

Revision 3

October 2008



BATCA
fitness systems · usa

X4 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 X4. 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

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Main Frame Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
1	BFM-10300	Center Hub	1	1
2	BFM-10316	Chest Base	1	1
3	BFM-10319	Low Row	1	2
4	BFM-10309	Shoulder Base	1	1
5	BFM-10308	Mid Row Base	1	1
6	BFM-10306	Leg Ext/Curl Base	1	1
7	BFM-50170	Anti-Deflection Plate	1	2
8	BFM-10121	Low Row Diamond Plate	2	2
9	BFM-10112	Chest Pole	1	1
10	BFM-10305	Leg Ext/Curl Pole	1	1
11	BFM-10307	Shoulder Pole	1	1
12	BFM-10317	Mid Row Pole	1	1
13	BFM-10311	Mid Row Top	1	1
14	BFM-10312	Leg Ext/Curl Top	1	1
15	BFM-10314	Chest/Shoulder Top	1	1
16	BFM-10130	Bar Catch Left	1	4
17	BFM-10131	Bar Catch Right	1	4
18	BFM-50256	10lb Weight Plate	76	N/A
19	BFM-10299	10lb Top Plate	4	N/A
20	BFM-50258	Weight Stack Shaft	4	N/A
21	BFM-50260	Guide Rod	8	5
22	BFM-10318	Bicep Main Frame	1	3
23	BFM-10310	Shoulder Bicep Seat	1	3
24	BFM-10324	Chrome Pad Adjustment	1	3
25	BFM-10326	Chrome Pad Adjustment	1	3
26	BFM-10105	Shoulder Arm	1	3
27	BFM-50247	5/8" Spacer	2	4
28	BFM-10315	Bicep Curl Arm	1	3
29	BFM-10320	Bicep Handle Bar	1	3
30	BFL-50115	Bent Plate	4	N/A
31	BFM-50240	Handle	4	N/A
32	BFM-50450	Axle	2	N/A
33	BFM-50261	Axle	6	N/A
34	BFM-10322	Back Adjustment	1	4
35	BFM-10323	Mid Row Arm	1	4
36	BFM-10325	Chrome Pad Adjustment	1	4
37	BFM-10153	Chrome Pad Adjustment	1	1
38	BFM-10126	Pec Top	1	4
39	BFL-50127	Pec Pulley Holder	1	4
40	BFM-10125	Upper Pec Arm Right	1	4
41	BFM-10124	Upper Pec Arm Left	1	4
42	BFM-10148	Pec Cam Right	1	4

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
43	BFM-10147	Pec Cam Left	1	4
44	BFM-10103	Lower Pec Arm	2	4
45	BFM-10101	Chest Pivot	1	4
46	BFM-50246	Spacer 3/16"	2	4
47	BFM-10132	Foot Assist	1	4
49	BFM-10138	Chest Press Arm	1	4
50	BFM-10146	Chest Press Pulley Holder	1	4
51	BFM-10110	Chrome Pad Adjustment	1	1
52	BFM-10128	Elbow Support	1	2
53	BFM-10136	Knee Hold Down Elbow	1	2
54	BFM-50186	Anti-Deflection Plate	1	4
55	BFM-10304	Leg Ext/Curl Pillow Holder	1	2
56	BFM-10144	Leg Ext/Curl Cam	1	2
57	BFM-10139	Leg Ext/Curl Pivot Arm	1	2
58	BFM-10145	Two Pulley Feeder	1	4
59	BFM-50267	Counter Weight	1	2
60	BFM-10135	High Pivot Roller	1	2
61	BFM-10151	Low Pivot Roller	1	2
62	BFM-10301	Ab Pole	1	2
63	BFM-10302	Leg Ext/Curl Seat	1	2
64	BFM-10303	Leg Ext/Curl Side Frame	1	2
65	BFM-10141	Knee Alignment Roller	1	2
66	BFM-50222	Axle	1	N/A
67	BFM-10115	Left Handle	1	2
68	BFM-10116	Right Handle	1	2
69	BFM-10327	Chrome Pad Adjustment	1	2
70	BFM-10321	Back Adjustment	1	2
71	BFM-10133	Free Floater	4	4
72	BFM-50345	Pulley Cover	4	4
73	BFM-50444	Weight Stack Enclosures	2	5
74	BFM-50455	Weight Stack Enclosures w/ Logo	2	5
76	BFM-10137	Foot Shroud	1	4
77	BFM-50244	Round Tube	1	4
86	BFM-50316	Anti-Deflection Plate	1	4
87	BFM-50248	Spacer 7/8"	2	4
88	BFM-50432	Bottom 2" Shroud Spacer	8	3
89	BFM-50431	Top 2 1/4" Shroud Spacer	8	3
90	BFM-10415	Guide Rod Holder	4	4
177	BFM-10348	5lb Top Plate	4*	N/A
178	BFM-50504	5lb Weight Plate	16*	N/A
186	BFM-50651	Cable Guard Spacer	1	3

Accessories

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
112	BFC-10101	1 inch Chain	1	3
113	BFC-10102	12 inch Chain	1	3
114	BFC-50122	Ab Strap	1	4
115	BFC-50125	Lat Bar	1	1
116	BFC-50126	Short Bar	1	4
117	BFC-50127	Magnetic Weight Stack Pin	4	4

Upholstery

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
103	BFU-10107	Bicep Arm Pad	2	1
104	BFU-10117	Large Bottom Pad	3	1
105	BFU-10118	Bottom Pad	1	1
106	BFU-10119	Head Pad	1	1
107	BFU-10120	Back Pad With Lumbar	3	1
108	BFU-10121	7" Upholstery Roller	4	4
109	BFU-10122	Large Upholstery Roller	2	4
110	BFU-10123	Bicep Chest Pad	1	1
111	BFU-10124	Mid Row Chest Pad	1	1

Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
118	BFH-50112	Screw Cap Cover	8
119	BFH-50113	Screw Cap Washer	8
120	BFH-50118	HCS 3/8"-16 X 1" P5	2
121	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	12
122	BFH-50120	HCS 3/8"-16 1 1/2" P5	8
123	BFH-50121	HCS 3/8"-16 X 2" P5	10
124	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	12
125	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	26
126	BFH-50125	HCS 3/8"-16 X 3" P5	48
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	43
128	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	4
129	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	6
130	BFH-50129	HCS 3/8"-16 X 4" P5	9
131	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	5
132	BFH-50133	HCS 3/8"-16 X 6 1/2" P5	2
134	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
134	BFH-50137	HCS 1/2"-13 X 3 1/4" (5/8" Threads)	1
137	BFH-50146	3/8" Flat Washer (Black)	282
138	BFH-50147	3/8" Lock Washer (Black)	42
139	BFH-50149	3/8"-16 Jam Nut (Zinc)	8
140	BFH-50155	1/2"-13 Nylock (Black)	5
141	BFH-50157	3/8"-16 Nylock (Black)	144
142	BFH-50171	Side Mounted Flange Bearing	4
143	BFH-50172	Pillow Block Bearing	2
144	BFH-50173	3 1/2" Pulley	5
145	BFH-50174	4 1/2" Pulley	33
146	BFH-50188	Snap Hook	4
147	BFH-50190	Rubber Donut	8
148	BFH-50192	Weight Stack Decals	4
149	BFH-50197	Small Logo	2
150	BFH-50198	Large Logo	2

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
151	BFH-50201	1/2" Pulley Spacer	40
152	BFH-50202	3/4" Pulley Spacer	4
153	BFH-50210	Gas Spring	3
154	BFH-50220	Threaded Collar	4
155	BFH-50221	3" Plastic Washer	10
156	BFH-50222	Rubber Bumper	2
157	BFH-50234	6 1/2" Spring	2
159	BFH-50236	Foam Grip	4
160	BFH-50238	Pin	2
161	BFH-50239	Snap Ring	2
162	BFH-50242	3/8 Fender Washer	4
163	BFH-50245	FHSCS 5/16"-18 X 1"	2
164	BFH-50246	Anti-Skid Material	5
165	BFH-50247	3/8"-16 Thin Nylock (Zinc)	4
167	BFH-50250	1 1/4" Shoulder Bolt	4
168	BFH-50251	1/2" Flat Washer (Black)	10
169	BFH-50252	Plastic Collar	6
170	BFH-50253	Beveled Leveler	4
171	BFH-50257	Warning Label	4
173	BFH-50269	Warning Decal (Do Not Hang)	1
174	BFH-50274	HCS 3/8"-16 X 4 3/4" P5	1
175	BFH-50275	X4 Exercise Chart	1
176	BFH-50288	3/8"-16 Nylock (Zinc)	4
179	BFH-50200	Rubber Bumper	2
180	BFH-50256	1/2" Jam Nut (Zinc)	8
181	BFH-50227	Cable Strap	3
182	BFH-50267	5/16"-18 Nylock	4
183	BFH-50192	200lb Weight Stack Decals	4
184	BFH-50258	175lb Weight Stack Decals	4
185	BFH-50298	HCS 3/8"-16 x 8 3/4" P5	2

Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
48	CAB-10401	Foot Assist Cable	2	4
92	CAB-10106	Pec Cam to Pec Cam Cable	1	4
93	CAB-10125	Weight Stack to Free Floater Cable	1	4
94	CAB-10126	Lat Pull to Weight Stack Cable (no LP)	2	4
95	CAB-10127	Lat Pull to Weight Stack Cable (w/ LP)	1	4
96	CAB-10128	Ab to Weight Stack Cable	1	4
97	CAB-10129	Leg Ext/Curl Cam to Free Floater Cable	1	4
98	CAB-10130	Bicep Curl to Low Pulley Cable	1	4
99	CAB-10131	Weight Stack to Free Floater Cable	1	4
100	CAB-11007	Free Floater to Chest Lockout Cable	1	4

Leg Press Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
7	BFM-50316	Anti-Deflection Plate	1
27	BFM-50247	5/8" Spacer	2
67	BFM-10115	Left Handle	1
68	BFM-10116	Right Handle	1
71	BFM-10133	Free Floater	1
78	BFM-10313	Leg Press Frame	1
79	BFM-10140	Leg Press Pivot	1
80	BFM-10152	Bushing Holder	2
81	BFM-50252	Four Bar	2
82	BFM-10102	Foot Plate Pivot	1
83	BFM-10106	Chrome Pad Adjustment	1
84	BFL-50128	Foot Plate	1
85	BFM-50270	Handle	1
91	BFM-10432	Spacer Tube	2

Leg Press Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
121	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
123	BFH-50121	HCS 3/8"-16 X 2" P5	1
124	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	2
125	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	4
126	BFH-50125	HCS 3/8"-16 X 3" P5	6
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	4
135	BFH-50144	FHSCS 3/8"-16 X 1"	2
136	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
137	BFH-50146	3/8" Flat Washer (Black)	37
138	BFH-50147	3/8" Lock Washer (Black)	4
139	BFH-50149	3/8"-16 Jam Nut (Zinc)	1

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
141	BFH-50157	3/8"-16 Nylock (Black)	23
143	BFH-50172	Pillow Block Bearing	2
145	BFH-50174	4 1/2" Pulley	6
151	BFH-50201	1/2" Pulley Spacer	8
166	BFH-50249	1/2" Shoulder Bolt (3/8"-16 x 50mm)	4
167	BFH-50250	1 1/4" Shoulder Bolt	1
168	BFH-50251	1/2" Flat Washer (Black)	4
170	BFH-50253	Beveled Leveler	1
180	BFH-50256	1/2" Jam Nut (Zinc)	1
182	BFH-50267	5/16"-18 Nylock	1

Cables

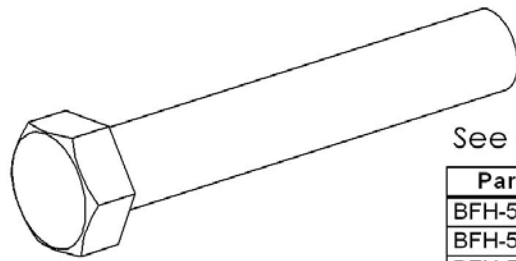
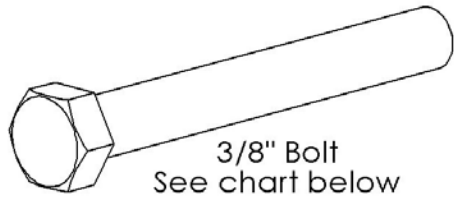
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101	CAB-11010	Leg Press Lockout to Free Floater Cable	1

Upholstery

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
104	BFU-10117	Large Bottom Pad	1
107	BFU-10120	Back Pad With Lumbar	1

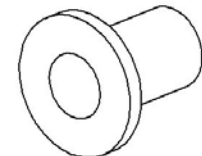
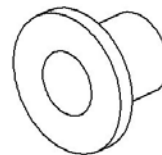
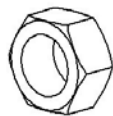
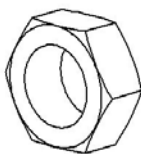
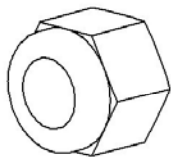
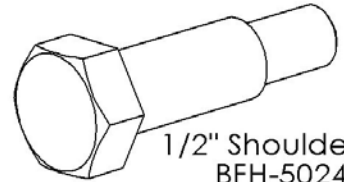
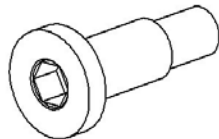
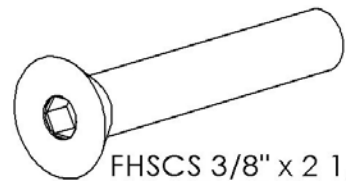
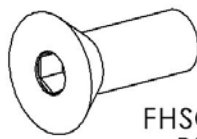
Tools Required

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

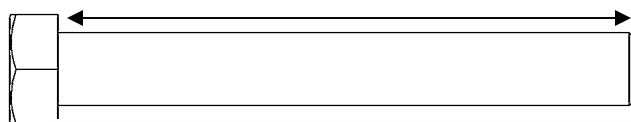


Part #	Size
BFH-50254	3/8" x 3/4"
BFH-50118	3/8" x 1"
BFH-50119	3/8" x 1 1/4"
BFH-50120	3/8" x 1 1/2"
BFH-50285	3/8" x 1 3/4"
BFH-50121	3/8" x 2"
BFH-50122	3/8" x 2 1/4"
BFH-50123	3/8" x 2 1/2"
BFH-50124	3/8" x 2 3/4"
BFH-50125	3/8" x 3"
BFH-50126	3/8" x 3 1/4"
BFH-50127	3/8" x 3 1/2"
BFH-50128	3/8" 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"

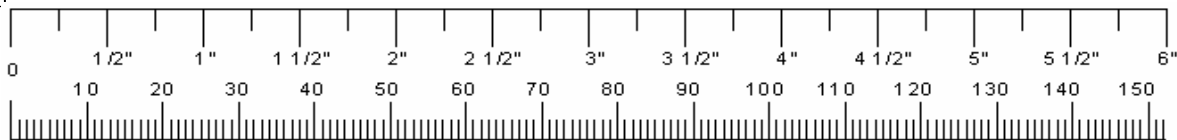
Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
BFH-50137	1/2" x 3 1/4"
BFH-50138	1/2" x 3 1/2"
BFH-50139	1/2" x 4 1/4"
BFH-50140	1/2" x 4 1/2"
BFH-50141	1/2" x 5 1/2"

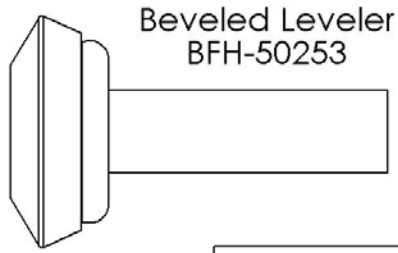


Bolt Length

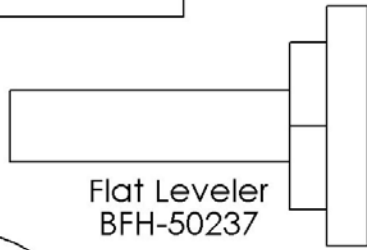


Note: Bolt length is measured from the underside of the head of the bolt.

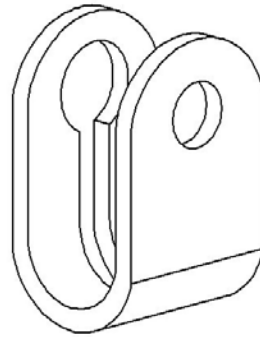




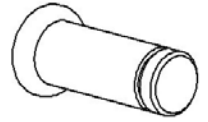
Beveled Level
BFH-50253



Flat Level
BFH-50237



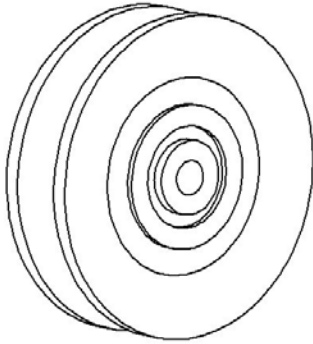
Cable Strap
BFH-50227



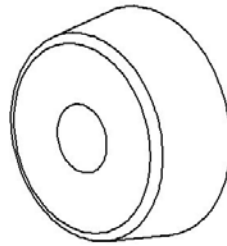
Pin
BFH-50238



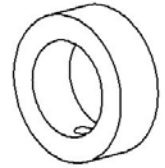
Snap Ring
BFH-50239



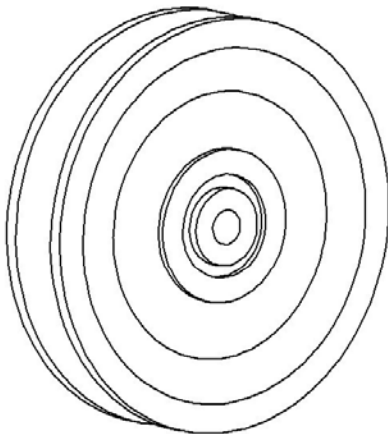
3 1/2" Pulley
BFH-50173



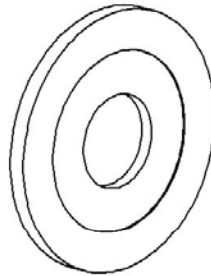
Rubber Donut
BFH-50190



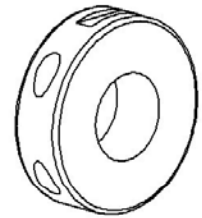
Threaded Collar
BFH-50220



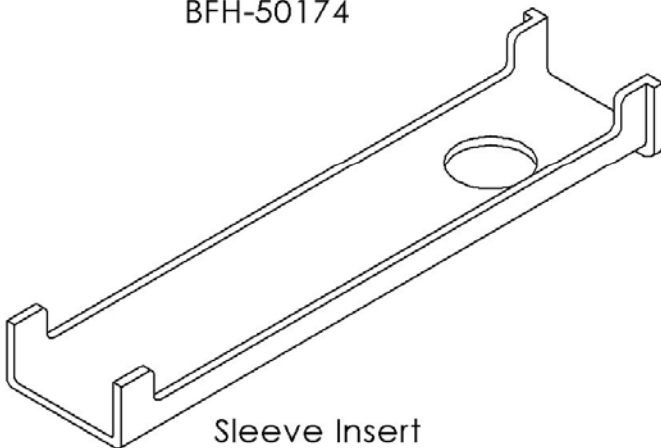
4 1/2" Pulley
BFH-50174



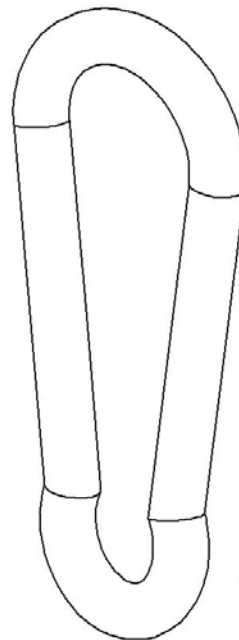
3" Plastic Washer
BFH-50221



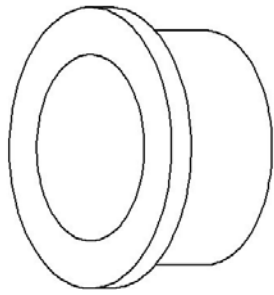
Plastic Collar
BFH-252



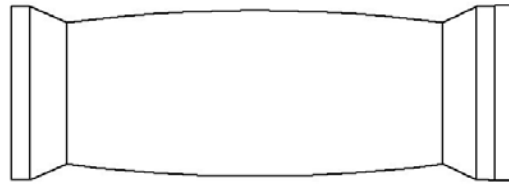
Sleeve Insert
BFH-50175



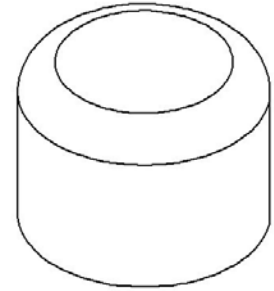
Snap Hook
BFH-50188



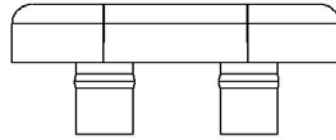
1" Bronze Bushing
BFH-50101



Molded Grip - BFH-50110



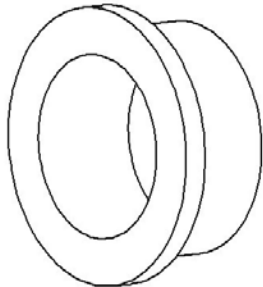
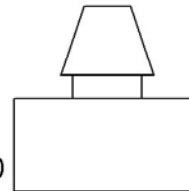
1" Outer Plastic Cap
BFH-50111



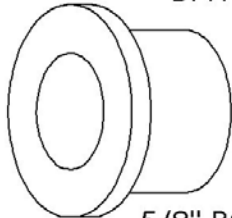
BFH-50222

Rubber Bumpers

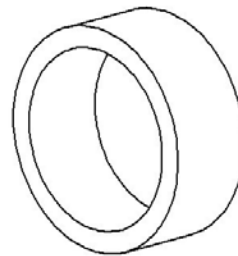
BFH-50200



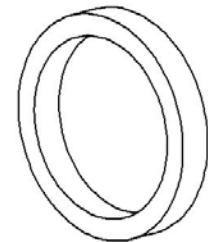
1" Bronze Bushing x 1/2 L
BFH-50297



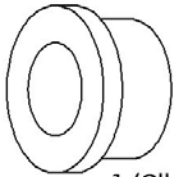
5/8" Bronze Bushing
BFH-50102



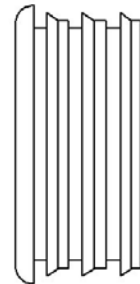
5/8" Spacer
BFM-50247



3/16" Spacer
BFM-50246



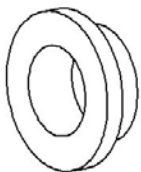
1/2" Bronze Bushing
BFH-50103



1 1/2" Inner Plastic Cap
BFH-50114

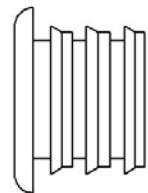


Cable Pivot Bushing
BFH-50248

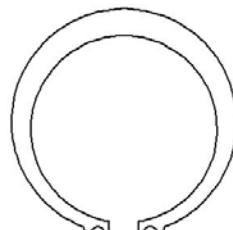


Short 1/2" Bushing
BFH-50244

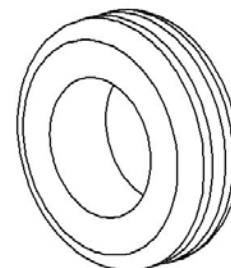
1" Inner Plastic Cap
BFH-50280



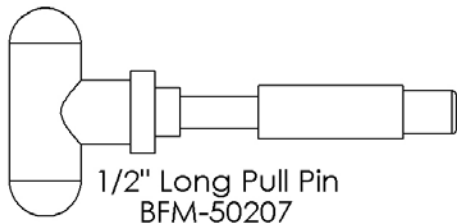
1/2" Snap Ring
BFH-50166



1" Snap Ring
BFH-50165



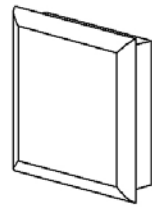
Rubber Grommit
BFH-50199



1/2" Long Pull Pin
BFM-50207

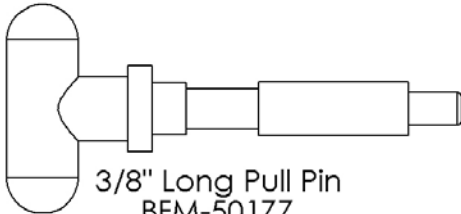


Pull Pin T-Handle
BFH-50263

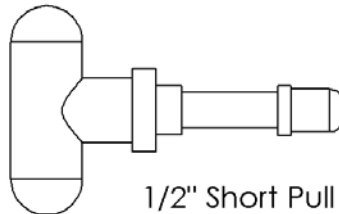


Plastic Cap

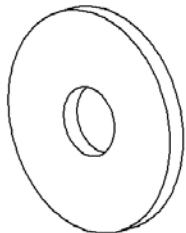
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



3/8" Long Pull Pin
BFM-50177



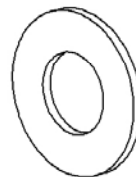
1/2" Short Pull Pin
BFM-50157



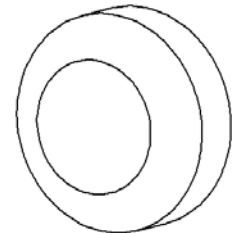
3/8" Fender Washer
BFH-50242



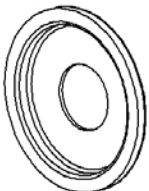
3/8" Flat Washer
BFH-50146



1/2" Flat Washer
BFH-50251



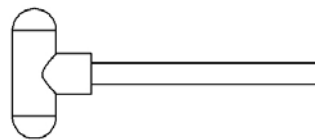
Screw Cap Cover
BFH-50112



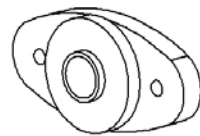
Screw Cap Washer
BFH-50113



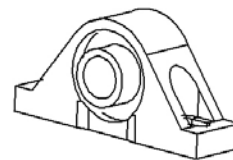
3/8" Lock Washer
BFH-50147



Magnetic Weight Stack Pin
BFC-50127



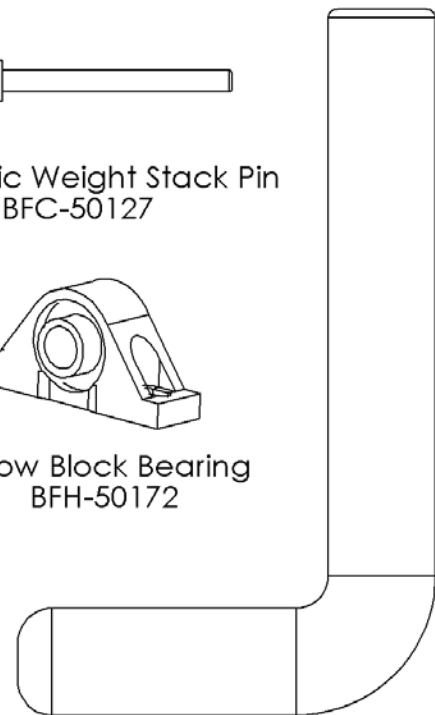
Side Mounted
Flange Bearing
BFH-50171



Pillow Block Bearing
BFH-50172

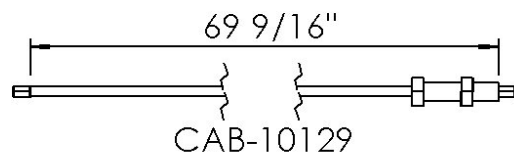
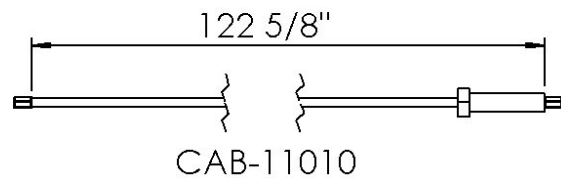
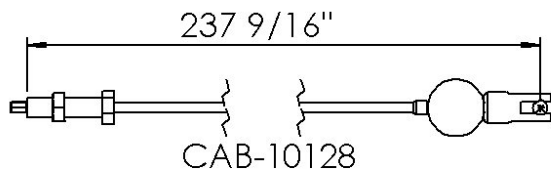
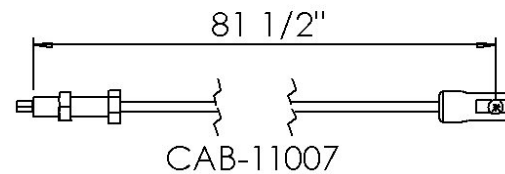
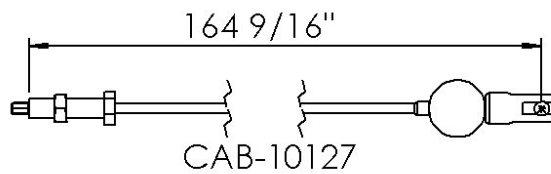
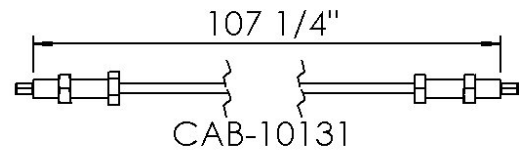
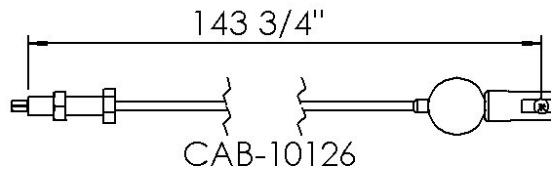
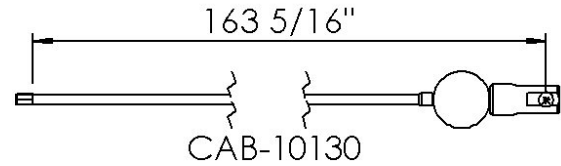
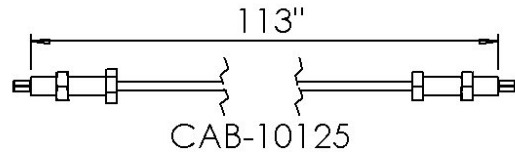
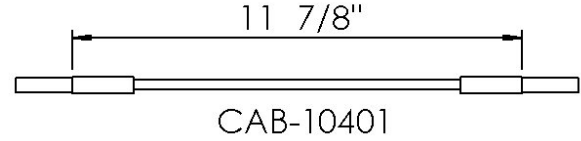
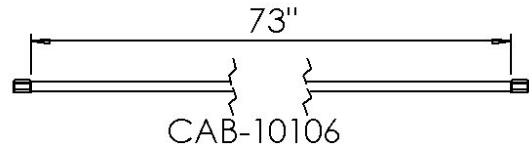
Items not shown.

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



Bar Catch Rubber Sleeve
BFH-50240

Cable Comparison Chart



Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
48	CAB-10401	Foot Assist Cable	2
92	CAB-10106	Pec Cam to Pec Cam Cable	1
93	CAB-10125	Weight Stack to Free Floater Cable	1
94	CAB-10126	Lat Pull to Weight Stack Cable (no LP)	2
95	CAB-10127	Lat Pull to Weight Stack Cable (w/ LP)	1
96	CAB-10128	Ab to Weight Stack Cable	1
97	CAB-10129	Leg Ext/Curl Cam to Free Floater Cable	1
98	CAB-10130	Bicep Curl to Low Pulley Cable	1
99	CAB-10131	Weight Stack to Free Floater Cable	1
100	CAB-11007	Free Floater to Chest Lockout Cable	1
101	CAB-11010	Leg Press Lockout to Free Floater Cable	1



PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

- **Set** the Chest Base in a location close to the gym's final position. (See Layout Diagram on the back cover of this manual). Keep in mind that you should allow at least 18"-24" as working room around the unit.
- **Record** your serial number on the front of this assembly instructions and keep for your records. The serial number can be found on the back side of the Leg Ext/Curl Base, as seen below in Figure 1A.

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

- **Hand Tighten** all hardware for Steps 1-3.

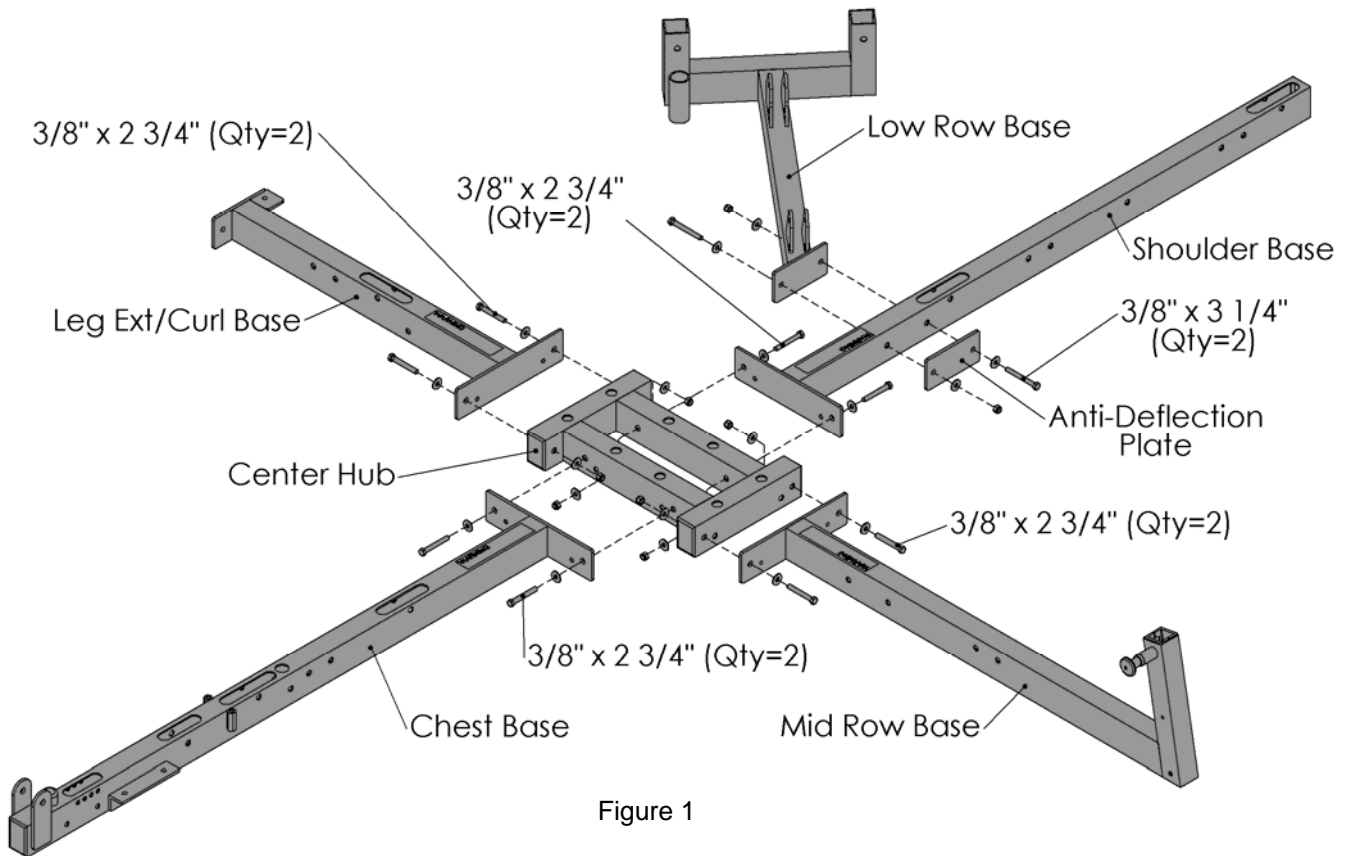


Figure 1

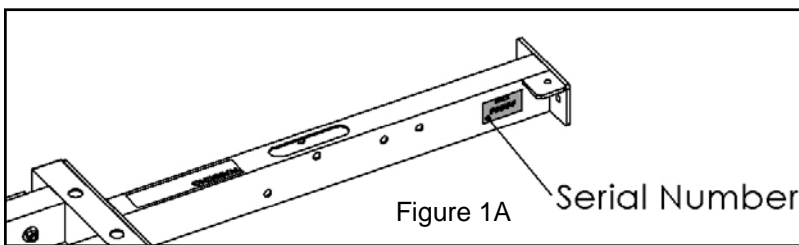


Figure 1A

Serial Number

Item #	Part #	Description	Qty
1	BFM-10300	Center Hub	1
2	BFM-10316	Chest Base	1
3	BFM-10319	Low Row	1
4	BFM-10309	Shoulder Base	1
5	BFM-10308	Mid Row Base	1
6	BFM-10306	Leg Ext/Curl Base	1
86	BFM-50316	Anti-Deflection Plate	1
126	BFH-50125	HCS 3/8"-16 x 3" P5	8
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
137	BFH-50146	3/8" Flat Washer (Black)	20
141	BFH-50157	3/8"-16 Nylock (Black)	10

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

Step 2:

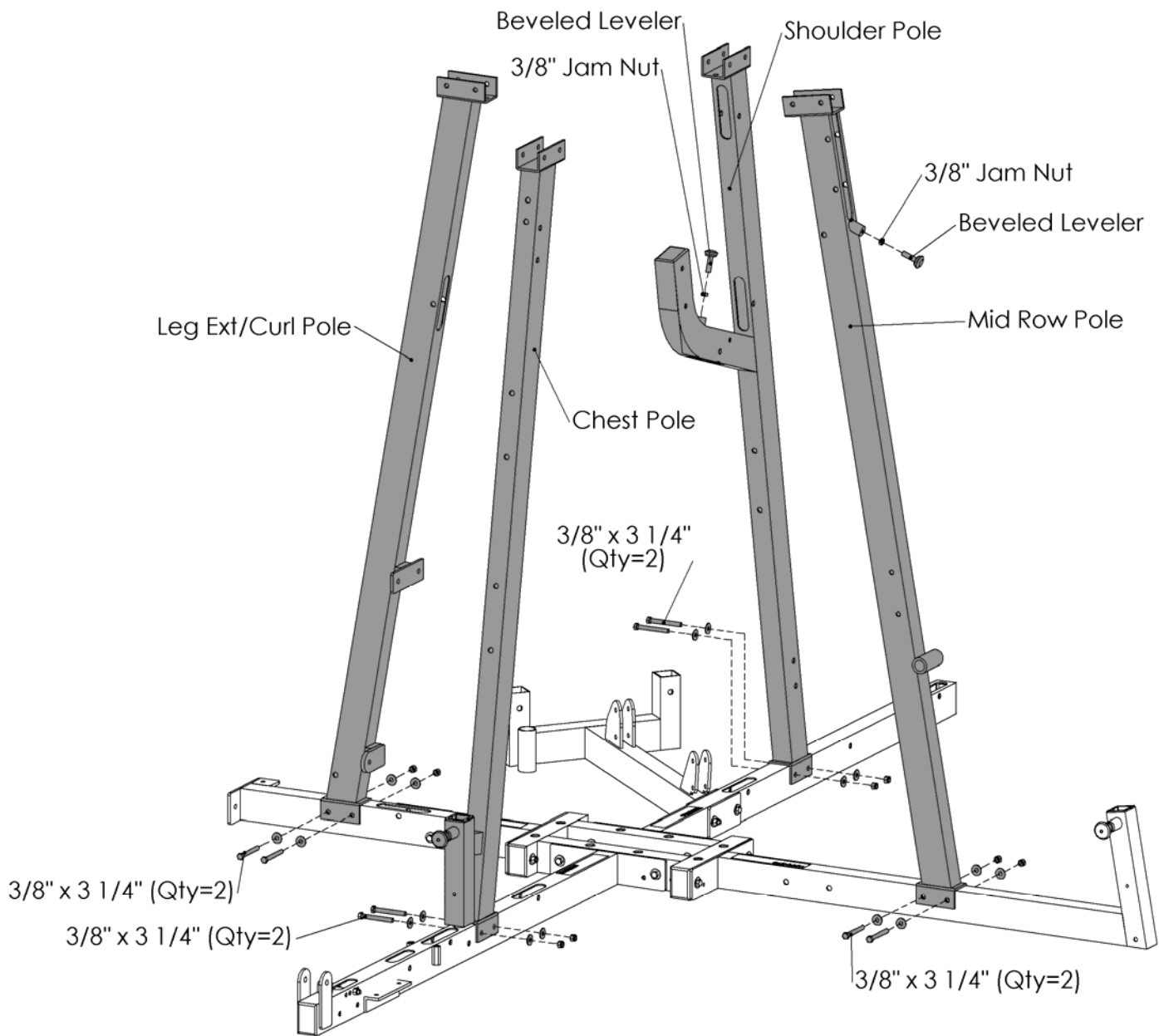


Figure 2

Item #	Part #	Description	Qty
9	BFM-10112	Chest Pole	1
10	BFM-10305	Leg Ext/Curl Pole	1
11	BFM-10307	Shoulder Pole	1
12	BFM-10317	Mid Row Pole	1
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	8
137	BFH-50146	3/8" Flat Washer (Black)	16
139	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
141	BFH-50157	3/8"-16 Nylock (Black)	8
170	BFH-50253	Beveled Leveler	2

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

Step 3:

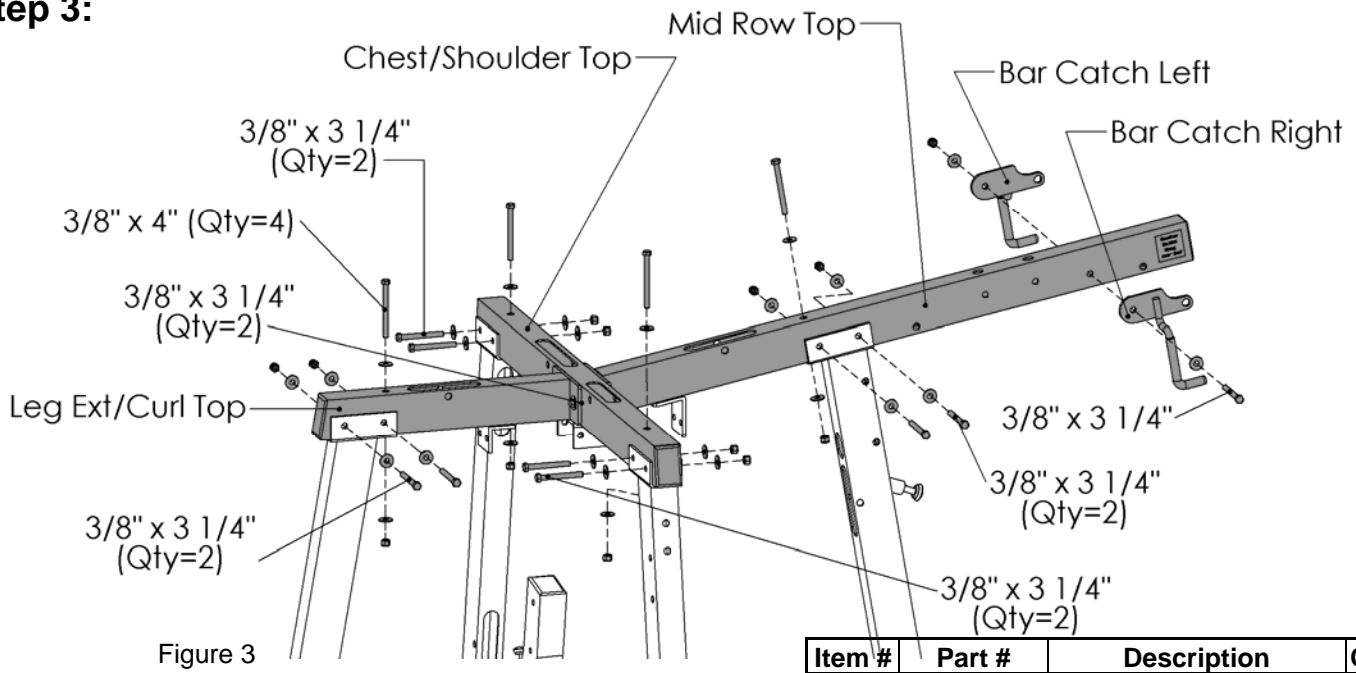


Figure 3

Item #	Part #	Description	Qty
13	BFM-10311	Mid Row Top	1
14	BFM-10312	Leg Ext/Curl Top	1
15	BFM-10314	Chest/Shoulder Top	1
16	BFM-10130	Bar Catch Left	1
17	BFM-10131	Bar Catch Right	1
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	11
130	BFH-50129	HCS 3/8"-16 x 4" P5	4
137	BFH-50146	3/8" Flat Washer (Black)	30
141	BFH-50157	3/8"-16 Nylock (Black)	15

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

Step 4:

- **Snug** Tighten all loose hardware.
- **Align** the Chest Pole, the Leg Ext/Curl Pole, the Mid-Row Pole, and the Shoulder Pole so that they each are plumb and standing up vertically as shown in Figure 4.
- **Wrench Tighten** all hardware thus far as found in Steps 1-3, starting from the top of the gym and working to the bottom.

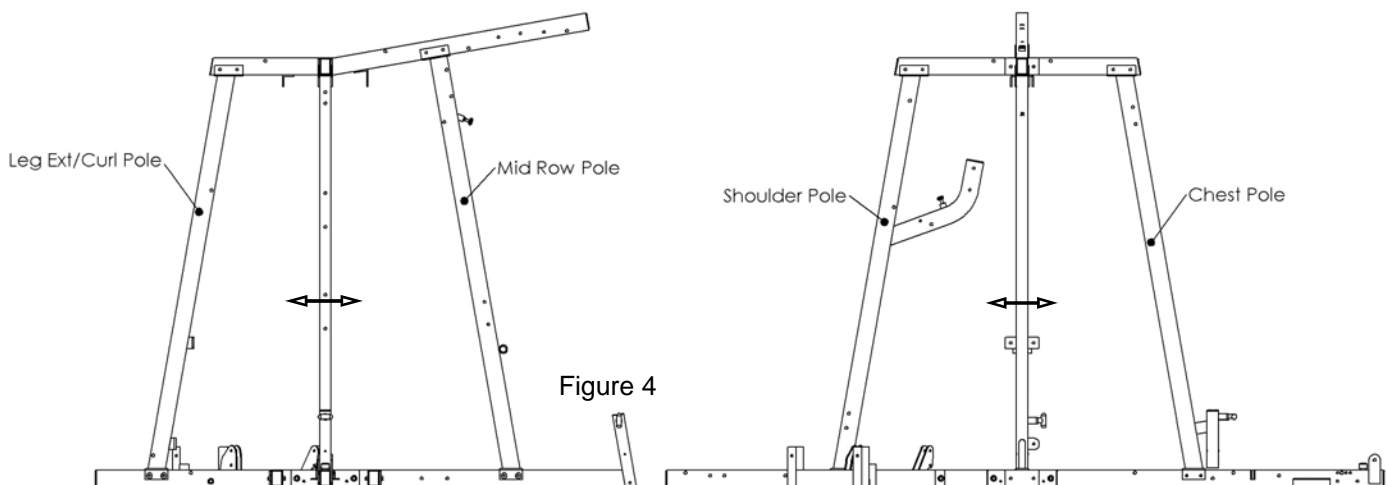
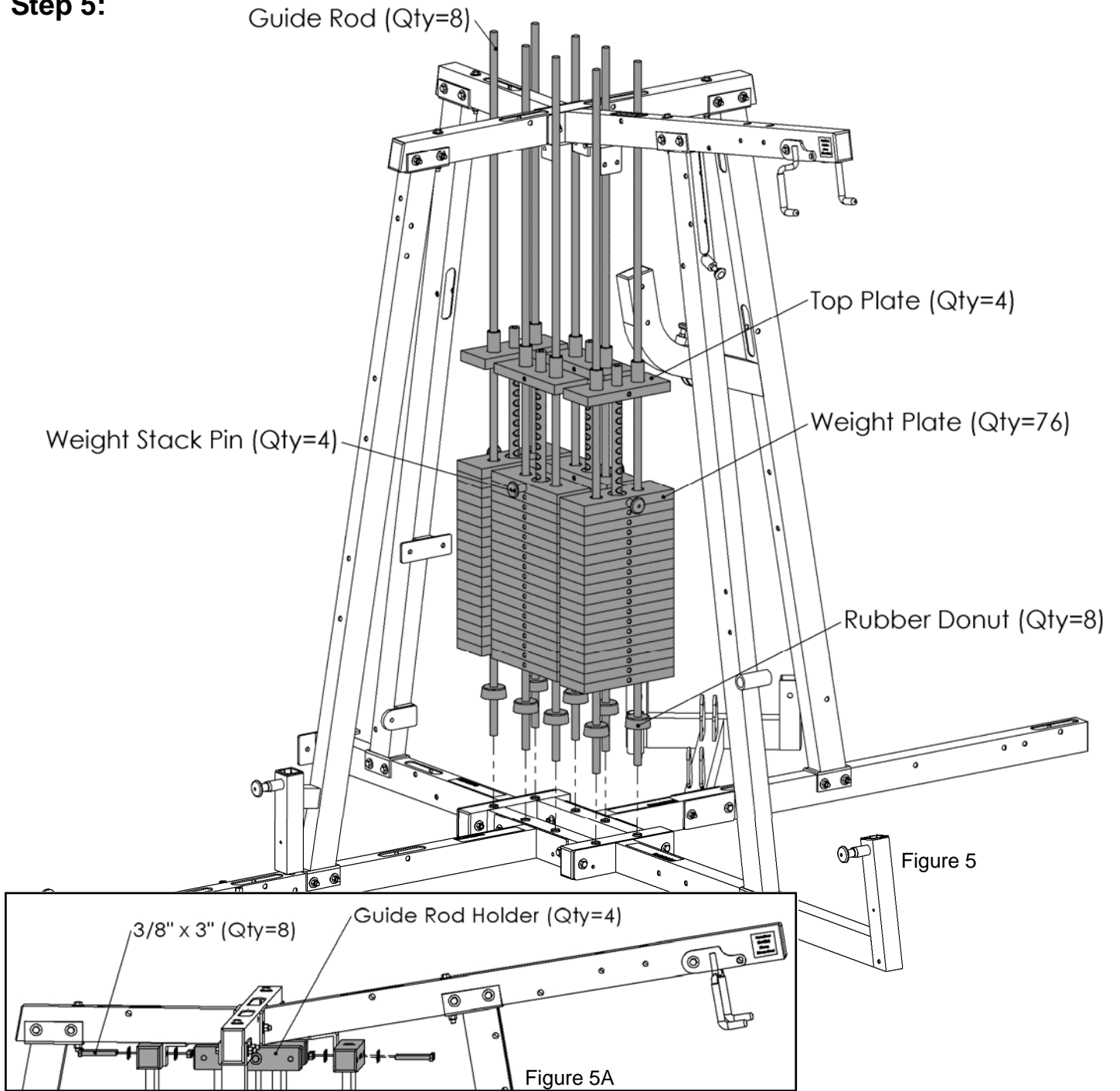


Figure 4

Step 5:



Note: Turn all Top Plates so that the additional hole for the Weight Stack Pin is positioned on the right of the center hole. This will allow you to put the Weight Stack Numbers on the left side without covering the hole.

* Optional Medical Weight Stack

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

Item #	Part #	Description	Qty
18	BFM-50256	10lb Weight Plate	76
19	BFM-10299	10lb Top Plate	4
20	BFM-50258	Weight Stack Shaft	4
21	BFM-50260	Guide Rod	8
90	BFM-10415	Guide Rod Holder	4
117	BFC-50127	Magnetic Weight Stack Pin	4
126	BFH-50125	HCS 3/8"-16 x 3" P5	8
137	BFH-50146	3/8" Flat Washer Black	16
141	BFH-50157	3/8"-16 Nylock (Black)	8
147	BFH-50190	Rubber Donut	8
177	BFM-10348	5lb Top Plate	4*
178	BFM-50504	5lb Weight Plate	16*

Step 6:

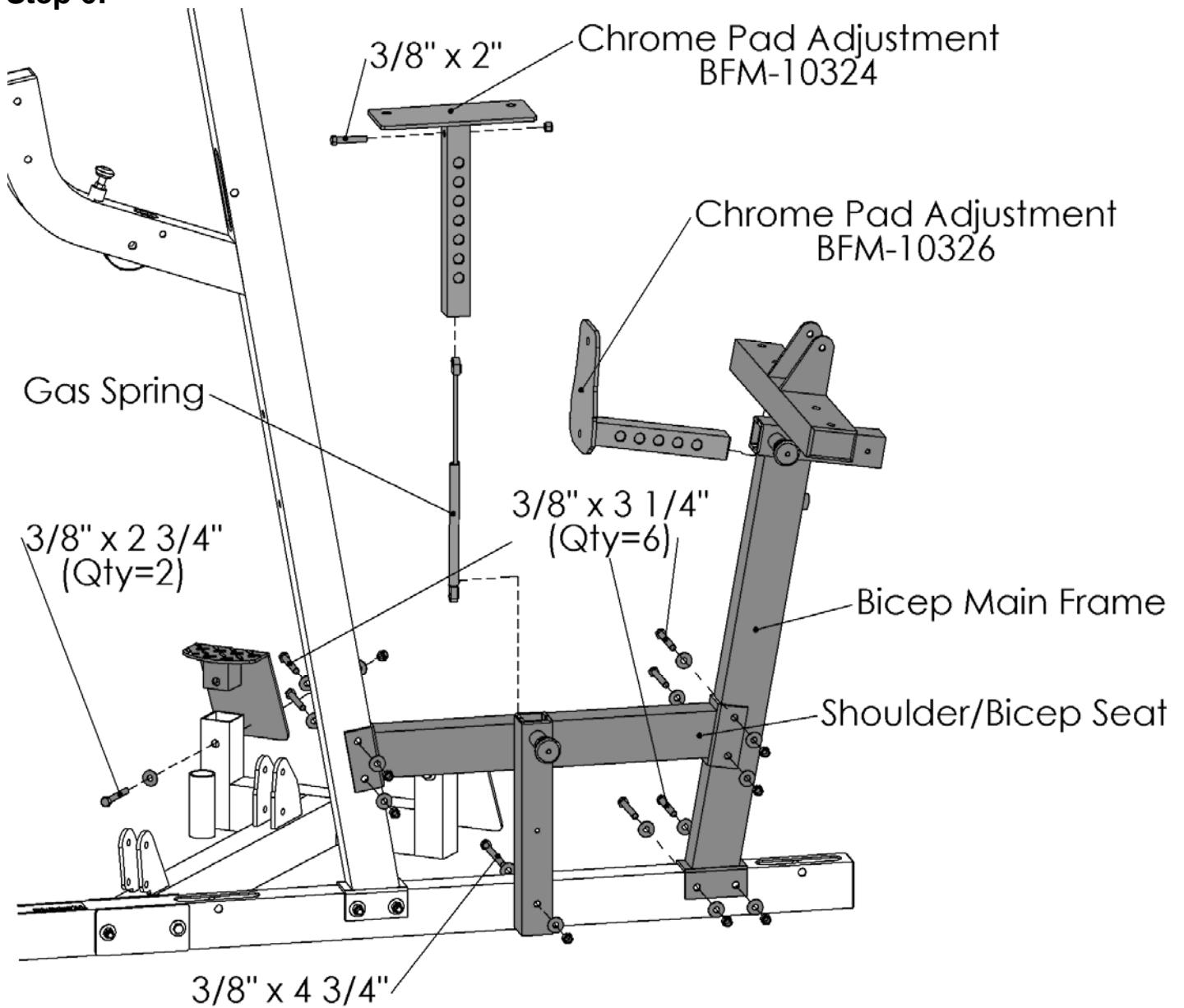
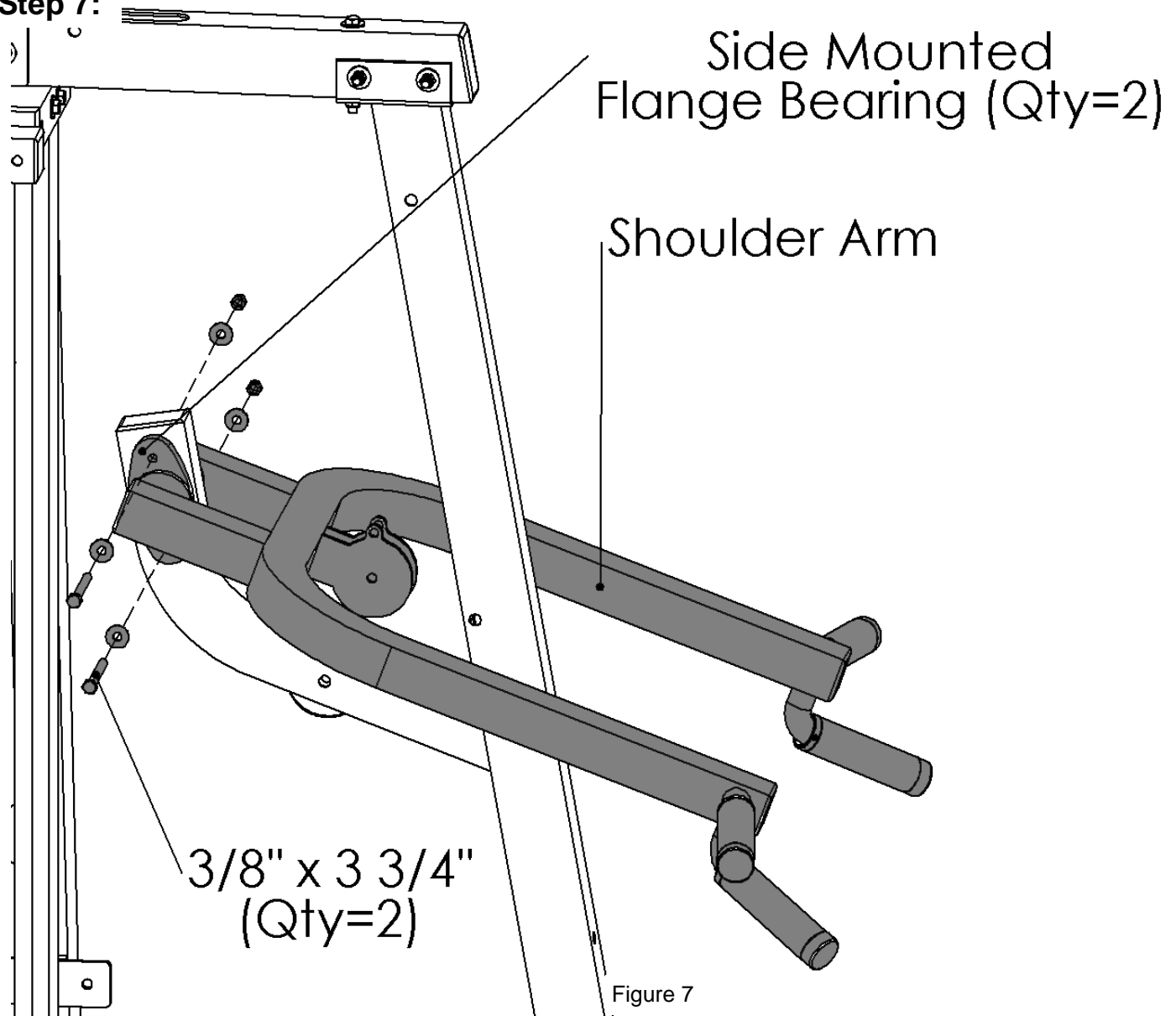


Figure 6

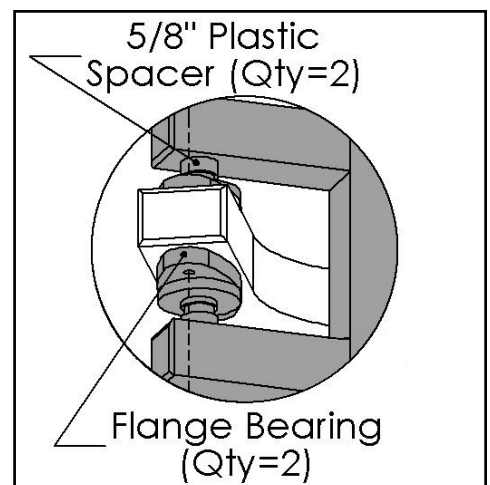
Item #	Part #	Description	Qty
22	BFM-10318	Bicep Main Frame	1
23	BFM-10310	Shoulder/Bicep Seat	1
24	BFM-10324	Chrome Pad Adjustment	1
25	BFM-10326	Chrome Pad Adjustment	1
123	BFH-50121	HCS 3/8"-16 x 2" P5	1
125	BFH-50124	HCS 3/8" x 2 3/4" P5	2
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	6
137	BFH-50146	3/8" Flat Washer (Black)	18
141	BFH-50157	3/8"-16 Nylock (Black)	10
153	BFH-50210	Gas Spring	1
174	BFH-50274	HCS 3/8"-16 x 4 3/4" P5	1

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

Step 7:



Black plastic spacers center arm inside bearings.



Item #	Part #	Description	Qty
26	BFM-10105	Shoulder Arm	1
27	BFM-50247	5/8" Spacer	2
129	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	2
137	BFH-50146	3/8" Flat Washer Black	4
141	BFH-50157	3/8"-16 Nylock (Black)	2

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

Step 8:

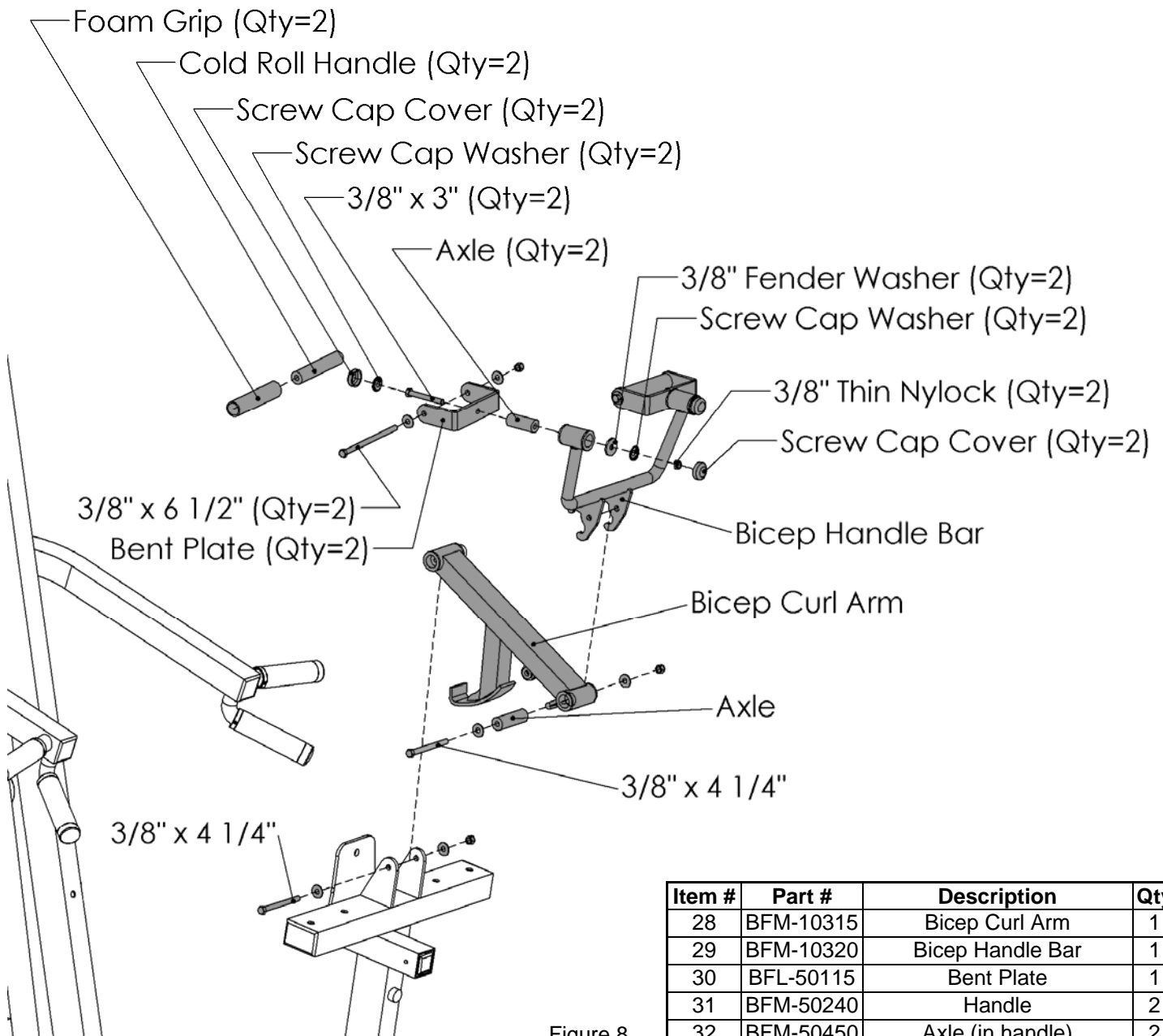


Figure 8

Item #	Part #	Description	Qty
28	BFM-10315	Bicep Curl Arm	1
29	BFM-10320	Bicep Handle Bar	1
30	BFL-50115	Bent Plate	1
31	BFM-50240	Handle	2
32	BFM-50450	Axle (in handle)	2
33	BFM-50261	Axle (in pivot)	2
118	BFH-50112	Screw Cap Cover	4
119	BFH-50113	Screw Cap Washer	4
126	BFH-50125	HCS 3/8"-16 x 3" P5	2
131	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
132	BFH-50133	HCS 3/8"-16 x 6 1/2" P5	2
137	BFH-50146	3/8" Flat Washer Black	8
141	BFH-50157	3/8"-16 Nylock (Black)	4
159	BFH-50236	Foam Grip	2
162	BFH-50242	3/8" Fender Washer	2
165	BFH-50247	3/8" Thin Nylock	2

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

Step 9:

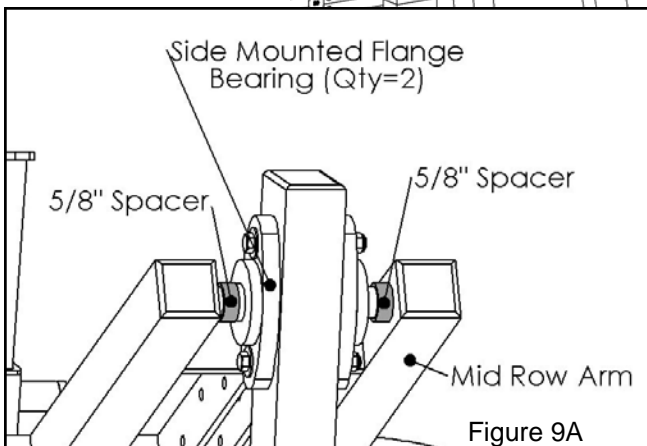
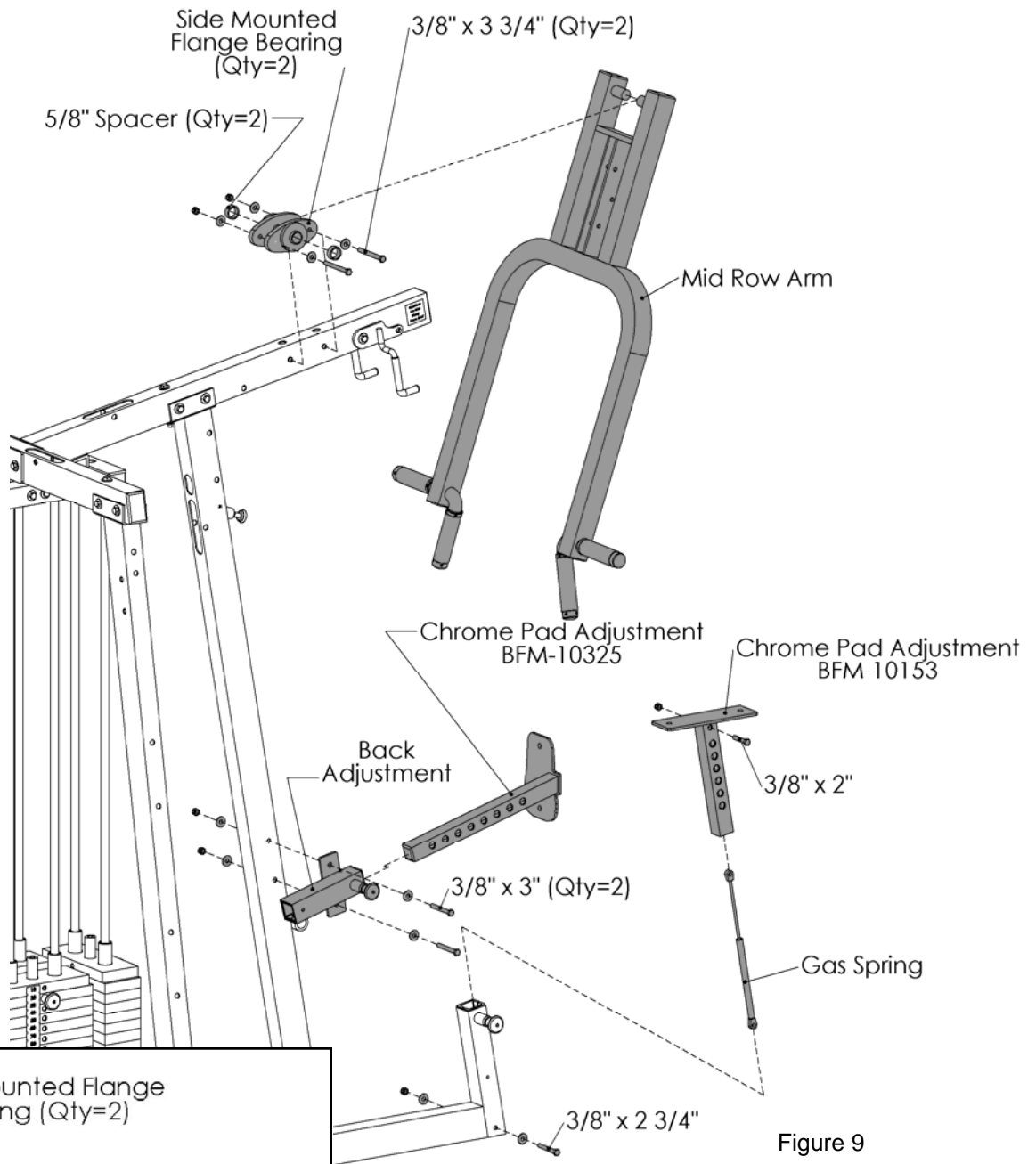


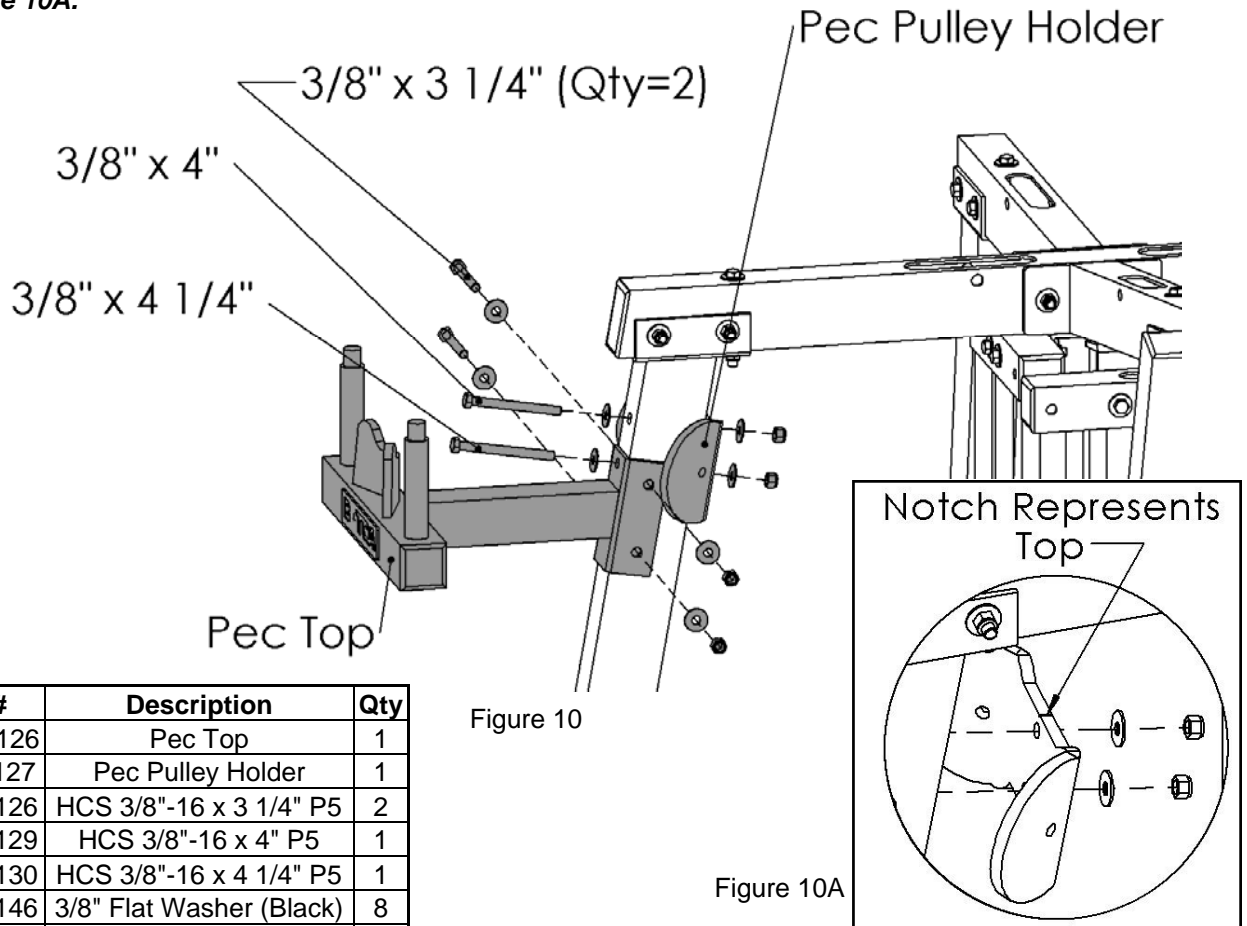
Figure 9

Item #	Part #	Description	Qty
27	BFM-50247	5/8" Spacer	2
34	BFM-10322	Back Adjustment	1
35	BFM-10323	Mid Row Arm	1
36	BFM-10325	Chrome Pad Adjustment	1
37	BFM-10153	Chrome Pad Adjustment	1
123	BFH-50121	HCS 3/8"-16 x 2" P5	1
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
126	BFH-50125	HCS 3/8"-16 x 3" P5	2
129	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	2
137	BFH-50146	3/8" Flat Washer Black	10
141	BFH-50157	3/8"-16 Nylock (Black)	6
142	BFH-50171	Side Mounted Flange Bearings	2
153	BFH-50210	Gas Spring	1

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

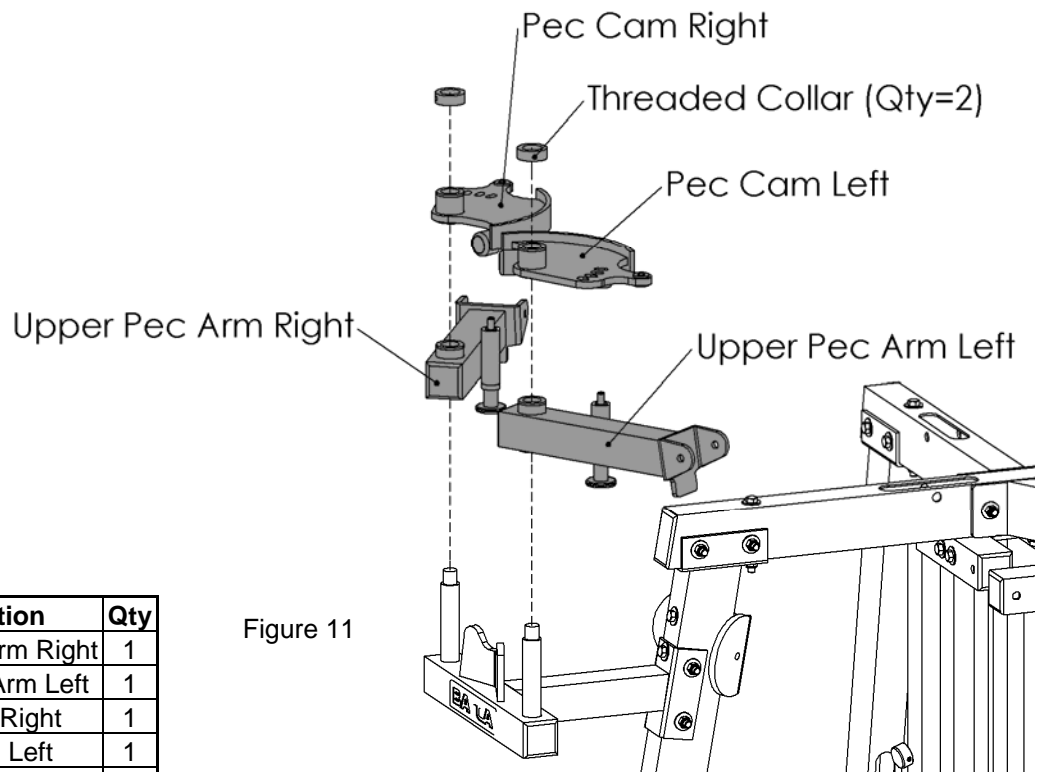
Step 10:

Note: The Pec Pulley Holder can very easily be put on upside down. Note that the notch represents the top, as shown in Figure 10A.



Item #	Part #	Description	Qty
38	BFM-10126	Pec Top	1
39	BFL-50127	Pec Pulley Holder	1
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
130	BFH-50129	HCS 3/8"-16 x 4" P5	1
131	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	1
137	BFH-50146	3/8" Flat Washer (Black)	8
141	BFH-50157	3/8"-16 Nylock (Black)	4

Step 11:



Item #	Part #	Description	Qty
40	BFM-10125	Upper Pec Arm Right	1
41	BFM-10124	Upper Pec Arm Left	1
42	BFM-10148	Pec Cam Right	1
43	BFM-10147	Pec Cam Left	1
154	BFH-50220	Threaded Collar	2

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

Step 12:

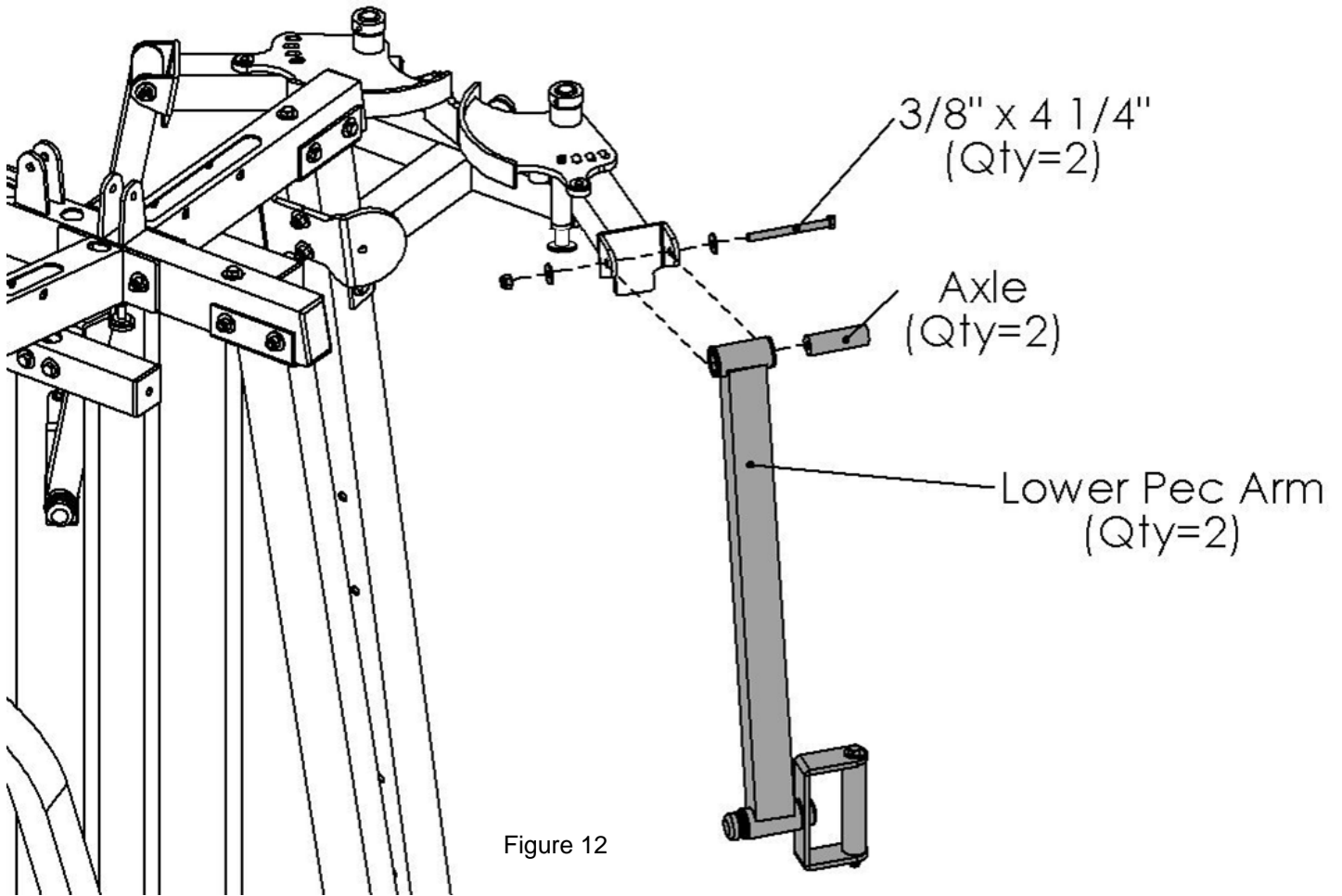


Figure 12

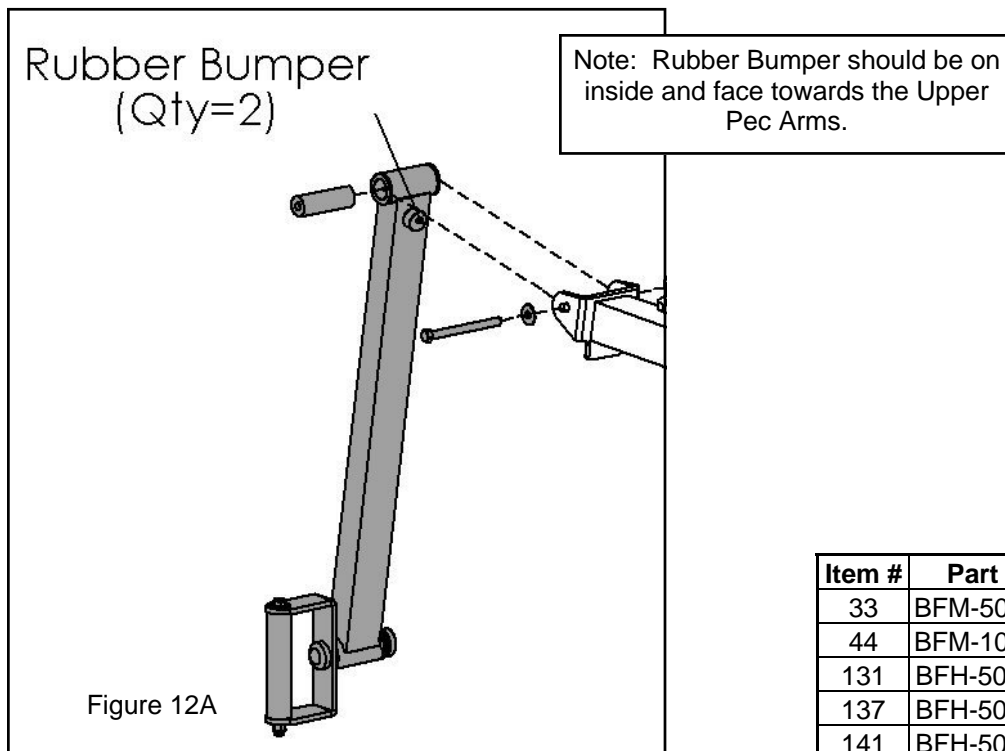


Figure 12A

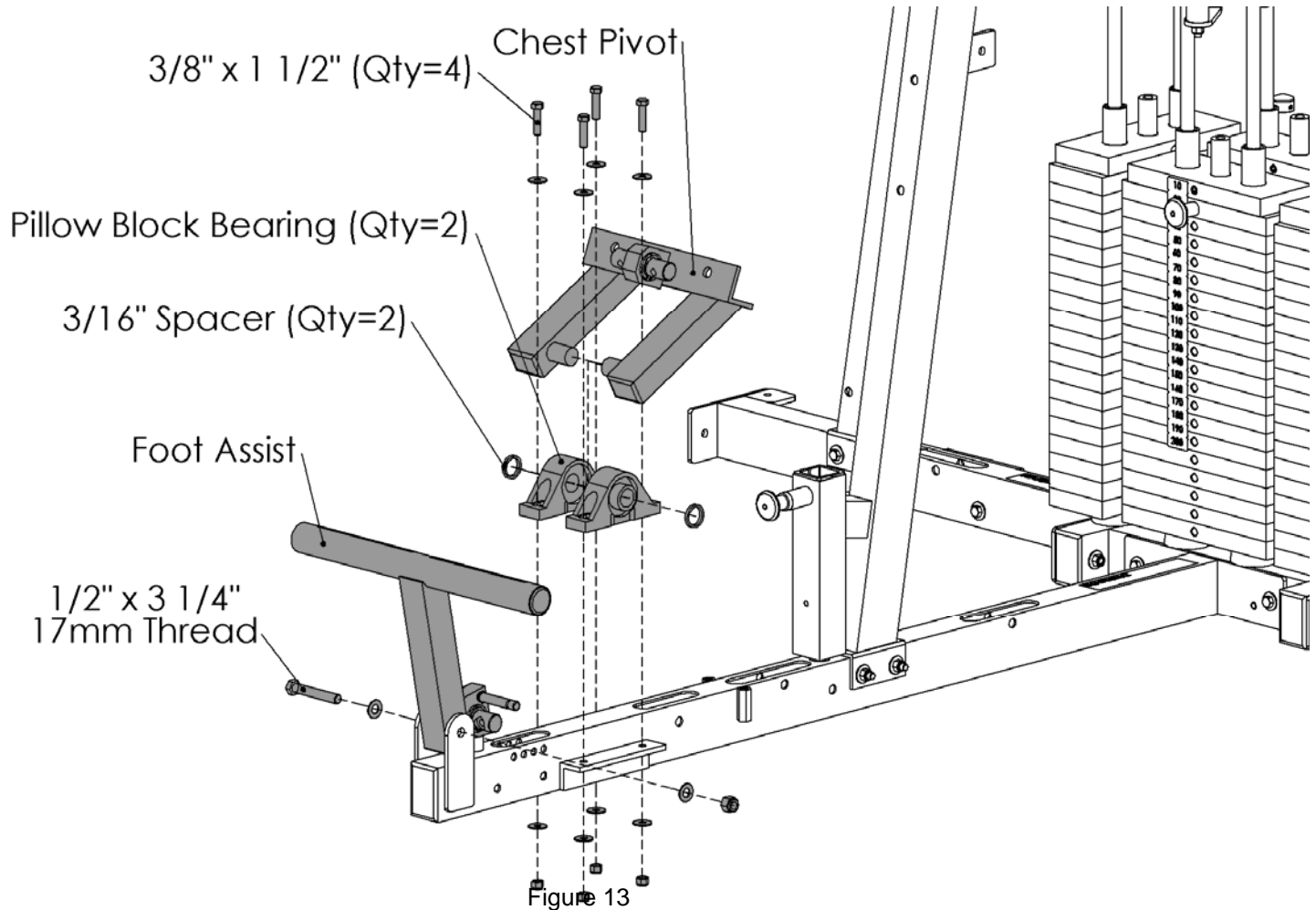
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Part #	Description	Qty
33	BFM-50261	Axle	4
44	BFM-10103	Lower Pec Arm	2
131	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
137	BFH-50146	3/8" Flat Washer Black	4
141	BFH-50157	3/8"-16 Nylock (Black)	2
179	BFH-50200	Rubber Bumper	2

Step 13:



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

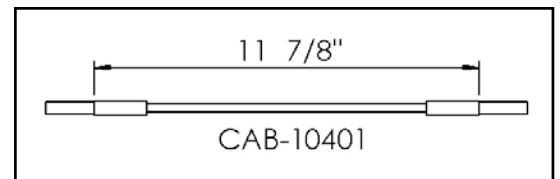
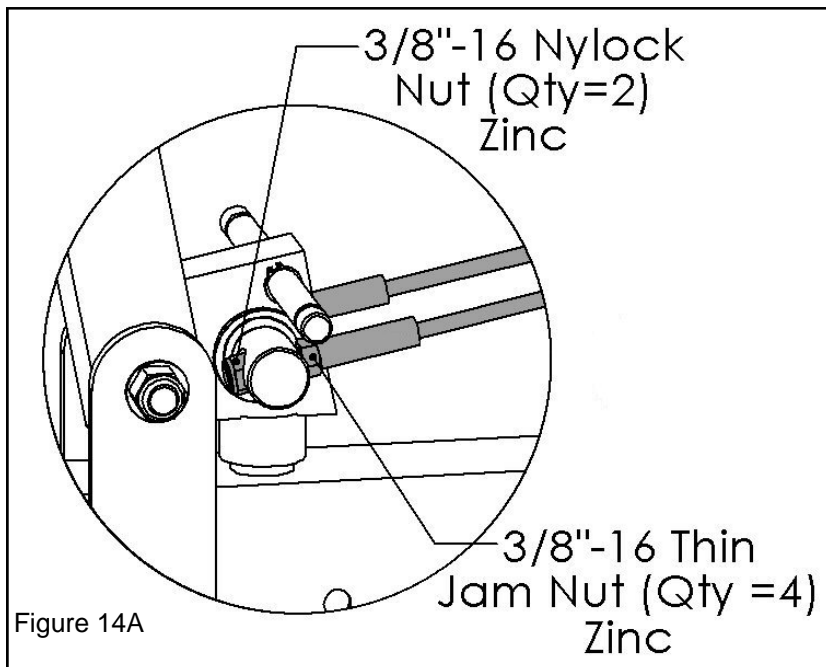
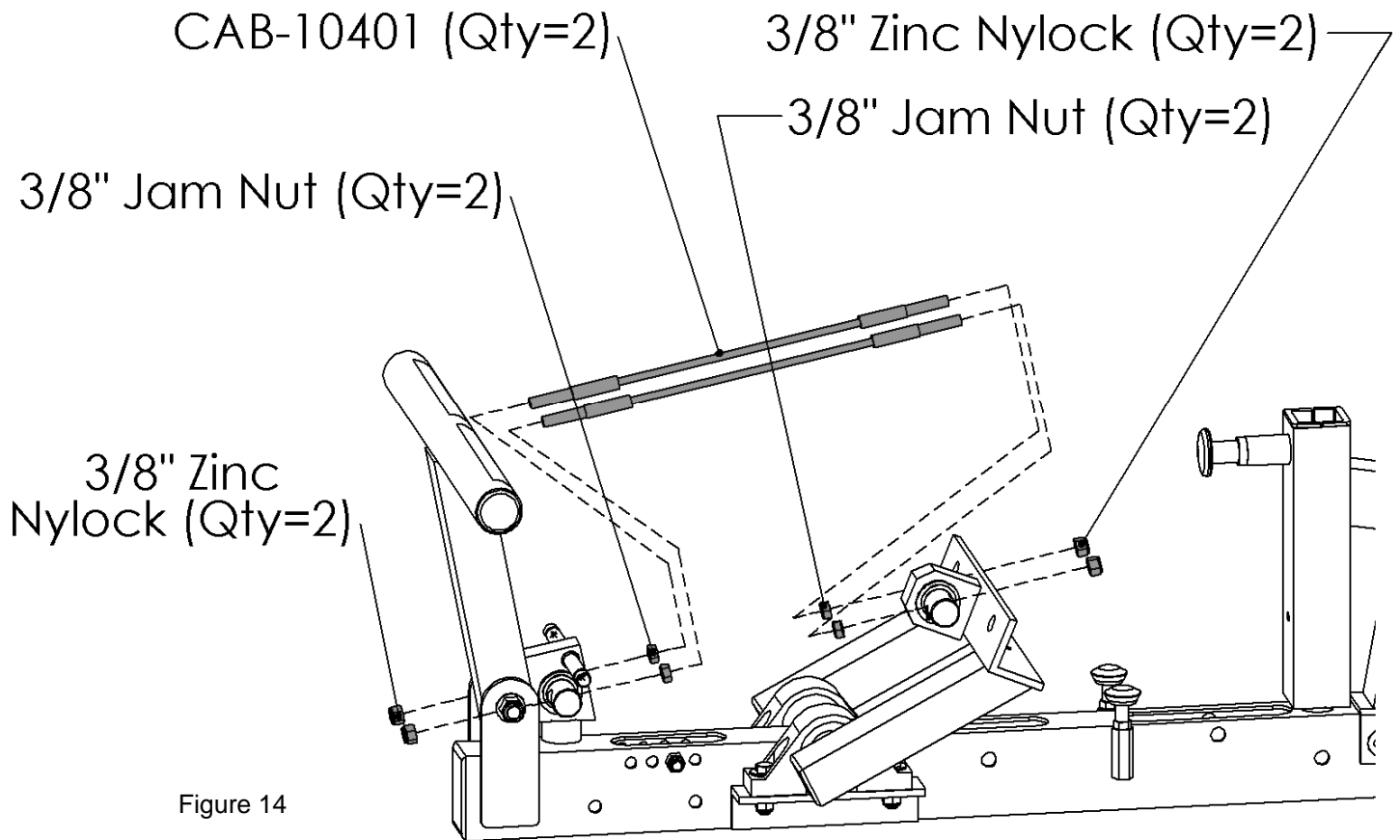


Black plastic spacers
center arm inside bearings.

Item #	Part #	Description	Qty
45	BFM-10101	Chest Pivot	1
46	BFM-50246	Spacer 3/16"	2
47	BFM-10132	Foot Assist	1
122	BFH-50120	HCS 3/8"-16 X 1 1/2" P5	4
134	BFH-50137	HCS 1/2"-13 X 3 1/4" (5/8" Thread)	1
137	BFH-50146	3/8" Flat Washer Black	8
139	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
140	BFH-50155	1/2"-13 Nylock (Black)	1
141	BFH-50157	3/8"-16 Nylock (Black)	4
143	BFH-50172	Pillow Block Bearing	2
168	BFH-50251	1/2" Flat Washer Black	2
170	BFH-50253	Beveled Leveler	2

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

Step 14:



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

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

Step 15:

Note: Tighten the four HCS 1/2"-13 x 3 1/4" Bolts evenly until snug. Tighten the two shown going through the Chest Press Pulley Holder **first**, then the remaining two shown going through the Chest Pivot in Figure 15.

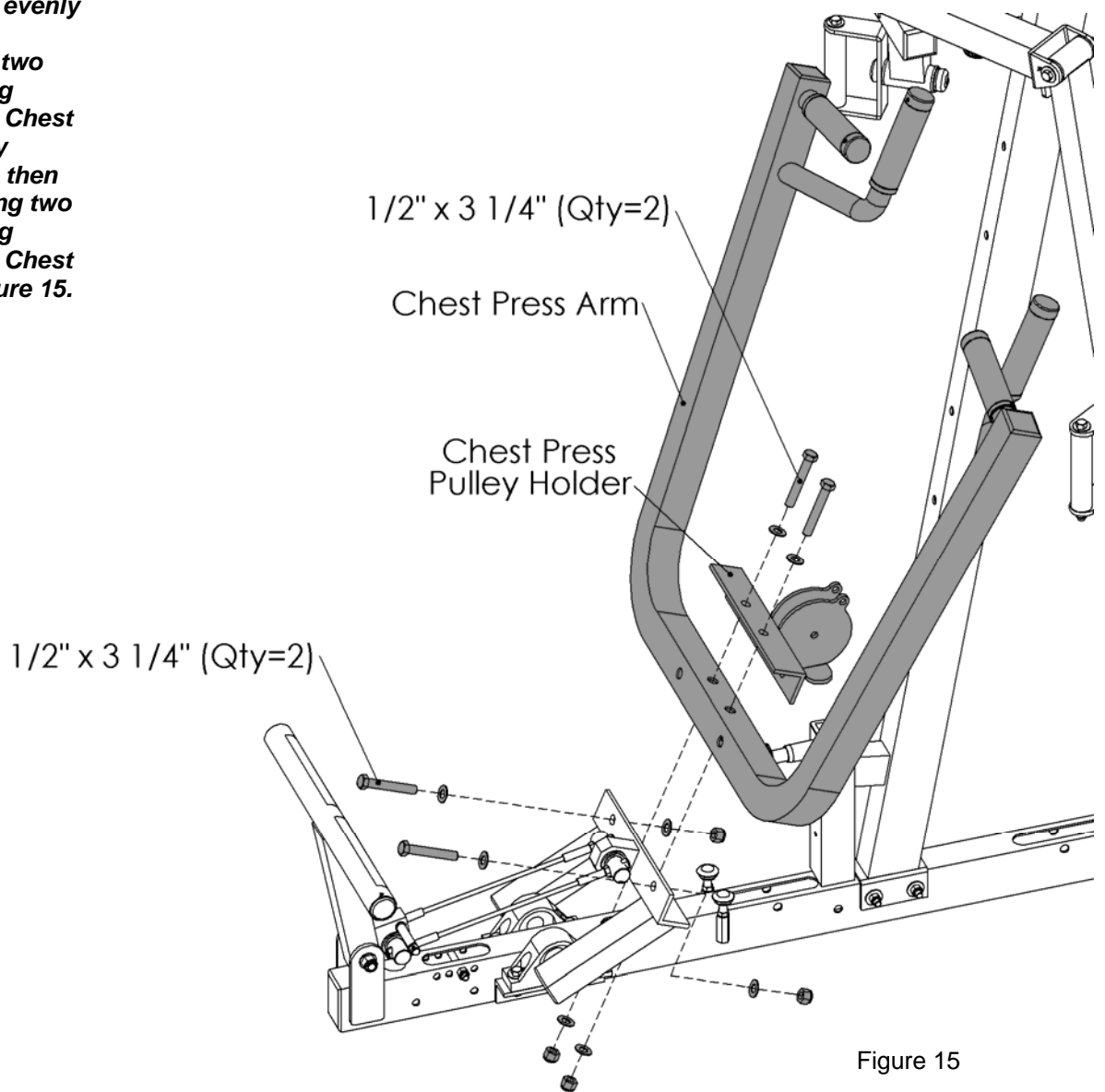


Figure 15

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

Item #	Part #	Description	Qty
49	BFM-10138	Chest Press Arm	1
50	BFM-10146	Chest Press Pulley Holder	1
134	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
140	BFH-50155	1/2"-13 Nylock (Black)	4
168	BFH-50251	1/2" Flat Washer Black	8

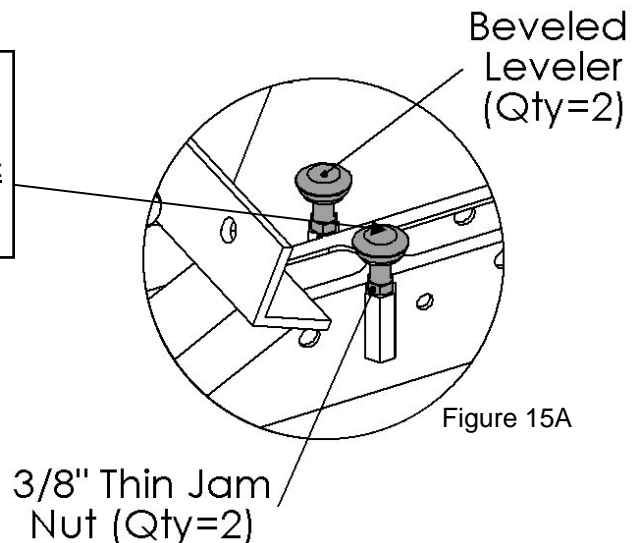


Figure 15A

Step 16:

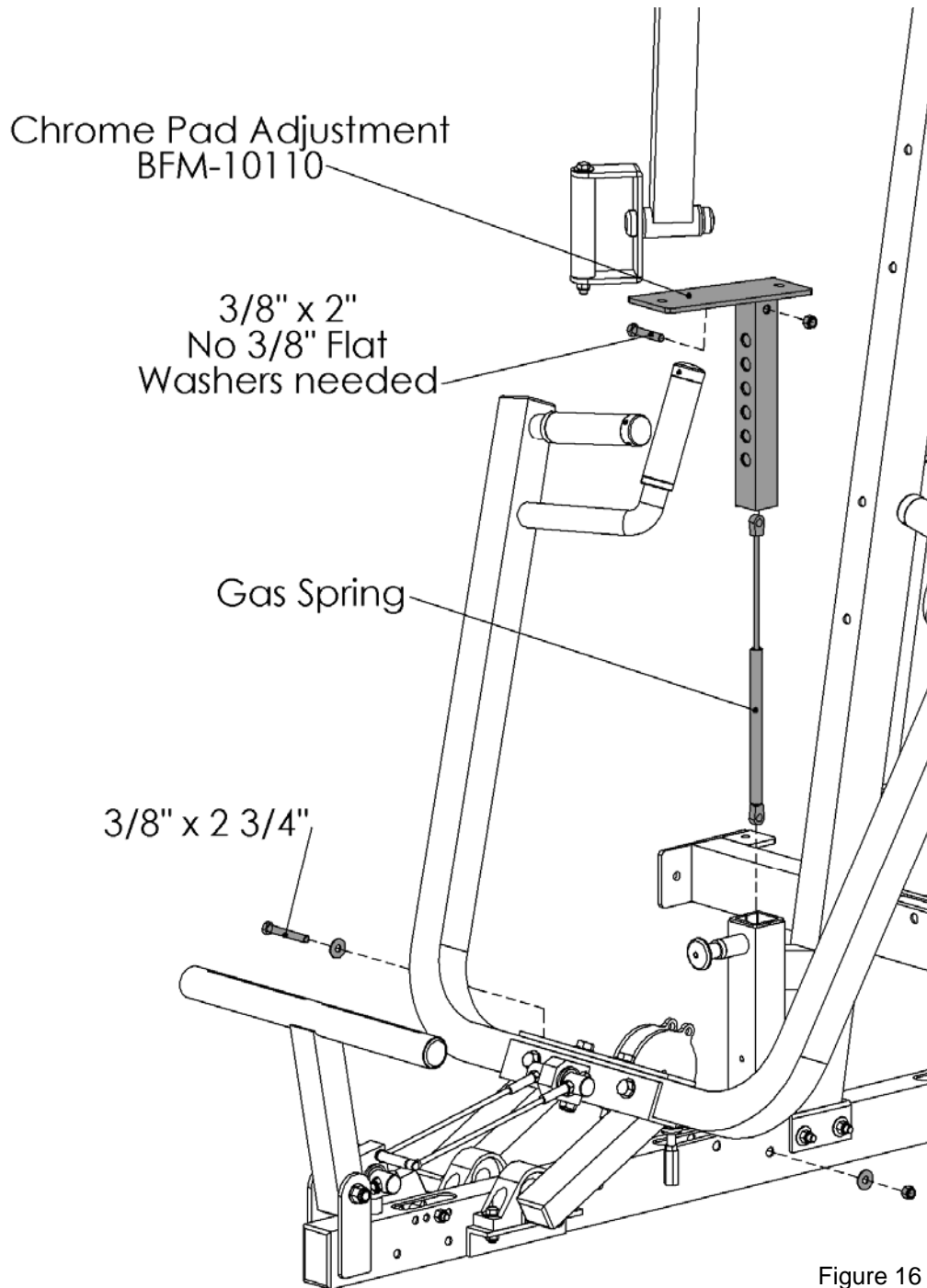


Figure 16

Item #	Part #	Description	Qty
51	BFM-10110	Chrome Pad Adjustment	1
123	BFH-50121	HCS 3/8"-16 x 2" P5	1
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
137	BFH-50146	3/8" Flat Washer Black	2
141	BFH-50157	3/8"-16 Nylock (Black)	2
153	BFH-50210	Gas Spring	1

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

Step 17:

- **Align** the threaded shaft of the Knee Hold Down Elbow parallel with the Leg Ext/Curl Base.

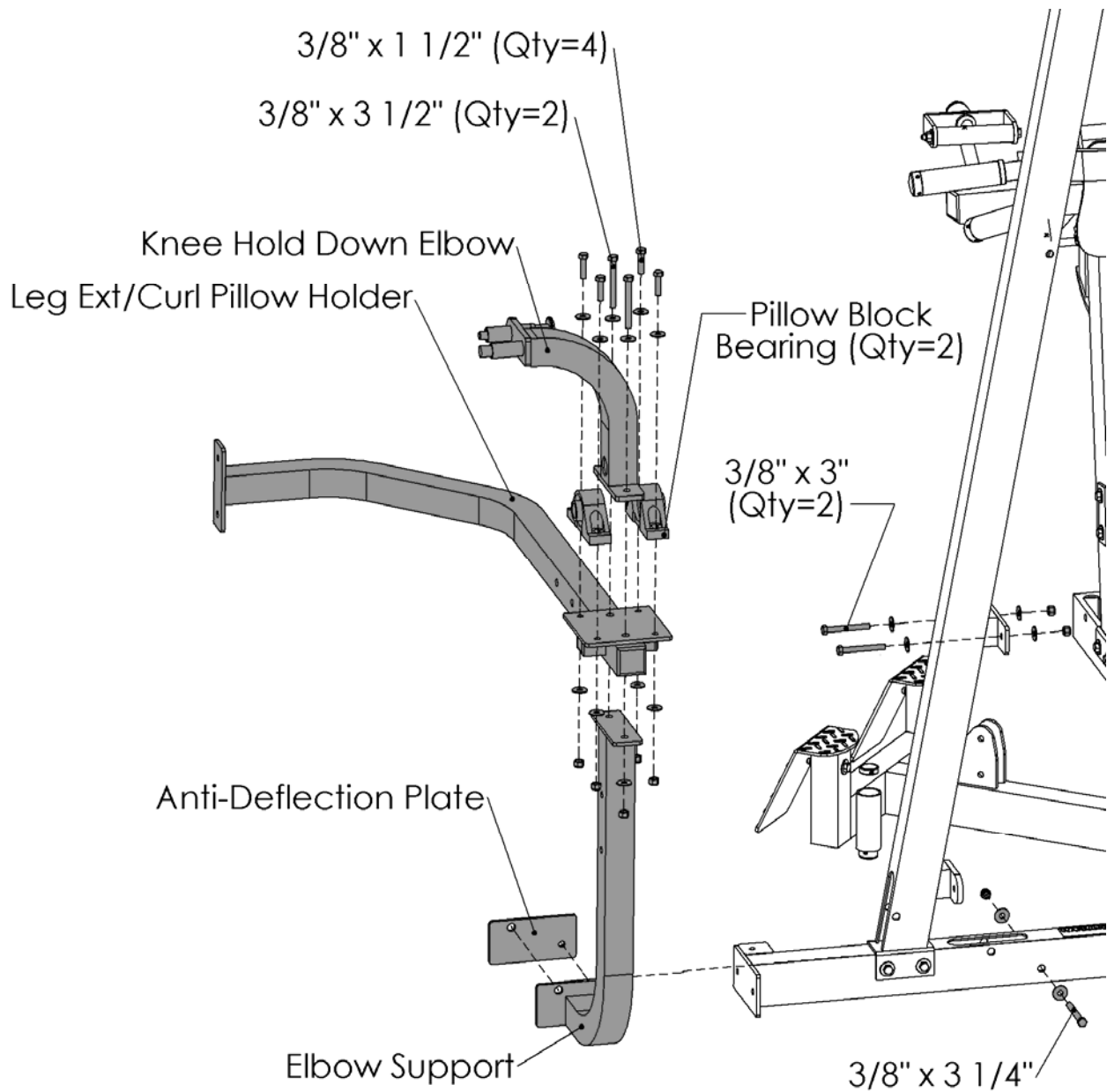


Figure 17

Item #	Part #	Description	Qty
52	BFM-10128	Elbow Support	1
53	BFM-10136	Knee Hold Down Elbow	1
54	BFM-50186	Anti-Deflection Plate	1
55	BFM-10304	Leg Ext/Curl Pillow Holder	1
122	BFH-50120	HCS 3/8"-16 1 1/2" P5	4
126	BFH-50125	HCS 3/8"-16 x 3" P5	2
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	1
128	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
137	BFH-50146	3/8" Flat Washer (Black)	18
141	BFH-50157	3/8"-16 Nylock (Black)	9

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

Step 18:



Note: It is very important that the threaded shaft of the Leg Ext/Curl Cam be lined up parallel to the Leg Ext/Curl Base. It is also very important that the inside face of the Leg Ext/Curl Cam [the side facing away from you in Fig 18] is 2 5/16" from the face of the Elbow Support as seen in Figure 18A.

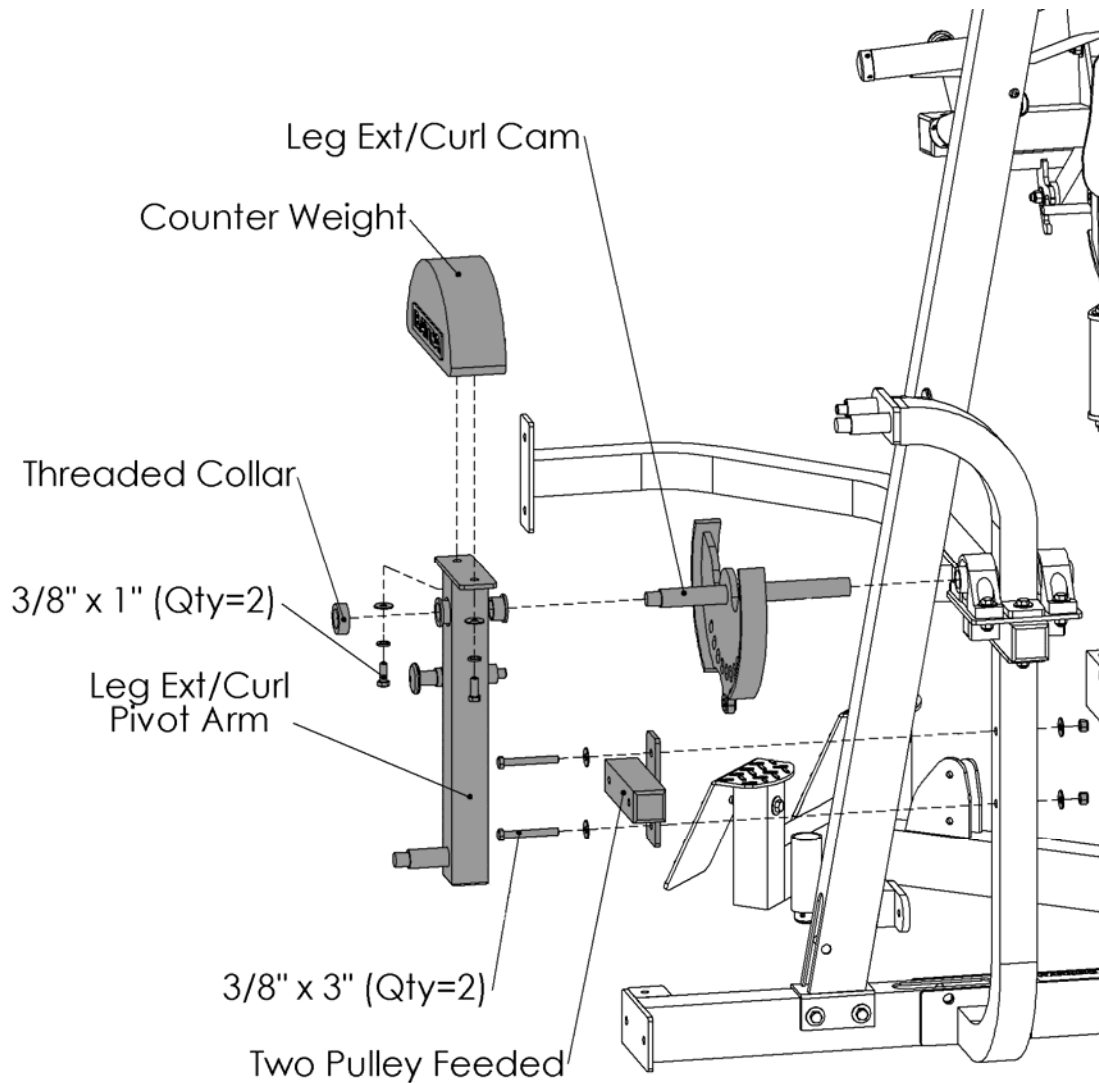


Figure 18

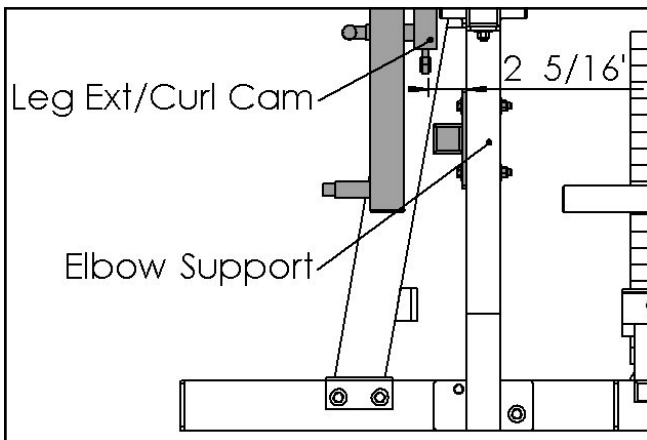


Figure 18A

Item #	Part #	Description	Qty
56	BFM-10144	Leg Ext/Curl Cam	1
57	BFM-10139	Leg Ext/Curl Pivot Arm	1
58	BFM-10145	Two Pulley Feeder	1
59	BFM-50267	Counter Weight	1
120	BFH-50118	HCS 3/8"-16 x 1" P5	2
126	BFH-50125	HCS 3/8"-16 x 3" P5	2
137	BFH-50146	3/8" Flat Washer (Black)	6
138	BFH-50147	3/8" Lock Washer (Black)	2
141	BFH-50157	3/8"-16 Nylock (Black)	2
154	BFH-50220	Threaded Collar	1

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

Step 19:

- **Check Alignment** of the High Pivot Roller, the Low Pivot roller and the leg Ext/Curl 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 17 and align parallel with each other. Wrench Tighten all bolts which were loosened for re-alignment.

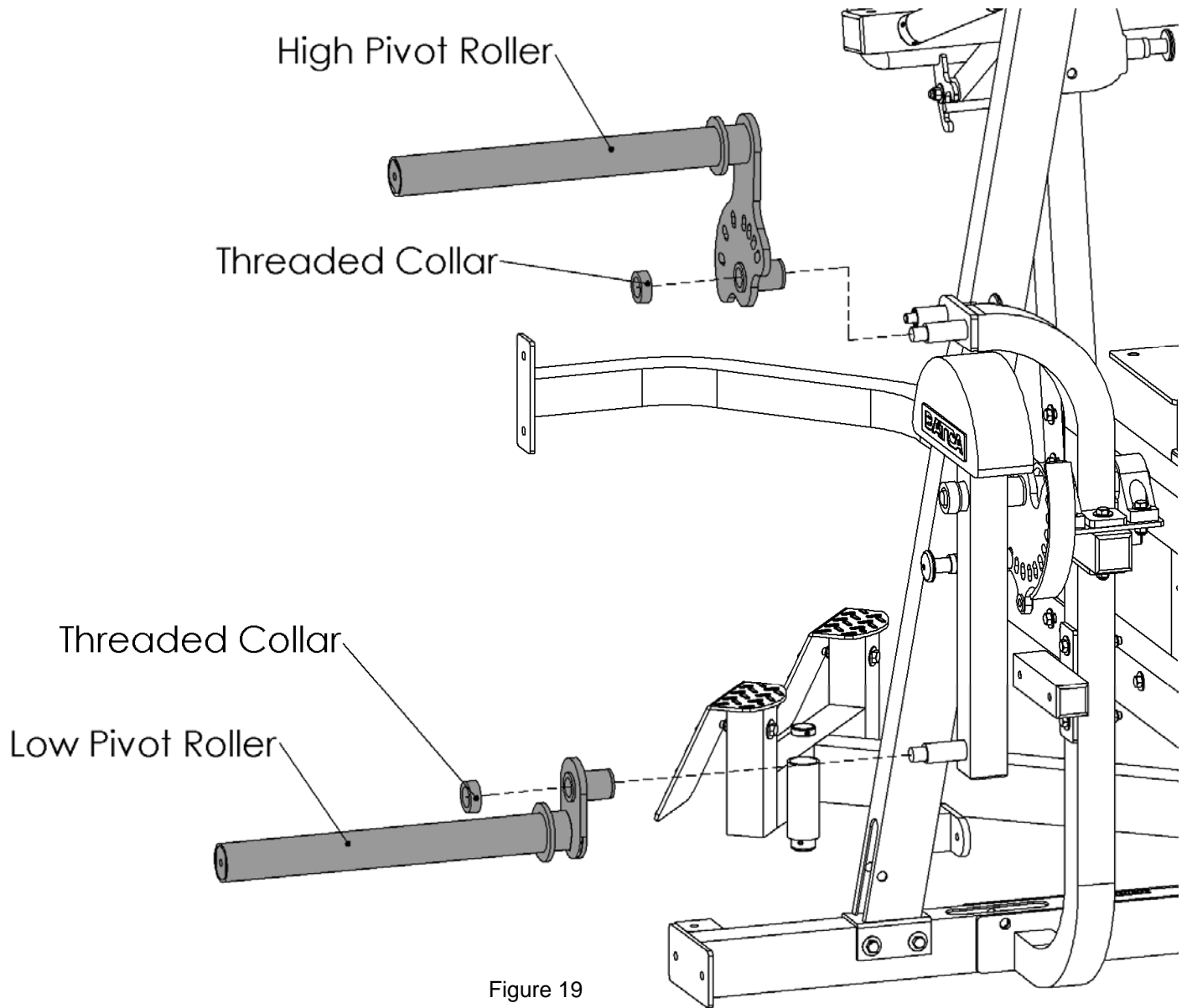


Figure 19

Item #	Part #	Description	Qty
60	BFM-10135	High Pivot Roller	1
61	BFM-10151	Low Pivot Roller	1
154	BFH-50220	Threaded Collar	2

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

Step 20:

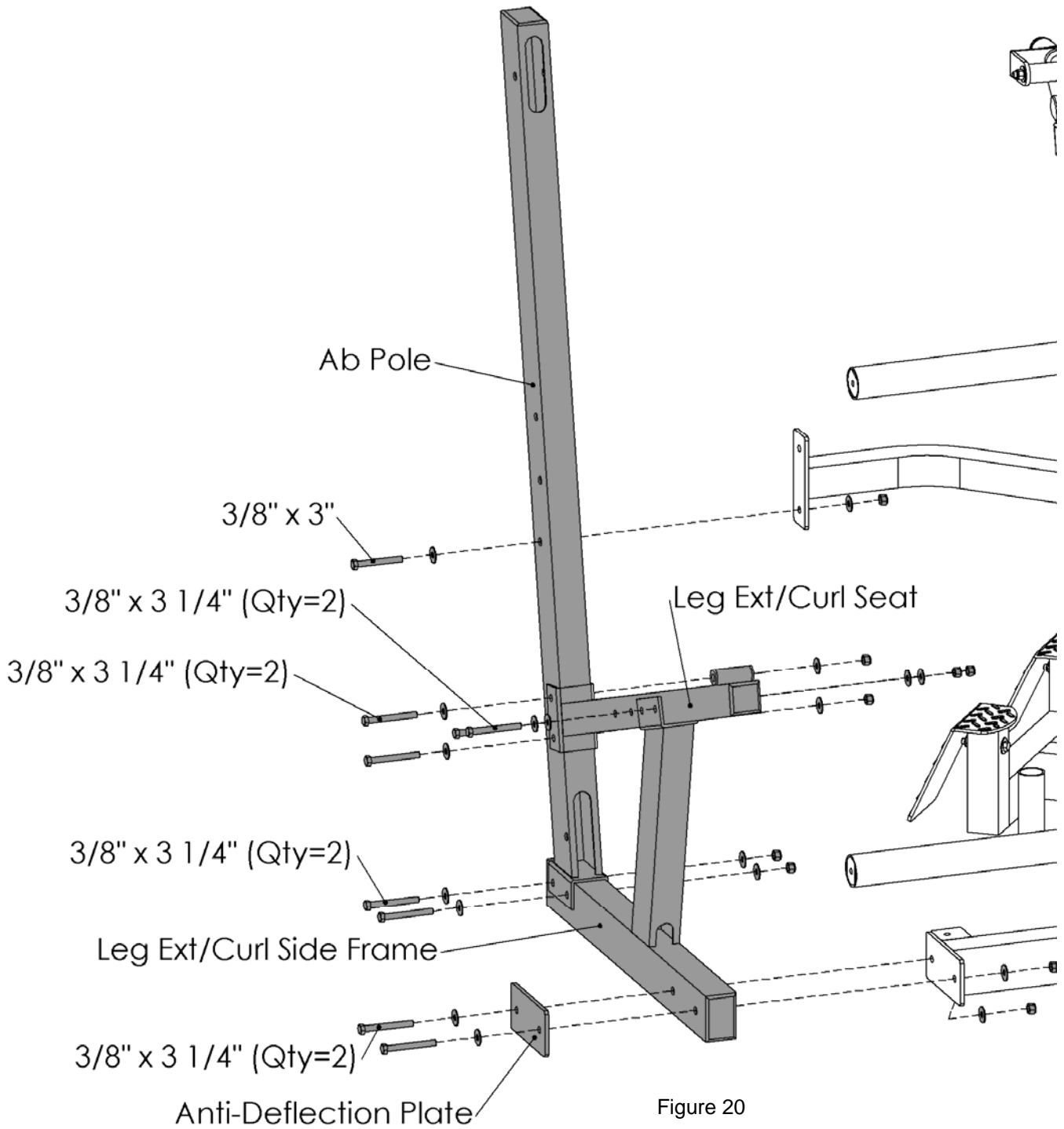


Figure 20

Item #	Part #	Description	Qty
7	BFM-50150	Anti-Deflection Plate	1
62	BFM-10301	Ab Pole	1
63	BFM-10302	Leg Ext/Curl Seat	1
64	BFM-10303	Leg Ext/Curl Side Frame	1
126	BFH-50125	HCS 3/8"-16 x 3" P5	1
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	8
137	BFH-50146	3/8" Flat Washer Black	18
141	BFH-50157	3/8"-16 Nylock (Black)	9

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

Step 21:

Note: This Chrome Pad Adjustment has seven adjustment holes.

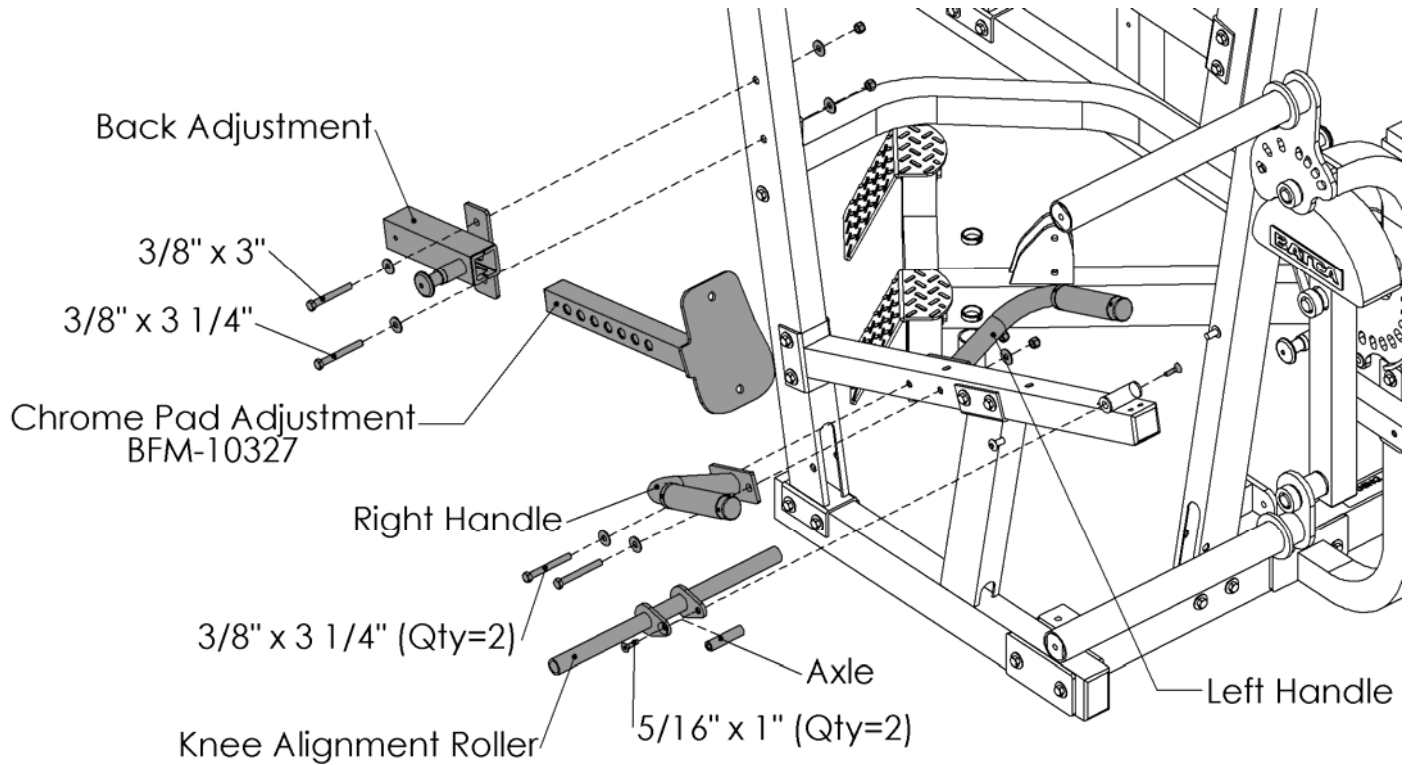
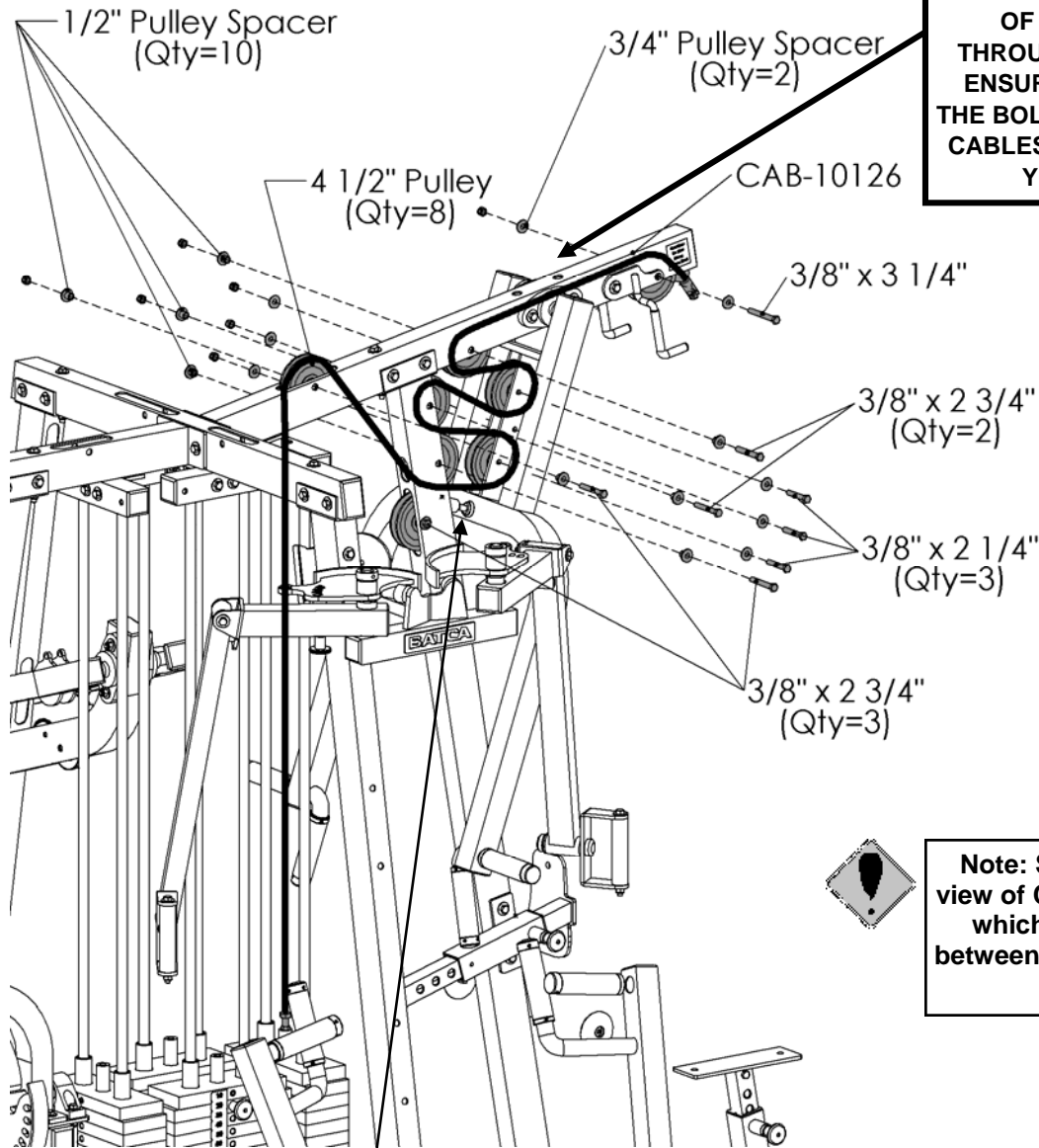


Figure 21

Item #	Part #	Description	Qty
65	BFM-10141	Knee Alignment Roller	1
66	BFM-50222	Axle	1
67	BFM-10115	Left Handle	1
68	BFM-10116	Right Handle	1
69	BFM-10327	Chrome Pad Adjustment	1
70	BFM-10321	Back Adjustment	1
126	BFH-50125	HCS 3/8"-16 X 3" P5	1
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	3
137	BFH-50146	3/8" Flat Washer (Black)	8
141	BFH-50157	3/8"-16 Nylock (Black)	4
163	BFH-50245	FHSCS 5/16"-18 x 1"	2

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

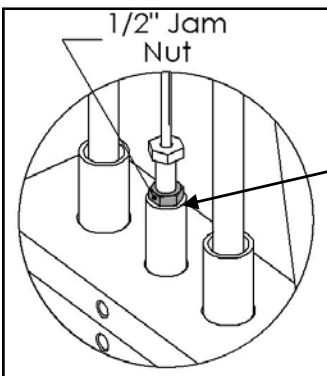
Step 22 (Without Leg Press Option):



THE CABLE MUST GO OVER ALL OF THE BOLTS. LOOK THROUGH HOLES ON TOP TO ENSURE CABLES ARE OVER THE BOLTS. FAILURE TO ROUTE CABLES PROPERLY WILL VOID YOUR WARRANTY.

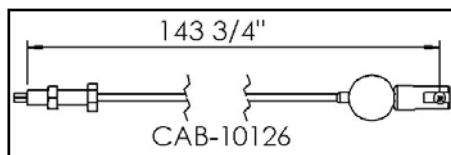
Note: See Figure 22C for view of Cable Guard Spacer, which is to be inserted between pulleys on Mid Row Arm.

Figure 22



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

Figure 22A

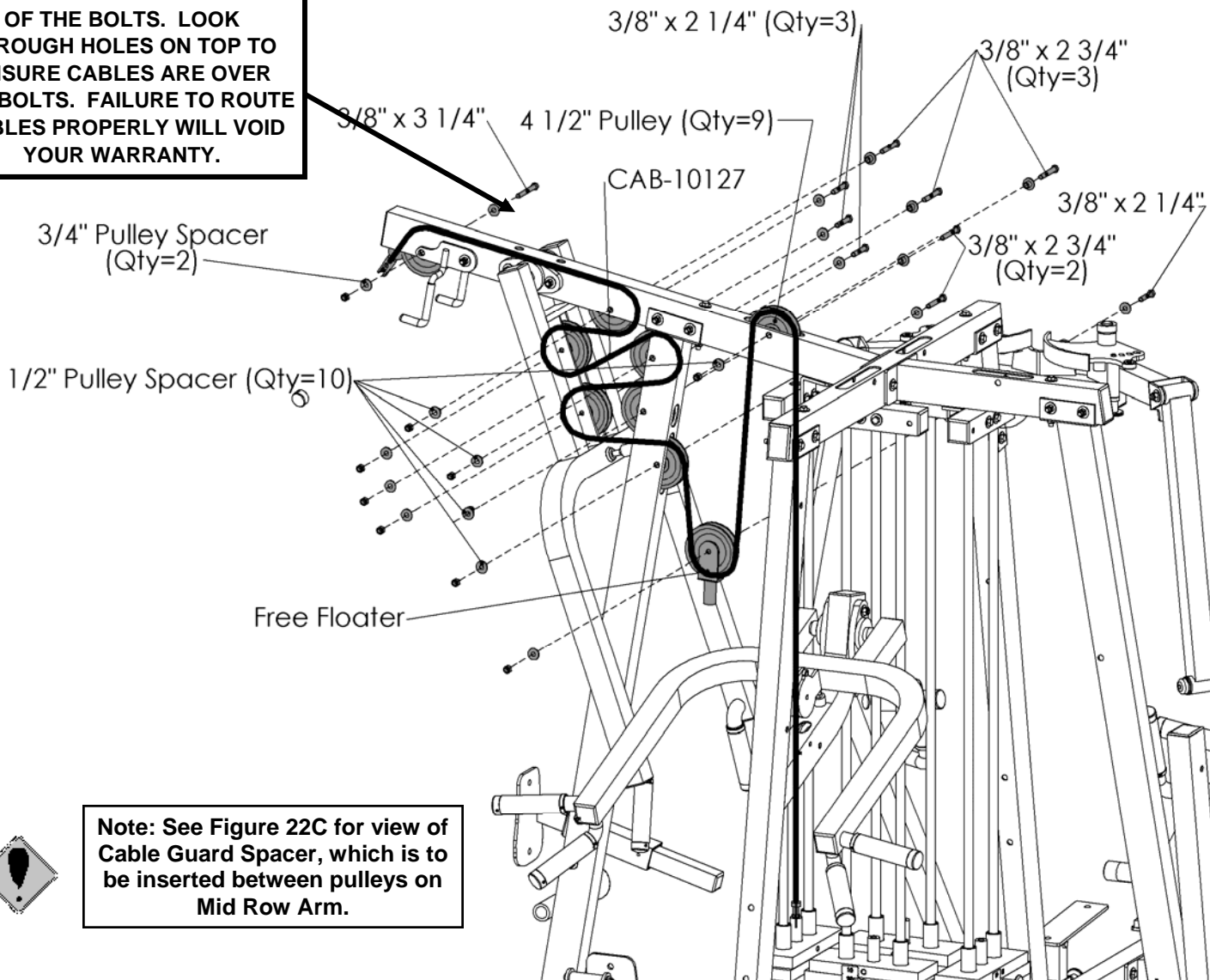


Item #	Part #	Description	Qty
94	CAB-10126	Lat Pull to Weight Stack Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	5
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
137	BFH-50146	3/8" Flat Washer (Black)	6
141	BFH-50157	3/8"-16 Nylock (Black)	9
145	BFH-50174	4 1/2" Pulley	8
151	BFH-50201	1/2" Pulley Spacer	10
152	BFH-50202	3/4" Pulley Spacer	2
180	BFH-50256	1/2" Jam Nut (Zinc)	1
186	BFM-50651	Cable Guard Spacer	1

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

Step 22 (With Leg Press Option):

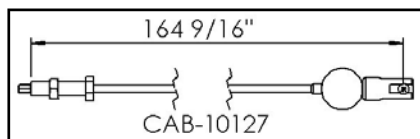
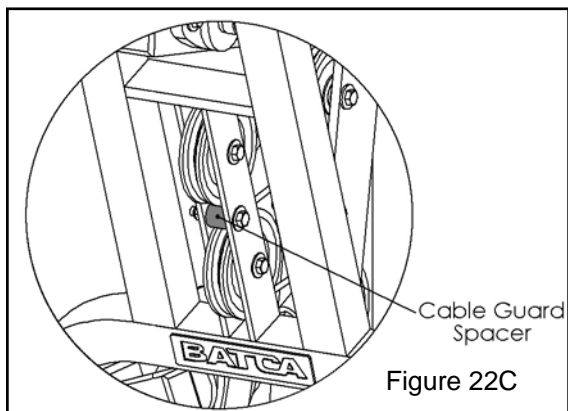
THE CABLE MUST GO OVER ALL OF THE BOLTS. LOOK THROUGH HOLES ON TOP TO ENSURE CABLES ARE OVER THE BOLTS. FAILURE TO ROUTE CABLES PROPERLY WILL VOID YOUR WARRANTY.



Note: See Figure 22C for view of Cable Guard Spacer, which is to be inserted between pulleys on Mid Row Arm.



Figure 22B



Item #	Part #	Description	Qty
71	BFM-10133	Free Floater	1
95	CAB-10127	Lat Pull to Weight Stack Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	4
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	5
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
137	BFH-50146	3/8" Flat Washer (Black)	8
141	BFH-50157	3/8"-16 Nylock (Black)	10
145	BFH-50174	4 1/2" Pulley	9
151	BFH-50201	1/2" Pulley Spacer	10
152	BFH-50202	3/4" Pulley Spacer	2
180	BFH-50256	1/2" Jam Nut (Zinc)	1
186	BFM-50651	Cable Guard Spacer	1

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

Step 23:



Note: There should be a 3/8" Flat Washer between the 4 1/2" Pulley and the Pec Pulley Holder as shown in Figure 23B. Leaving off this washer may cause the pulley to rub the Pec Pulley Holder.

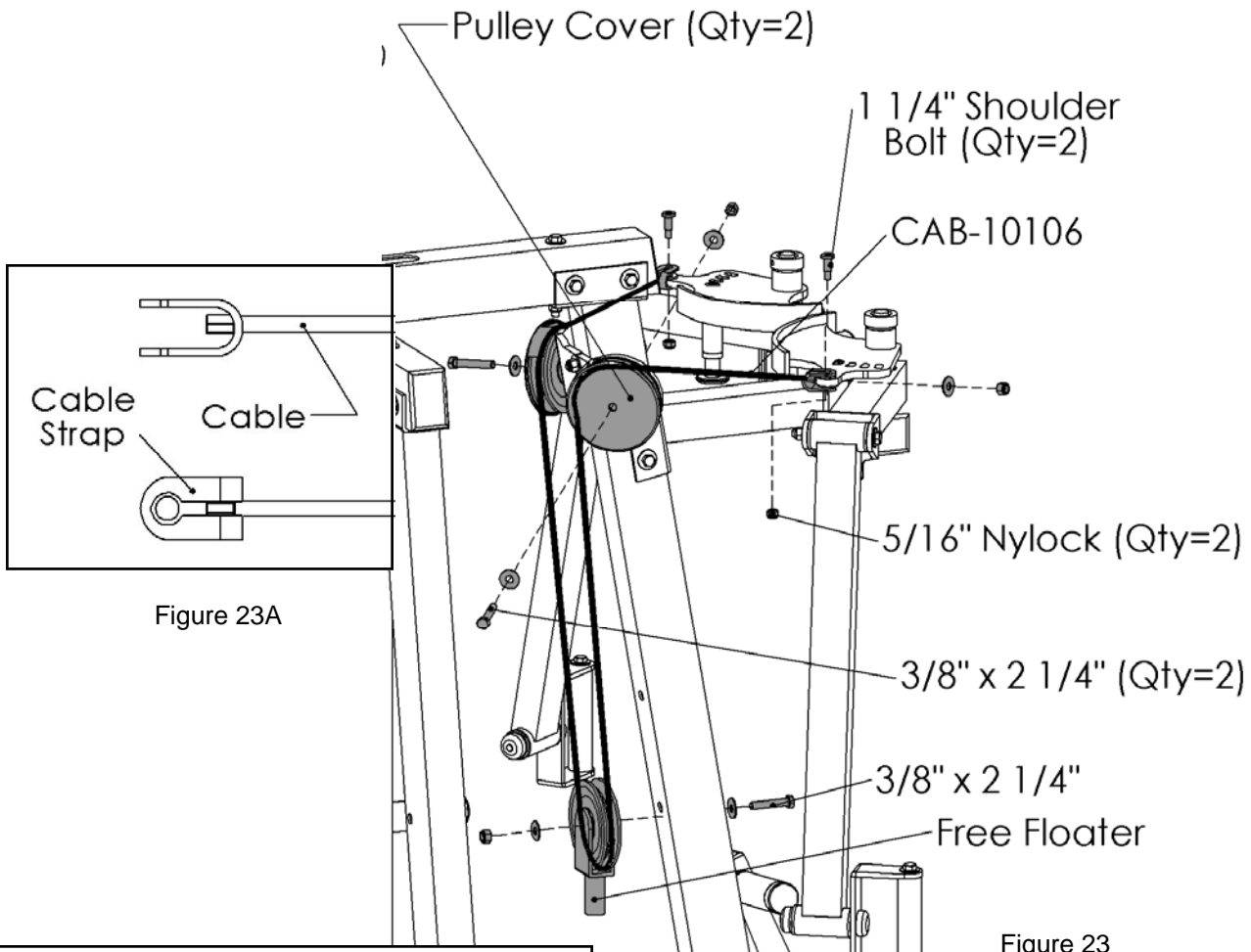


Figure 23A

Figure 23

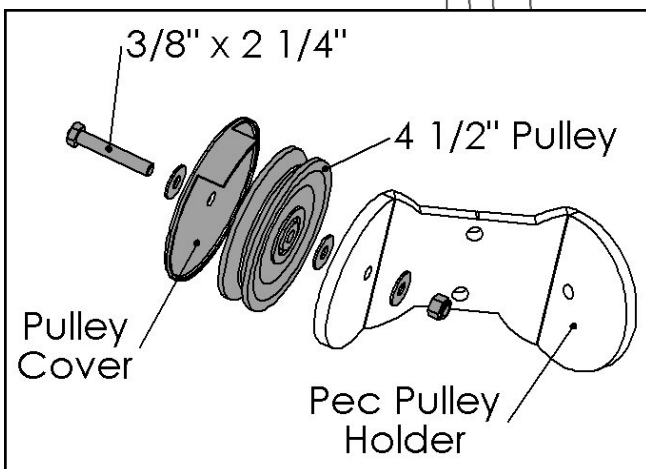
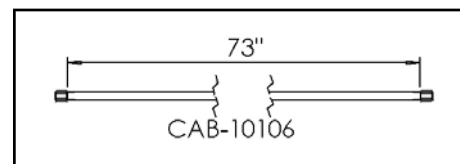


Figure 23B



Item #	Part #	Description	Qty
71	BFM-10133	Free Floater	1
72	BFM-50345	Pulley Cover	2
92	CAB-10106	Pec Cam to Pec Cam Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
137	BFH-50146	3/8" Flat Washer Black	8
141	BFH-50157	3/8"-16 Nylock (Black)	3
145	BFH-50174	4 1/2" Pulley	3
167	BFH-50250	1 1/4" Shoulder Bolt	2
181	BFH-50227	Cable Strap	2
182	BFH-50267	5/16"-18 Nylock (Black)	2

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

Step 24:

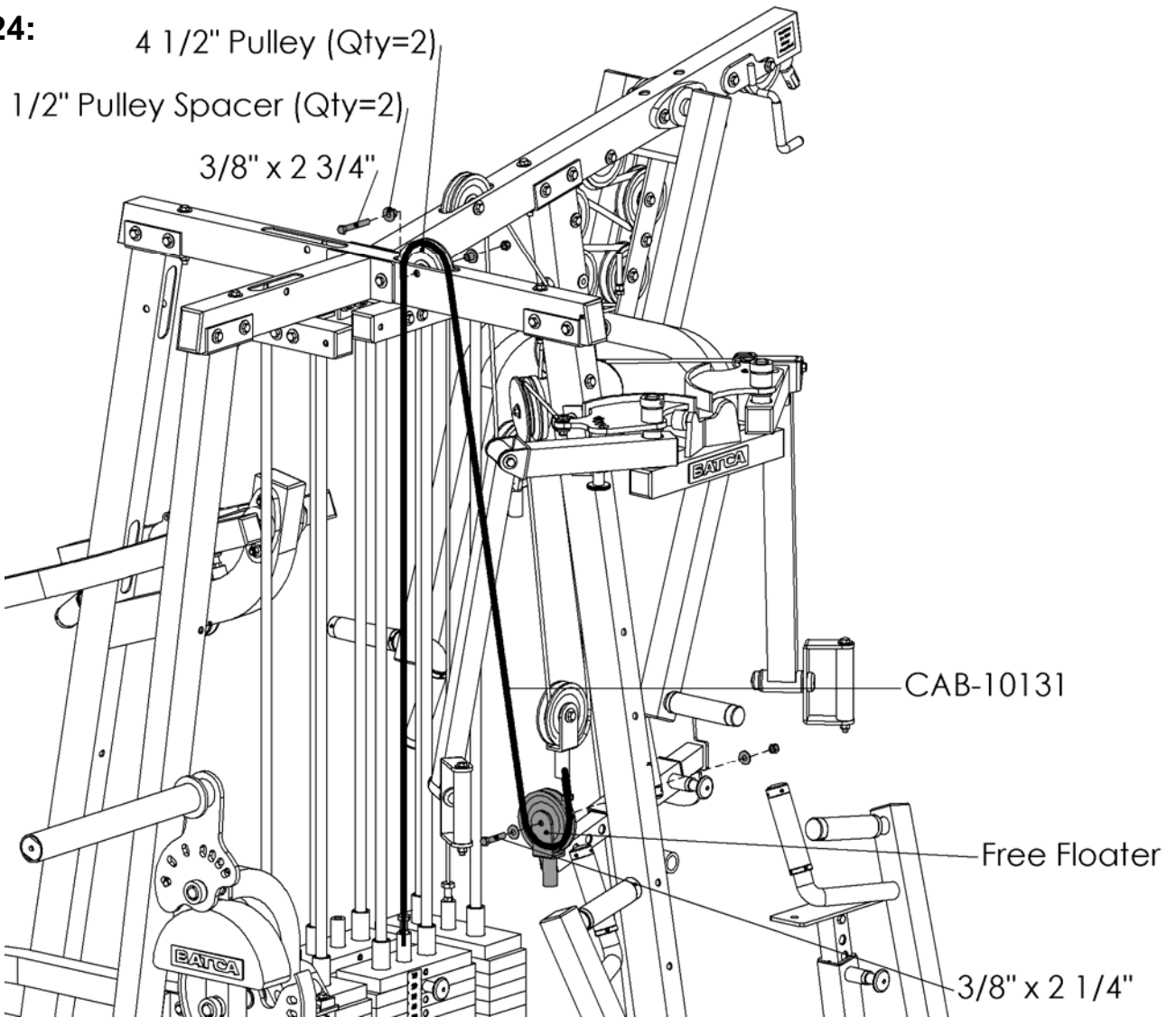


Figure 24

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

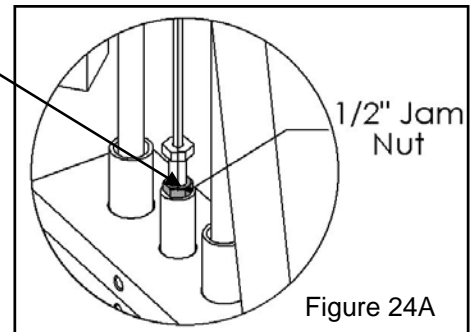
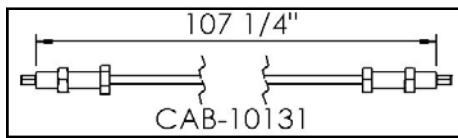


Figure 24A

Item #	Part #	Description	Qty
71	BFM-10133	Free Floater	1
99	CAB-10131	Weight Stack to Free Floater Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
137	BFH-50146	3/8" Flat Washer Black	2
141	BFH-50157	3/8"-16 Nylock (Black)	2
145	BFH-50174	4 1/2" Pulley	2
151	BFH-50201	1/2" Pulley Spacer	2
180	BFH-50256	1/2" Jam Nut (Zinc)	2

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

Step 25:



Note: Make sure the CAB-11007 Cable is routed UNDER the HCS 3/8"-16 x 2 3/4" bolt inside the Chest Base. Do NOT route this cable over this bolt. Routing this cable over this bolt will cause the cable to fray and/or break, damage the bolt(s), and hinder overall performance of the gym. Incorrect routing of the cable will also void your warranty.

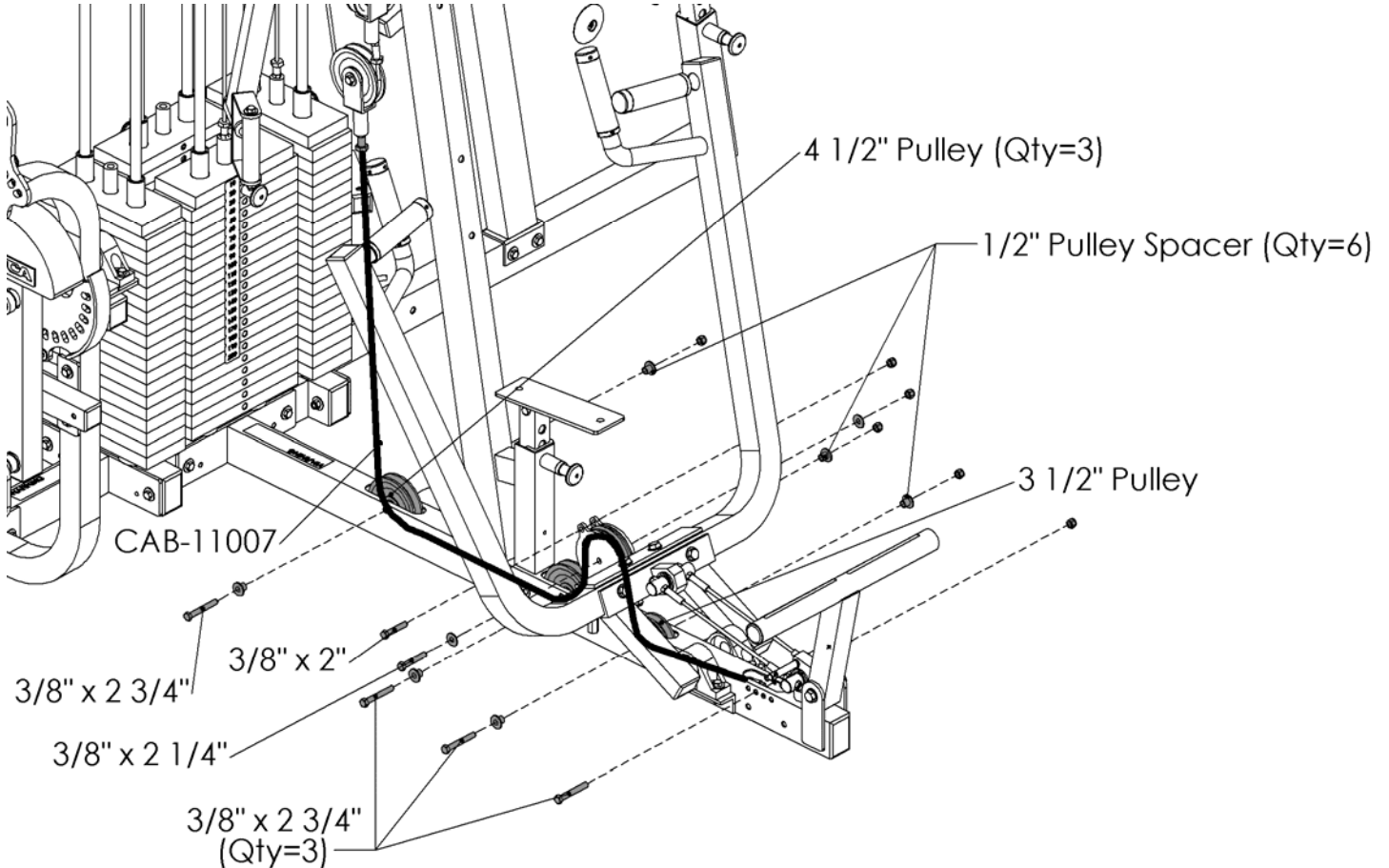
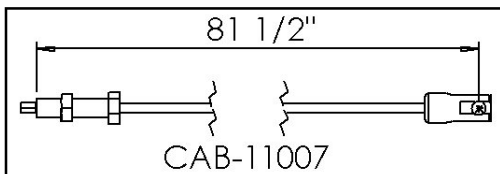


Figure 25



Item #	Part #	Description	Qty
100	CAB-11007	Free Floater to Chest Lockout Cable	1
123	BFH-50121	HCS 3/8"-16 x 2" P5	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
137	BFH-50146	3/8" Flat Washer (Black)	4
141	BFH-50157	3/8"-16 Nylock (Black)	6
144	BFH-50173	3 1/2" Pulley	1
145	BFH-50174	4 1/2" Pulley	3
151	BFH-50201	1/2" Pulley Spacer	6
180	BFH-50256	1/2" Jam Nut (Zinc)	1

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

Step 26:

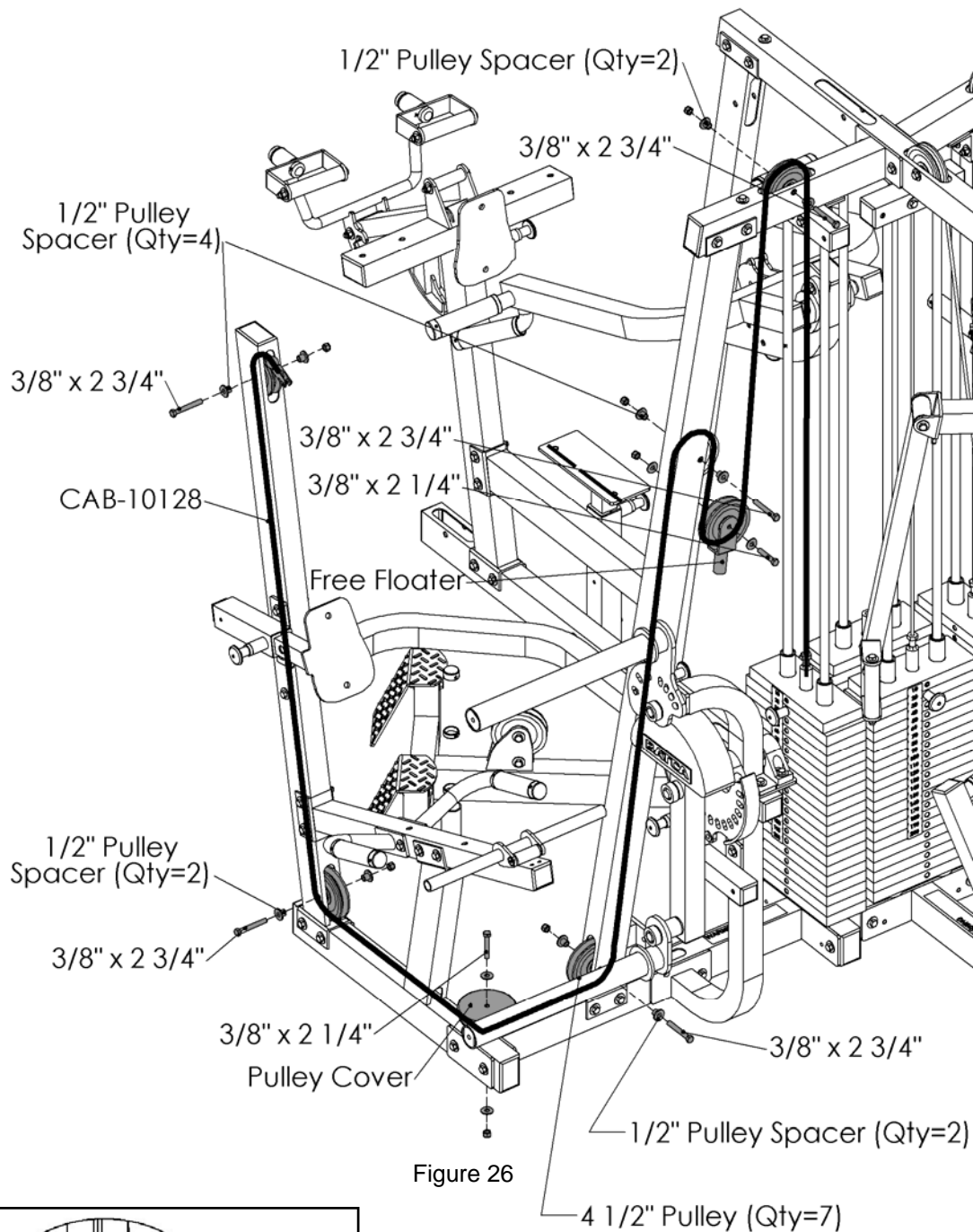


Figure 26

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

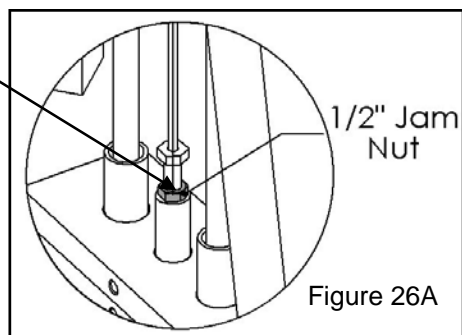
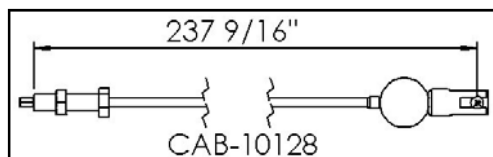


Figure 26A



Item #	Part #	Description	Qty
71	BFM-10133	Free Floater	1
96	CAB-10128	Ab to Weight Stack Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	5
137	BFH-50146	3/8" Flat Washer Black	4
141	BFH-50157	3/8"-16 Nylock (Black)	7
144	BFH-50173	3 1/2" Pulley	1
145	BFH-50174	4 1/2" Pulley	6
151	BFH-50201	1/2" Pulley Spacer	10
180	BFH-50256	1/2" Jam Nut (Zinc)	1

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

Step 27:

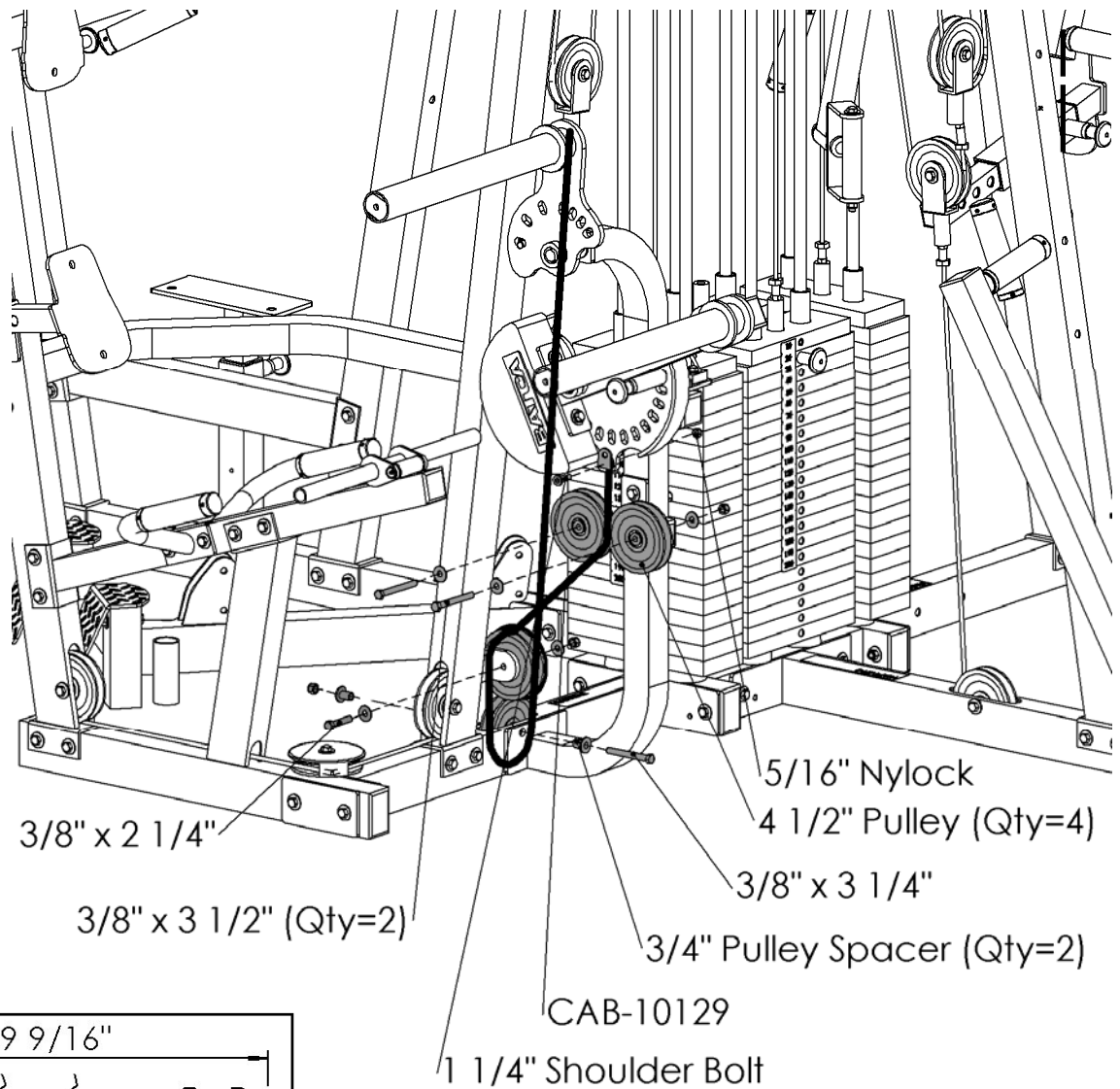
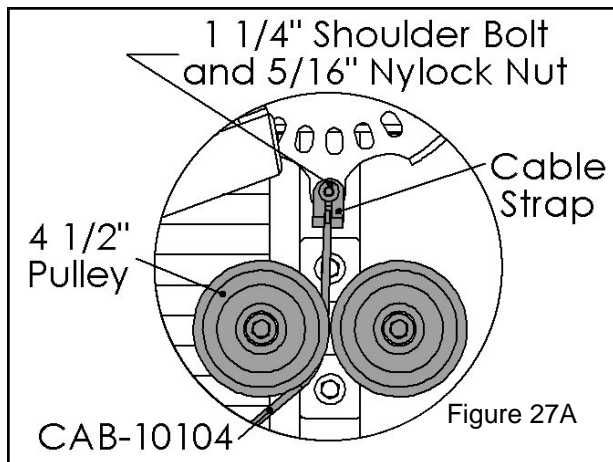
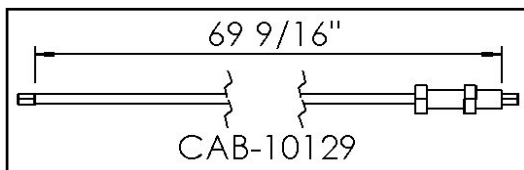


Figure 27



Item #	Part #	Description	Qty
72	BFM-50345	Pulley Cover	1
97	CAB-10129	Leg Ext/Curl Cam to Free Floater Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
128	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
137	BFH-50146	3/8" Flat Washer (Black)	6
141	BFH-50157	3/8"-16 Nylock (Black)	4
145	BFH-50174	4 1/2" Pulley	4
152	BFH-50202	3/4" Pulley Spacer	2
167	BFH-50250	1 1/4" Shoulder Bolt	1
180	BFH-50256	1/2" Jam Nut (Zinc)	1
181	BFH-50227	Cable Strap	1
182	BFH-50267	5/16"-18 Nylock (Black)	1

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

Step 28:

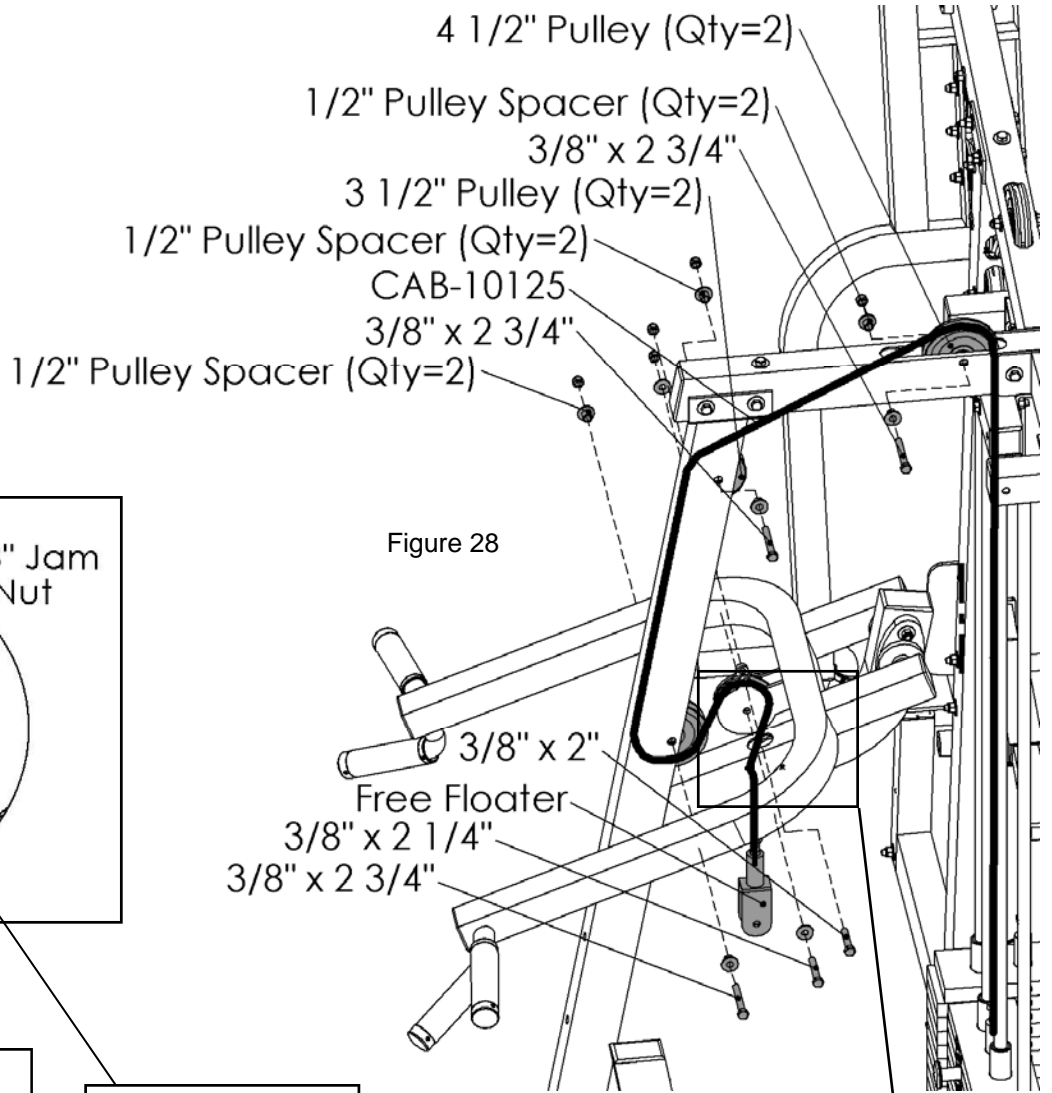


Figure 28

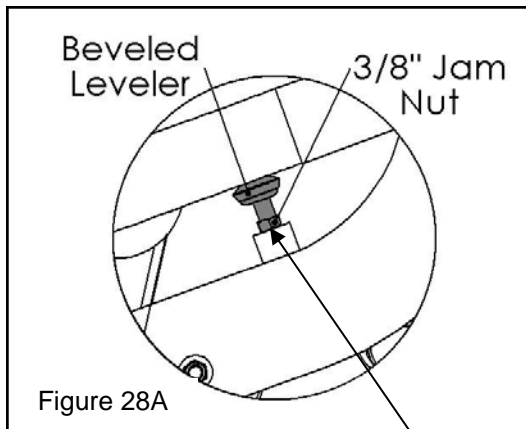


Figure 28A

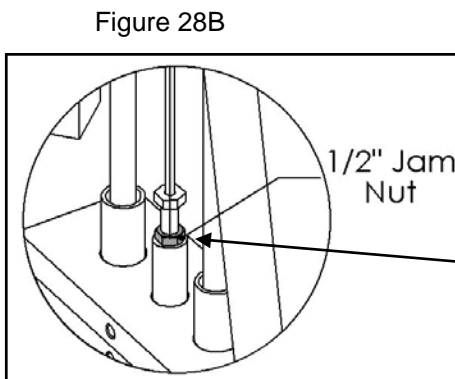
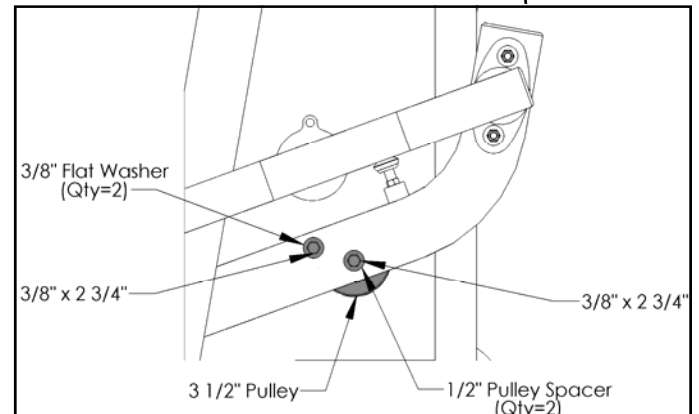
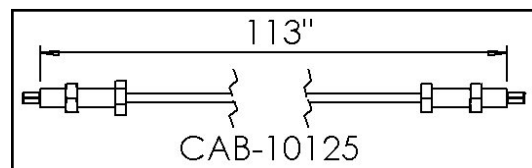


Figure 28B

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



Item #	Part #	Description	Qty
71	BFM-10133	Free Floater	1
93	CAB-10125	Free Floater to Weight Stack Cable	1
123	BFH-50121	HCS 3/8"-16 x 2" P5	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	5
137	BFH-50146	3/8" Flat Washer (Black)	4
141	BFH-50157	3/8"-16 Nylock (Black)	7
144	BFH-50173	3 1/2" Pulley	3
145	BFH-50174	4 1/2" Pulley	2
151	BFH-50201	1/2" Pulley Spacer	8
180	BFH-50256	1/2" Jam Nut (Zinc)	2



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

Step 29:

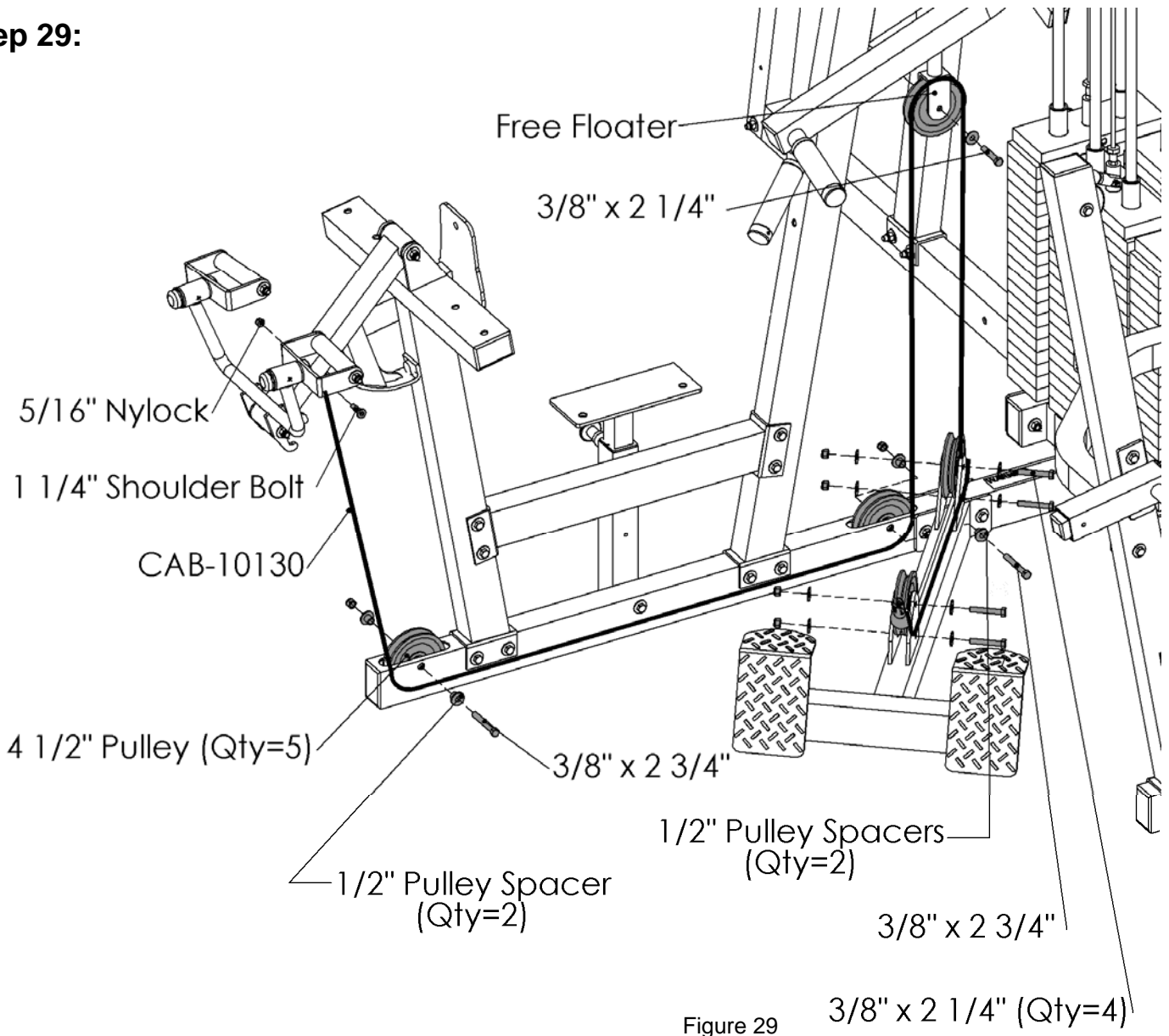
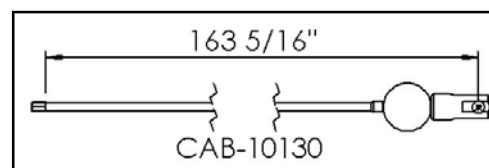


Figure 29

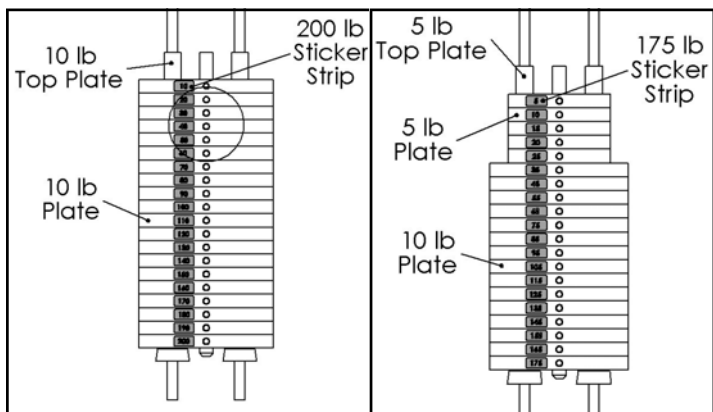
Item #	Part #	Description	Qty
98	CAB-10130	Bicep Curl to Low Pulley Cable	1
124	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	5
125	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	2
137	BFH-50146	3/8" Flat Washer Black	10
141	BFH-50157	3/8"-16 Nylock (Black)	7
145	BFH-50174	4 1/2" Pulley	5
151	BFH-50201	1/2" Pulley Spacer	4
167	BFH-50250	1 1/4" Shoulder Bolt	1
182	BFH-50267	5/16"-18 Nylock (Black)	1



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

Step 30:

Item #	Part #	Description	Qty
183	BFH-50192	200lb Weight Stack Decals	4
184	BFH-50258	175lb Weight Stack Decals	4*



200lb Stack (Standard)
Figure 30A

175lb Stack (Optional)
Figure 30B

*Optional Weight Stack

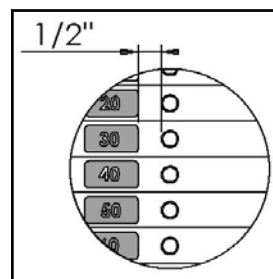


Figure 30C

Step 31:

As a helpful hint, if you have purchased the Leg Press Option, you may skip to Steps 33-36 before assembling Steps 31-32.



Note position of the bottom pad for the Leg Ext/Curl Station in Figure 27. This provides the best support for your legs during workout.



Note: 2" Shroud Spacers go on the bottom of the Weight Stack Shrouds and the 2 1/4" Shroud Spacers will go at the top of the Weight Stack Shrouds.

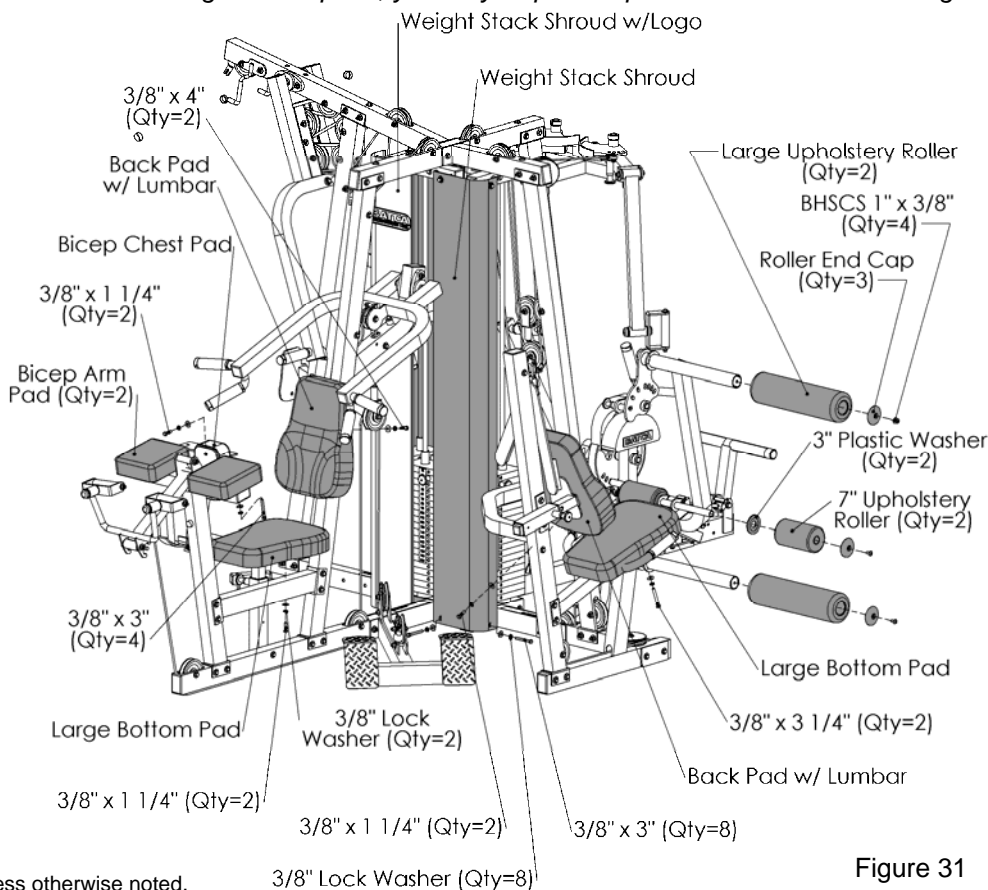


Figure 31

Refer to pages 40 and 41 for additional information.

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

Item #	Part #	Description	Qty
73	BFM-50444	Weight Stack Shroud	2
88	BFM-50432	Bottom 2" Shroud Spacer	4
89	BFM-50431	Top 2 1/4" Shroud Spacer	4
103	BFU-10107	Bicep Arm Pad	2
104	BFU-10117	Large Bottom Pad	2
107	BFU-10120	Back Pad With Lumbar	2
108	BFU-10121	7" Upholstery Roller	2
109	BFU-10122	Large Upholstery Roller	2
110	BFU-10123	Bicep Chest Pad	1

Item #	Part #	Description	Qty
121	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	6
126	BFH-50125	HCS 3/8"-16 x 3" P5	8
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	6
130	BFH-50129	HCS 3/8"-16 x 4" P5	2
137	BFH-50146	3/8" Flat Washer (Black)	22
138	BFH-50147	3/8" Lock Washer (Black)	22
155	BFH-50221	3" Plastic Washer	6
169	BFH-50252	Plastic Collar	4

Step 32:

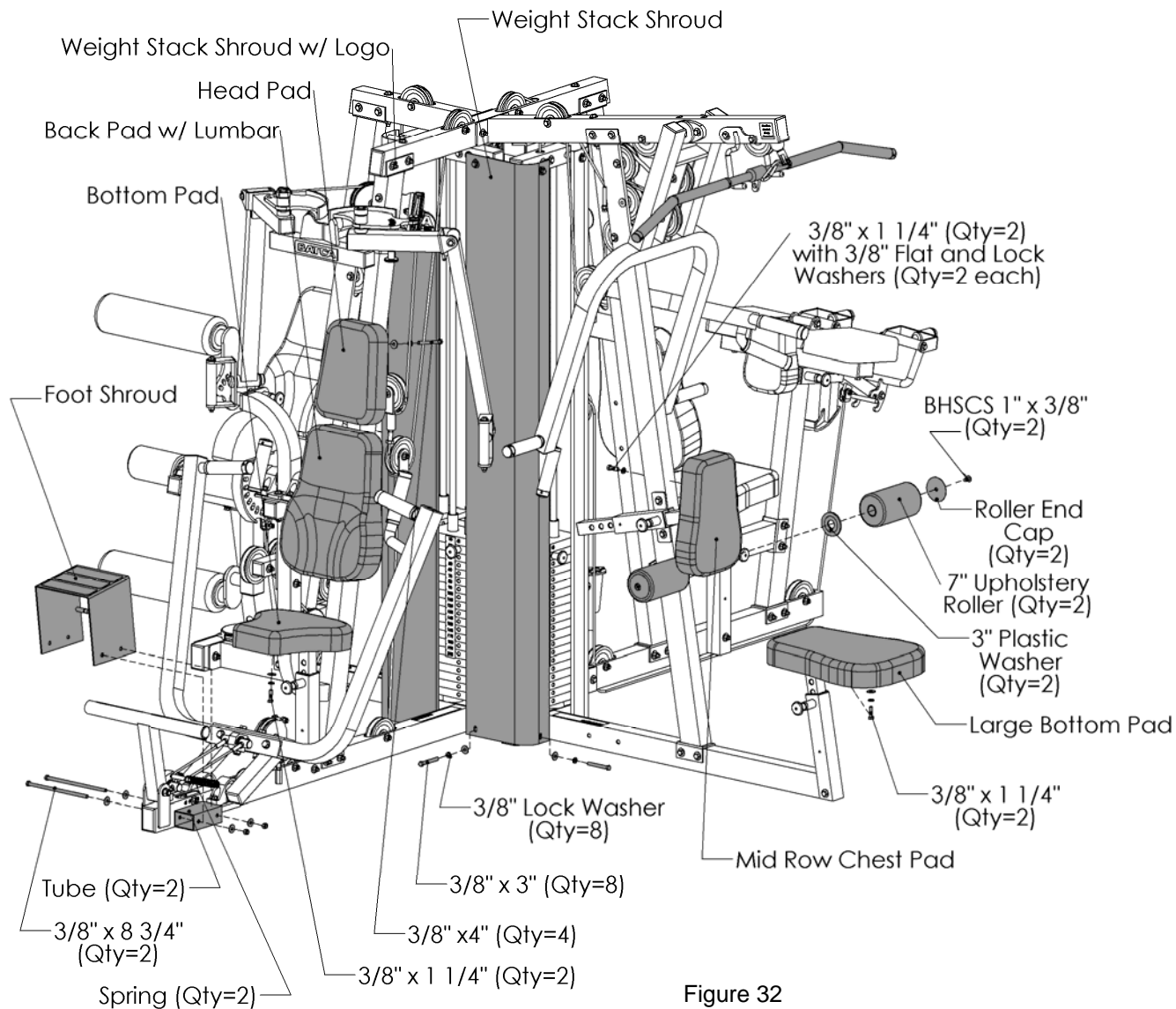


Figure 32



Note: 2" Shroud Spacers go on the bottom of the Weight Stack Shrouds and the 2 1/4" Shroud Spacers will go at the top of the Weight Stack Shrouds.

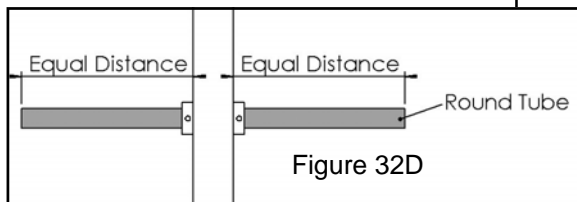
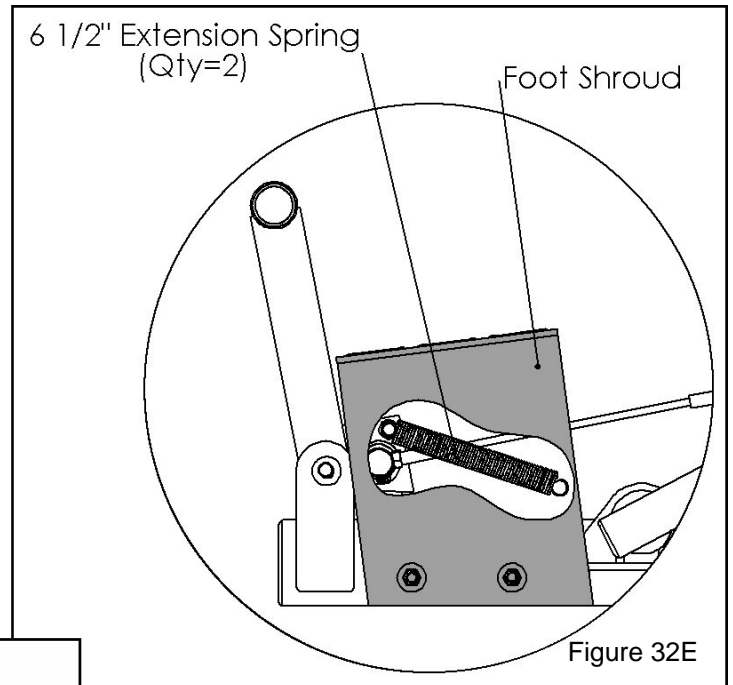
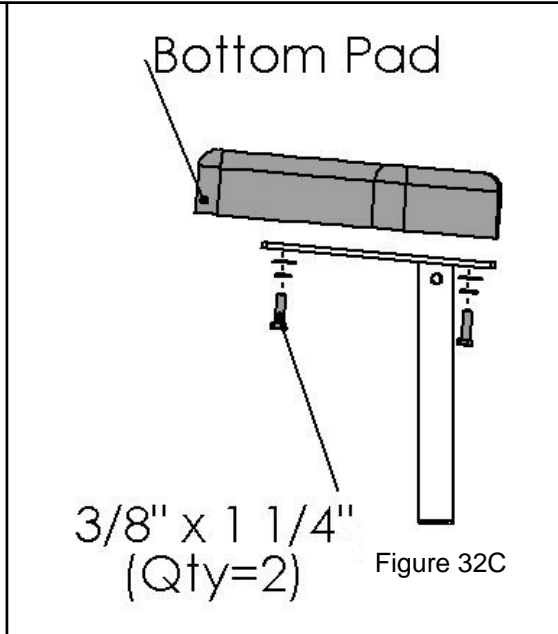
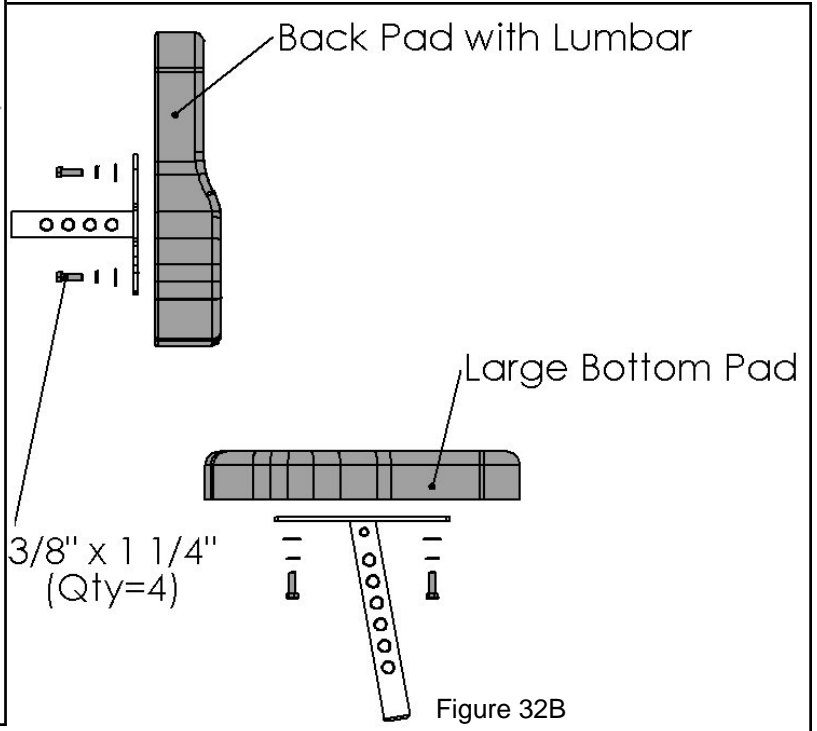
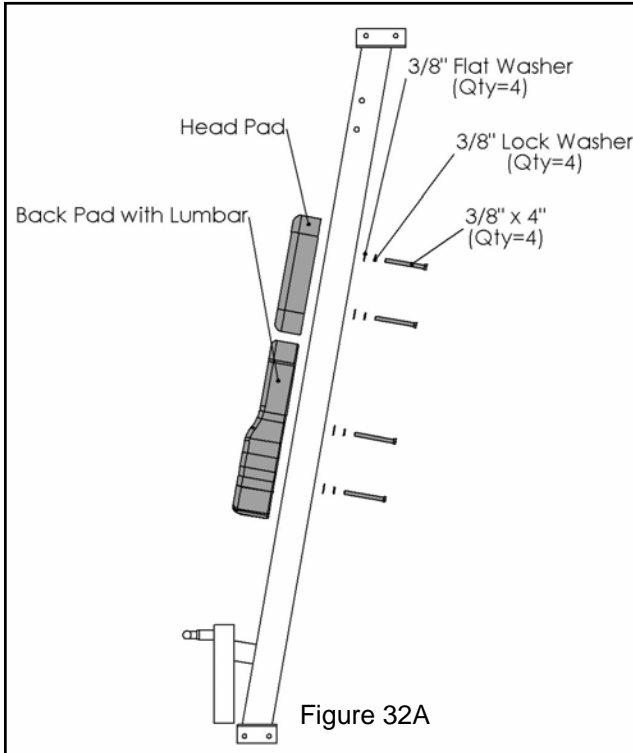
Item #	Part #	Description	Qty
73	BFM-50444	Weight Stack Shroud	2
75	BFM-10429	Spacer Tube	2
76	BFM-10137	Foot Shroud	1
77	BFM-50244	Round Tube	1
88	BFM-50432	Bottom 2" Shroud Spacer	4
89	BFM-50431	Top 2 1/4" Shroud Spacer	4
104	BFU-10117	Large Bottom Pad	1
105	BFU-10118	Bottom Pad	1
106	BFU-10119	Head Pad	1
107	BFU-10120	Back Pad With Lumbar	1
108	BFU-10121	7" Upholstery Roller	2

Item #	Part #	Description	Qty
111	BFU-10124	Mid Row Chest Pad	1
121	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	6
126	BFH-50125	HCS 3/8"-16 x 3" P5	4
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	4
130	BFH-50129	HCS 3/8"-16 x 4" P5	4
137	BFH-50146	3/8" Flat Washer Black	22
138	BFH-50147	3/8" Lock Washer (Black)	18
155	BFH-50221	3" Plastic Washer	4
157	BFH-50234	6 1/2" Spring	2
169	BFH-50252	Plastic Collar	2
185	BFH-50298	HCS 3/8"-16 x 8 3/4" P5	2

Step 32 Continued:

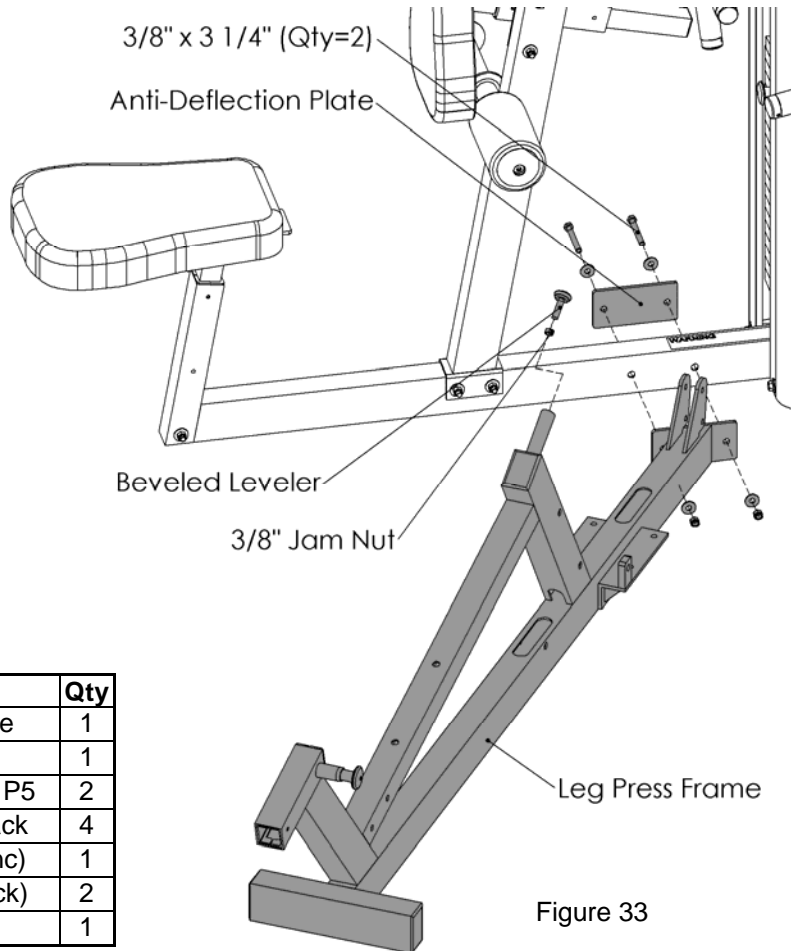


Note: It is very important that the Foot Shroud is positioned just as Figure 32E below shows. The shorter end must be positioned towards the Foot Assist and the taller end toward the Chest Press Arm. If improperly installed the Foot Assist Cables will rub the Foot Shroud during use and can cause damage and harm. Incorrect installation will void your warranty.



Leg Press Option

Step 33:



Item #	Part #	Description	Qty
7	BFM-50150	Anti-Deflection Plate	1
78	BFM-10313	Leg Press Frame	1
127	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
137	BFH-50146	3/8" Flat Washer Black	4
139	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
141	BFH-50157	3/8"-16 Nylock (Black)	2
170	BFH-50253	Beveled Leveler	1

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

Figure 33

Step 34:

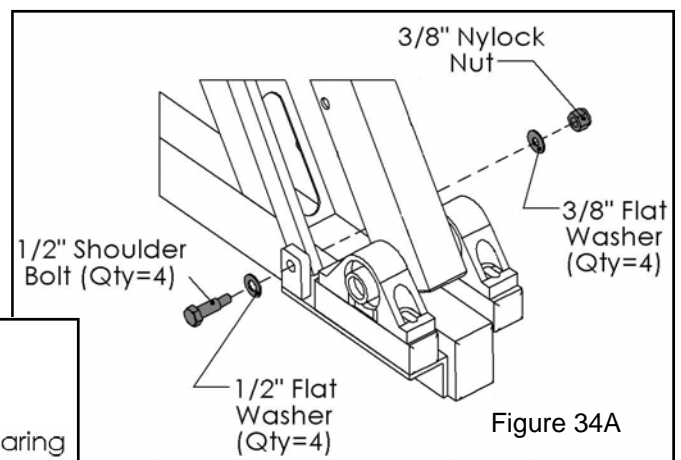


Figure 34A

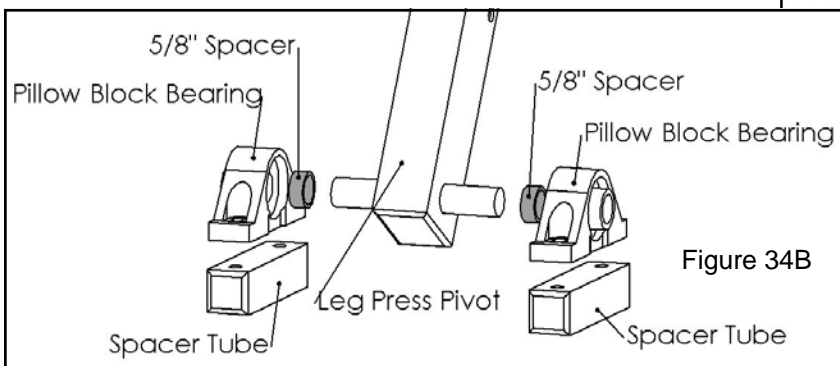


Figure 34B

Step 34 continued:

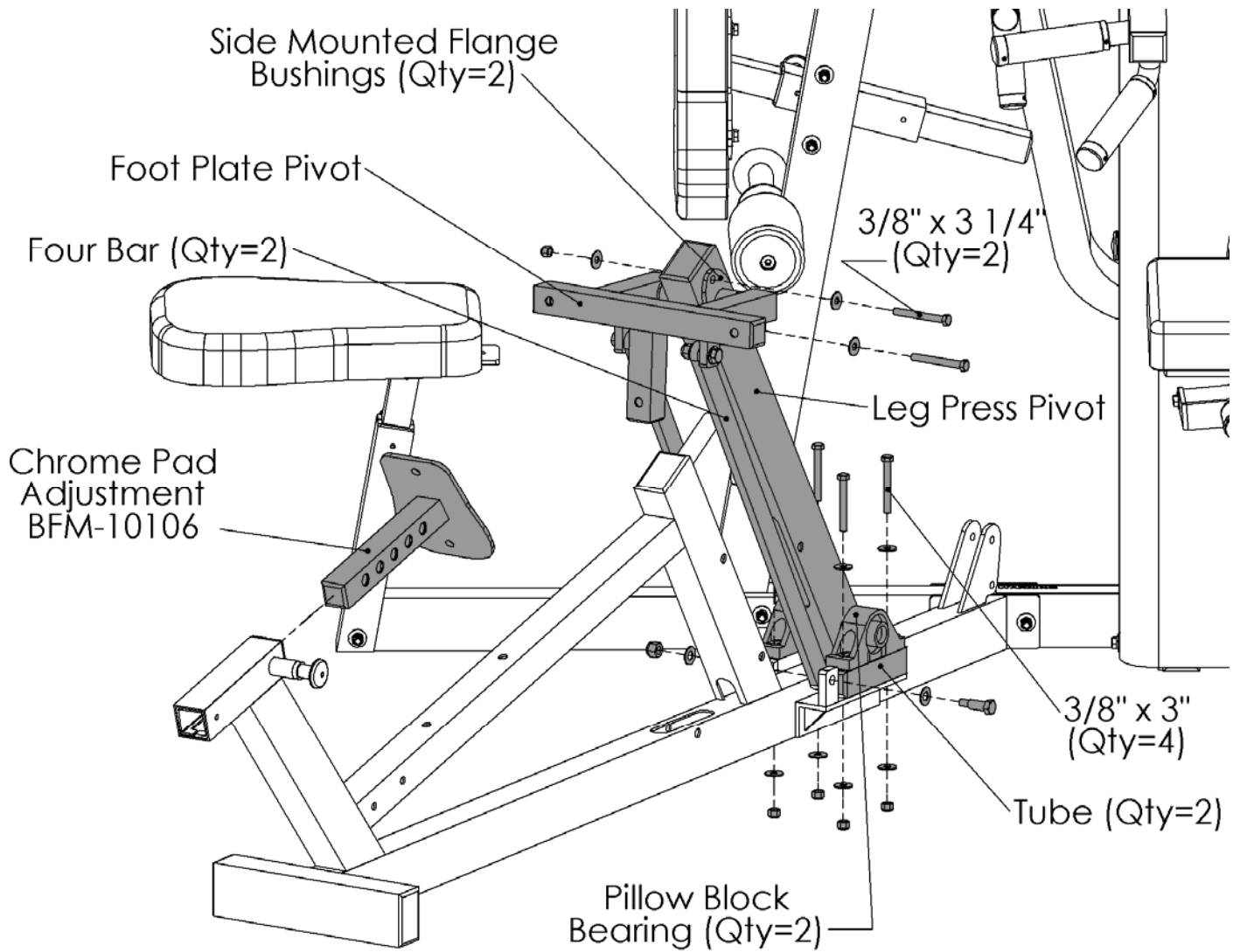


Figure 34

Item #	Part #	Description	Qty
27	BFM-50247	5/8" Spacer	2
79	BFM-10140	Leg Press Pivot	1
80	BFM-10152	Bushing Holder	2
81	BFM-50252	Four Bar	2
82	BFM-10102	Foot Plate Pivot	1
83	BFM-10106	Chrome Pad Adjustment	1
91	BFM-10432	Spacer Tube	2
127	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	6
137	BFH-50146	3/8" Flat Washer (Black)	16
141	BFH-50157	3/8"-16 Nylock (Black)	10
143	BFH-50172	Pillow Block Bearing	2
166	BFH-50249	1/2" Shoulder Bolt (3/8"-16x50mm)	4
168	BFH-50251	1/2" Flat Washer Black	4

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

Step 35:

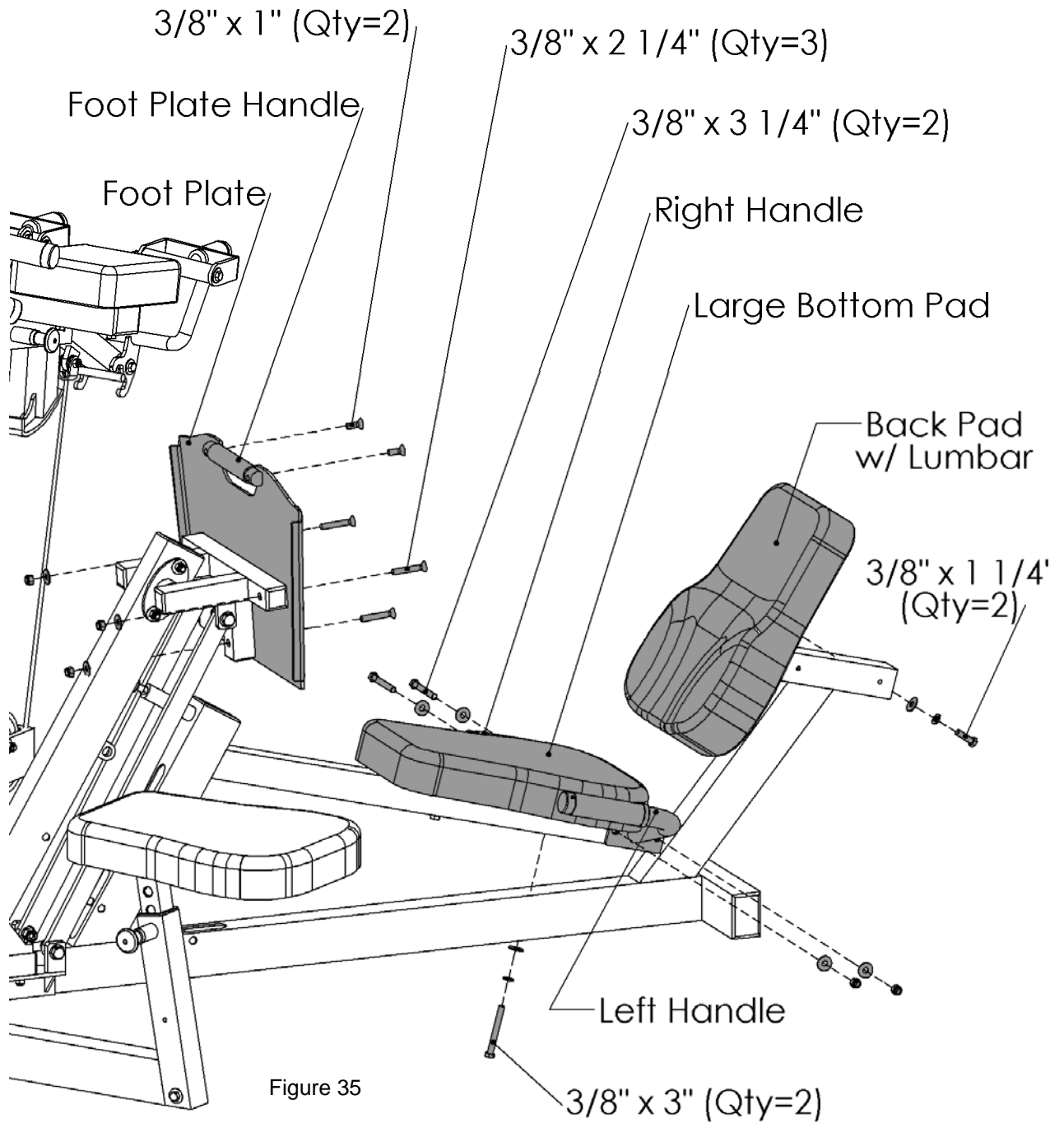


Figure 35

Item #	Part #	Description	Qty
84	BFL-50128	Foot Plate	1
85	BFM-50270	Handle	1
104	BFU-10117	Large Bottom Pad	1
107	BFU-10120	Back Pad With Lumbar	1
121	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
126	BFH-50125	HCS 3/8"-16 X 3" P5	2
135	BFH-50144	FHSCS 3/8"-16 X 1"	2
136	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
137	BFH-50146	3/8" Flat Washer Black	11
138	BFH-50147	3/8" Lock Washer (Black)	4
141	BFH-50157	3/8"-16 Nylock (Black)	5

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

Step 36:

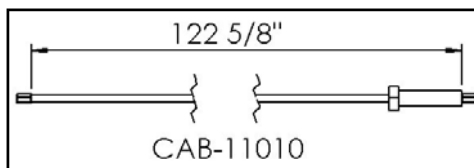
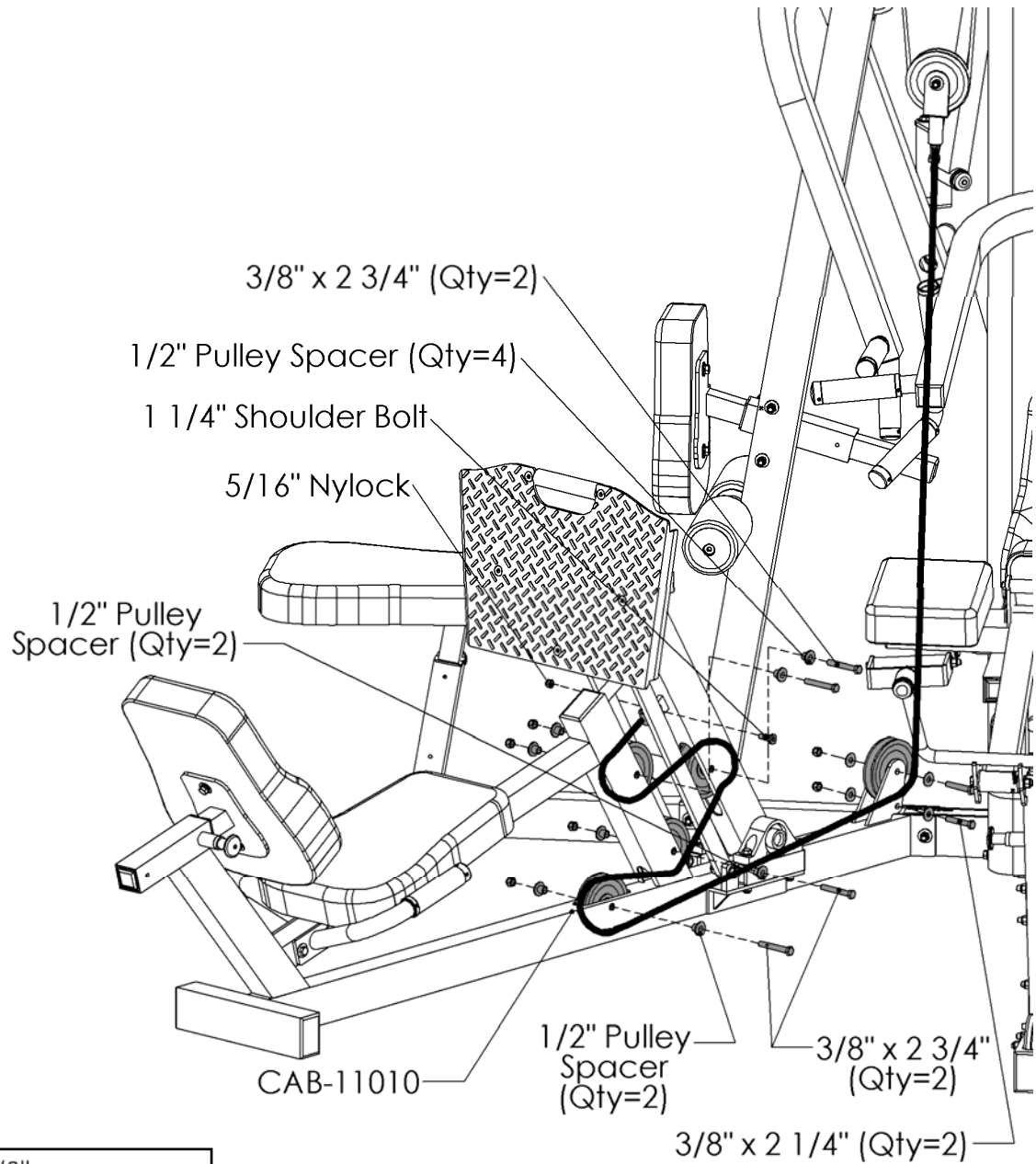


Figure 36

Item #	Part #	Description	Qty
101	CAB-11010	Leg Press Lockout to Free Floater Cable	1
124	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	2
125	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	4
137	BFH-50146	3/8" Flat Washer Black	4
141	BFH-50157	3/8"-16 Nylock (Black)	6
145	BFH-50174	4 1/2" Pulley	5
151	BFH-50201	1/2" Pulley Spacer	8
167	BFH-50250	1 1/4" Shoulder Bolt	1
180	BFH-50256	1/2" Jam Nut (Zinc)	1
182	BFH-50267	5/16"-18 Nylock (Black)	1

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

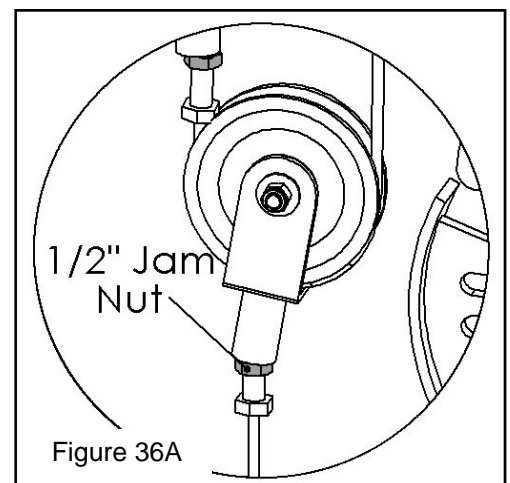


Figure 36A

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 1-5 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.

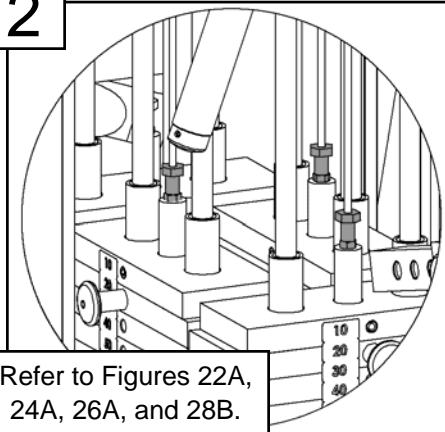


Note: All cables with threaded adjustable ends must have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 1/2" Jam Nut be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.

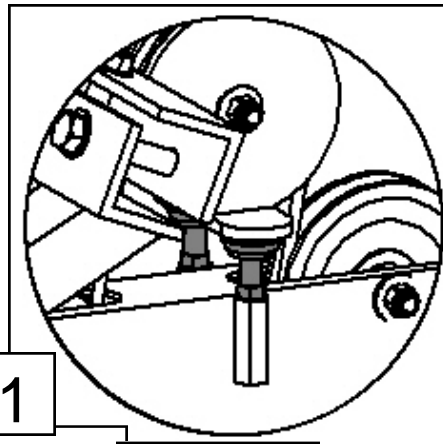


Note: All levelers should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.

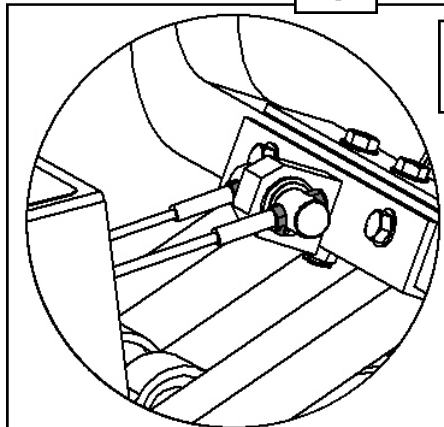
2



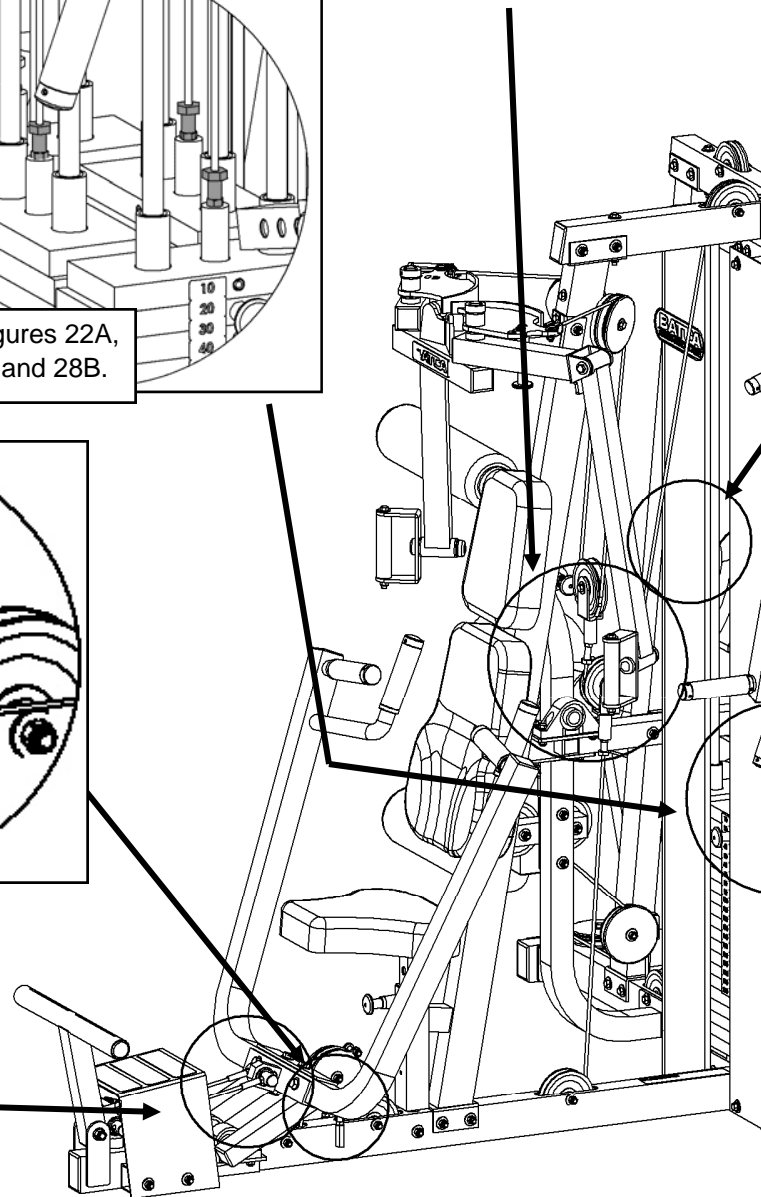
- **Note:** Adjustment 1 is strictly for adjusting the two Foot Assist Cables and should not be used for adjusting any other cables.
- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.

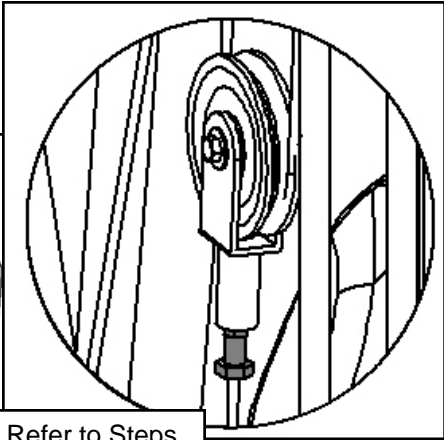


1

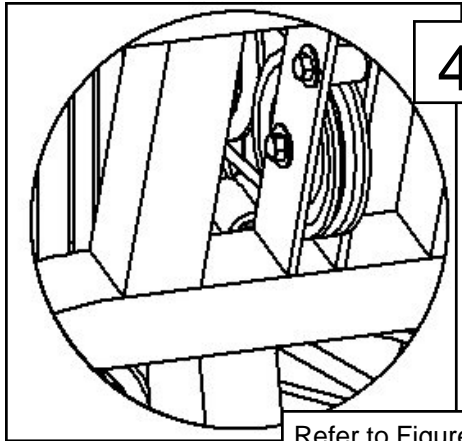


Refer to Figure 14A and 15A



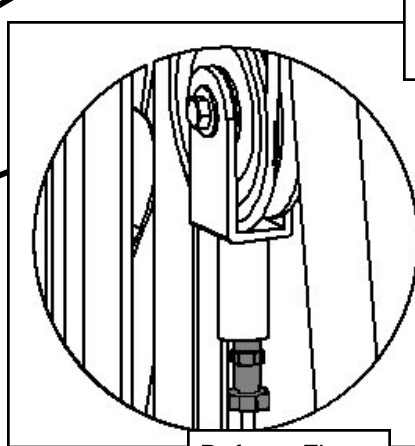
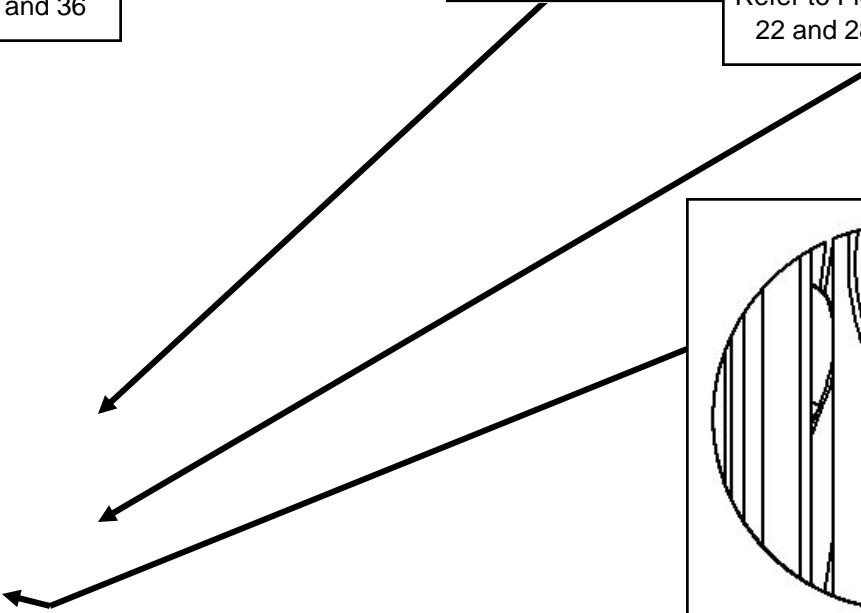
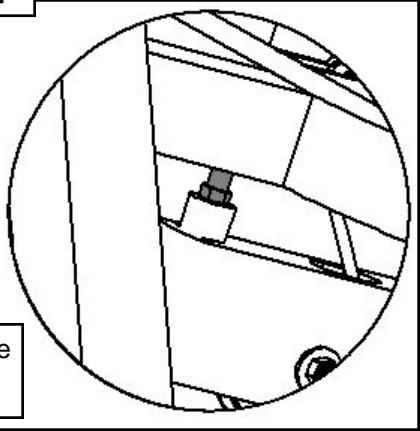


Refer to Steps 22-29 and 36



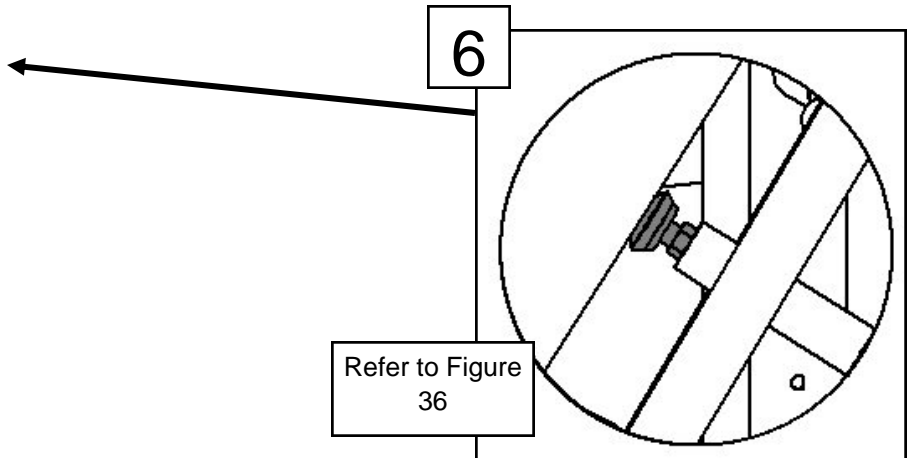
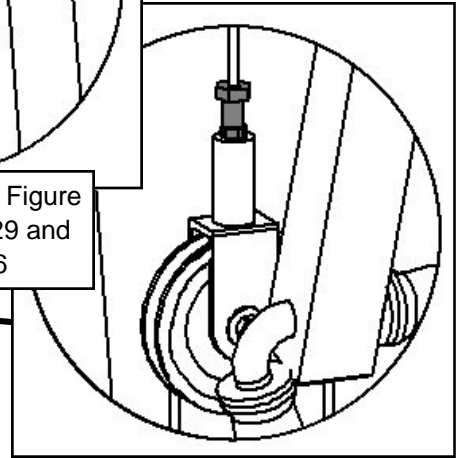
4

Refer to Figure 22 and 28A



5

Refer to Figure 22,28,29 and 36



6

Refer to Figure 36

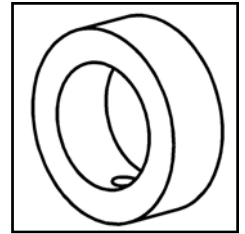


Final Assembly and Troubleshooting

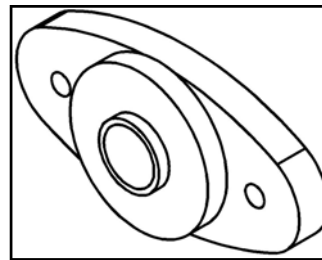
IMPORTANT - Check These Components Before Using Gym:

- **Wrench Tighten** the set screws on all Threaded Collars, using an allen wrench, so that the set screws tighten against the threaded shaft. Refer to Steps 11, 18, 19, and 32.

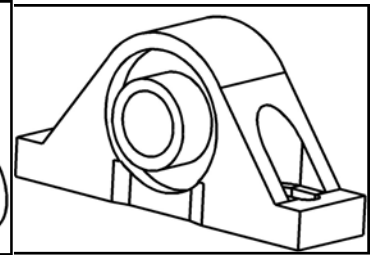
Threaded Collar
BFH-50220



- **Wrench Tighten** the two set screws on all Bearings (Pillow Block Bearings and Side Mounted Flange Bearings) with an Allen Wrench. Refer to Steps 7, 9, 13, and 34.



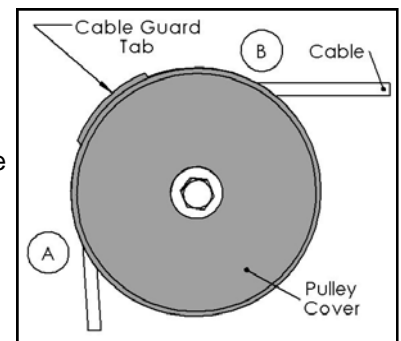
Side Mounted Flange
Bearing BFH-50171



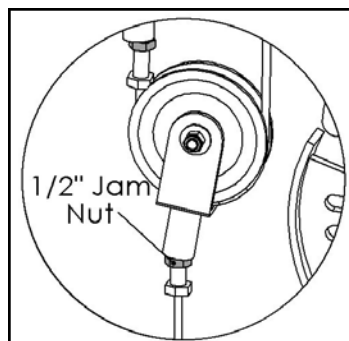
Pillow Block Bearing
BFH-50172

- **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 23, 26 and 27.

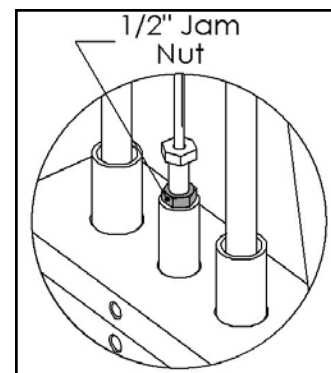
Pulley Cover
BFM-50345



- 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 22, 24, 25, 26, 27, 28, and 36. See Figures below.

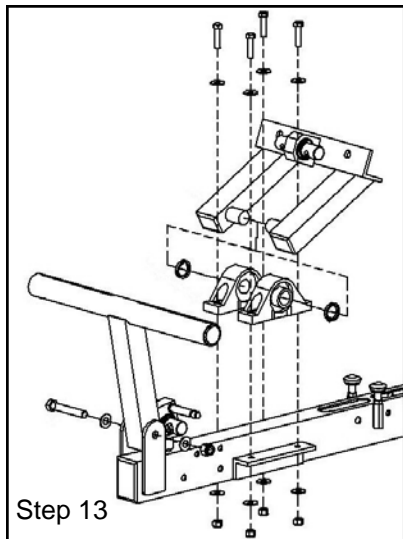


Free Floater

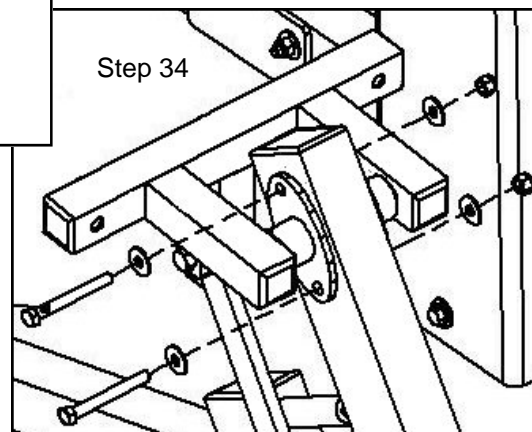
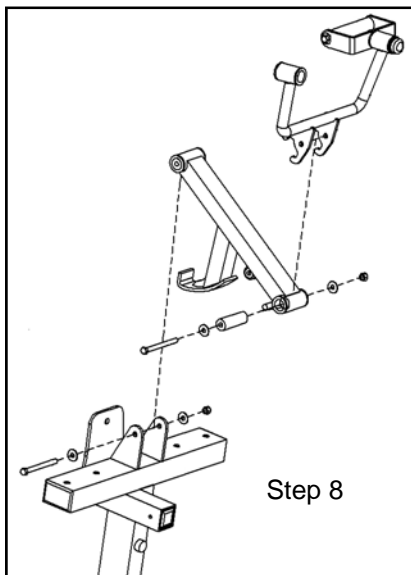
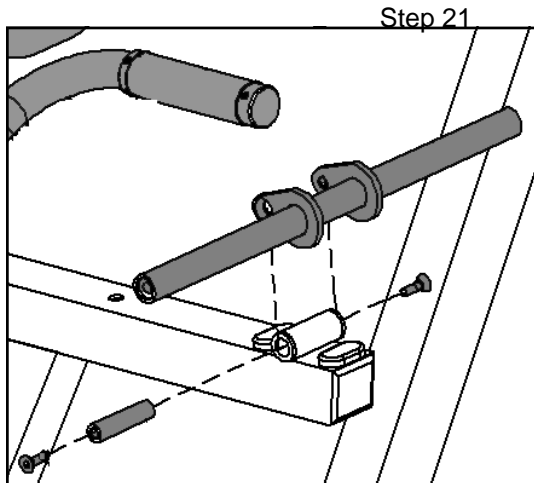
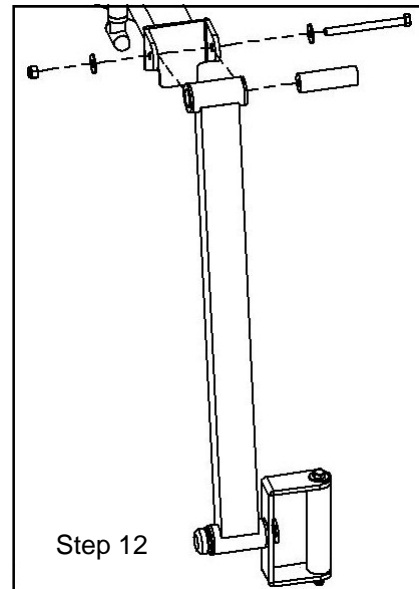


Top Plate

Final Assembly and Troubleshooting

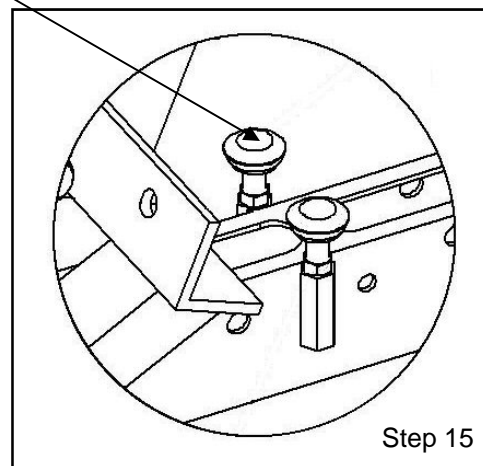
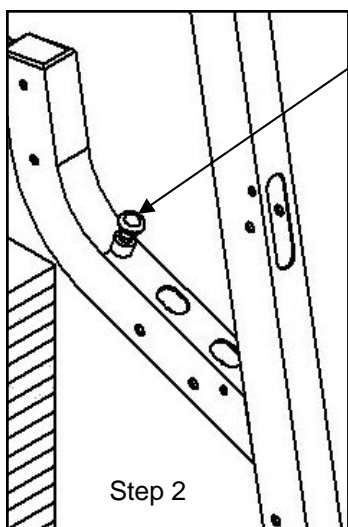


Do NOT over tighten any of the bolts in these steps. Over tightening may cause the parts to bind, causing damage and impeding your exercise.



Leg Press Option Only

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.



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 gym 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 fitting that must be lubricated regularly. Use a 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.

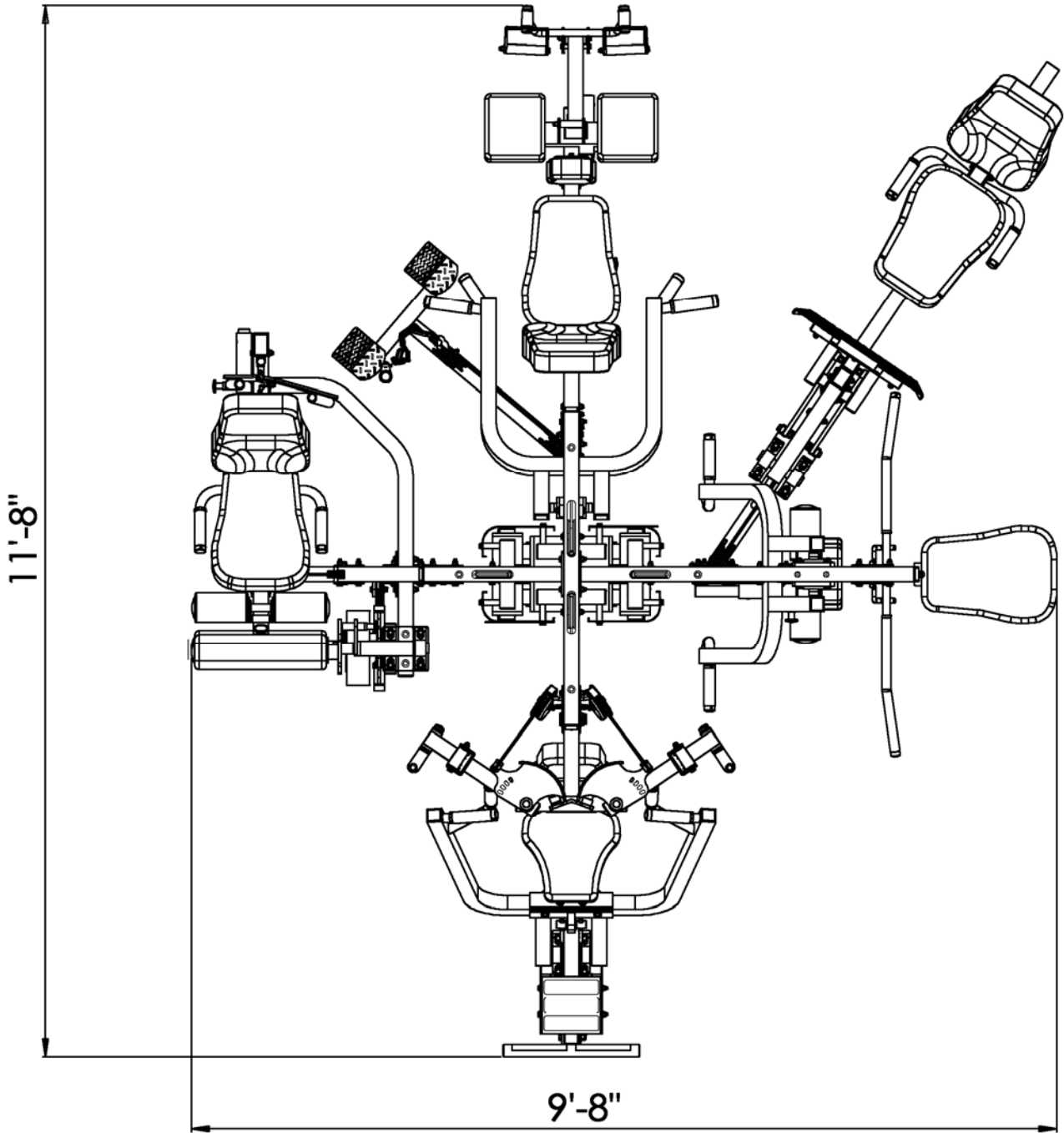
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase 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 X4 measures 11'-8" (length) x 9'-8" (width) x 6'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.