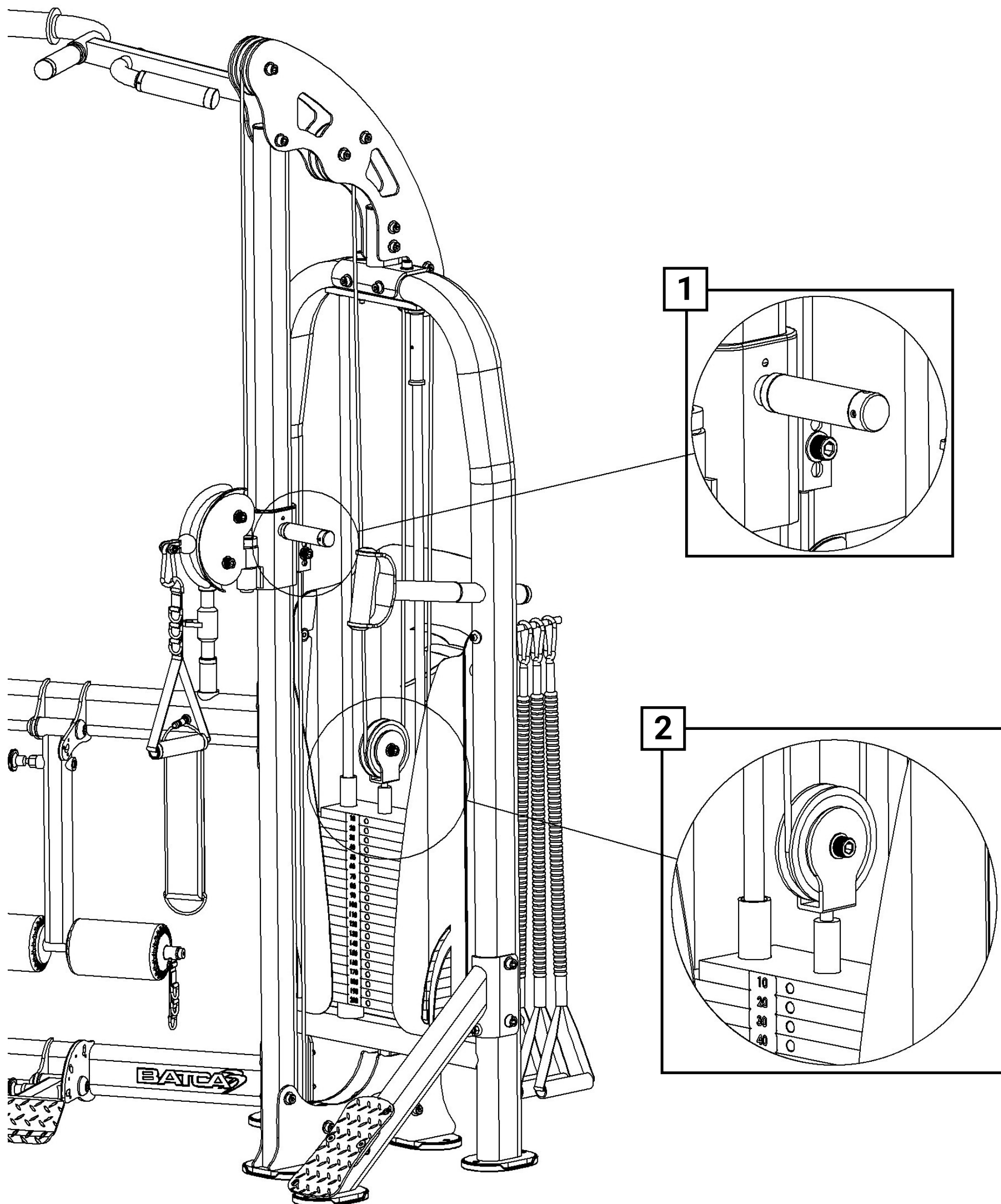
- Clean guide rods with a lint-free cloth and apply a thin layer of silicone lubricant (Part # BFH-50262) to each guide rod. This will ensure a glass smooth performance from your weight stack.

# 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 into its counterpart. It is very important that the 1/2" Jam Nut must be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.

- **Note:** If the top plate rises 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
<b>Clean</b>										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads	X			X						
Guide Rods			X			X				
Chrome Slides			X			X				
Frame			X			X				
<b>Inspect</b>										
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						
<b>Lubricate</b>										
Guide Rods			X			X				
Bearings							As Needed			1
<b>Replace</b>										
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](http://www.batcafitness.com)

Please keep this for your records.



Scan the QR Code to  
register your new  
BATCA Product online!

# Layout Diagram

The Link Free Trainer has a layout dimension of 7'-1/2"(Length) 2'- 8 1/2"(Width) 7'- 5"(Height). There should be minimum of 18", preferably 24", of working space around the entire unit.

