

# AXIS

Revision 0

Sept 2020

## Free Trainer-S Owner's Manual



Serial Number Here

Date of Purchase



# Instructions

Congratulations on the purchase of your new Batca AXIS Free Trainer-S. 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)

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# Tools Required For Free Trainer

- 9/16" Wrench/Ratchet
- Metric Allen Wrench Set (M8, M6, M4)
- 3/4" Wrench
- 1/2" Wrench/Ratchet
- Tape Measure

## Accessories Provided

Part #	Description	Qty
BFC-50136	Ankle Strap	1
BFC-50132	Tricep Rope	1
BFM-10682	Long Bar	1
BFC-50126	Short Bar	1
BFC-10103	4 Ring Strap Handle	2

## Hardware Blister Packs

### AFTS Free Trainer

**Step 1**

- SHCS 3/8" x 1 1/2" (QTY=4)
- 3/8" Flat Washer (QTY=24)
- 3/8" Nylock 11t (QTY=12)

**Step 2**

- SHCS 3/8" x 3 1/4" (QTY=8)
- SHCS 3/8" x 4" (QTY=2)
- SHCS 3/8" x 2 3/4" (QTY=4)
- 3/8" Nylock 11t (QTY=6)
- Threaded Shaft Collar (QTY=2)
- 3/8" Curved Washer (QTY=4)
- 3/8" Flat Washer (QTY=8)

**Step 3**

- HCS 3/8" x 1 1/4" (QTY=2)
- 3/8" Flat Washer (QTY=2)
- 3/8" Lock Washer (QTY=2)

**Step 3a**

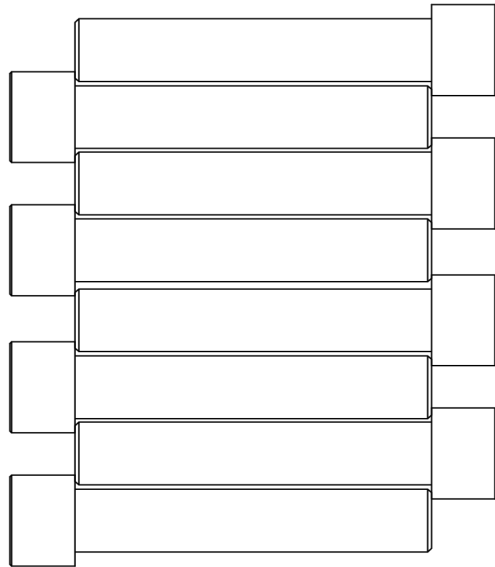
- HCS 3/8" x 1 1/4" (QTY=2)
- 3/8" Flat Washer (QTY=2)
- 3/8" Lock Washer (QTY=2)

**Step 4**

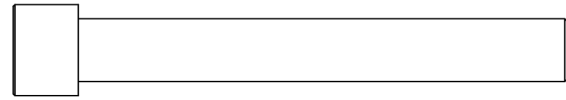
- 1/2" Pulley Spacer (QTY=2)
- SHCS 3/8" x 2" (QTY=8)
- SHCS 3/8" x 2 3/4" (QTY=1)
- 3/8" Flat Washer (QTY=16)
- 3/8" Nylock 11t (QTY=9)

## AFTS Free Trainer

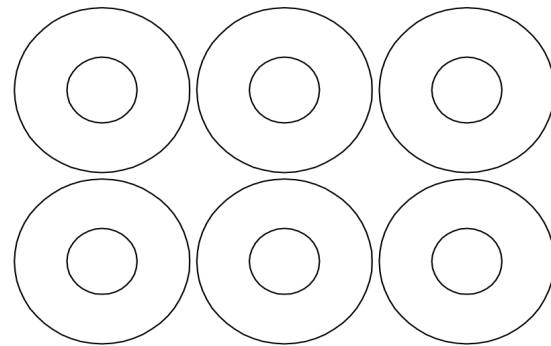
### Step 4a



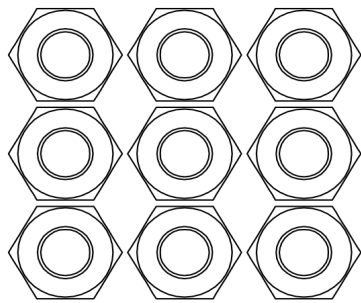
SHCS 3/8" x 2"  
(QTY=8)



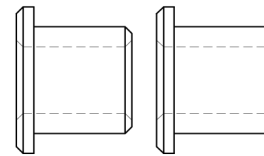
SHCS 3/8" x 2 3/4"  
(QTY=1)



3/8" Flat Washer  
(QTY=16)

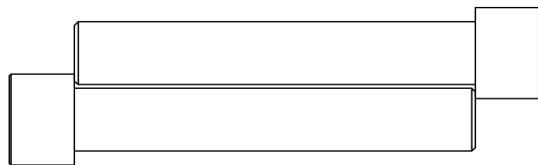


3/8" Nylock 11t  
(QTY=9)

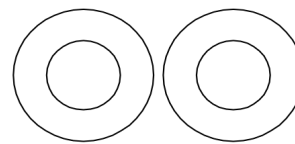


1/2" Pulley Spacer  
(QTY=2)

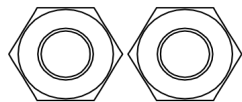
### Step 5



SHCS 3/8" x 2 1/4"  
(QTY=2)

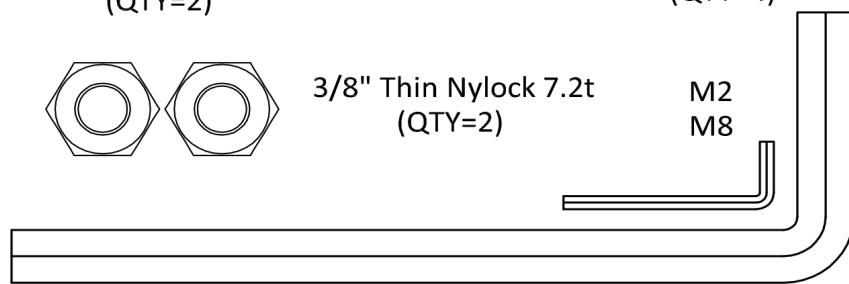


3/8" S - Flat Washer  
(QTY=4)



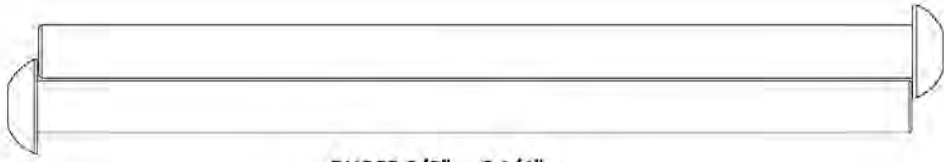
3/8" Thin Nylock 7.2t  
(QTY=2)

M2  
M8



# Add-on Hardware Blister Packs

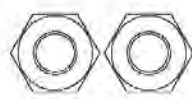
## Optional AFTS Weight Stack Enclosures Step 6



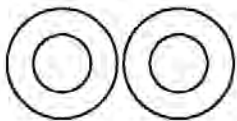
BHSCS 3/8" x 6 1/4"  
(QTY=2)



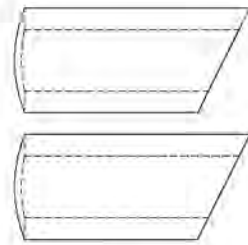
BHSCS 3/8" x 2 1/4"  
(QTY=2)



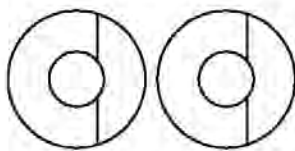
3/8" Thin Nylock 7.2t  
(QTY=2)



3/8" 5 - Flat Washer  
(QTY=2)



P03-3501  
(QTY=2)



3/8" Curved Washer  
(QTY=2)

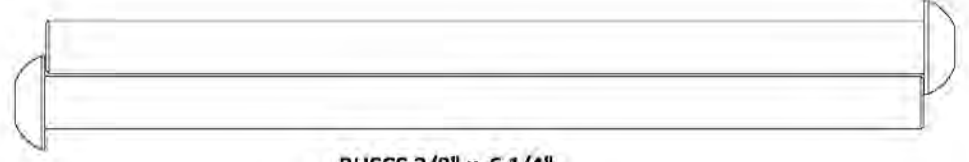


P03-3506 (QTY=4)

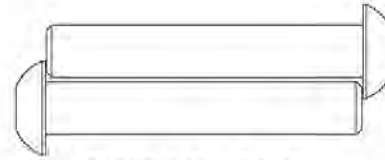


3/8" Nylock 11t  
(QTY=2)

## Optional AFTS Weight Stack Enclosures Step 6a



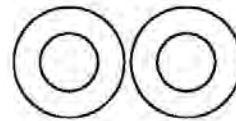
BHSCS 3/8" x 6 1/4"  
(QTY=2)



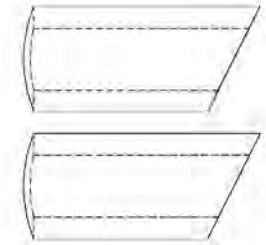
BHSCS 3/8" x 2 1/4"  
(QTY=2)



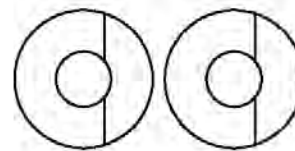
3/8" Thin Nylock 7.2t  
(QTY=2)



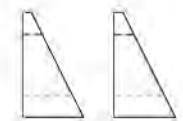
3/8" 5 - Flat Washer  
(QTY=2)



P03-3501  
(QTY=2)



3/8" Curved Washer  
(QTY=2)



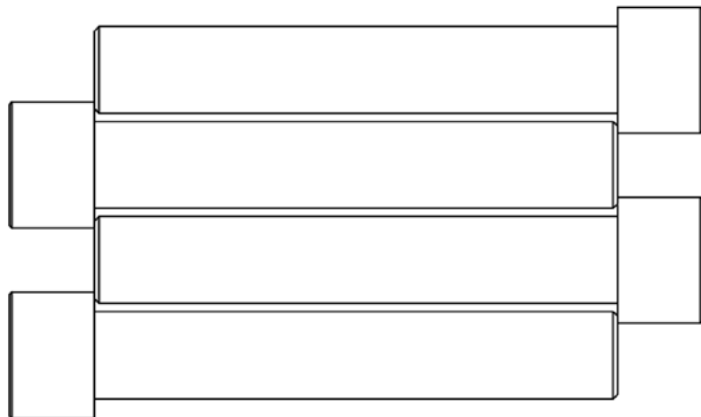
P03-3506 (QTY=4)



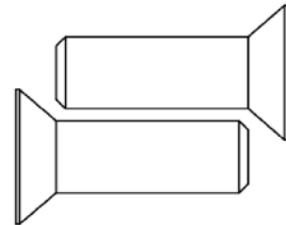
3/8" Nylock 11t  
(QTY=2)

# ATFS Optional Accessory Storage

Step 7:



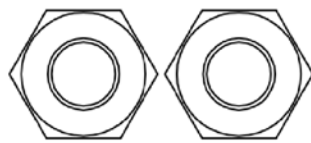
SHCS 3/8" x 2 1/2"  
(QTY=4)



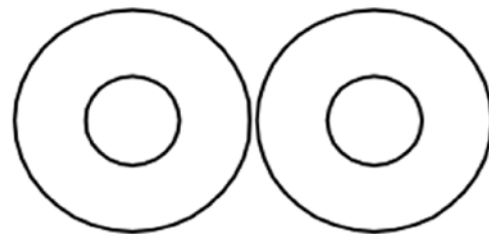
FHSCS 5/16" x 1"  
(QTY=2)



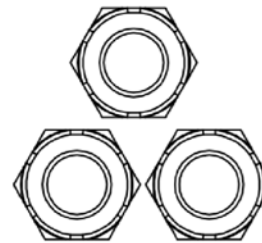
FHSCS 5/16" x 2 1/4"  
(QTY=1)



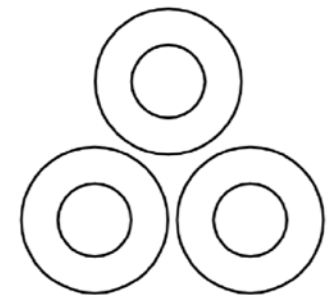
3/8" Nylock 11t  
(QTY=2)



3/8" Flat Washer  
(QTY=4)



5/16" Nylock  
(QTY=3)



5/16" Flat Washer  
(QTY=3)

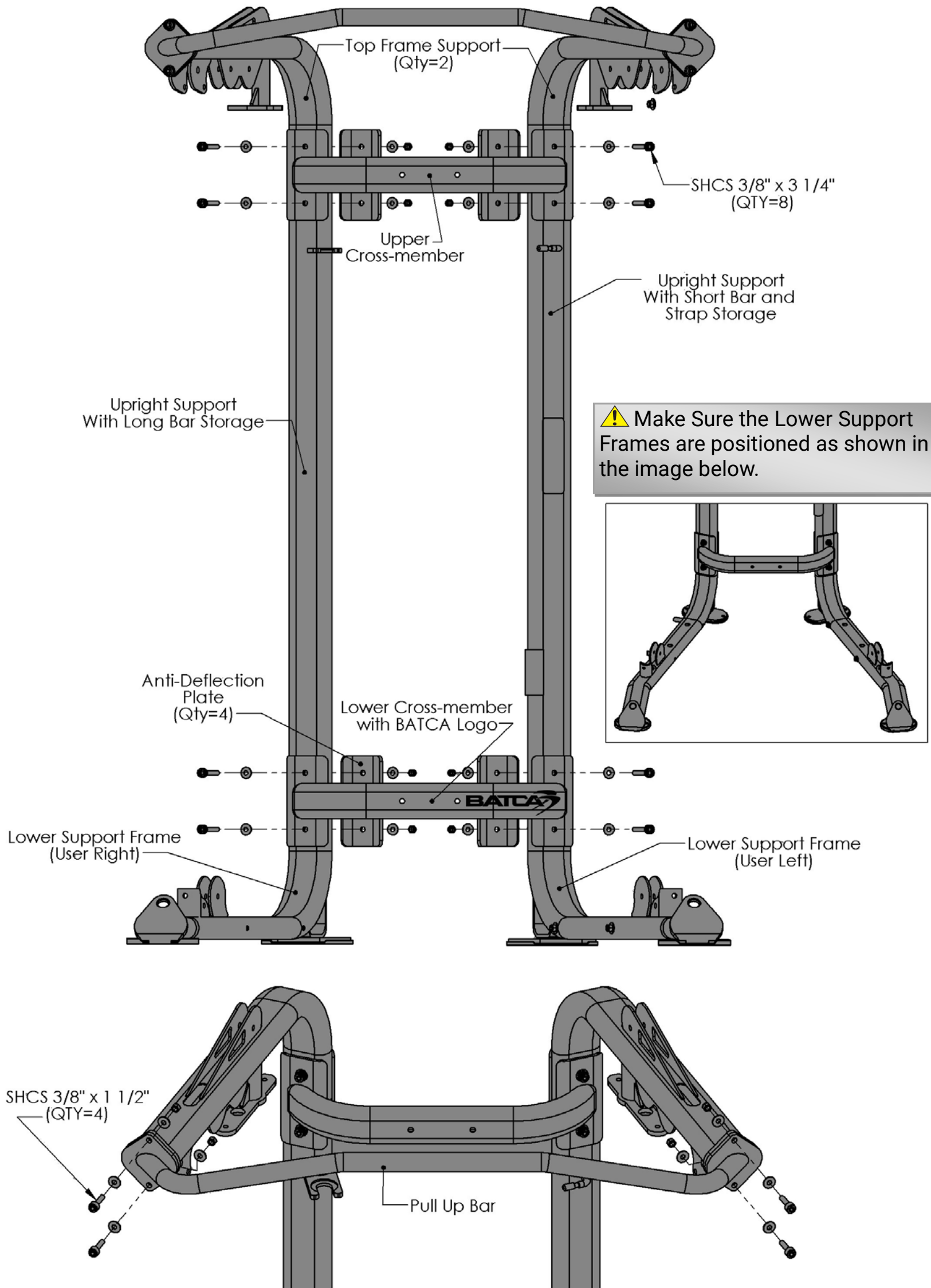
**PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.**



**Step 1: DO NOT TIGHTEN BOLTS**

**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.**



Part #	Description	Qty
BFM-11180	Lower Support Frame (User Right)	1
BFM-11181	Lower Support Frame (User Left)	1
BFM-11097	Lower Cross-member with BATCA Logo	1
BFM-11182	Upright Support W/Short Bar and Strap Storage	1
BFM-11183	Upright Support W/Long Bar Storage	1
BFM-11097	Upper Cross-member	1

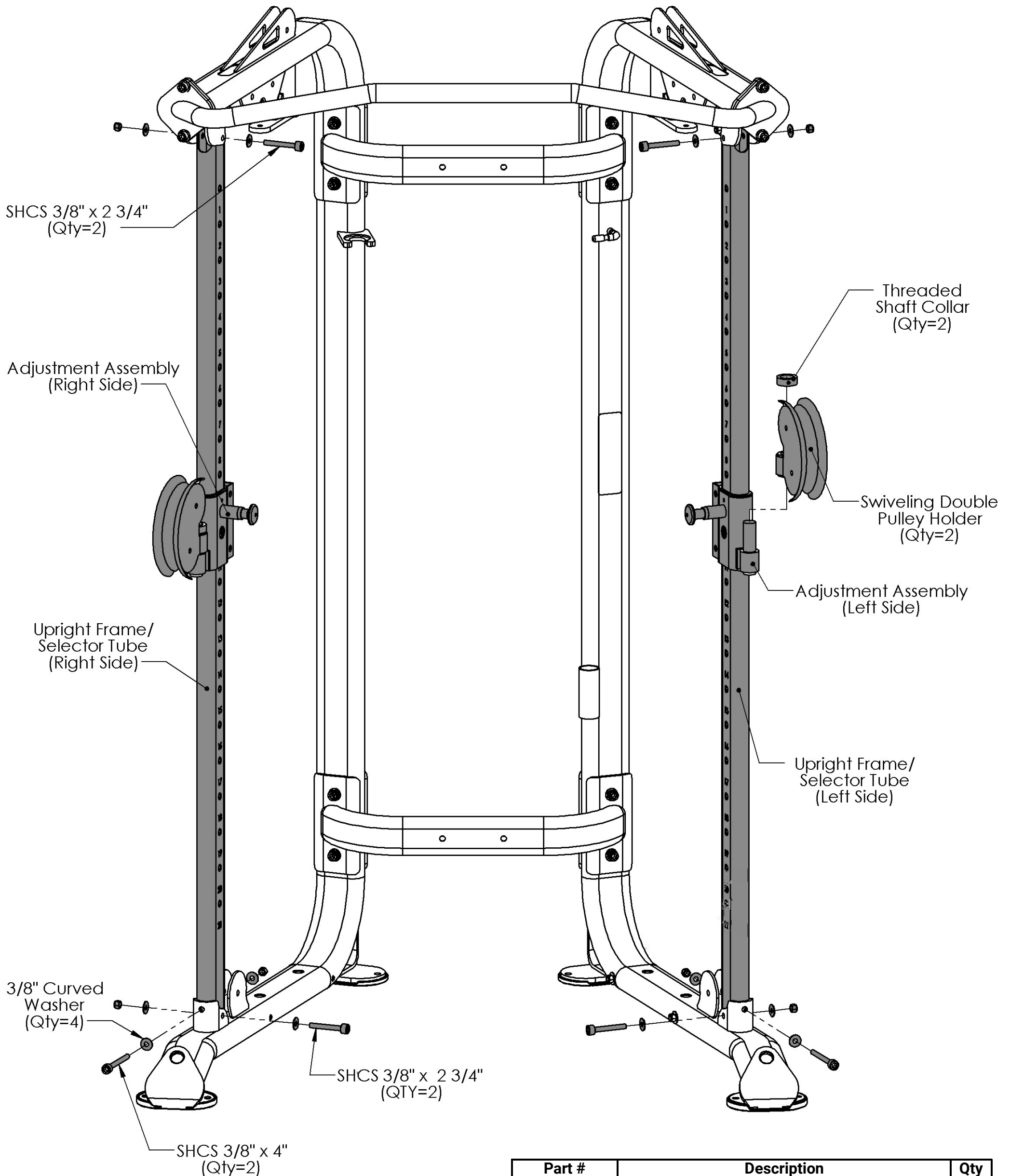
Part #	Description	Qty
BFM-11184	Top Frame Support	2
BFM-52618	Anti-Deflection Plate	4
BFM-11187	Pull Up Bar	1
BFP-51697	SHCS 3/8" x 1 1/2"	4
BFP-51748	SHCS 3/8" x 3 1/4"	8
BFH-50146	3/8" Flat Waser	24
BFH-50157	3/8" Nylock	12



## Step 2:



**DO NOT TIGHTEN BOLTS**



**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**.

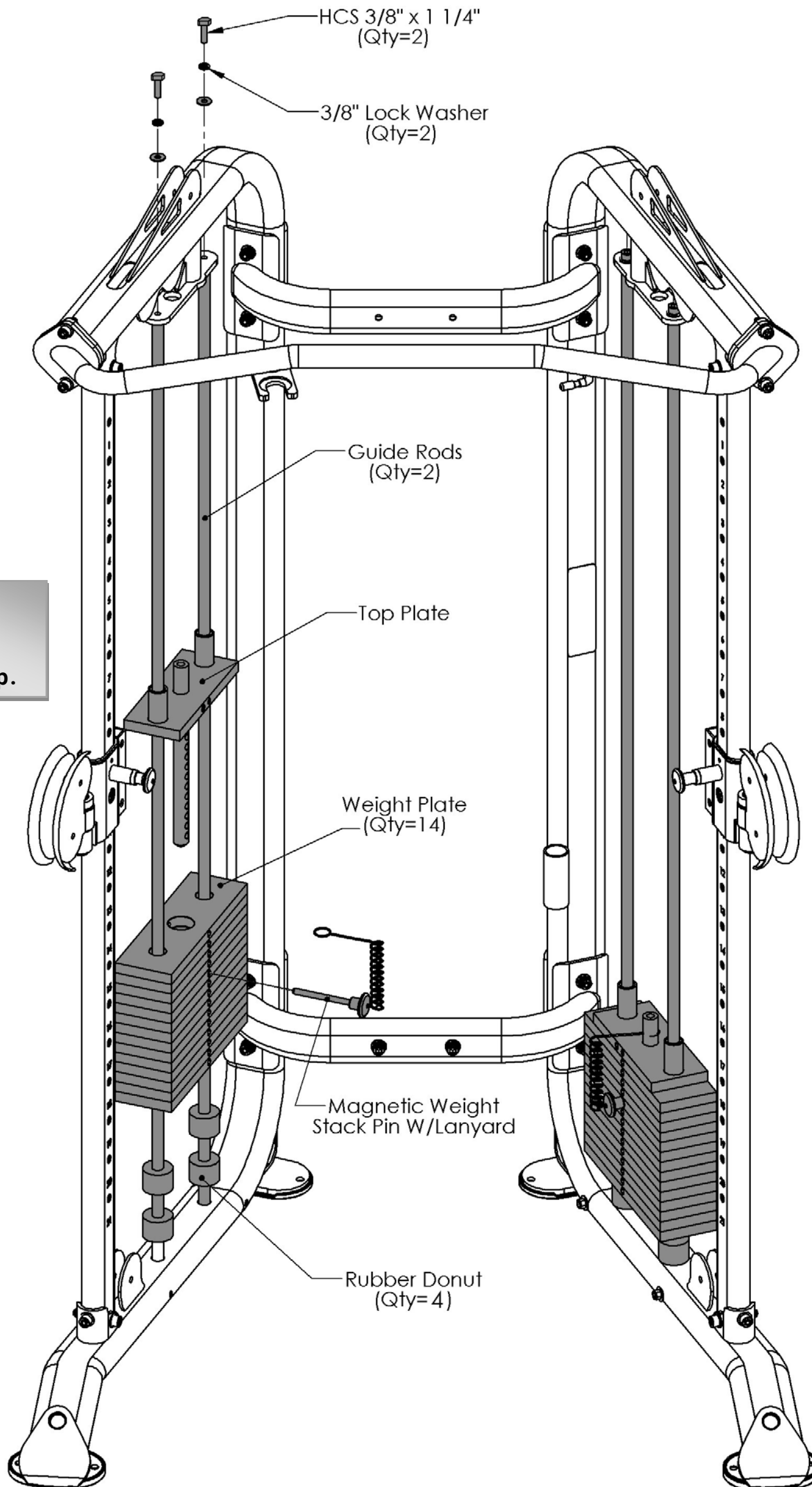
Part #	Description	Qty
BFM-52486	Upright Frame/Selector Tube (Right Side)	1
BFM-52487	Upright Frame/Selector Tube (Left Side)	1
BFM-11185	Adjustment Assembly (User Right)	1
BFM-11186	Adjustment Assembly (User Left)	1
BFP-10945	Swiveling Double Pulley Holder	2
BFH-50220	Threaded Shaft Collar	2
BFP-51750	SHCS 3/8" x 2 3/4"	4
BFP-52345	SHCS 3/8" x 4"	2
BFH-50204	3/8" Curved Washer	4
BFH-50146	3/8" Flat Washer	8
BFH-50157	3/8" Nylock	6



Skip this step and continue to next page (Step 3a) if the 200 lb weight stack option was purchased.  
This step is for the 150 lb weight stack option.



**Step 3:**



**!** Make sure all hardware has been tightened before moving to next step.

**!** Hardware Shown/Listed is for installing weight stacks on one side. Duplicate for opposite side.

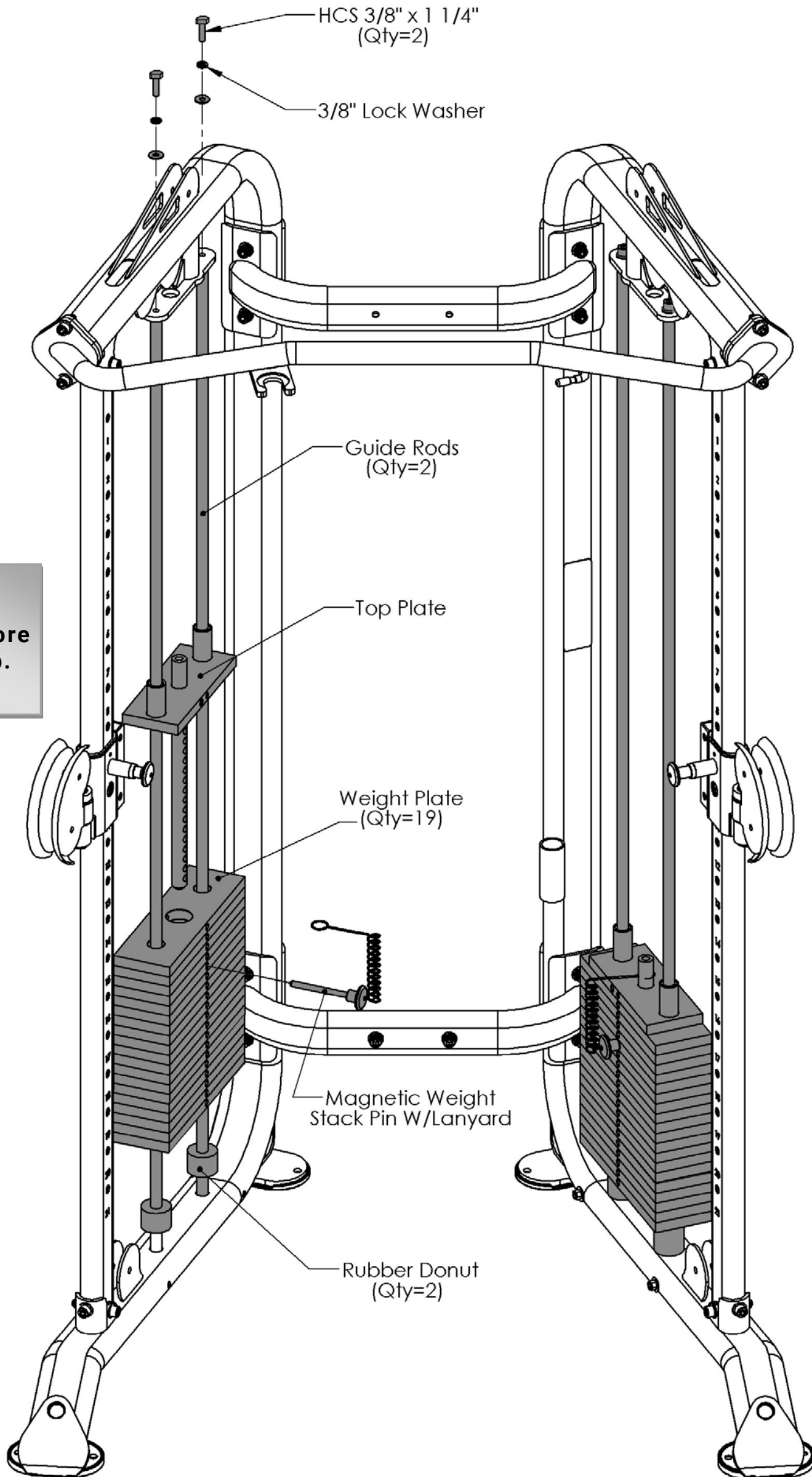
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Part #	Description	Qty
BFM-52488	Guide Rod	2
BFP-10889	150 lb Top Plate	1
BFM-50632	Weight Plate	14
BFM-51173	Magnetic Weight Stack Pin W/Lanyard	1
BFM-50529	Rubber Donut	4
BFH-50119	HCS 3/8" x 1 1/4"	2
BFH-50147	3/8" Lock Washer	2
BFH-50146	3/8" Flat Washer	2

This step is for the 200 lb weight stack option. If the 150 lb weight stack was purchased please return to previous page.



**Step 3a:**



**!** Make sure all hardware has been tightened before moving to next step.

**!** Hardware Shown/Listed is for installing weight stacks on one side. Duplicate for opposite side.

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

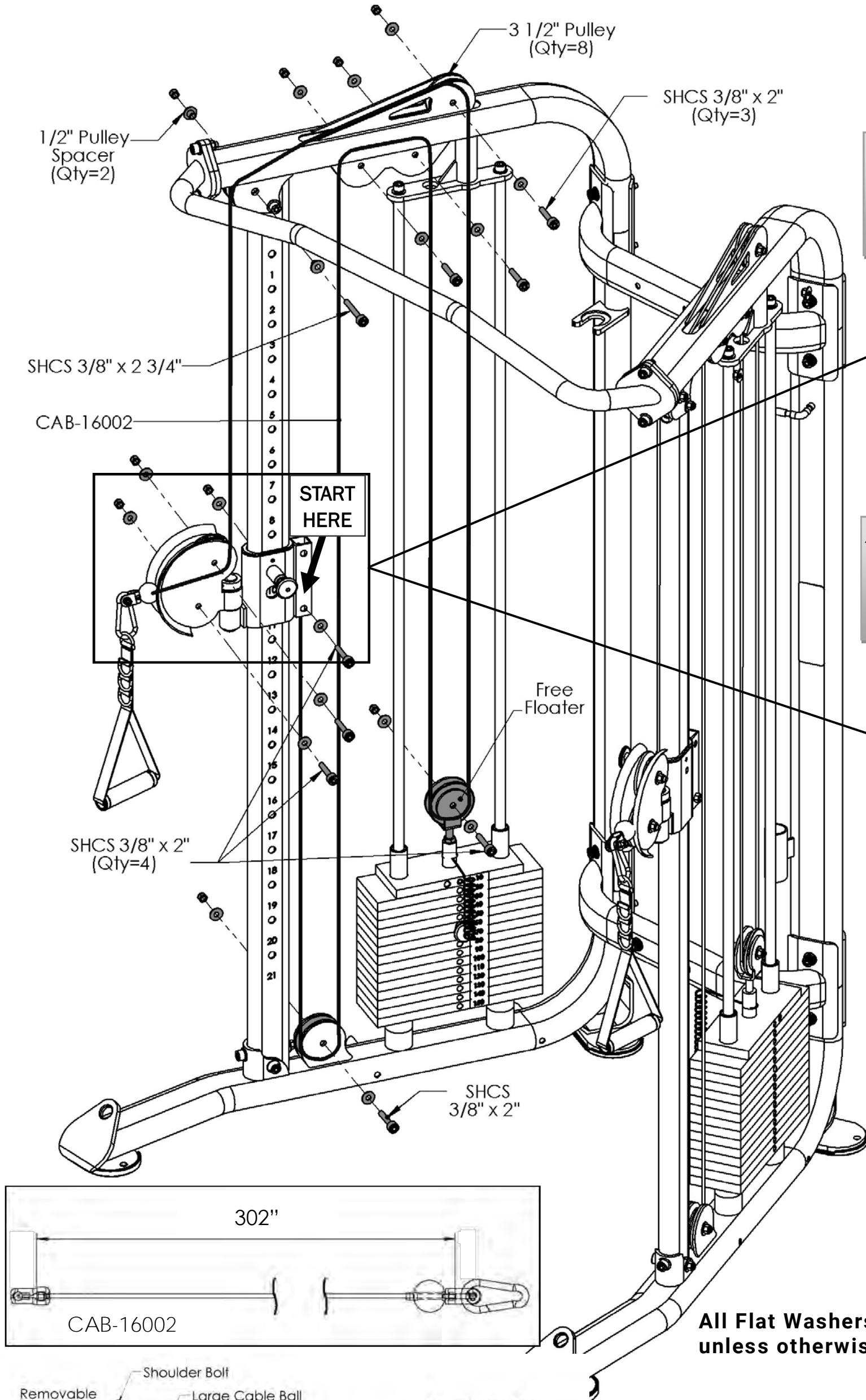
Part #	Description	Qty
BFM-52488	Guide Rod	2
BFM-10413	200 lb Top Plate	1
BFM-50632	Weight Plate	19
BFM-51173	Magnetic Weight Stack Pin W/Lanyard	1
BFM-50529	Rubber Donut	2
BFH-50119	HCS 3/8" x 1 1/4"	2
BFH-50147	3/8" Lock Washer	2
BFH-50146	3/8" Flat Washer	2



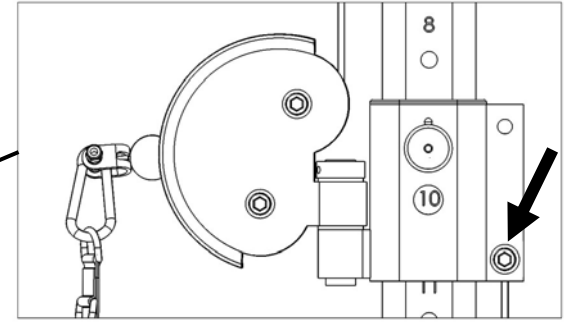
# Step 4:



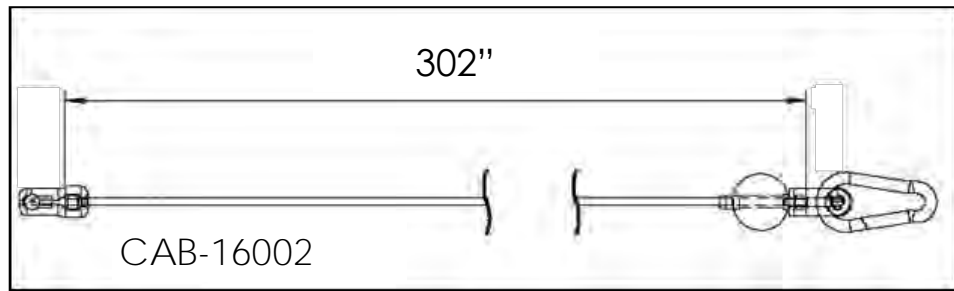
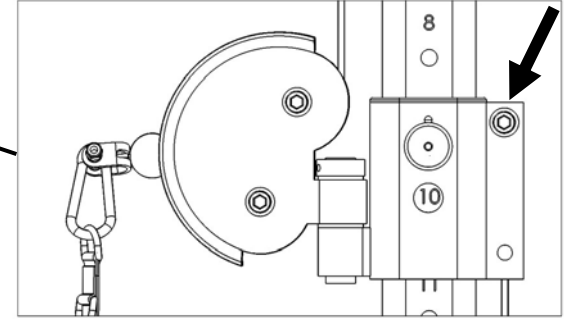
Make sure all hardware has been tightened before moving to next step.



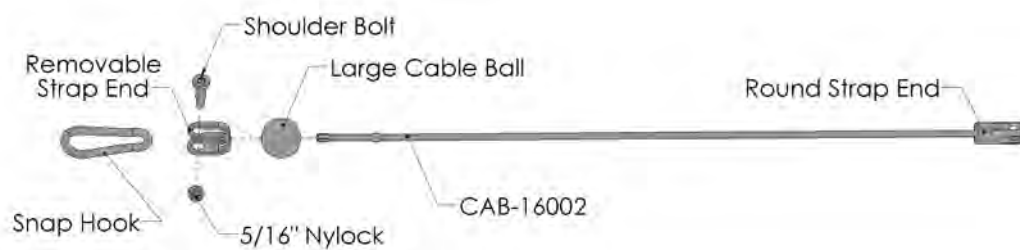
Cable locks out in the bottom hole of the Adjustment Assembly if 150 lb weight stack is installed



Cable locks out in the top hole of the Adjustment Assembly if 200 lb weight stack is installed.



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

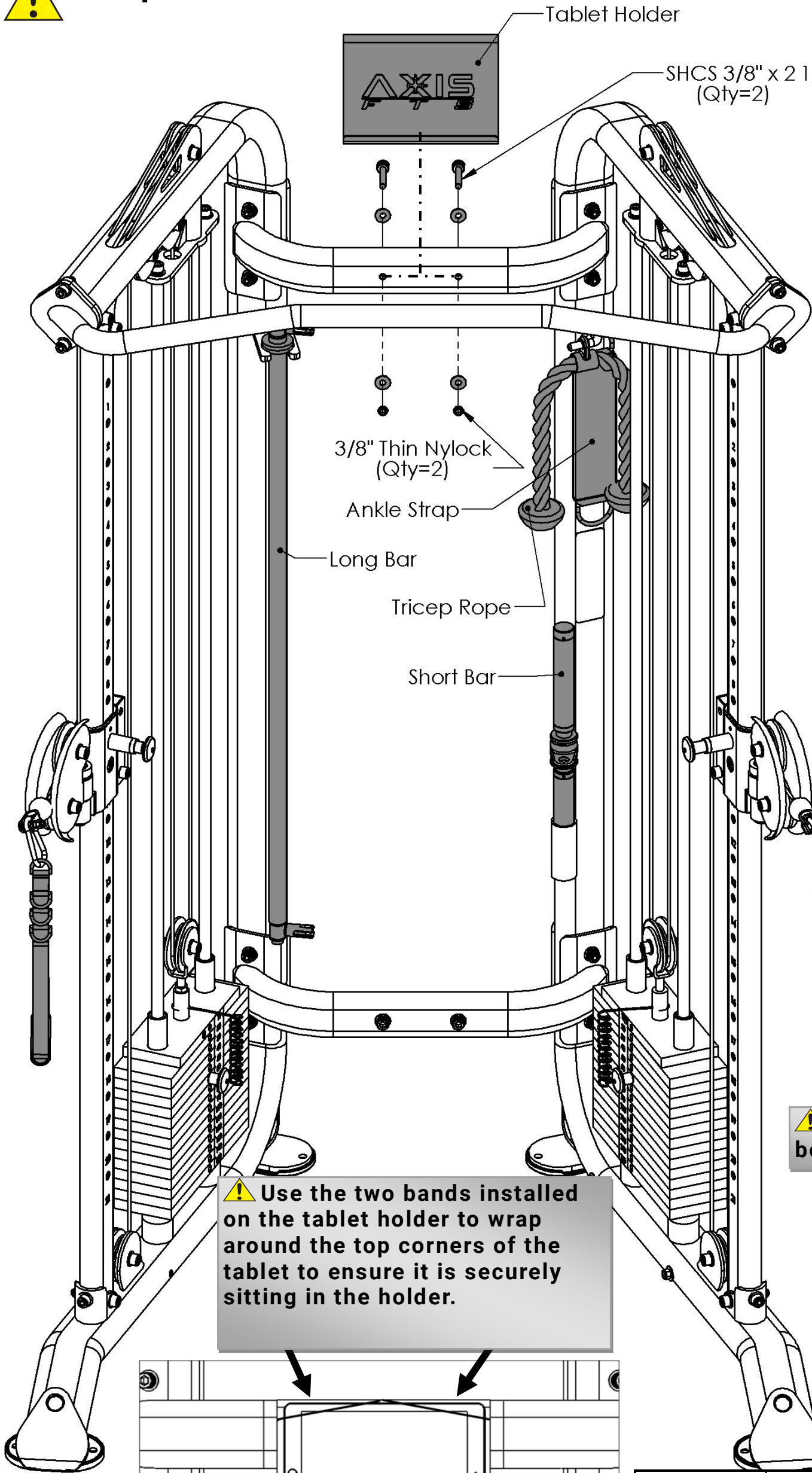


Hardware Shown/Listed is for installing Cable CAB-16002 on one side. Duplicate for opposite

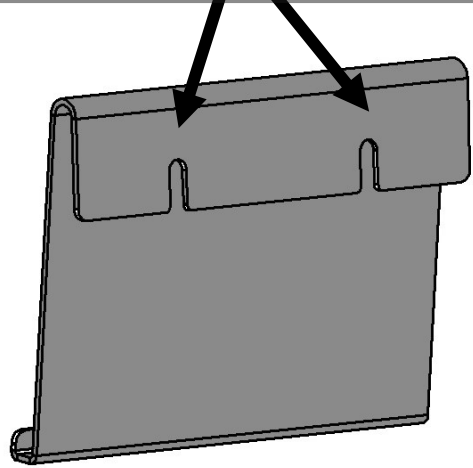
Part #	Description	Qty
CAB-16002	Swiveling Pulley to Adjustment Tube Lockout	1
BFM-11103	Free Floater	1
BFH-50173	3 1/2" Pulley	8
BFP-51759	SHCS 3/8" x 2"	8
BFP-51750	SHCS 3/8" x 2 3/4"	1
BFP-52091	1/2" Pulley Spacer	2
BFH-50146	3/8" Flat Washer	16
BFH-50157	3/8" Nylock	9

**If the AFTS Accessory Storage Option was purchased, DO NOT install Tablet Holder in this step.**

**Step 5:**

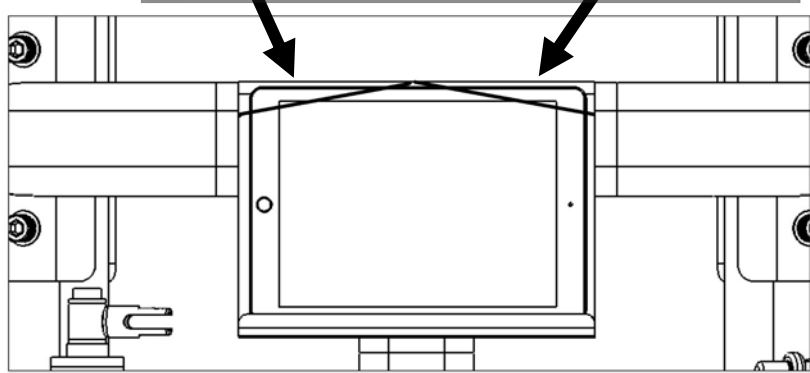


**⚠ Install the two SHCS 3/8" x 2 1/4" bolts for the Tablet Holder into the tube. Install the two 3/8" Flat Washers and 3/8" Thin Nylocks on the bolts keeping them loose. Using the slots on the back of the Tablet Holder, slide it over the bolts where the back of it is between the flat washer and the face of the tube. Then tighten the bolts.**



**⚠ Make sure all hardware has been tightened before moving on.**

**⚠ Use the two bands installed on the tablet holder to wrap around the top corners of the tablet to ensure it is securely sitting in the holder.**



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

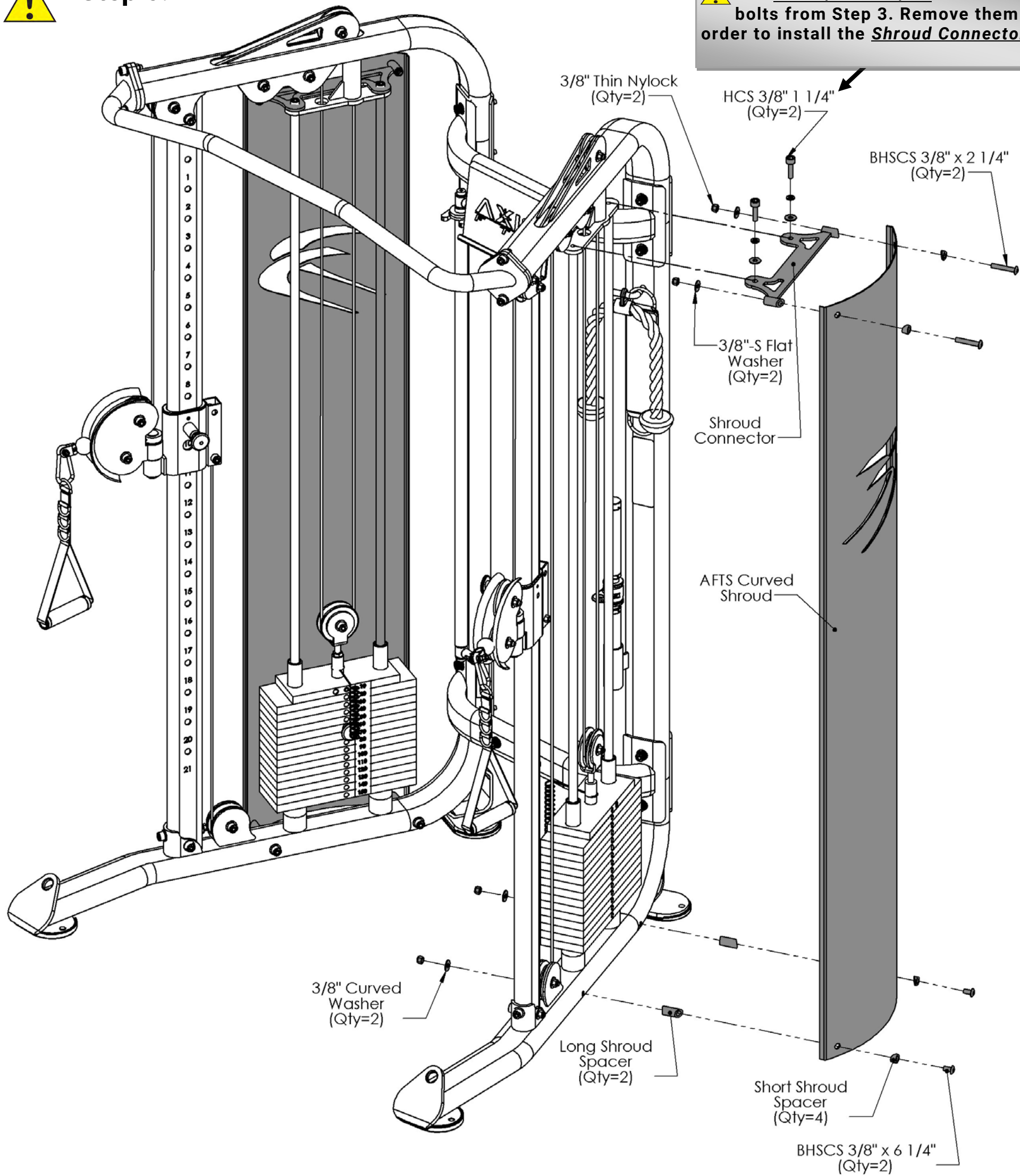
Part #	Description	Qty
BFM-52491	Tablet Holder	1
BFC-50132	Tricep Rope	1
BFC-50126	Short Bar	1
BFM-10682	Long Bar	1
BFC-50136	Ankle Strap	1
BFC-10103	Strap Handle	2
BFP-51759	SHCS 3/8" x 2 1/4"	2
BFH-50146	3/8" Flat Washer	4
BFH-50247	3/8" Thin Nylock	2

## AFTS Weight Stack Enclosures Option Installation



### Step 6:

**⚠ The HCS 3/8" x 1 1/4" are the same bolts from Step 3. Remove them in order to install the Shroud Connector.**



**⚠ Hardware Shown/Listed is for installing weight stack enclosure on one side. Duplicate for opposite side.**

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

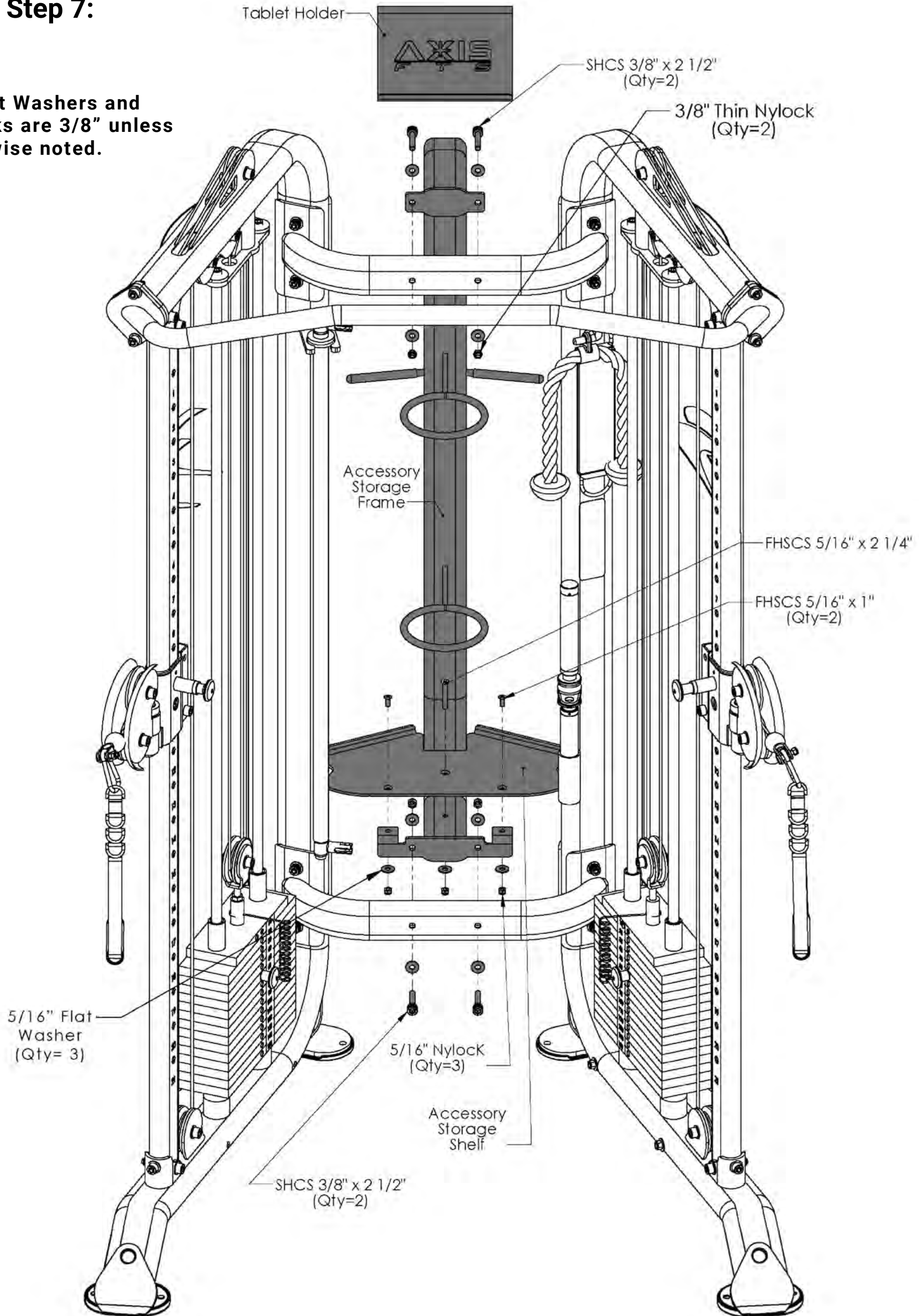
Part #	Description	Qty
BFM-11189	Shroud Connector	1
BFM-52502	AFTS Curved Shroud	1
BFM-52504	Long Shroud Spacer	2
BFM-52507	Short Shroud Spacer	4
BFH-52553	BHSCS 3/8" x 2 1/4"	2
BFH-52554	BHSCS 3/8" x 6 1/4"	2
BFH-52546	3/8"-S Flat Washer	2
BFH-50204	3/8" Curved Washer	2
BFH-50247	3/8" Thin Nylock	2
BFH-50157	3/8" Nylock	2

## AFTS Accessory Storage Option Installation



### Step 7:

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

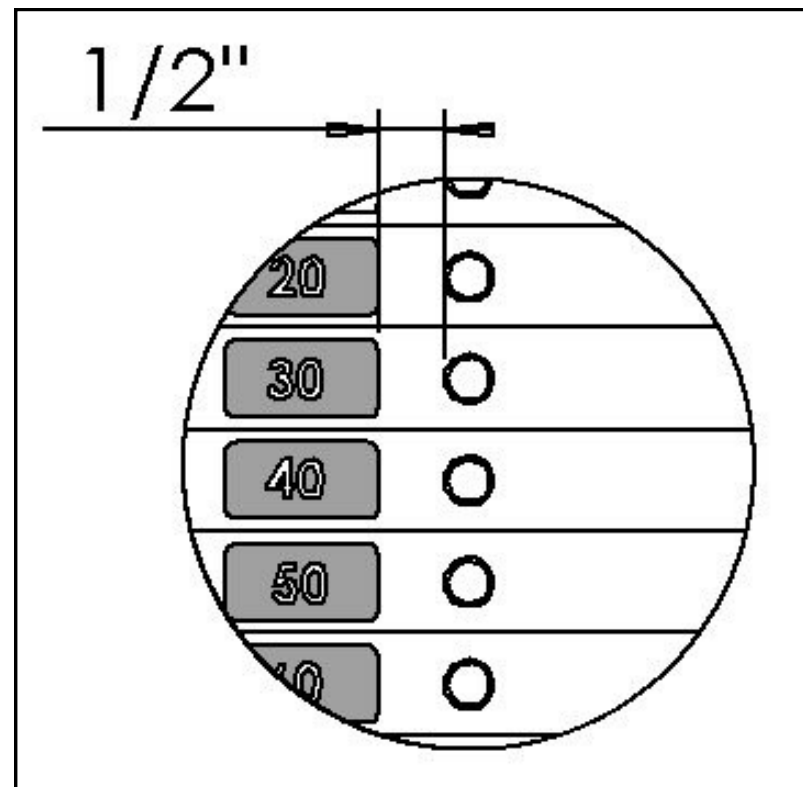
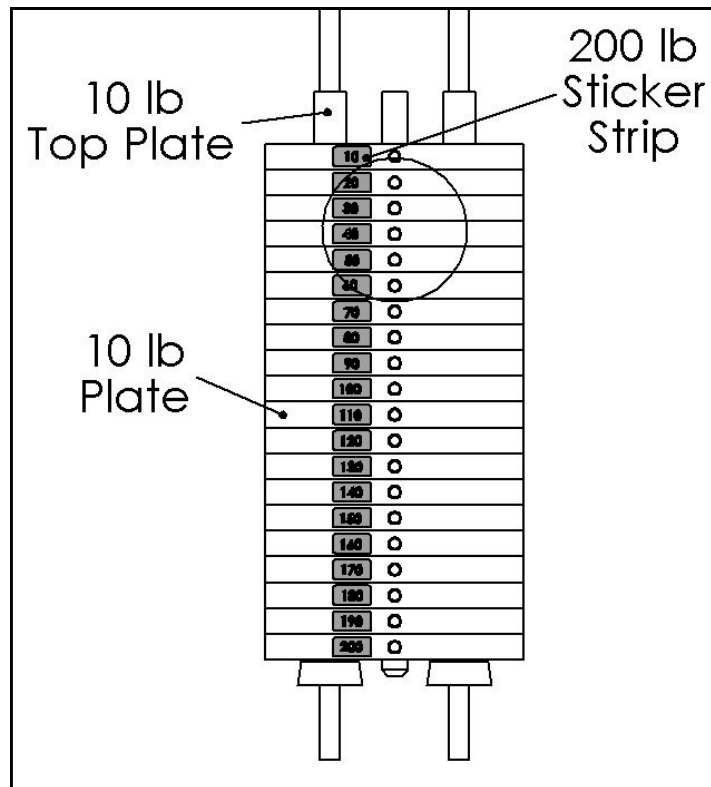


Part #	Description	Qty
BFM-11188	Accessory Storage Frame	1
BFM-52498	Accessory Storage Shelf	1
BFM-52491	Tablet Holder	1
BFH-50144	FHSCS 5/16" x 1"	2
BFH-50145	FHSCS 5/16" x 2 1/4"	1

Part #	Description	Qty
BFH-52555	SHCS 3/8" x 2 1/2"	4
BFH-51612	5/16" Flat Washer	3
BFH-50267	5/16" Nylock	3
BFH-50146	3/8" Flat Washer	4
BFH-50247	3/8" Thin Nylock	2
BFH-50157	3/8" Nylock	2

# Final Assembly and Troubleshooting

## Weight Stack Decals:

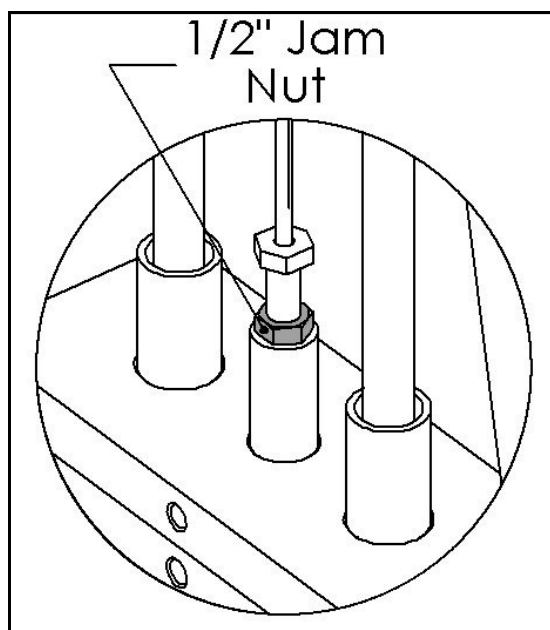


### 200lb Stack

(For the 150 lb Weight stack use 10-150 stickers and discard the rest)

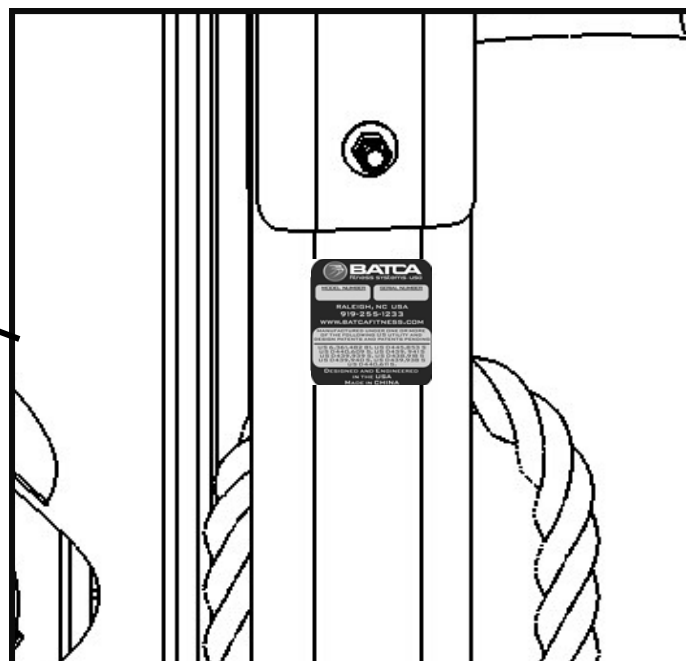
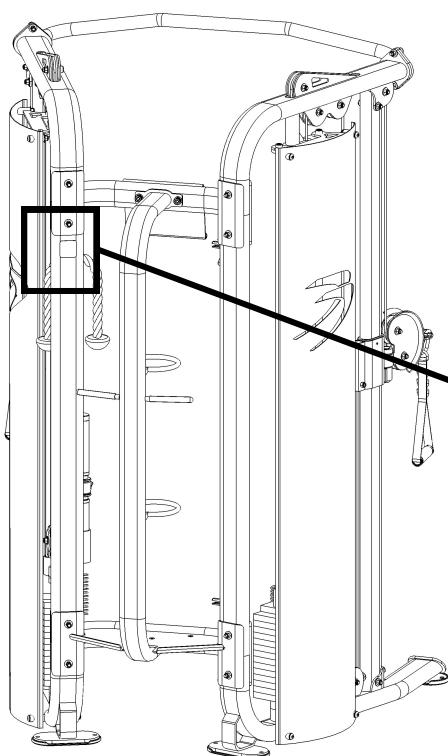
## IMPORTANT - Check These Components Before Using Gym:

- 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.



Top Plate

## Serial Number Location:



- The Serial Number decal is located on the back side of the AFTS just under Anti-Deflection Plate on the left side of the machine.

## Guide Rod Lubrication:

- Clean guide rods with a lint-free cloth and apply a thin layer of Teflon/Silicon based lubricant to each guide rod. This will ensure a glass smooth performance from your weight stack.

# 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>										
Hand Grips	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								
Hand Grips			X			X				
Frame			X			X				
Bushings	X			X						
<b>Lubricate</b>										
Guide Rods			X			X				
<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

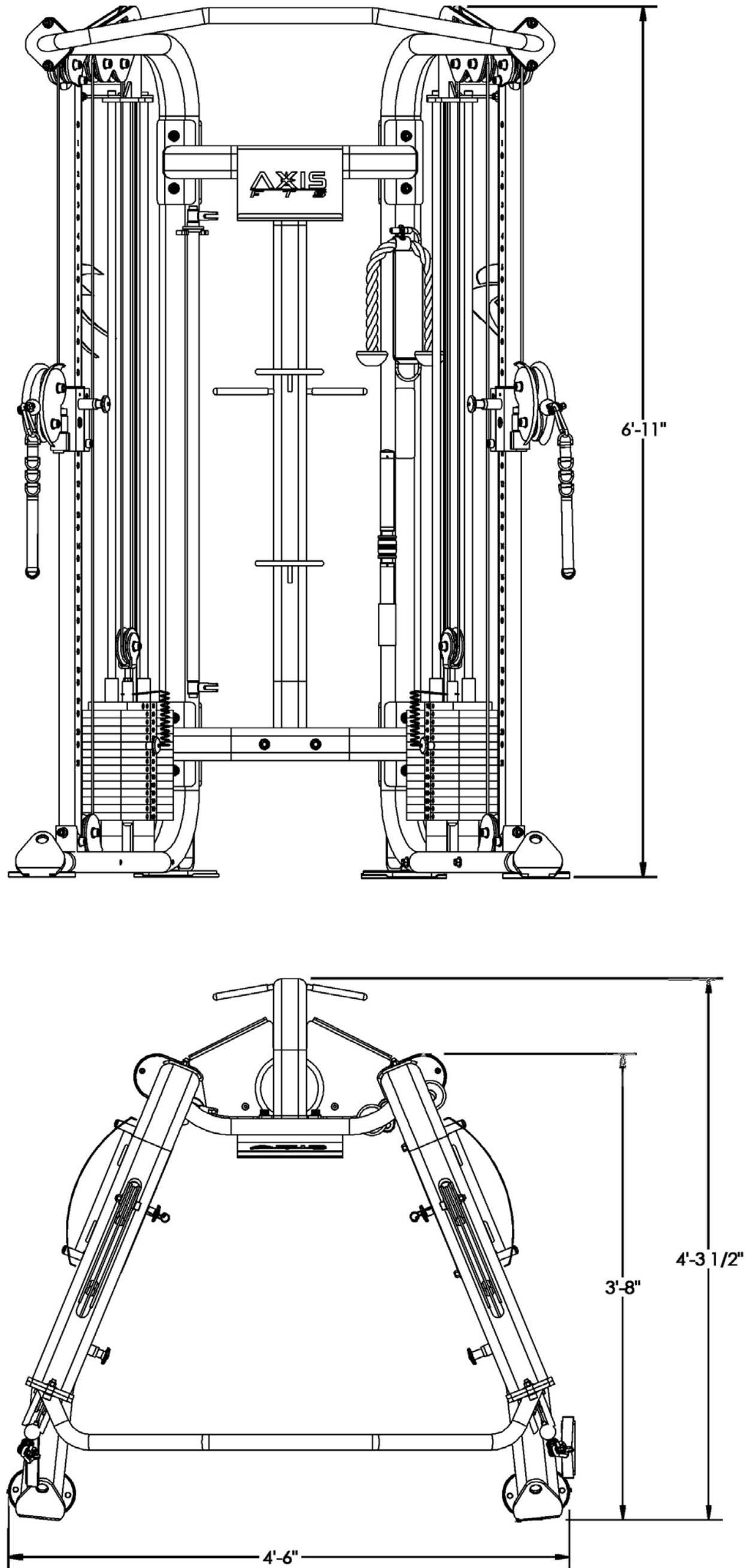
[www.batcafitness.com](http://www.batcafitness.com)

Please keep this for your records.



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

# Layout Diagram



The AFTS has a layout dimension of 3'-8" (Length) x 4'-6" (Width) x 6'-11" (Height). The length with the Accessory Storage Option is 4' -3.5" There should be minimum of 18", preferably 24" of working space around the entire unit.