

Revision 4

September 2008



**BATCA**  
fitness systems · usa

# X2 Owner's Manual



**Record Serial Number Here**

**Date of Purchase**

Batca Fitness Systems  
Tel. (919) 255-1233  
[www.batcafitness.com](http://www.batcafitness.com)

# Instructions

Congratulations on the purchase of your new Batca X2. 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](http://www.batcafitness.com)

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# Main Frame Components

ITEM NO.	PART NO.	DESCRIPTION	QTY.	BOX	ITEM NO.	PART NO.	DESCRIPTION	QTY.	BOX
1	BFM-10111	Chest Base	1	1	35	BFM-10132	Foot Assist	1	2
2	BFM-10120	Low Row	1	3	36	BFM-50263	1/2 in. Cold Roll	1	2
3	BFM-10117	Shoulder Base	1	1	37	BFM-10101	Chest Pivot	1	2
4	BFM-10119	Leg Ext/Curl Base	1	3	38	BFM-50262	Chrome Cable Pivot	2	2
5	BFM-50163	Plate	1	3	39	BFM-10138	Chest Press Arm	1	2
6	BFM-10112	Chest Pole	1	1	40	BFM-10146	Chest Press Pulley Holder	1	2
7	BFM-10108	Leg Ext/Curl Pole	1	1	41	BFM-50246	Spacer 3/16"	2	3
8	BFM-10127	Shoulder Pole	1	1	42	BFM-10110	Chrome Pad Adjustment	1	1
9	BFM-10113	Bent Top	1	1	43	BFM-10128	Elbow Support	1	2
10	BFM-10114	Chest Top	1	3	44	BFM-10129	Leg Ext/Curl Pillow Holder	1	2
11	BFM-50150	Plate	2	2	45	BFM-10136	Knee Hold Down Elbow	1	2
12	BFM-10130	Bar Catch Left	1	2	46	BFM-10145	Two Pulley Feeder	1	2
13	BFM-10131	Bar Catch Right	1	2	47	BFM-10139	Leg Ext/Curl Pivot Arm	1	2
14	BFM-50260	Guide Rod	4	4	48	BFM-10144	Leg Ext/Curl Cam	1	2
15	BFM-10348	5lb Top Plate	2*	N/A	49	BFM-50267	Counter Weight	1	3
16	BFM-10299	10lb Top Plate	2	N/A	50	BFM-10143	Leg Ext/Curl Frame	1	2
17	BFM-50256	Weight Plate	38	N/A	51	BFM-10135	High Pivot Roller	1	2
18	BFM-10107	Guide Rod Holder	2	3	52	BFM-10151	Low Pivot Roller	1	2
19	BFM-10105	Shoulder Arm	1	3	53	BFM-10115	Left Handle	1	2
20	BFM-10118	Back Adjustment	1	3	54	BFM-10116	Right Handle	1	2
21	BFM-10104	Chrome Pad Adjustment	1	3	55	BFM-10141	Knee Alignment Roller	1	2
22	BFM-10121	Low Row Diamond Plate	2	3	56	BFM-50222	Axle	1	3
23	BFM-10153	Chrome Pad Adjustment	1	1	57	BFM-50345	Pulley Cover	3	2
24	BFM-50247	Spacer 5/8"	2	3	58	BFM-10154	Free Floater	3	3
25	BFM-10126	Pec Top	1	2	59	BFM-10134	Free Floater With Lockout	2	3
26	BFL-50127	Pec Pulley Holder	1	2	60	BFM-50245	Cable Connector Plate	1	3
27	BFM-10148	Pec Cam Right	1	3	62	BFM-10137	Foot Shroud	1	2
28	BFM-10147	Pec Cam Left	1	3	63	BFM-50244	Round Tube	1	2
29	BFM-10124	Upper Pec Arm Left	1	2	64	BFM-50239	Tube	2	2
30	BFM-10125	Upper Pec Arm Right	1	2	65	BFM-10109	Chrome Pad Adjustment	1	2
31	BFM-10103	Lower Pec Arm	2	3	66	BFM-50322	Weight Stack Shroud	2	4
32	BFL-50115	Plate	2	3	67	BFM-50456	Weight Stack Shroud w/ Logo	2	4
33	BFM-50261	Axle	4	3	185	BFM-50186	Plate	1	2
34	BFM-50240	Cold Roll Handle	2	3	191	BFM-50504	5lb Weight Plate	4*	N/A

## Accessories

ITEM NO.	PART NO.	DESCRIPTION	QTY.	BOX
81	BFC-10101	1 inch Chain	1	3
82	BFC-10102	12 inch Chain	1	3
83	BFC-50122	Ab Strap	1	2
84	BFC-50125	Lat Bar	1	1
85	BFC-50126	Short Bar	1	2
178	BFC-50123	Ankle Strap	1	2
195	BFM-51173	Weight Stack Pin	1	3

## Upholstery

ITEM NO.	PART NO.	DESCRIPTION	QTY.	BOX
170	BFU-10117	Large Bottom Pad	2	3
171	BFU-10118	Bottom Pad	1	3
172	BFU-10119	Head Pad	1	3
173	BFU-10120	Back Pad With Lumbar	3	1
174	BFU-10121	7" Upholstery Roller	4	3
175	BFU-10122	Large Upholstery Roller	2	1
176	BFU-10125	Lat Bar Pad	1	1

# Hardware

ITEM NO.	PART NO.	DESCRIPTION	QTY.
86	BFH-50101	1" Flanged Bushing	20
87	BFH-50102	5/8" Flanged Bushing	2
88	BFH-50103	1/2" Flanged Bushing	2
89	BFH-50110	Molded Grip	10
90	BFH-50111	1" Plastic Cap	3
91	BFH-50112	Screw Cap Cover	4
92	BFH-50113	Screw Cap Washer	4
93	BFH-50114	1 1/2" Round Inner Plastic Cap	2
94	BFH-50254	HCS 3/8"-16 X 3/4" P5	8
95	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	8
96	BFH-50120	HCS 3/8"-16 1 1/2" P5	8
97	BFH-50121	HCS 3/8"-16 X 2" P5	0
98	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	23
99	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	20
100	BFH-50125	HCS 3/8"-16 X 3" P5	12
101	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	28
102	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	4
103	BFH-50128	HCS 3/8"-16 X 3 3/4" P5	4
104	BFH-50129	HCS 3/8"-16 X 4" P5	8
105	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	3
106	BFH-50133	HCS 3/8"-16 X 6 1/2" P5	2
107	BFH-50134	HCS 3/8"-16 X 9" P5	2
108	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
108	BFH-50137	1/2"-13 X 3 1/4" (5/8" Thread)	1
111	BFH-50146	3/8" Flat Washer Black	196
112	BFH-50147	3/8" Lock Washer (Black)	24
113	BFH-50288	3/8"-16 Nylock (Zinc)	4
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	9
115	BFH-50256	1/2"-13 Jam Nut (Zinc)	7
116	BFH-50155	1/2"-13 Nylock (Black)	5
117	BFH-50157	3/8"-16 Nylock (Black)	106
118	BFH-50165	1" Snap Ring	2
119	BFH-50166	1/2" Snap Ring	2
120	BFH-50171	Side Mounted Flange Bearing	2
121	BFH-50172	Pillow Block Bearing	4
122	BFH-50173	3 1/2" Pulley	11
123	BFH-50174	4 1/2" Pulley	22
124	BFH-50175	Sleeve Insert	8
125	BFH-50188	Snap Hook	4
126	BFH-50190	Rubber Donut	4
127	BFH-50192	200lb Weight Stack Decals	2
128	BFH-50197	Small Logo	2
129	BFH-50198	Large Logo	2

ITEM NO.	PART NO.	DESCRIPTION	QTY.
130	BFH-50199	Rubber Grommit	4
131	BFH-50200	Rubber Bumper	2
132	BFH-50201	1/2" Pulley Spacer	23
133	BFH-50202	3/4" Pulley Spacer	7
134	BFH-50210	Gas Spring	2
135	BFH-50211	2" Square Plastic Cap	14
136	BFH-50212	2" x 3" Plastic Cap	10
137	BFH-50213	1 1/2" x 2" Plastic Cap	2
138	BFH-50214	1 3/4" Square Plastic Cap	2
139	BFH-50215	1 1/2" Square Plastic Cap	5
140	BFH-50220	Threaded Collar	5
141	BFH-50221	3" Plastic Washer	4
142	BFH-50222	Rubber Bumper	2
143	BFH-50258	175lb Weight Stack Decals	2*
145	BFH-50234	Spring	2
146	BFH-50236	Foam Grip (Foam Cover Only)	2
147	BFH-50237	Flat Leveler	2
148	BFH-50238	Pin	2
149	BFH-50239	Snap Ring	2
150	BFH-50240	Bar Catch Rubber Sleeve	2
151	BFH-50242	3/8 Fender Washer	2
152	BFH-50245	FHSCS 5/16"-18 X 1"	2
153	BFH-50246	Anti-Skid Material	5
154	BFH-50247	3/8"-16 Thin Nylock (Zinc)	2
155	BFH-50248	Cable Pivot Bushing	6
156	BFH-50250	1 1/4" Shoulder Bolt	3
157	BFH-50251	1/2" Flat Washer	10
158	BFH-50622	Roller End Cap	6
159	BFH-50253	Beveled Leveler	3
177	BFH-50263	Pull Pin T-Handle	N/A
179	BFM-50157	1/2" Short Pull Pin Assembly	4
180	BFM-50177	3/8" Long Pull Pin Assembly	2
181	BFM-50207	1/2" Long Pull Pin Assembly	2
182	BFH-50267	5/16"-18 Nylock	3
184	BFH-50227	Cable Strap	3
186	BFH-50257	Warning Label	2
187	BFH-50262	Silicon Gel Pack	4
189	BFH-50269	Warning Label - Do Not Hang	1
190	BFH-50280	1" Round Inner Plastic Cap	10
192	BFH-50118	HCS 3/8"-16 X 1" P5	2
193	BFH-50259	Black Wrinkle Touch Up Paint	1
194z	BFH-50278	Silver Wrinkle Touch Up Paint	1
196	BFH-50297	1" Bronze Bushing x 1/2" L	4
197	BFH-50620	3/8" BHSCS x 1"	6

# Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
160	CAB-10101	Lat Pull to Weight Stack Cable	1
161	CAB-10102-1	Ab to Low Pulley Cable	1
163	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
164	CAB-10105	Lockout Free Floater to Free Floater Cable	1
165	CAB-10106	Pec Cam to Pec Cam Cable	1
166	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
167	CAB-10108	Free Floater to Plate Cable	1
168	CAB-10109	Free Floater to Chest Lockout Cable	1
169	CAB-10401	Foot Assist Cable	2

# Leg Press Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
11	BFM-50150	Plate	1
24	BFM-50247	Spacer 5/8"	2
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
57	BFM-50345	Pulley Cover	1
68	BFM-50171	Plate	2
69	BFM-10122	Leg Press Connector	1
70	BFM-10142	Leg Press Frame	1
71	BFM-10102	Foot Plate Pivot	1
72	BFM-50252	Four Bar	2
73	BFM-10106	Chrome Pad Adjustment	1
75	BFM-50139	Tube	2
76	BFM-10140	Leg Press Pivot	1
77	BFM-10152	Bushing Holder	2
78	BFL-50128	Foot Plate	1
79	BFM-50271	Handle	1
179	BFM-50157	1/2" Short Pull Pin Assembly	1

# Leg Press Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
86	BFH-50101	1" Flanged Bushing	2
89	BFH-50110	Molded Grip	2
95	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
97	BFH-50121	HCS 3/8"-16 X 2" P5	1
99	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	3
100	BFH-50125	HCS 3/8"-16 X 3" P5	6
101	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	10
109	BFH-50144	FHSCS 3/8"-16 X 1"	2
110	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
111	BFH-50146	3/8" Flat Washer Black	37
112	BFH-50147	3/8" Lock Washer (Black)	4
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
115	BFH-50256	1/2"-13 Jam Nut (Zinc)	1
117	BFH-50157	3/8"-16 Nylock (Black)	25
121	BFH-50172	Pillow Block Bearing	2

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
122	BFH-50173	3 1/2" Pulley	2
123	BFH-50174	4 1/2" Pulley	4
124	BFH-50175	Sleeve Insert	2
132	BFH-50201	1/2" Pulley Spacer	6
133	BFH-50202	3/4" Pulley Spacer	4
136	BFH-50212	2" x 3" Plastic Cap	4
139	BFH-50215	1 1/2" Square Plastic Cap	10
144	BFH-50249	1/2" Shoulder Bolt (3/8-16x50mm)	4
156	BFH-50250	1 1/4" Shoulder Bolt	1
157	BFH-50251	1/2" Flat Washer	4
159	BFH-50253	Beveled Leveler	1
177	BFH-50263	Pull Pin T-Handle	N/A
182	BFH-50267	5/16"-18 Nylock (Black)	1
183	BFH-50244	Short 1/2" Flange Bushing	8
184	BFH-50227	Cable Strap (422 x 1900)	1
190	BFH-50235	Foam Grip LP (Foam Cover Only)	1

## Cables

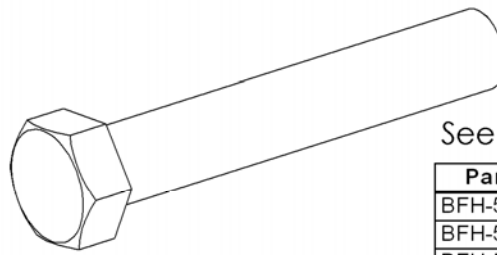
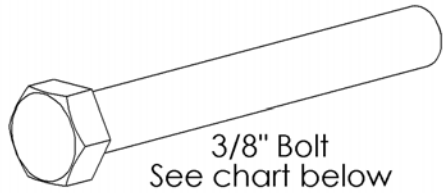
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
162	CAB-10103	Leg Press to Free Floater Cable	1

## Upholstery

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

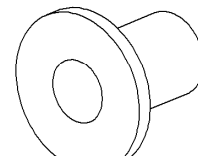
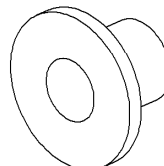
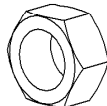
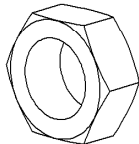
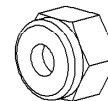
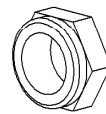
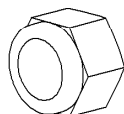
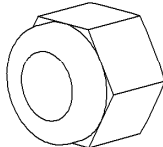
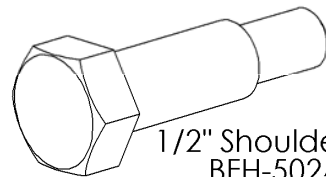
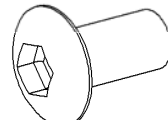
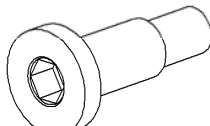
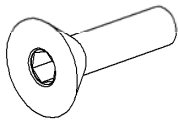
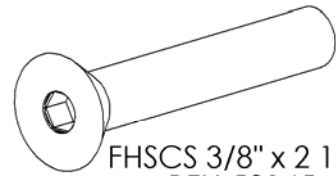
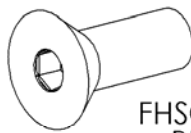
## Tools Required

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

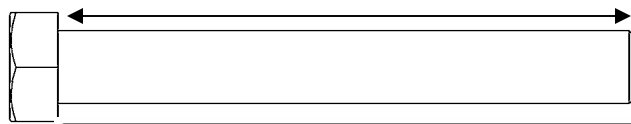


Part #	Size
BFH-50254	3/8" x 3/4"
BFH-50118	3/8" x 1"
BFH-50119	3/8" x 1 1/4"
BFH-50120	3/8" x 1 1/2"
BFH-50285	3/8" x 1 3/4"
BFH-50121	3/8" x 2"
BFH-50122	3/8" x 2 1/4"
BFH-50123	3/8" x 2 1/2"
BFH-50124	3/8" x 2 3/4"
BFH-50125	3/8" x 3"
BFH-50126	3/8" x 3 1/4"
BFH-50127	3/8" x 3 1/2"
BFH-50128	3/8"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

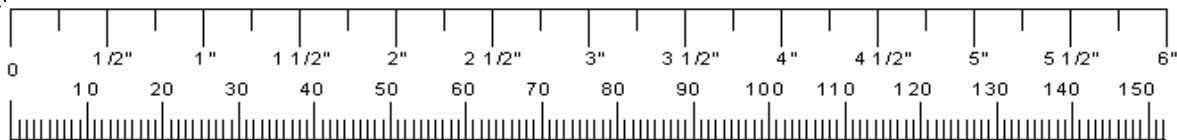
Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
BFH-50137	1/2" x 3 1/4"
BFH-50138	1/2" x 3 1/2"
BFH-50139	1/2" x 4 1/4"
BFH-50140	1/2" x 4 1/2"
BFH-50141	1/2" x 5 1/2"

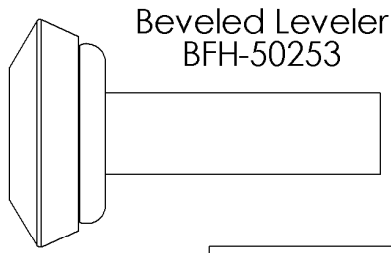


Bolt Length

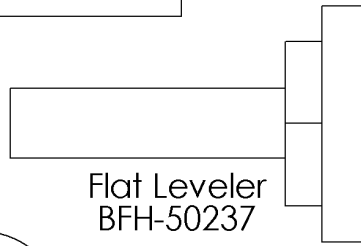


Note: Bolt length is measured from the underside of the head of the bolt.

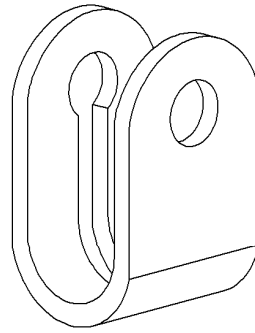




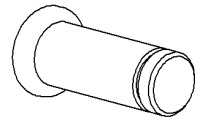
Beveled Leveler  
BFH-50253



Flat Leveler  
BFH-50237



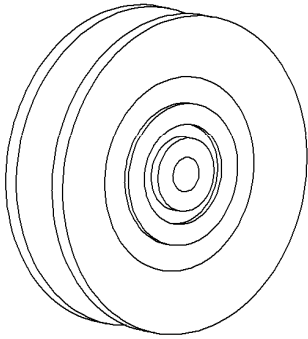
Cable Strap  
BFH-50227



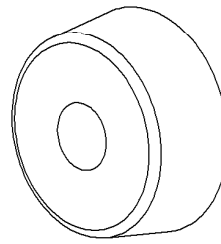
Pin  
BFH-50238



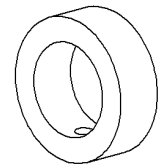
Snap Ring  
BFH-50239



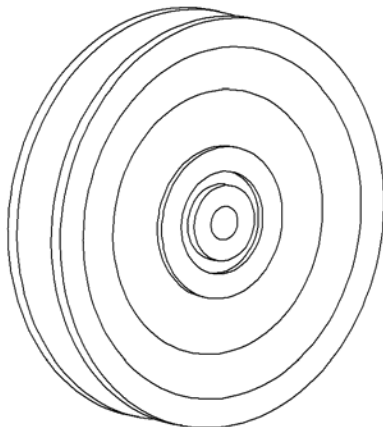
3 1/2" Pulley  
BFH-50173



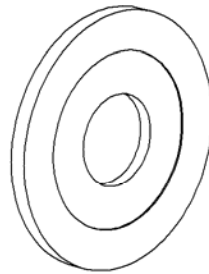
Rubber Donut  
BFM-50529



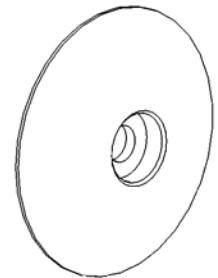
Threaded Collar  
BFH-50220



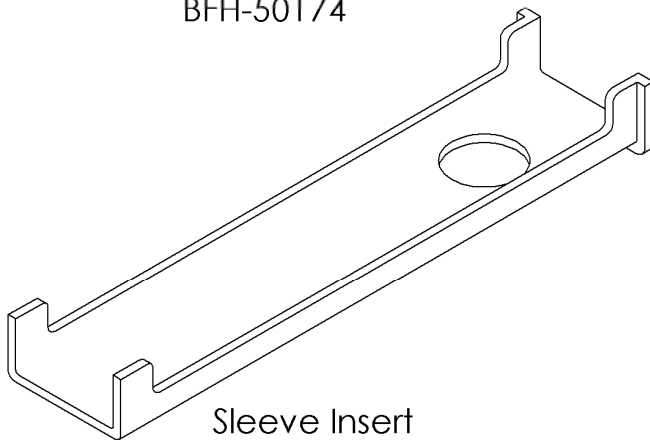
4 1/2" Pulley  
BFH-50174



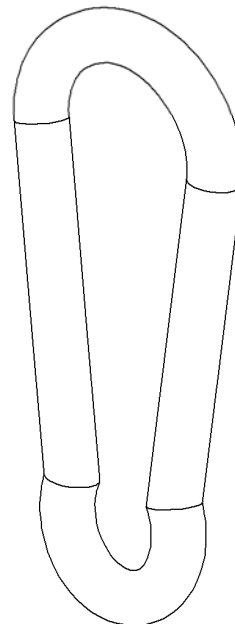
3" Plastic Washer  
BFH-50221



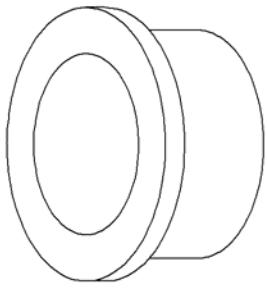
Roller End Cap  
BFH-50622



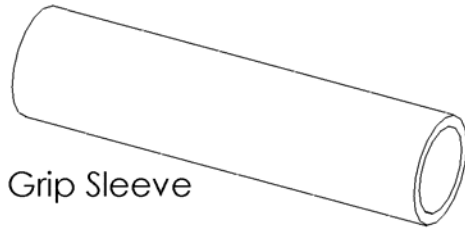
Sleeve Insert  
BFH-50175



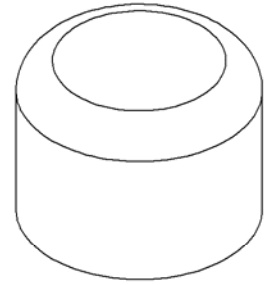
Snap Hook  
BFH-50188



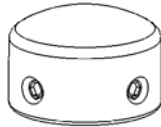
1" Bronze Bushing  
BFH-50101



Grip Sleeve



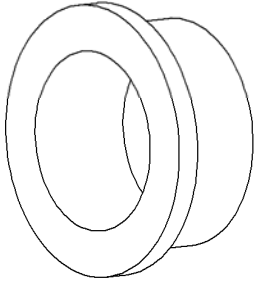
1" Outer Plastic Cap  
BFH-50111



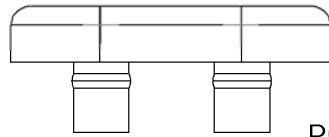
Grip Cap



Grip Collar

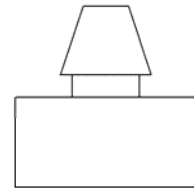


1" Bronze Bushing x 1/2 L  
BFH-50297

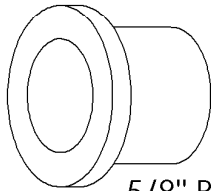


BFH-50222

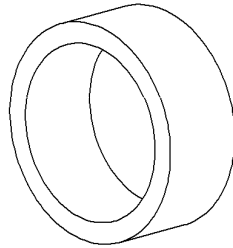
Rubber Bumpers



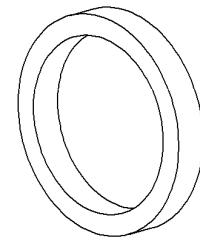
BFH-50200



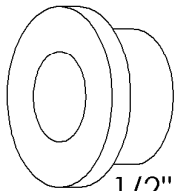
5/8" Bronze Bushing  
BFH-50102



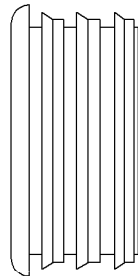
5/8" Spacer  
BFM-50247



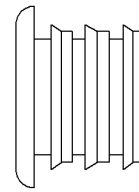
3/16" Spacer  
BFM-50246



1/2" Bronze Bushing  
BFH-50103



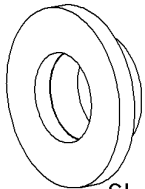
1 1/2" Inner Plastic Cap  
BFH-50114



1" Inner Plastic Cap  
BFH-50280



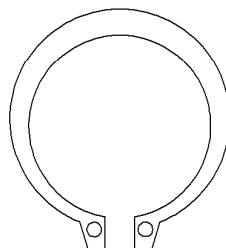
Cable Pivot Bushing  
BFH-50248



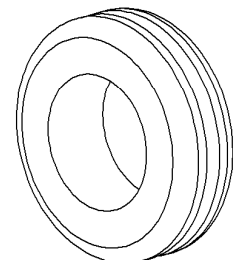
Short 1/2" Bushing  
BFH-50244



1/2" Snap Ring  
BFH-50166

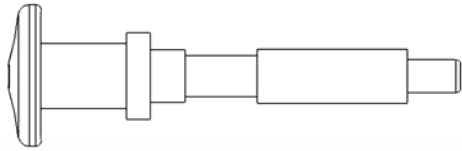


1" Snap Ring  
BFH-50165

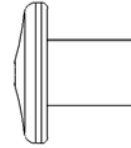


Rubber Grommet  
BFH-50199

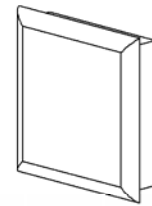




3/8" Long Pull Pin  
BFM-51176

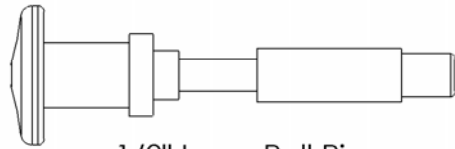


Pull Pin Handle  
BFM-51181

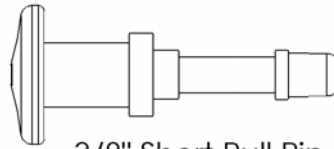


Plastic Cap

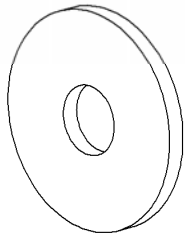
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



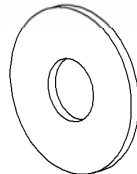
1/2" Long Pull Pin  
BFM-51172



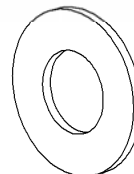
3/8" Short Pull Pin  
BFM-51175



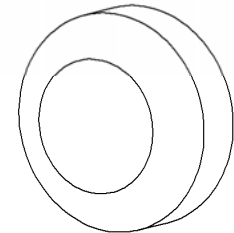
3/8" Fender Washer  
BFH-50242



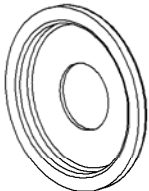
3/8" Flat Washer  
BFH-50146



1/2" Flat Washer  
BFH-50251



Screw Cap Cover  
BFH-50112



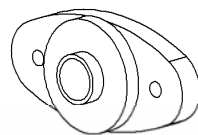
Screw Cap Washer  
BFH-50113



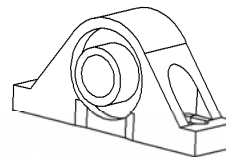
3/8" Lock Washer  
BFH-50147



Magnetic Weight Stack Pin  
BFM-51173



Side Mounted  
Flange Bearing  
BFH-50171



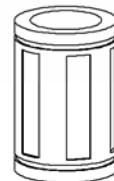
Pillow Block Bearing  
BFH-50172



Bar Catch Rubber  
Sleeve  
BFH-50240

Items not shown.

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

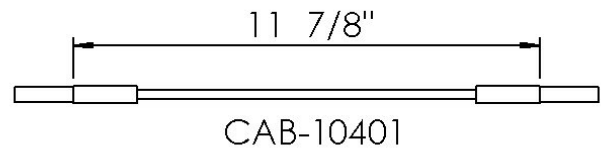
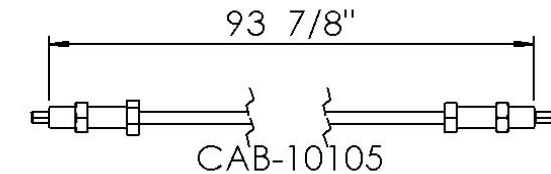
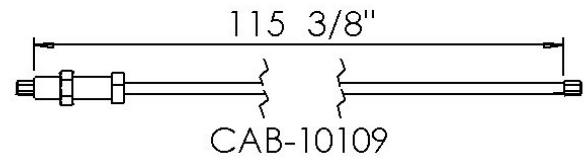
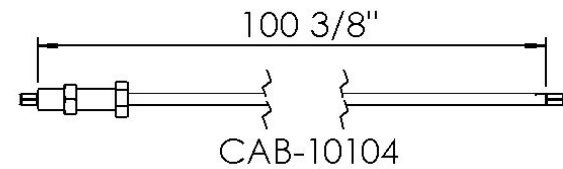
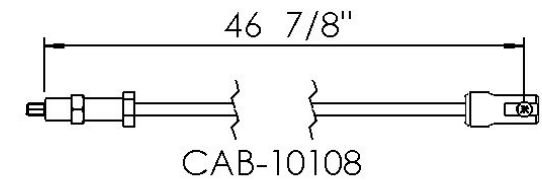
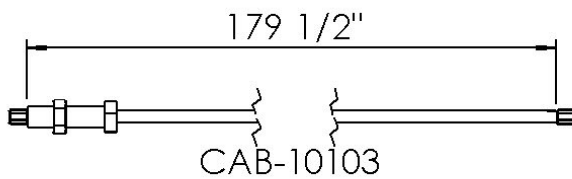
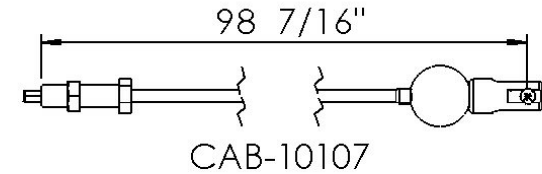
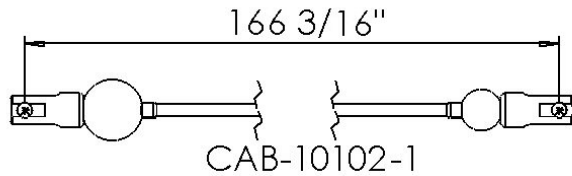
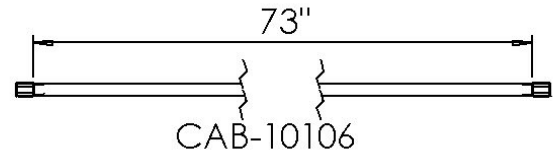
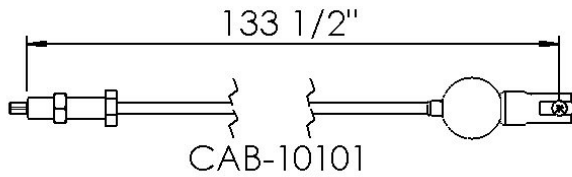


Linear Bearing  
BFH-50627



Bearing Retaining  
Clip  
BFH-50628

# Cable Comparison Chart



## Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
160	CAB-10101	Lat Pull to Weight Stack Cable	1
161	CAB-10102-1	Ab to Low Pulley Cable	1
162	CAB-10103	Leg Press to Free Floater Cable	1
163	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
164	CAB-10105	Lockout Free Floater to Free Floater Cable	1
165	CAB-10106	Pec Cam to Pec Cam Cable	1
166	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
167	CAB-10108	Free Floater to Plate Cable	1
168	CAB-10109	Free Floater to Chest Lockout Cable	1
169	CAB-10401	Foot Assist Cable	2



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

**Step 1:**

- **Set** the Chest Base (1) in a location close to the gym's final position. (See Layout Diagram on 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 (4), as seen below in Figure 1A.
- **Hand Tighten** all hardware for Steps 1-3.



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

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

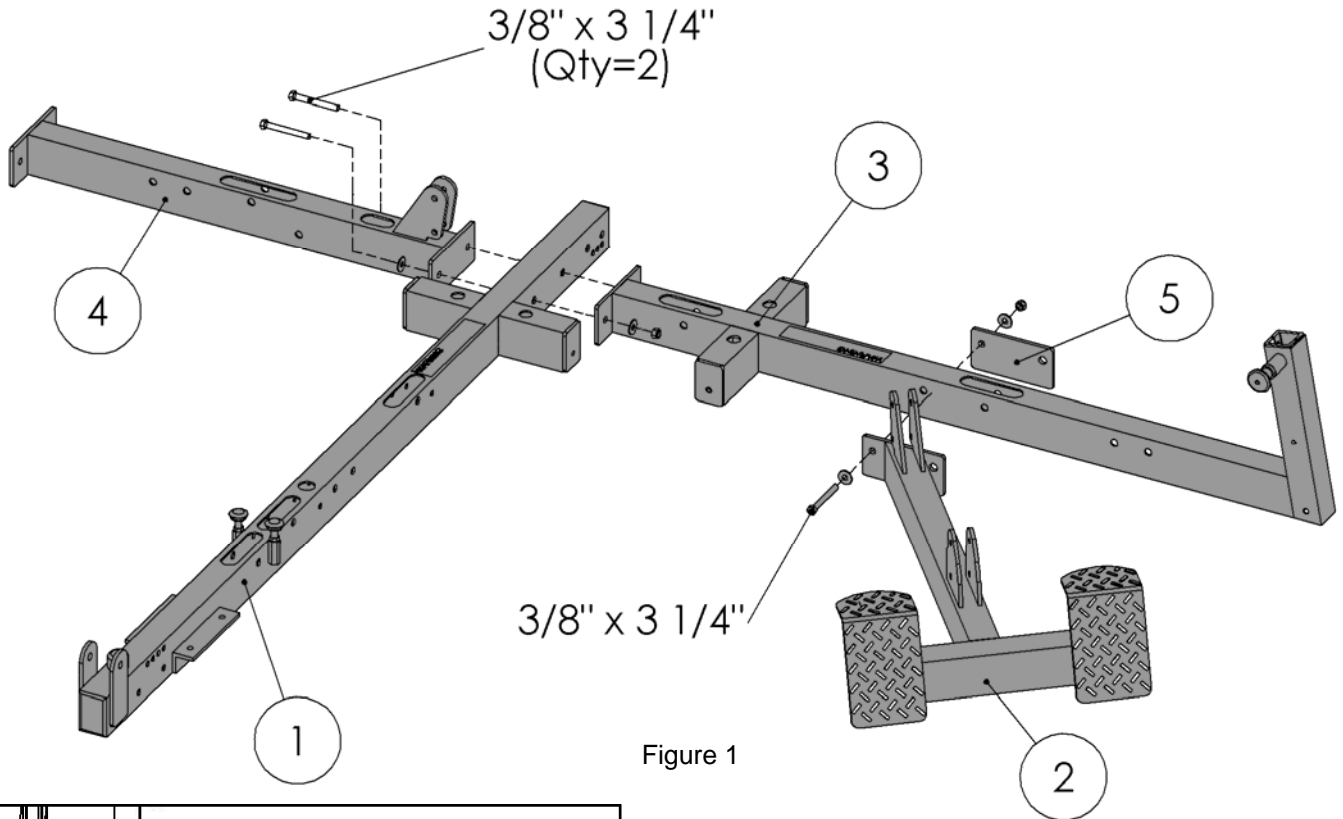


Figure 1

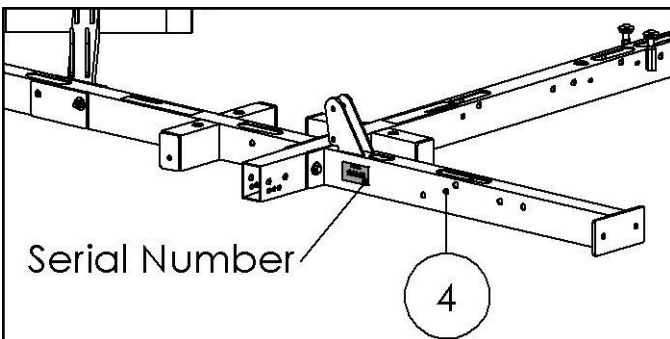


Figure 1A

Item #	Part #	Description	Qty
1	BFM-10111	Chest Base	1
2	BFM-10120	Low Row	1
3	BFM-10117	Shoulder Base	1
4	BFM-10119	Leg Ext/Curl Base	1
5	BFM-50163	Plate	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	3
111	BFH-50146	3/8" Flat Washer	6
117	BFH-50157	3/8" Nylock (Black)	3

## Step 2:

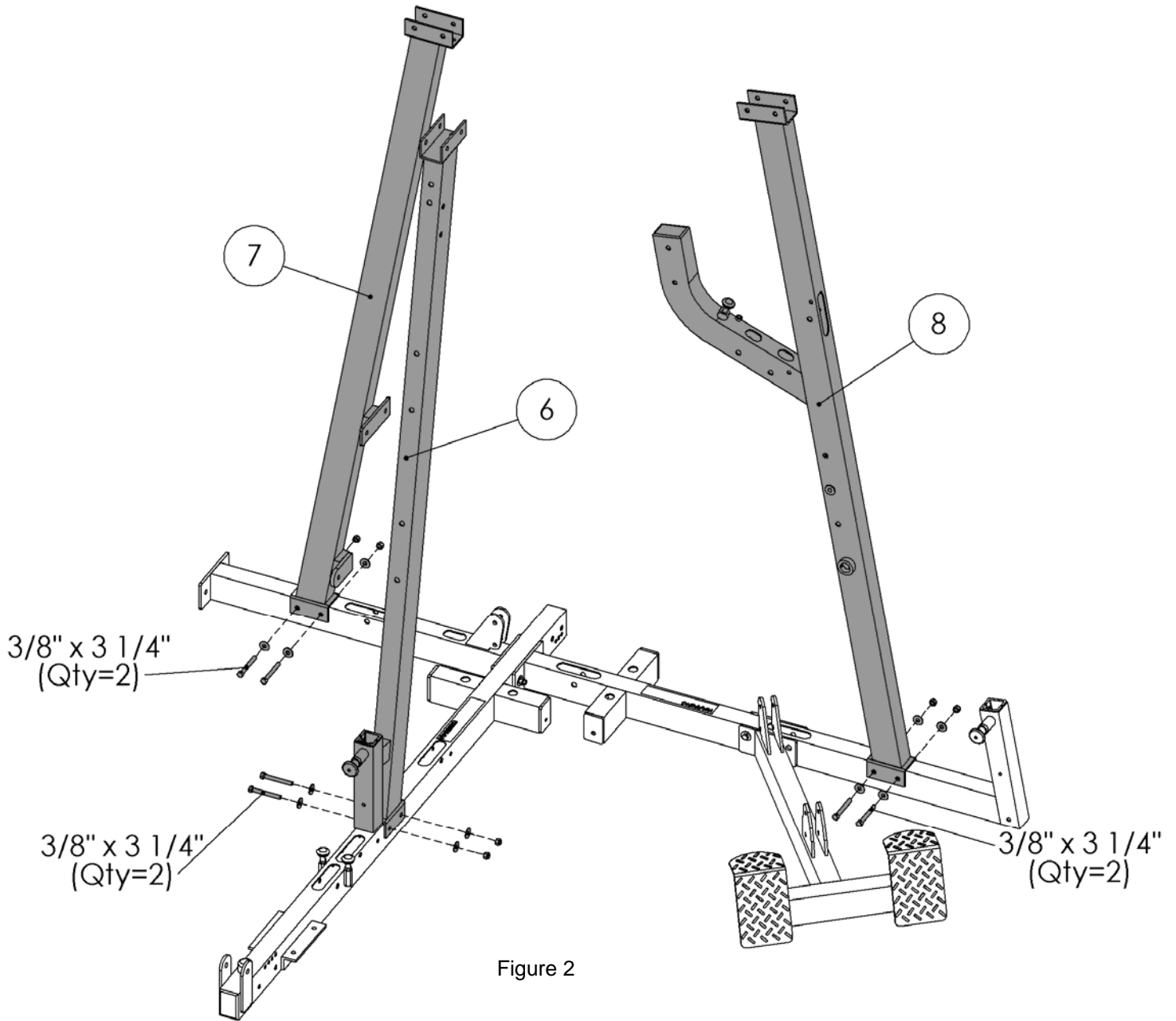
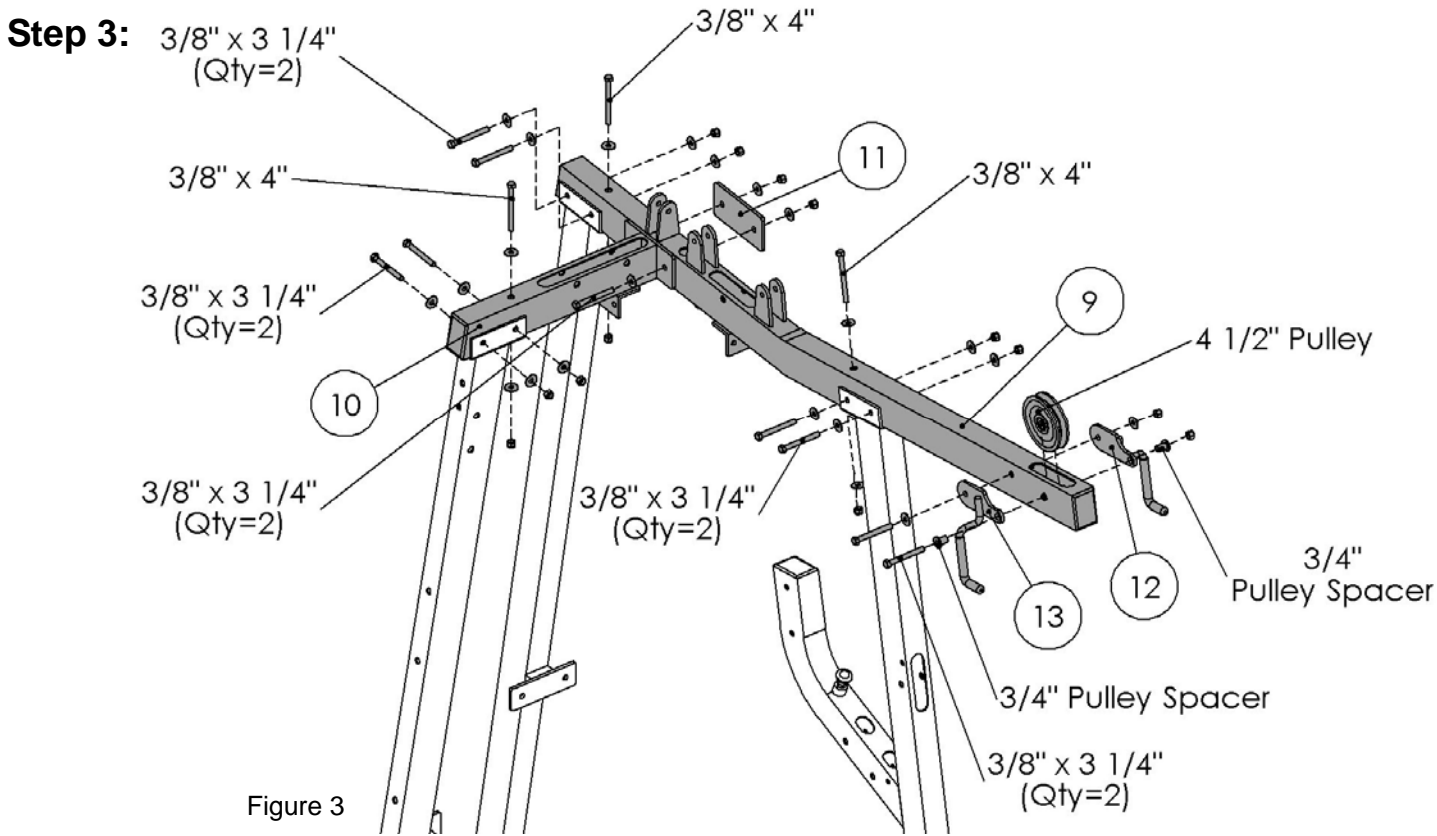


Figure 2

Item #	Part #	Description	Qty
6	BFM-10112	Chest Pole	1
7	BFM-10108	Leg Ext/Curl Pole	1
8	BFM-10127	Shoulder Pole	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	6
111	BFH-50146	3/8" Flat Washer	12
117	BFH-50157	3/8" Nylock (Black)	6

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

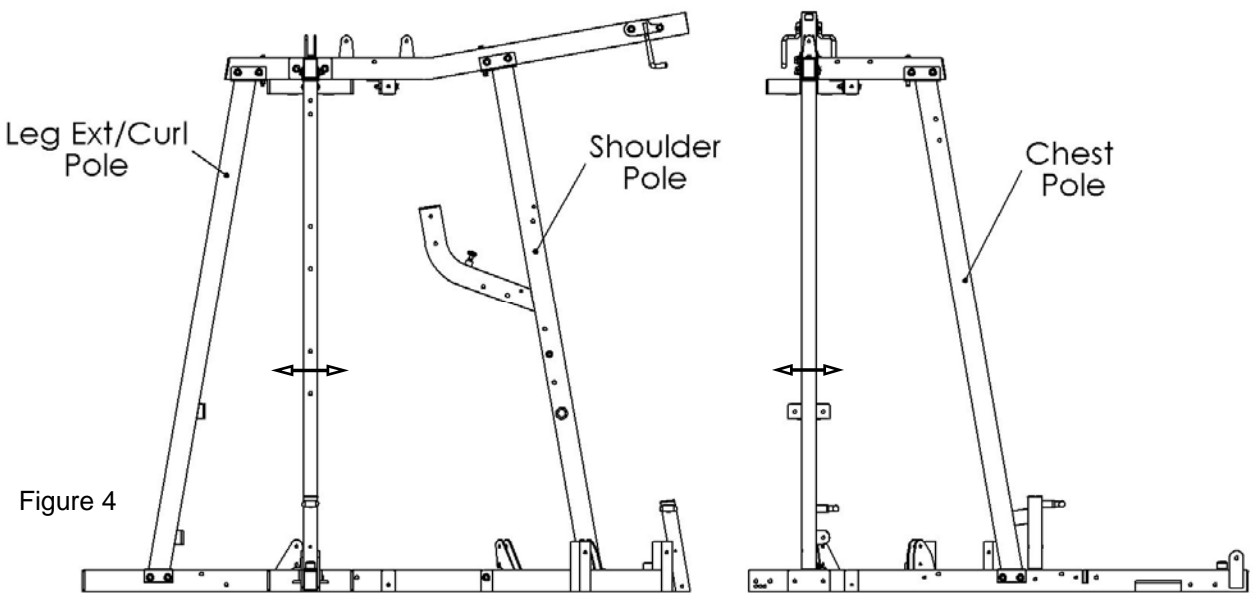


Item #	Part #	Description	Qty
9	BFM-10113	Bent Top	1
10	BFM-10114	Chest Top	1
11	BFM-50150	Plate	1
12	BFM-10130	Bar Catch Left	1
13	BFM-10131	Bar Catch Right	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	10
104	BFH-50129	HCS 3/8"-16 x 4" P5	3
111	BFH-50146	3/8" Flat Washer	24
117	BFH-50157	3/8" Nylock (Black)	13
123	BFH-50174	4 1/2" Pulley	1
133	BFH-50202	3/4" Pulley Spacer	2

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, 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.



## Step 5:

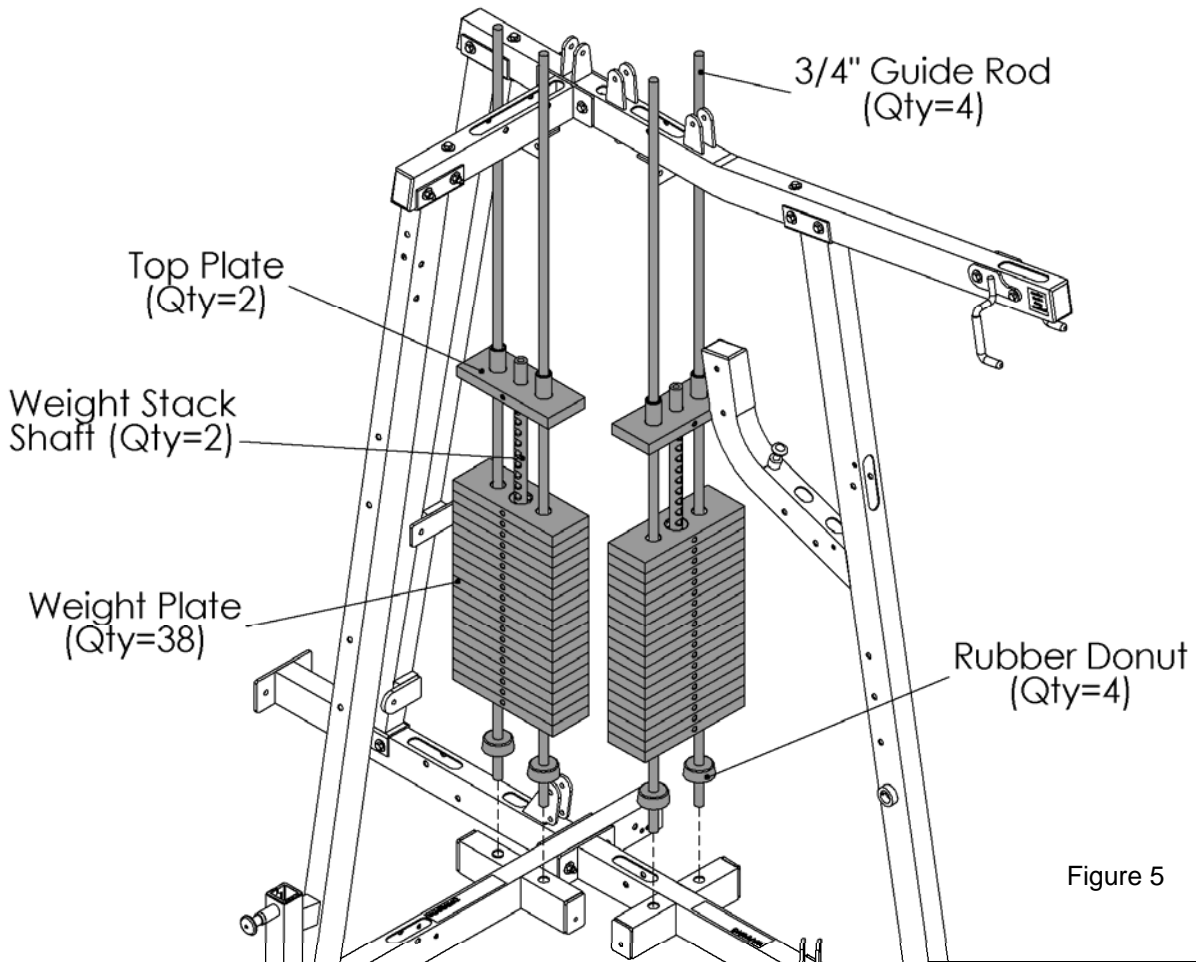


Figure 5

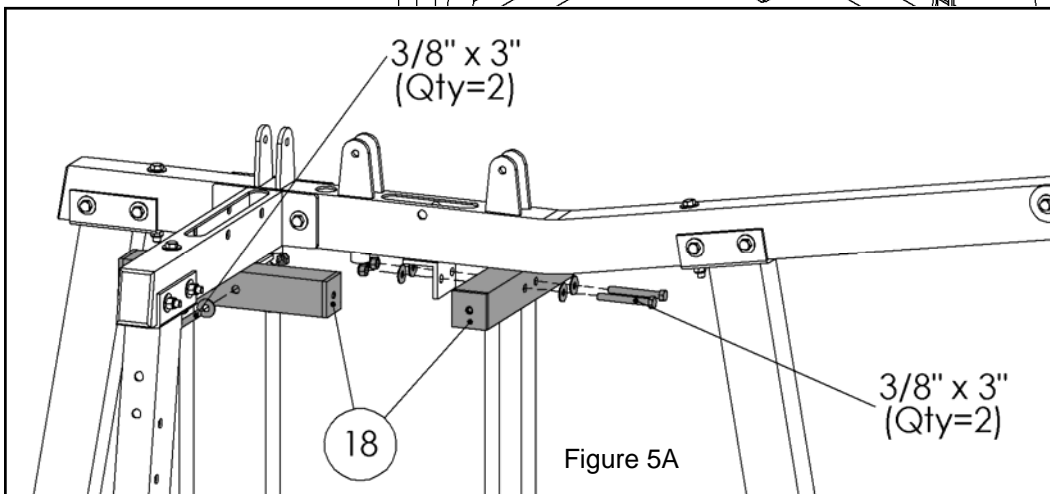


Figure 5A

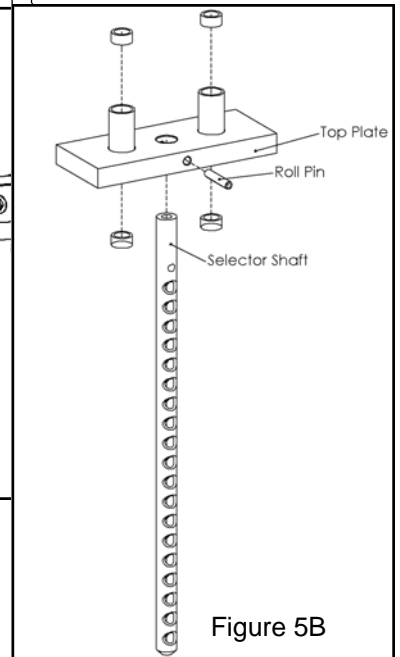


Figure 5B

Item #	Part #	Description	Qty
14	BFM-50260	Guide Rod	4
16	BFM-10299	10lb Top Plate	2
17	BFM-50256	Weight Plate	38
18	BFM-10107	Guide Rod Holder	2
100	BFH-50125	HCS 3/8"-16 x 3" P5	4
111	BFH-50146	3/8" Flat Washer	8
117	BFH-50157	3/8" Nylock (Black)	4
126	BFH-50190	Rubber Donut	4
197	BFM-50258	Selector Shaft	2
198	BFH-50291	Roll Pin	2

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

**Step 6:**

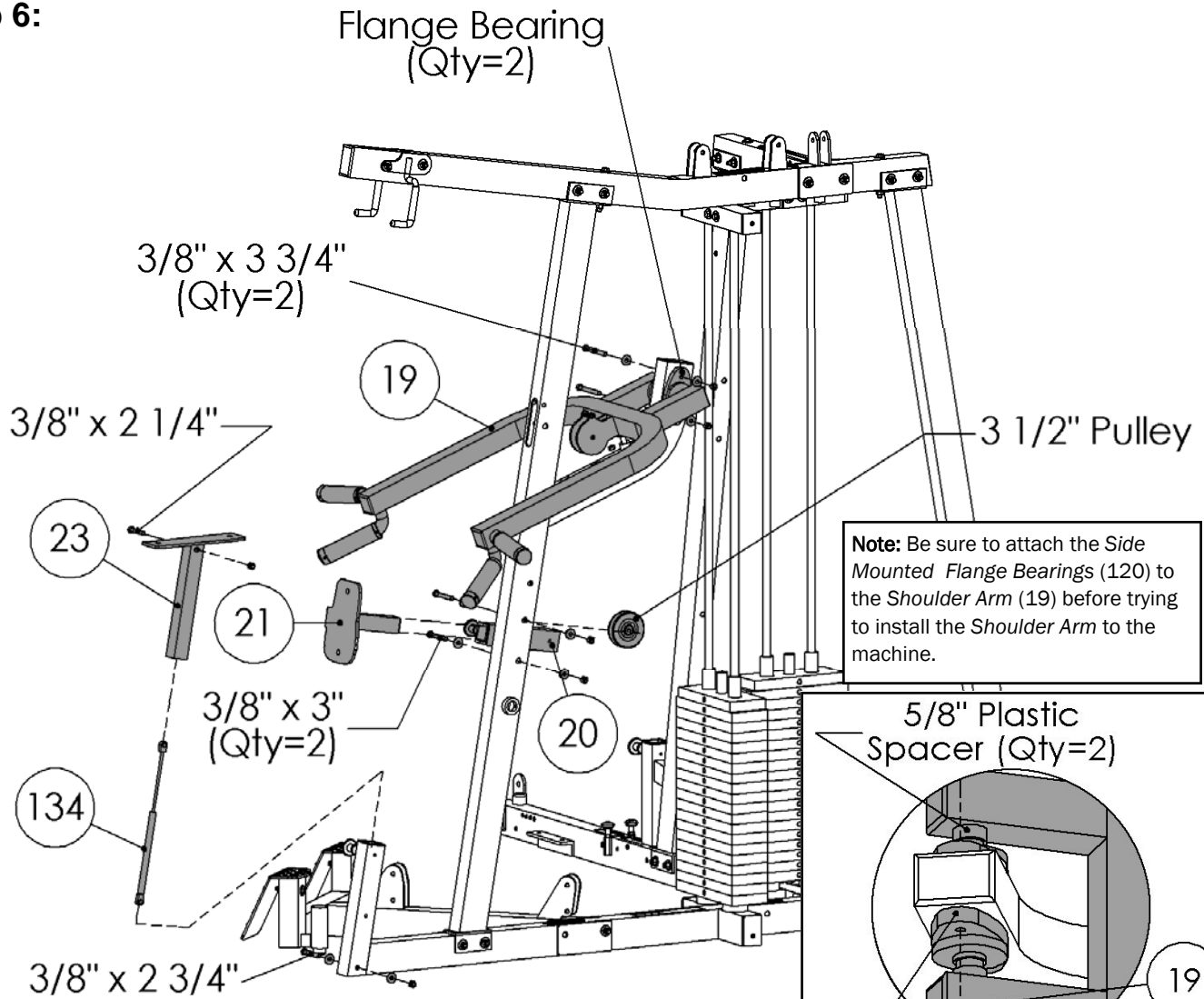


Figure 6

**Note:** Be sure to attach the Side Mounted Flange Bearings (120) to the Shoulder Arm (19) before trying to install the Shoulder Arm to the machine.

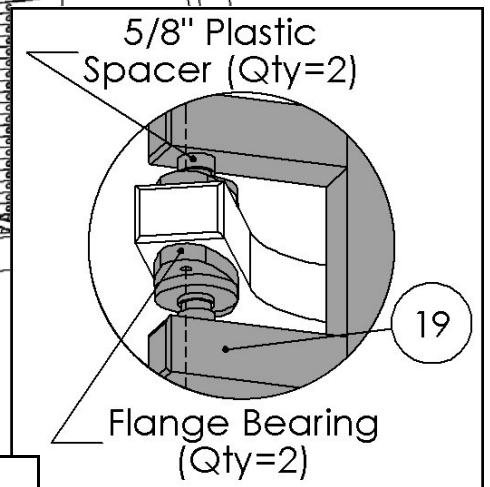


Figure 6A

Black plastic spacers center arm inside bearings.

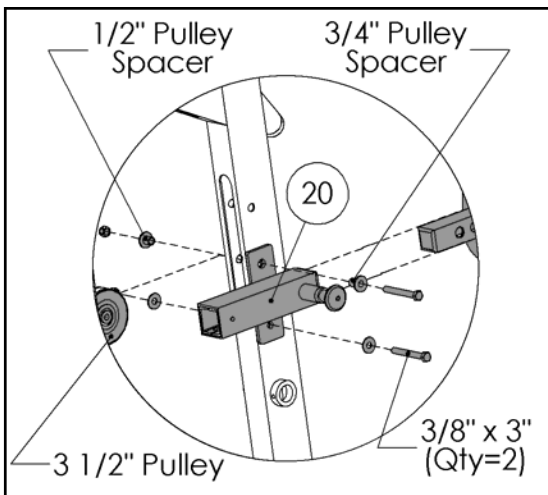


Figure 6B

Item #	Part #	Description	Qty
19	BFM-10105	Shoulder Arm	1
20	BFM-10118	Back Adjustment	1
21	BFM-10104	Chrome Pad Adjustment	1
23	BFM-10153	Chrome Pad Adjustment	1
24	BFM-50247	5/8" Plastic Spacer	2
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
100	BFH-50125	HCS 3/8"-16 x 3" P5	2
103	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	2
111	BFH-50146	3/8" Flat Washer	8
117	BFH-50157	3/8" Nylock (Black)	6
120	BFH-50171	Side Mounted Flange Bearing	2
122	BFH-50173	3 1/2" Pulley	1
132	BFH-50201	1/2" Pulley Spacer	1
133	BFH-50202	3/4" Pulley Spacer	1
134	BFH-50210	Gas Spring	1

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

## Step 7:



Note: The Pec Pulley Holder (26) can very easily be put on upside down. Note that the notch represents the top, as shown in Figure 7A.

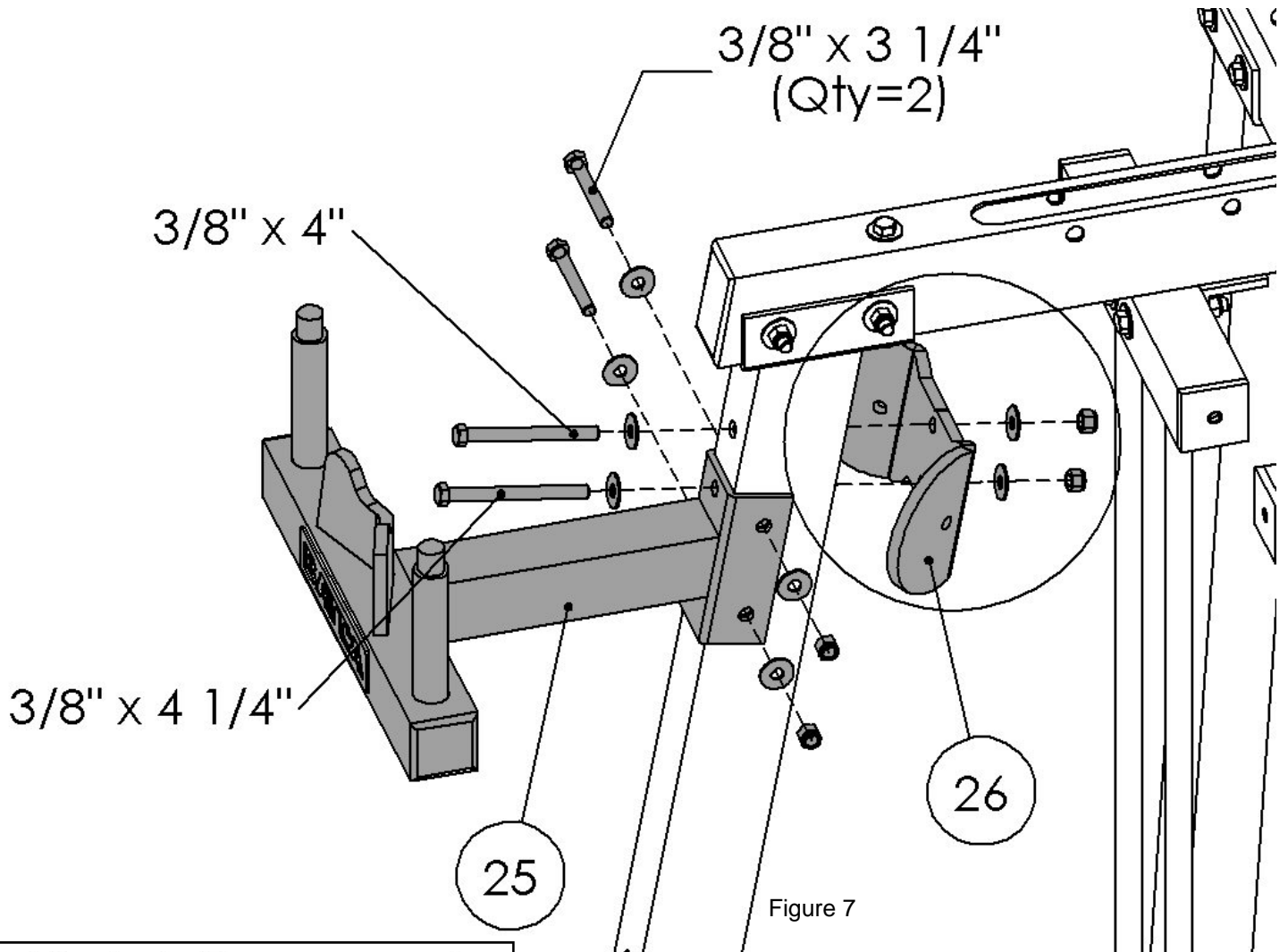


Figure 7

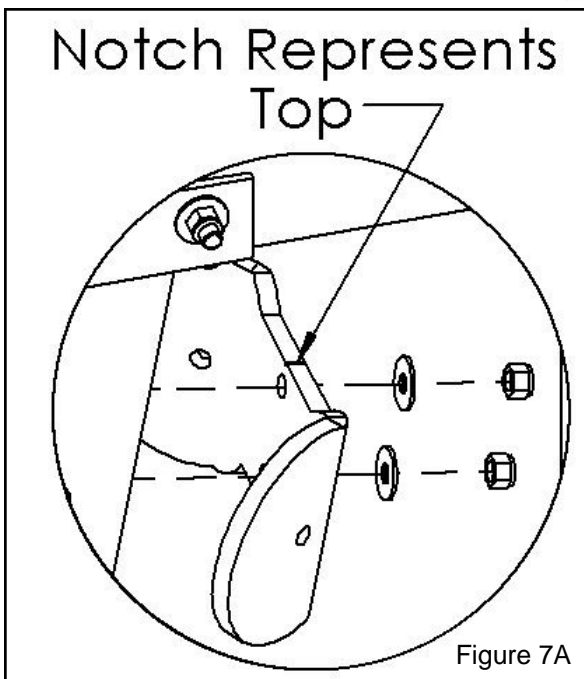


Figure 7A

Item #	Part #	Description	Qty
25	BFM-10126	Pec Top	1
26	BFL-50127	Pec Pulley Holder	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
104	BFH-50129	HCS 3/8"-16 x 4" P5	1
105	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	1
111	BFH-50146	3/8" Flat Washer	8
117	BFH-50157	3/8" Nylock (Black)	4

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



**Step 8:**

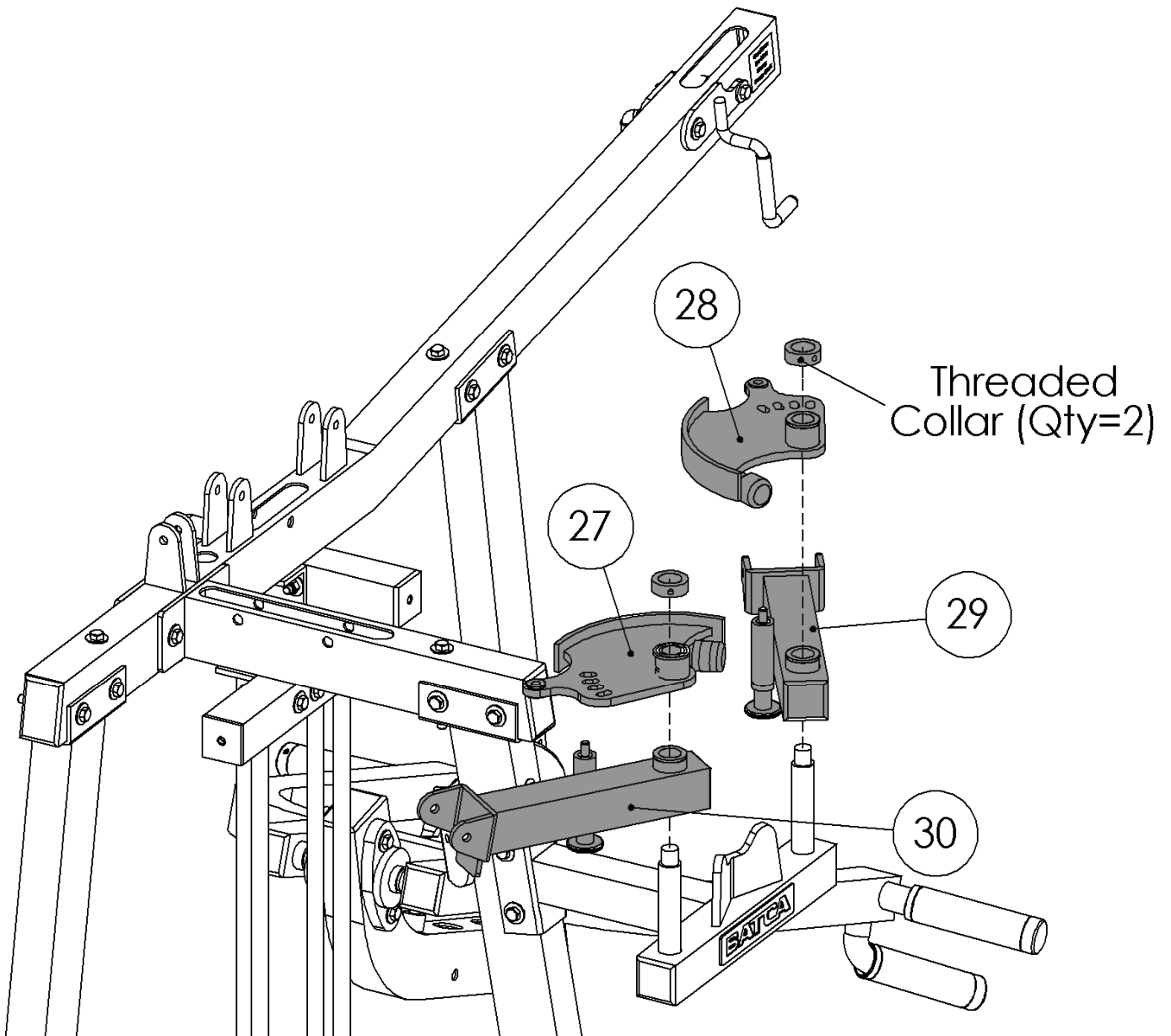


Figure 8

Item #	Part #	Description	Qty
27	BFM-10148	Pec Cam Right	1
28	BFM-10147	Pec Cam Left	1
29	BFM-10124	Upper Pec Arm Left	1
30	BFM-10125	Upper Pec Arm Right	1
140	BFH-50220	Threaded Collar	2

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

**Step 9:**

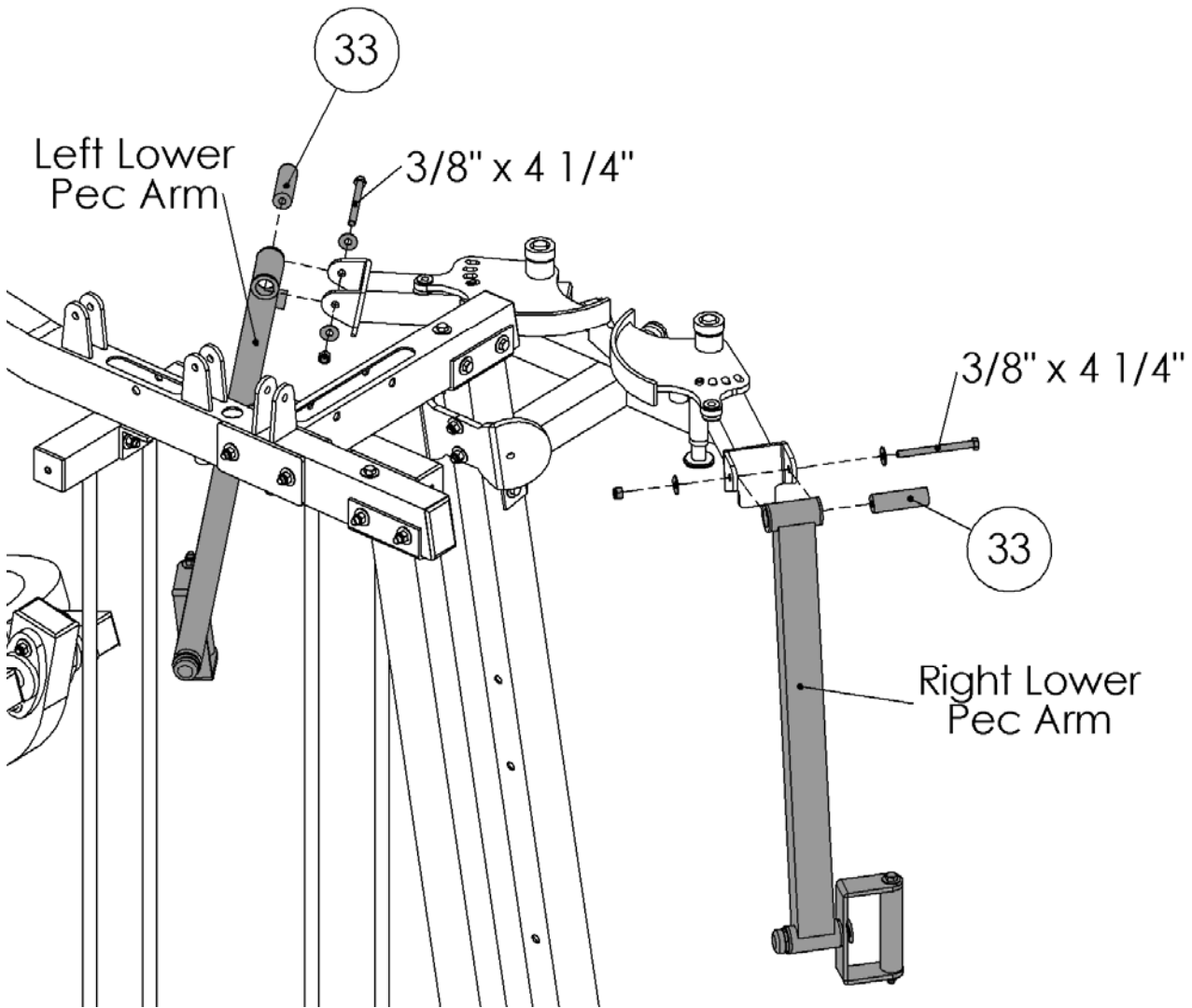


Figure 9

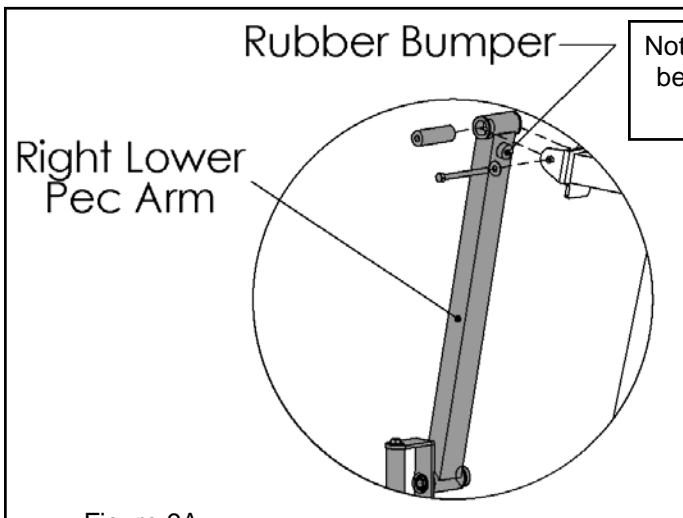


Figure 9A

Note: Rubber Bumper (142) should be on inside and face towards the Upper Pec Arms (29 and 30).

Item #	Part #	Description	Qty
31	BFM-10103	Lower Pec Arms	2
33	BFM-50261	Axle	2
105	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
111	BFH-50146	3/8" Flat Washer	4
117	BFH-50157	3/8" Nylock (Black)	2

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

## Step 10:



*Note: It is very important that the HCS 1/2"-13 x 3 1/4" (108) is not over tightened. This may affect the operation of the Foot Assist (35) and could cause it to bind.*

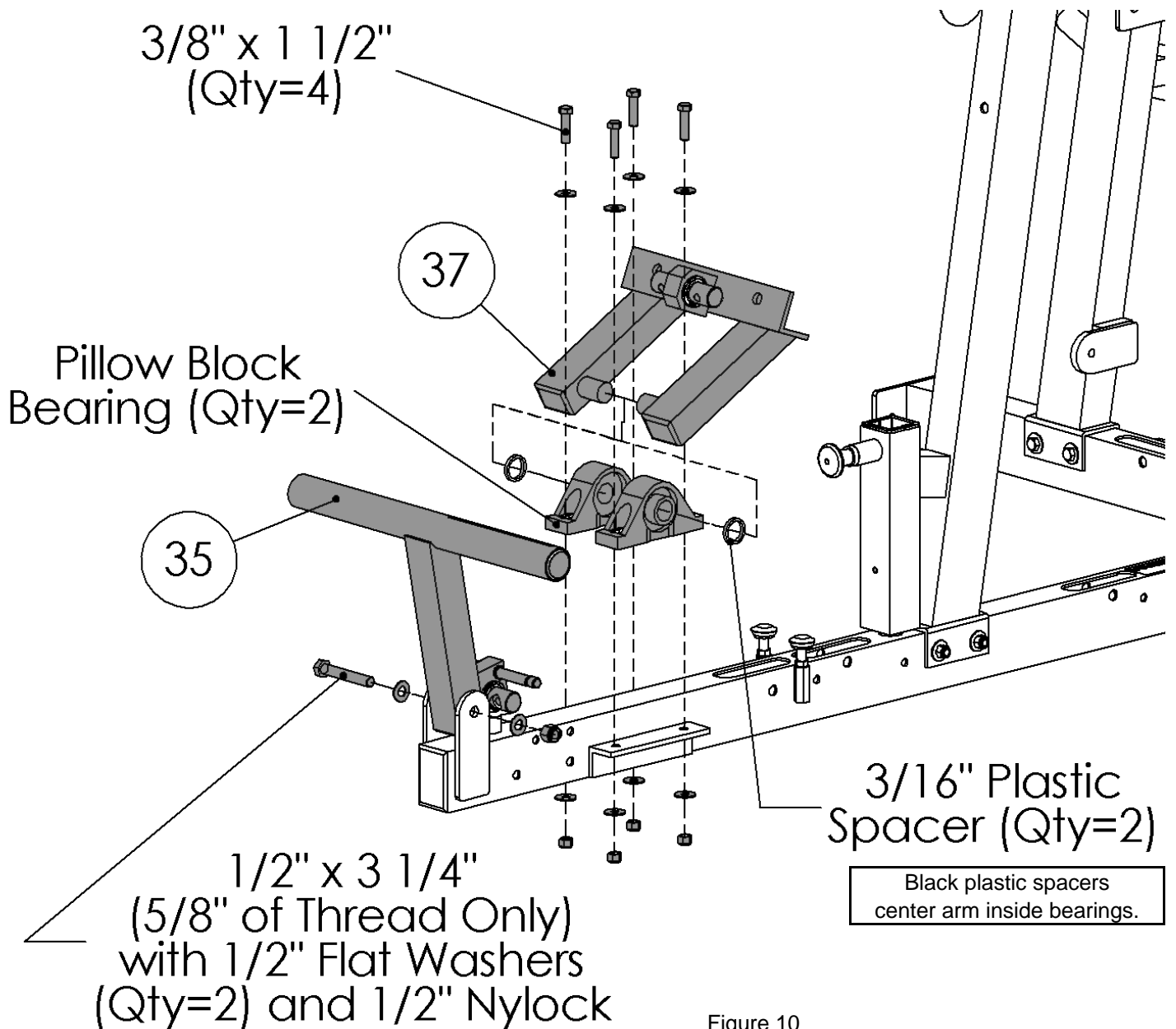
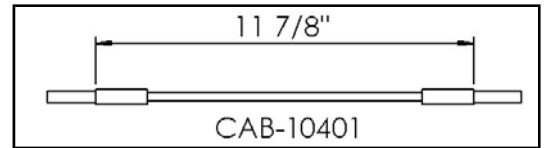
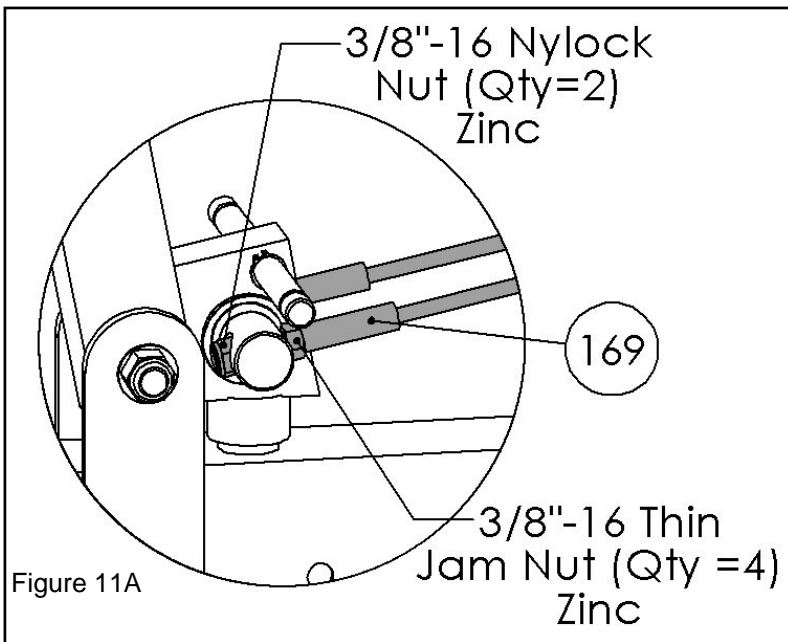
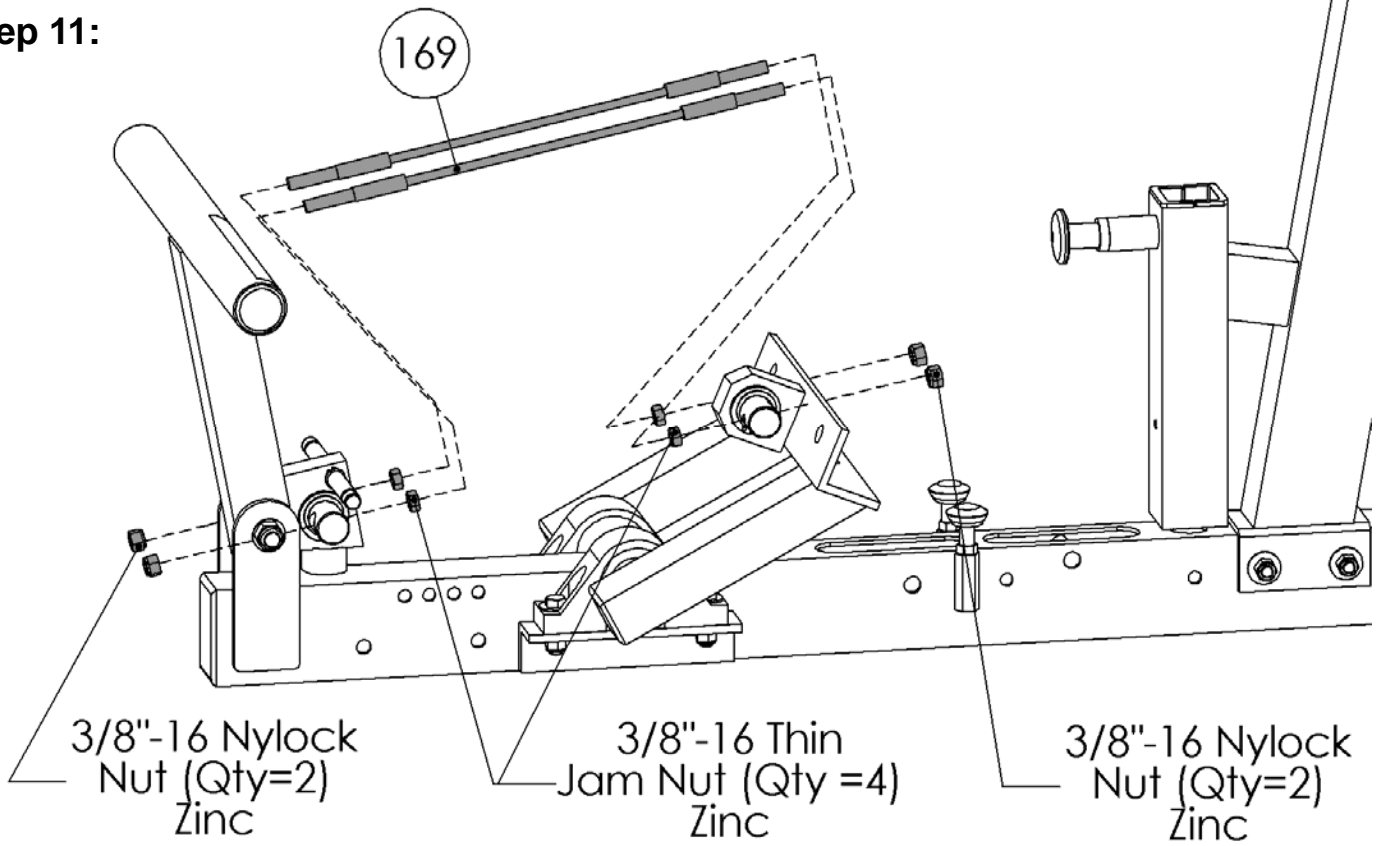


Figure 10

Item #	Part #	Description	Qty
35	BFM-10132	Foot Assist	1
37	BFM-10101	Chest Pivot	1
41	BFM-50246	3/16" Plastic Spacers	2
96	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
108	BFH-50137	HCS 1/2"-13 x 3 1/4" (5/8" Thread)	1
111	BFH-50146	3/8" Flat Washer	8
116	BFH-50155	1/2" Nylock	1
117	BFH-50157	3/8" Nylock (Black)	4
157	BFH-50251	1/2" Flat Washer	2

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

**Step 11:**



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

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

## Step 12:

**Note:** Tighten the four HCS 1/2"-13 x 3 1/4" Bolts (108) evenly until snug. Tighten the two shown going through the Chest Press Pulley Holder (40) first, then the remaining two shown going through the Chest Pivot (37) in Figure 12 below.

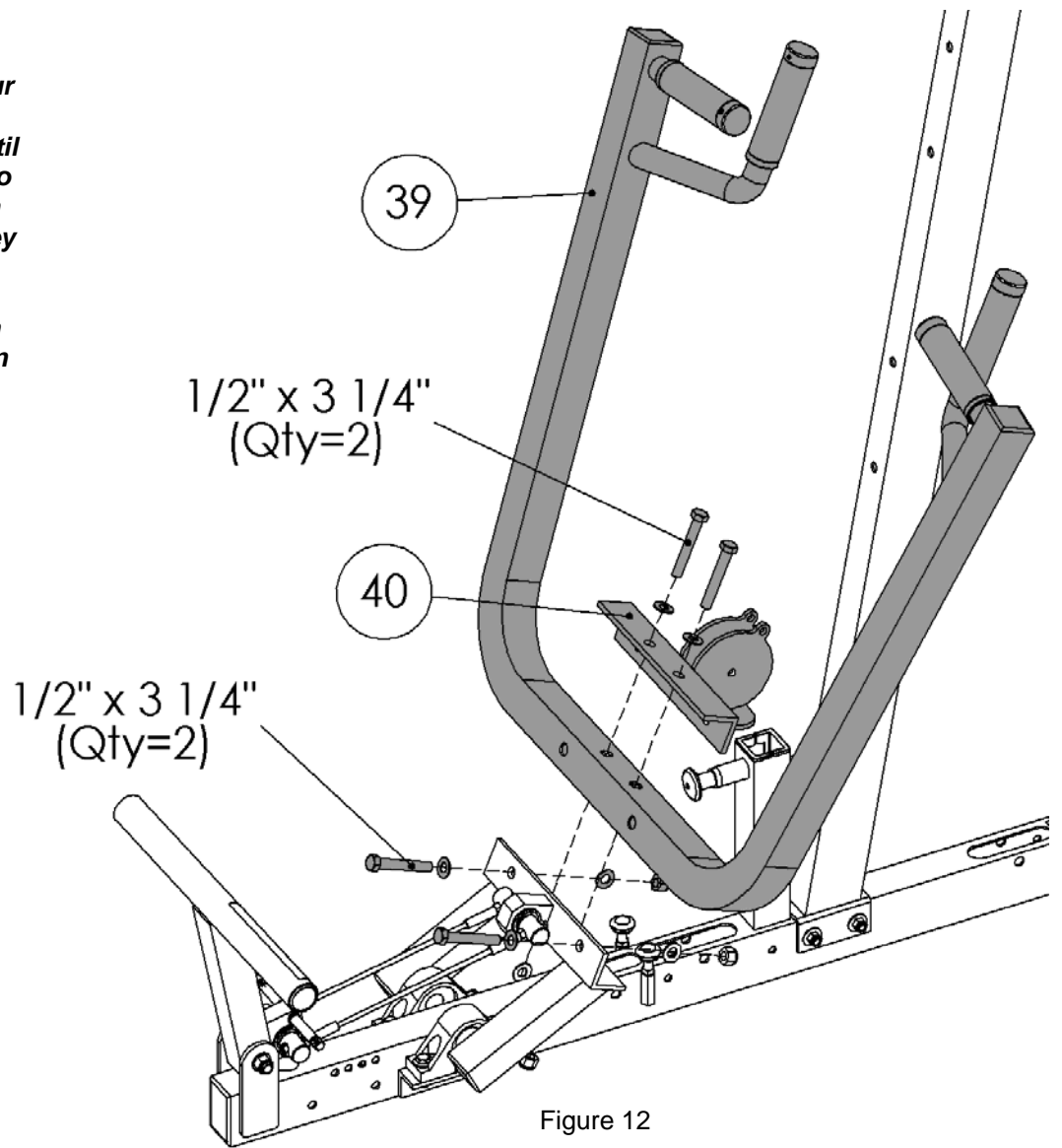


Figure 12

Lower the Levelers (159) in order to adjust the Foot Assist Cables (169). When all of the slack is out of the Cables, raise the Levelers (159) until they touch the stops on the Chest Press Pulley Holder (40). **They are not to be used to tighten the tension in any other cables.**

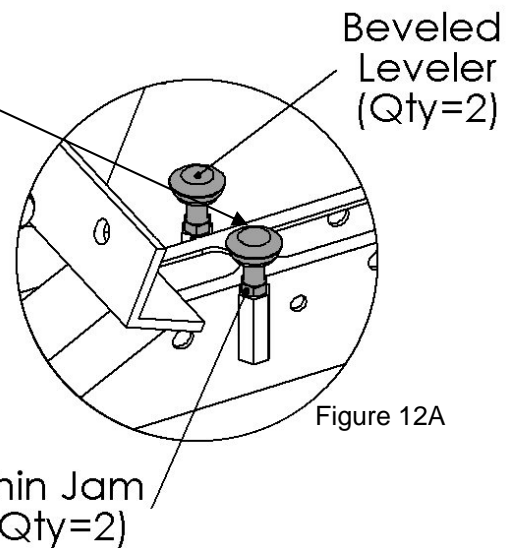


Figure 12A

Item #	Part #	Description	Qty
39	BFM-10138	Chest Press Arm	1
40	BFM-10146	Chest Press Pulley Holder	1
108	BFH-50137	HCS 1/2"-13 x 3 1/4" P5	4
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
116	BFH-50155	1/2" Nylock	4
157	BFH-50251	1/2" Flat Washer	8
159	BFH-50253	Beveled Leveler	2

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

**Step 13:**

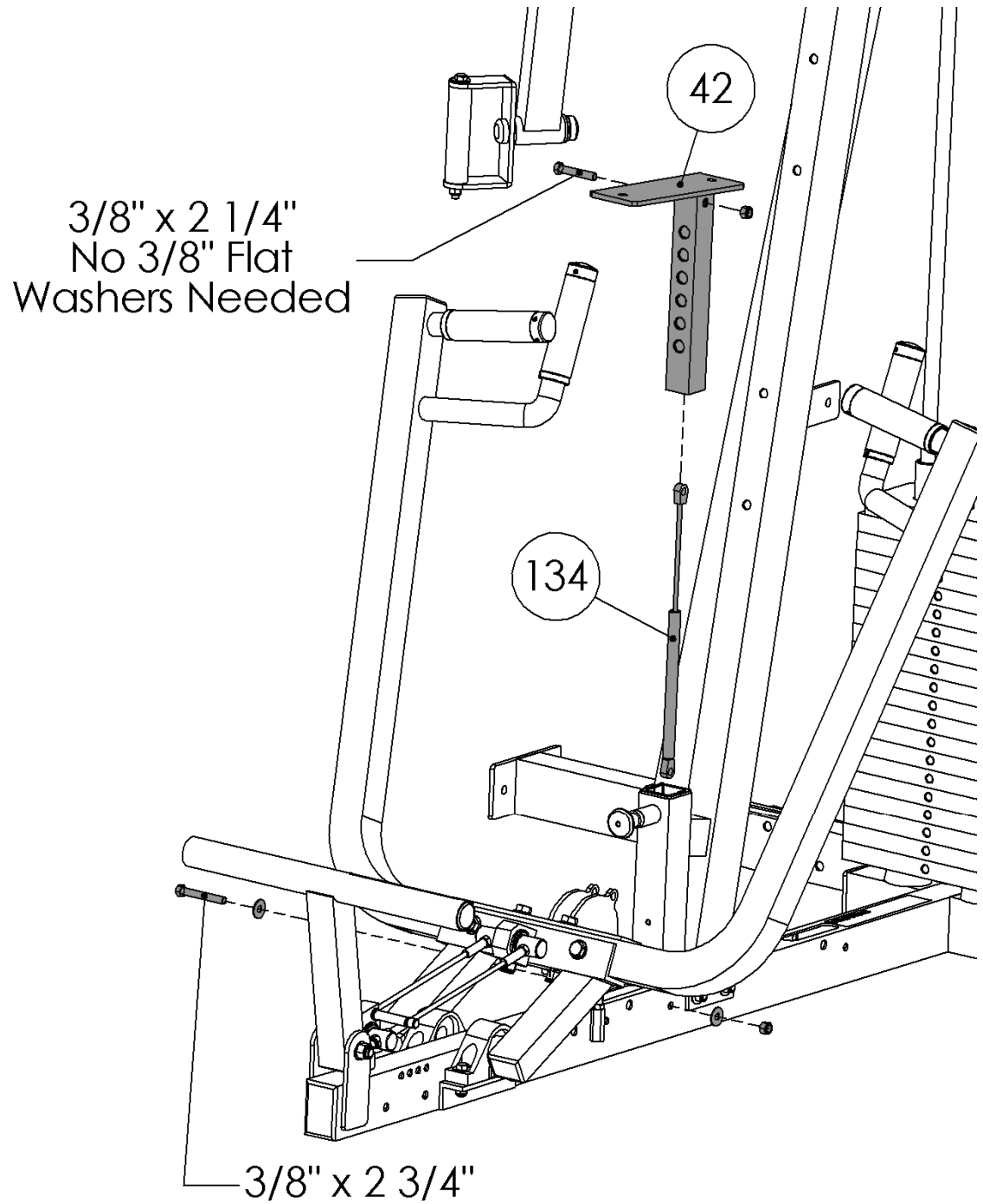


Figure 13

Item #	Part #	Description	Qty
42	BFM-10110	Chrome Pad Adjustment	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
111	BFH-50146	3/8" Flat Washer	2
117	BFH-50157	3/8" Nylock (Black)	2
134	BFH-50210	Gas Spring	1

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

## Step 14:

- **Align** the threaded shaft of the Knee Hold Down Elbow (45) parallel with the Leg Ext/Curl Base (4).

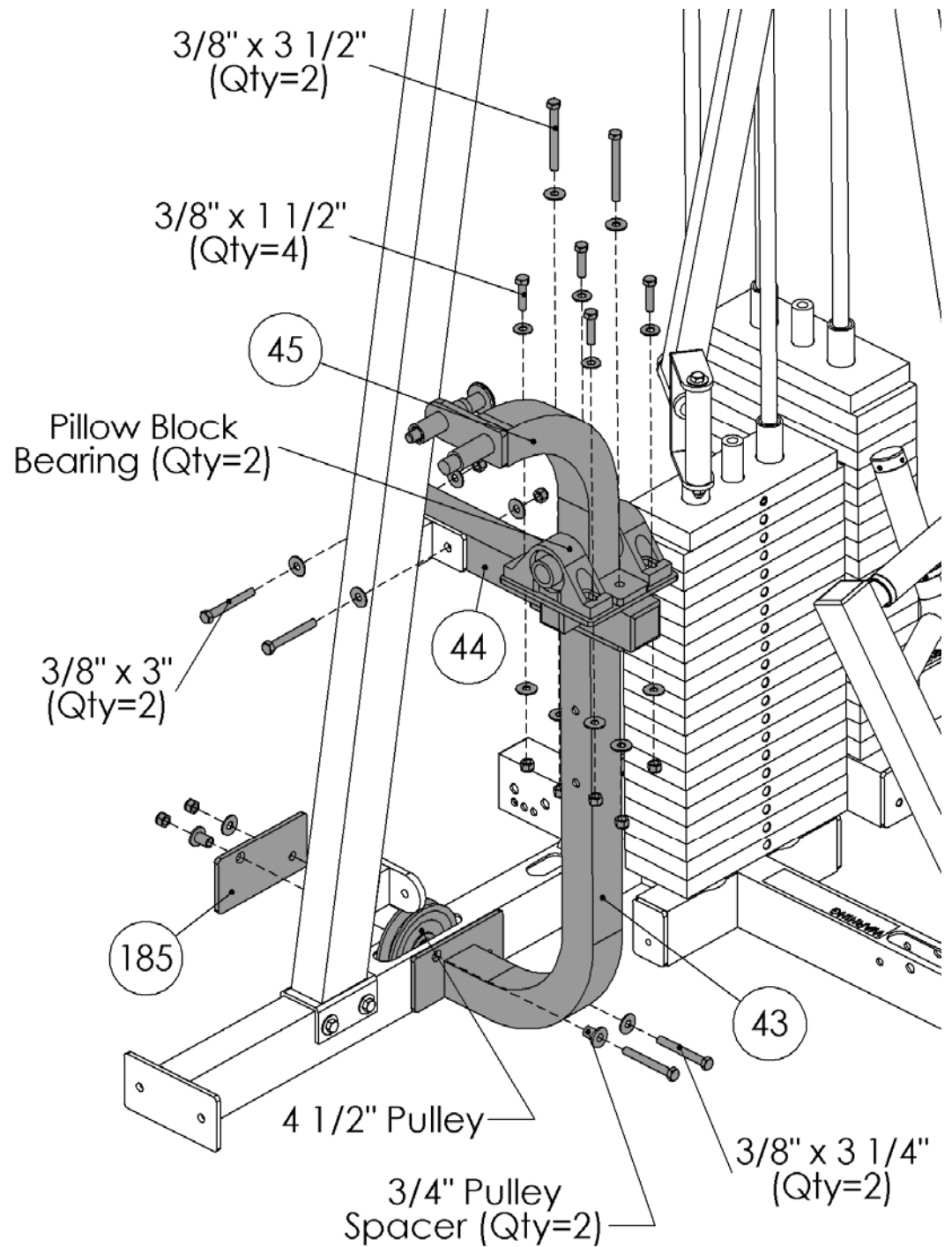


Figure 14

Item #	Part #	Description	Qty
43	BFM-10128	Elbow Support	1
44	BFM-10129	Leg Ext/Curl Pillow Holder	1
45	BFM-10136	Knee Hold Down Elbow	1
96	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
100	BFH-50125	HCS 3/8"-16 x 3" P5	2
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
102	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
111	BFH-50146	3/8" Flat Washer	18
117	BFH-50157	3/8" Nylock (Black)	10
121	BFH-50172	Pillow Block Bearing	2
133	BFH-50202	3/4" Pulley Spacer	2
185	BFM-50186	Plate	1

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

## Step 15:



**Note:** It is very important that the threaded shaft of the Leg Ext/Curl Cam (48) be lined up parallel to the Leg Ext/Curl Base (4). It is also very important that the inside face of the Leg Ext/Curl Cam (48) [the side facing away from you in Fig 15] is 2 5/16" from the face of the Elbow Support (43) as seen in Figure 15A.

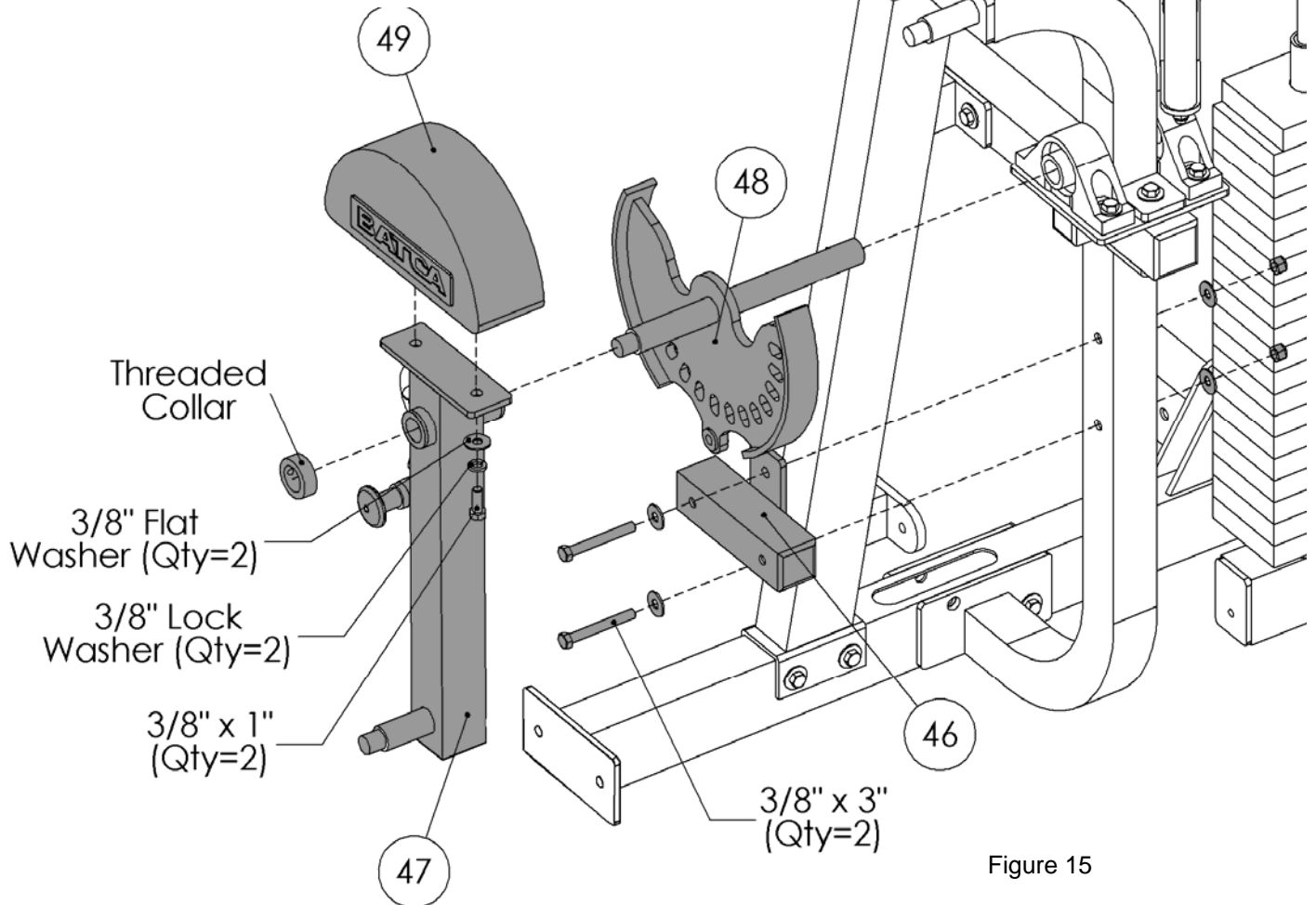


Figure 15

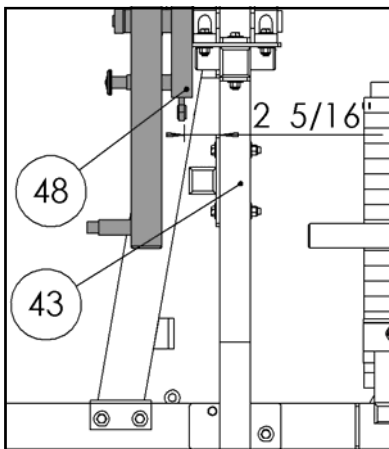


Figure 15A

Item #	Part #	Description	Qty
46	BFM-10145	Two Pulley Feeded	1
47	BFM-10139	Leg Ext/Curl Pivot Arm	1
48	BFM-10144	Leg Ext/Curl Cam	1
49	BFM-50267	Counter Weight	1
100	BFH-50125	HCS 3/8"-16 x 3" P5	2
111	BFH-50146	3/8" Flat Washer	6
112	BFH-50147	3/8" Lock Washer	2
117	BFH-50157	3/8" Nylock (Black)	2
140	BFH-50220	Threaded Collar	1
192	BFH-50118	HCS 3/8"-16 x 1" P5	2

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



## Step 16:

- **Check Alignment** of the High Pivot Roller (51), the Low Pivot roller (52) 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 14 and align parallel with each other. Wrench Tighten all bolts which were loosened for re-alignment.

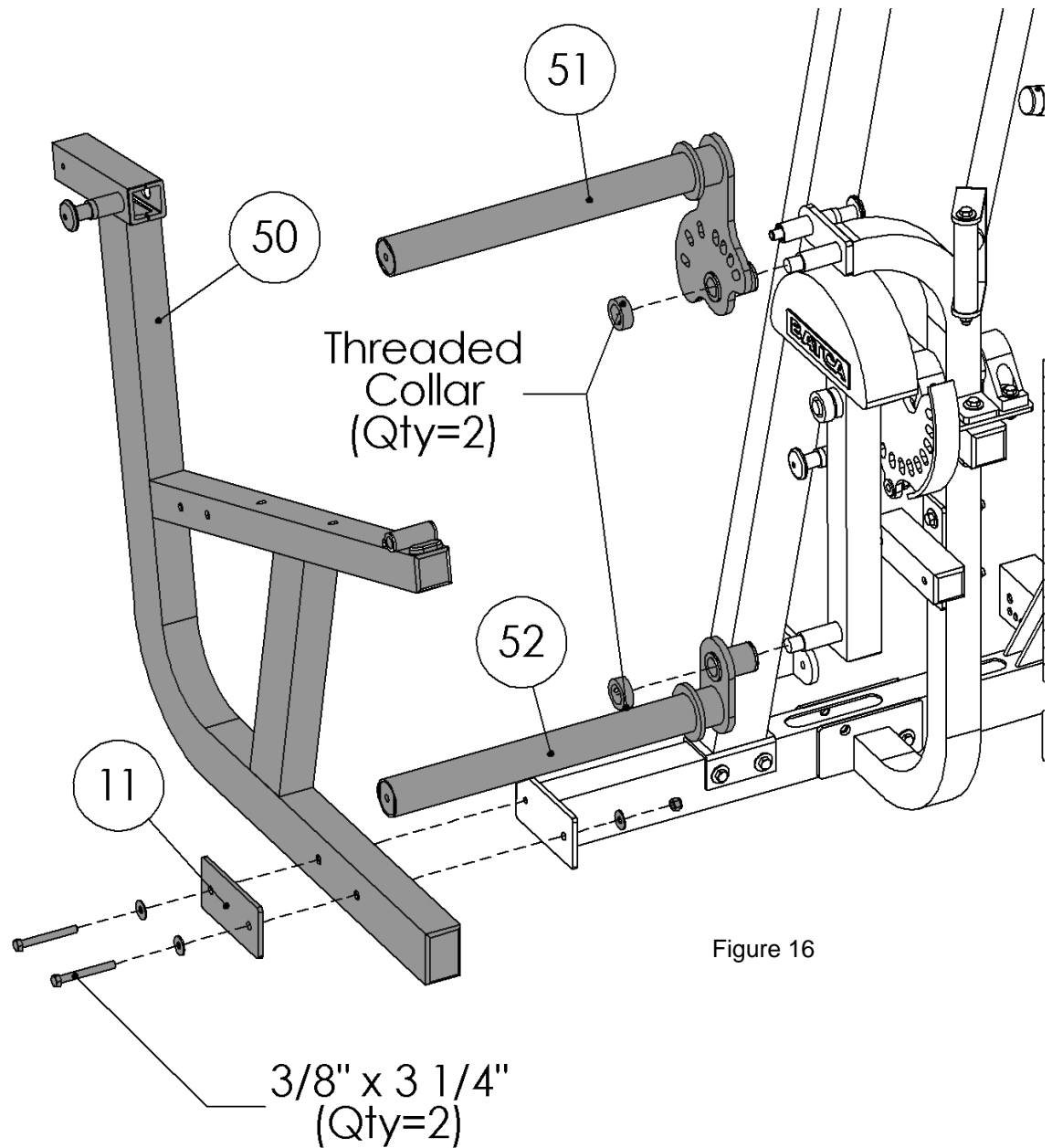


Figure 16

Item #	Part #	Description	Qty
11	BFM-50150	Plate	1
50	BFM-50143	Leg Ext/Curl Frame	1
51	BFM-10135	High Pivot Roller	1
52	BFM-10151	Low Pivot Roller	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
111	BFH-50146	3/8" Flat Washer	4
117	BFH-50157	3/8" Nylock (Black)	2
140	BFH-50220	Threaded Collar	2

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

## Step 17:



Note: The Chrome Pad Adjustment (65) has six adjustment holes.

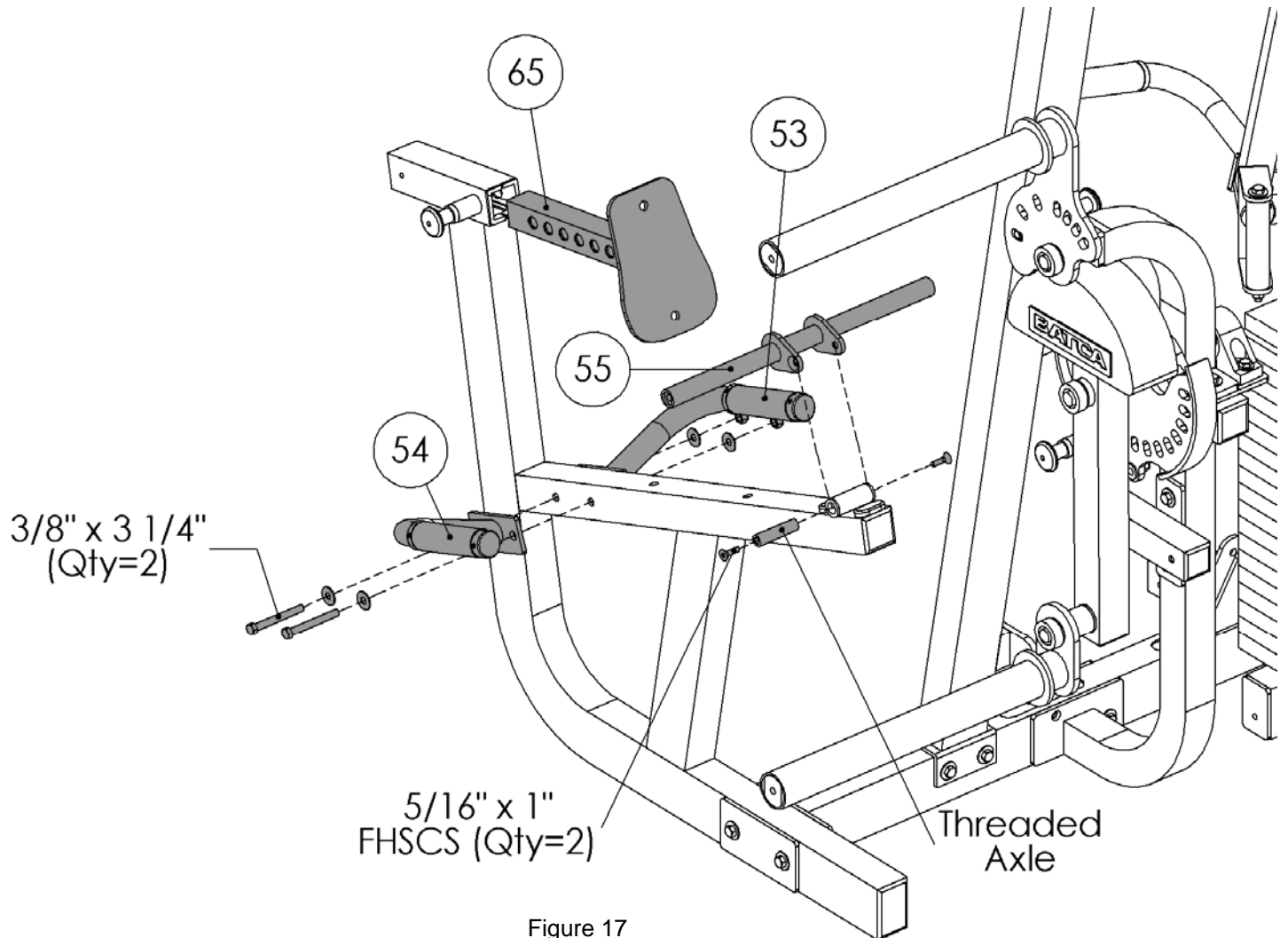


Figure 17

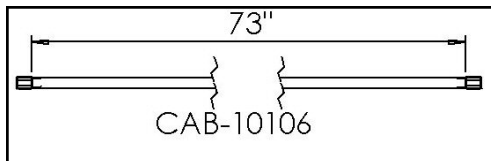
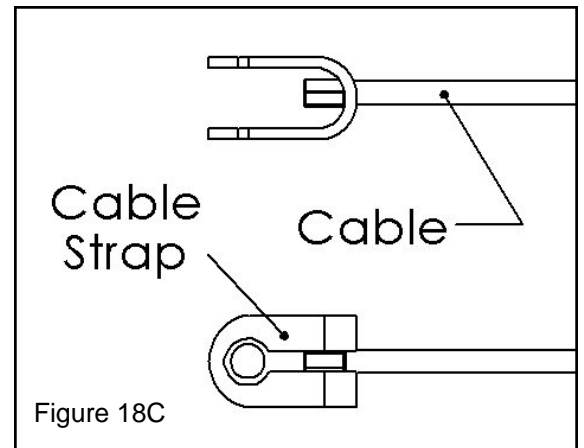
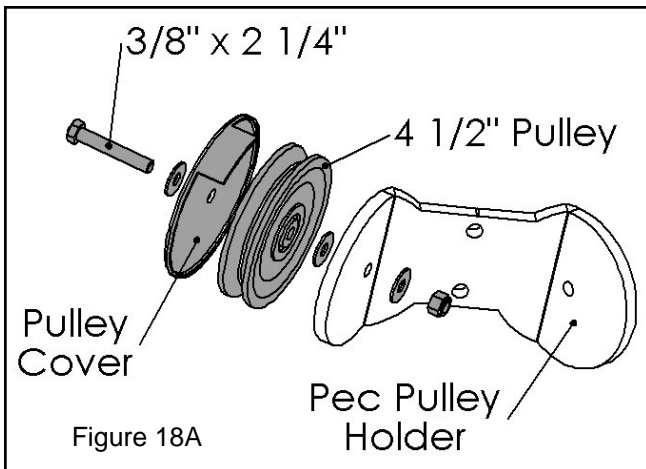
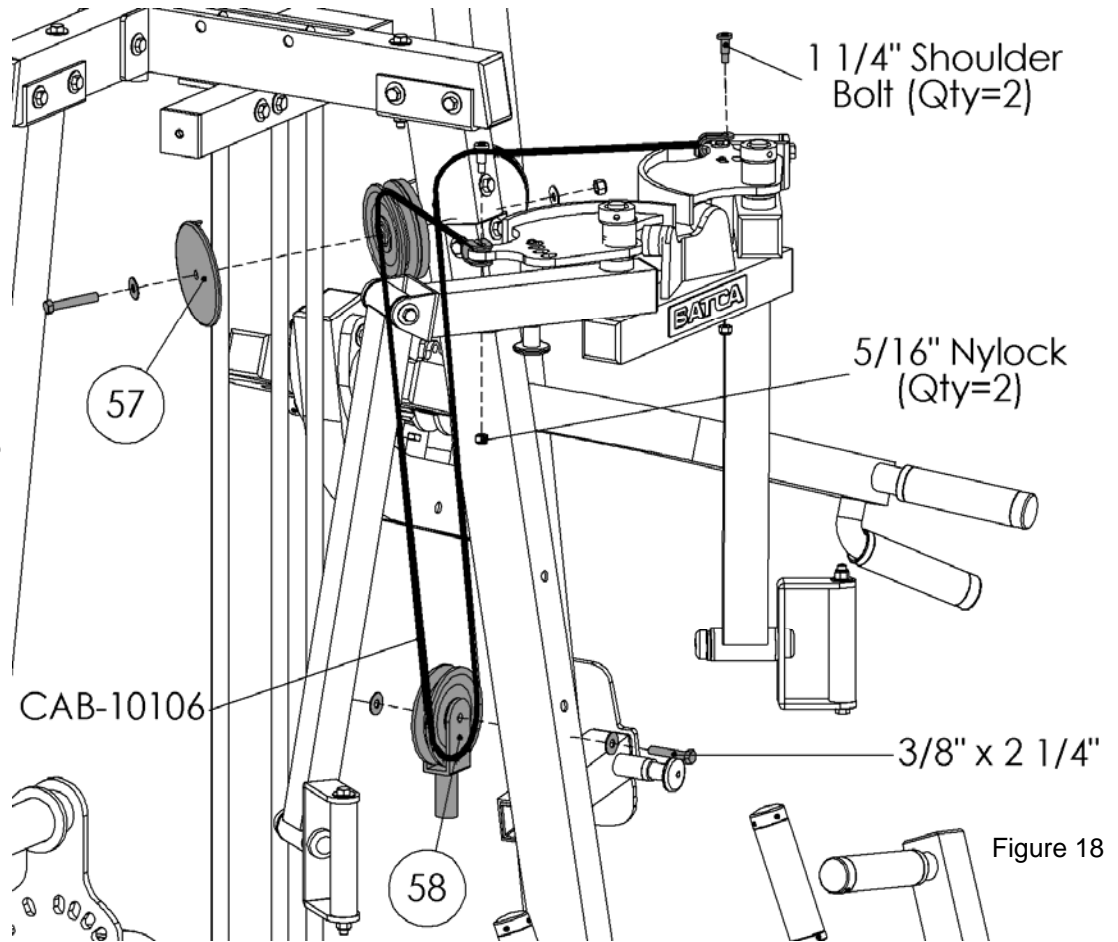
Item #	Part #	Description	Qty
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
55	BFM-10141	Knee Alignment Roller	1
56	BFM-50222	Axle	1
65	BFM-10109	Chrome Pad Adjustment	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
111	BFH-50146	3/8" Flat Washer	4
117	BFH-50157	3/8" Nylock (Black)	2
152	BFH-50245	FHSCS 5/16"-18 x 1"	2

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

## Step 18:



*Note: There should be a 3/8" Flat Washer (111) between the 4 1/2" Pulley (123) and the Pec Pulley Holder (26) as shown in Figure 18A. Leaving off this washer may cause the pulley to rub the Pec Pulley Holder (26).*



Item #	Part #	Description	Qty
57	BFM-50345	Pulley Cover	2
58	BFM-10154	Free Floater	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
111	BFH-50146	3/8" Flat Washer	8
117	BFH-50157	3/8" Nylock (Black)	3
123	BFH-50174	4 1/2" Pulley	3
156	BFH-50250	1 1/4" Shoulder Bolt	2
165	CAB-10106	Pec Cam to Pec Cam Cable	1
182	BFH-50267	5/16"-18 Nylock	2
184	BFH-50227	Cable Strap	2

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

## Step 19:

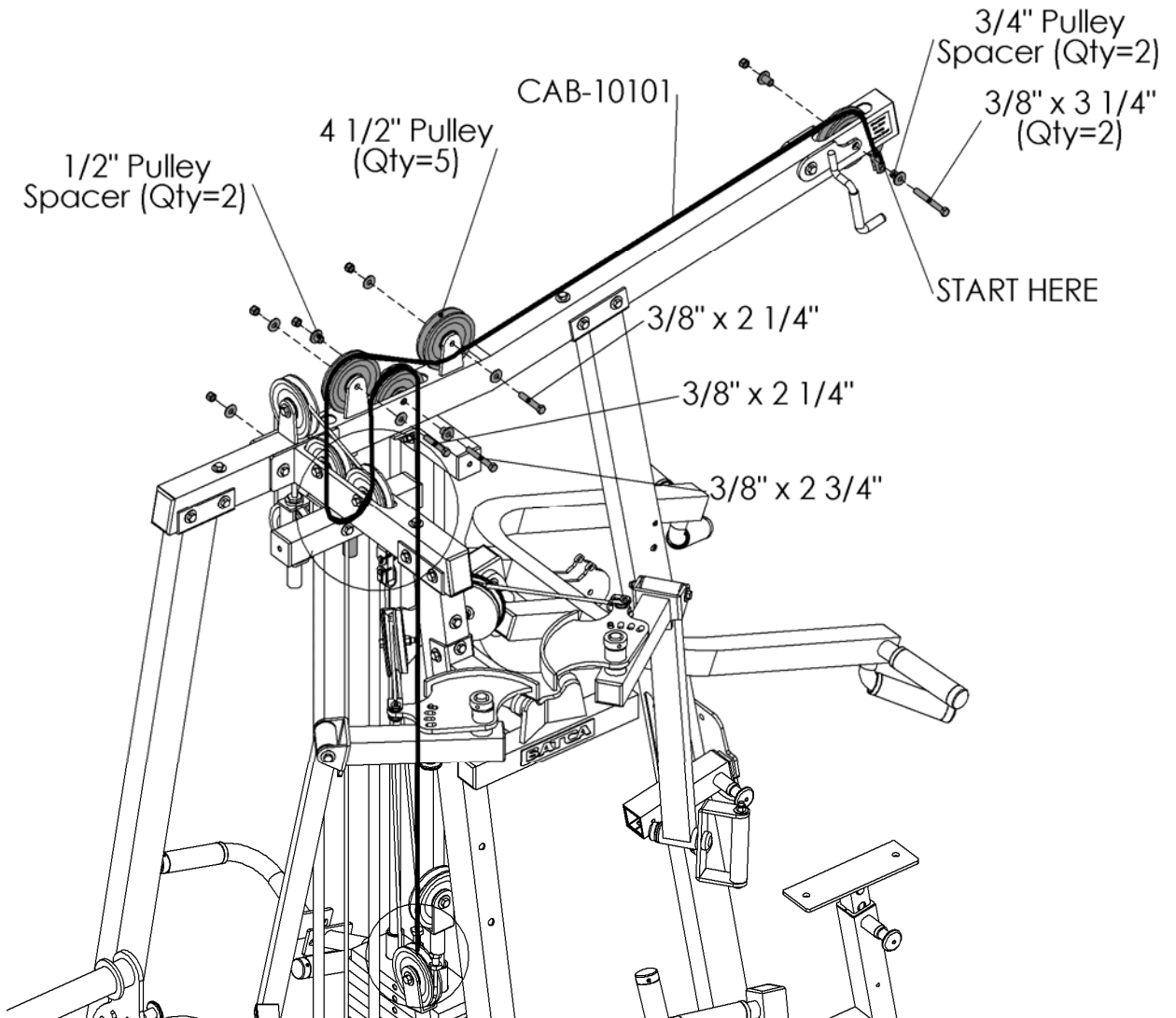
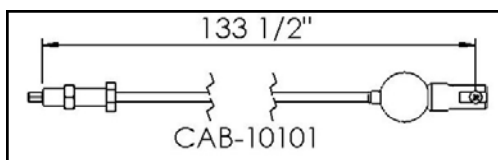
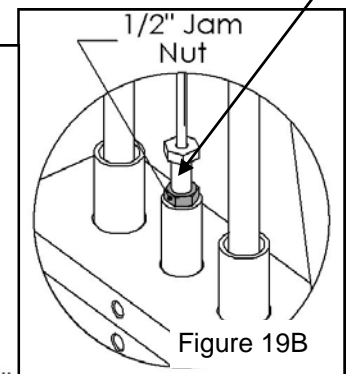
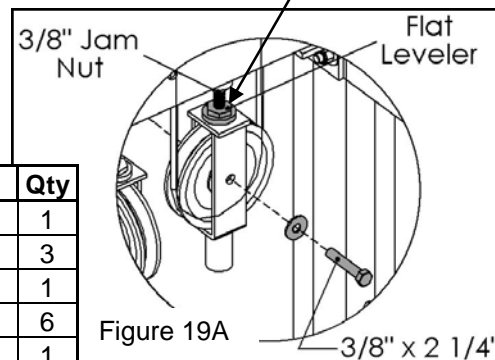


Figure 19



Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nuts (114) and (115) after adjustments.



Item #	Part #	Description	Qty
59	BFM-10134	Free Floater with Lockout	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
111	BFH-50146	3/8" Flat Washer	6
114	BFH-50149	3/8" -16 Jam Nut (Zinc)	1
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	4
123	BFH-50174	4 1/2" Pulley	4
132	BFH-50201	1/2" Pulley Spacer	2
147	BFH-50237	Flat Leveler	1
160	CAB-10101	Lat Pull to Weight Stack Cable	1

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

## Step 20:

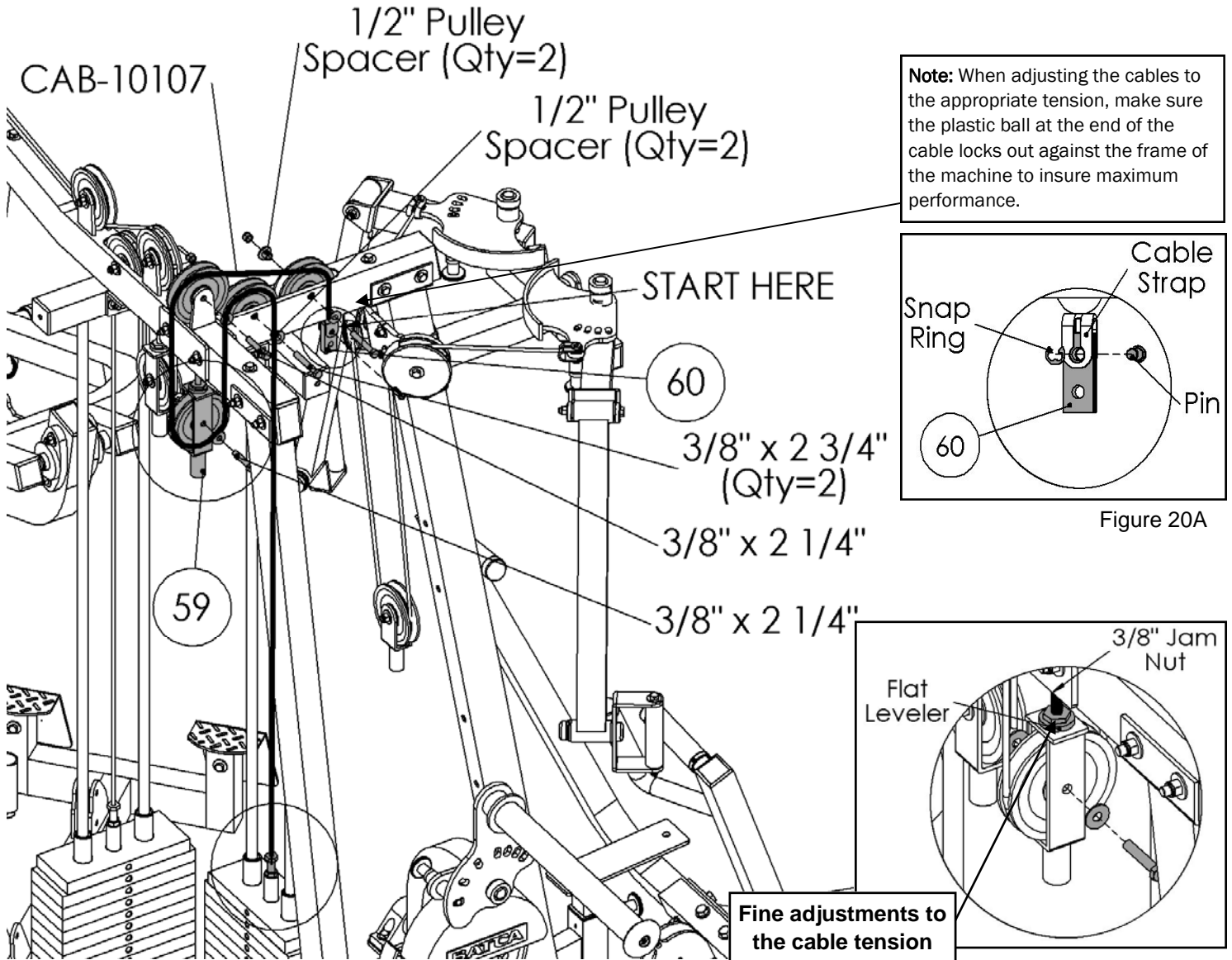


Figure 20

**Note:** When adjusting the cables to the appropriate tension, make sure the plastic ball at the end of the cable locks out against the frame of the machine to insure maximum performance.

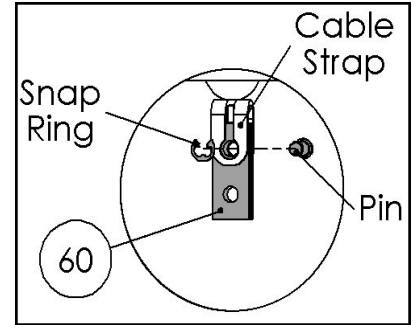


Figure 20A

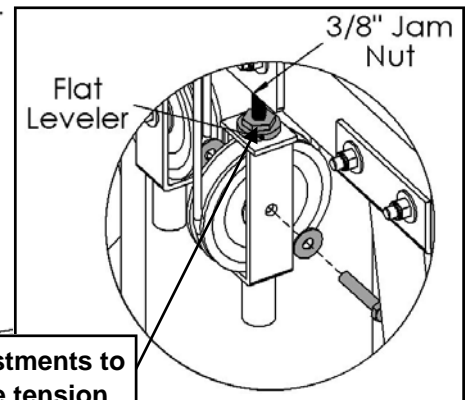


Figure 20B

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nuts (114) and (115) after adjustments.

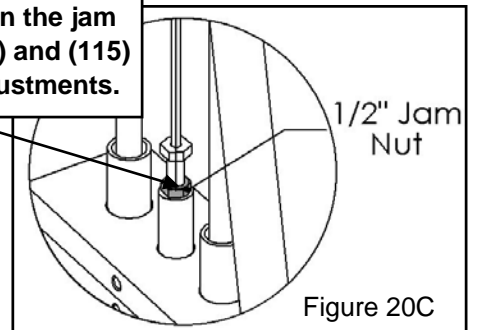
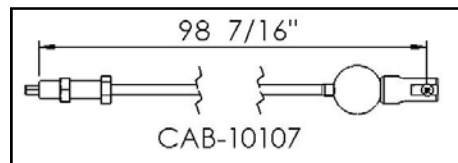


Figure 20C



Item #	Part #	Description	Qty
59	BFM-10134	Free Floater with Lockout	1
60	BFM-50245	Cable Connector Plate	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	2
111	BFH-50146	3/8" Flat Washer	4
114	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	4
123	BFH-50174	4 1/2" Pulley	4
132	BFH-50201	1/2" Pulley Spacer	4
147	BFH-50237	Flat Leveler	1
148	BFH-50238	Pin	1
149	BFH-50239	Snap Ring	1
166	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
184	BFH-50227	Cable Strap	1

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

## Step 21:

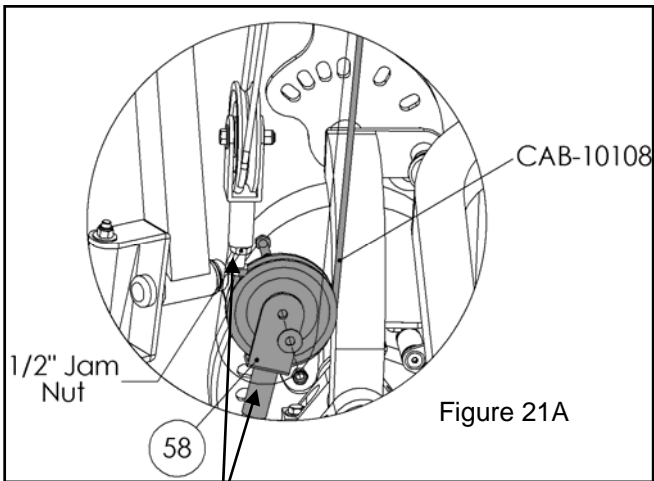


Figure 21A

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nut (115) after adjustments.

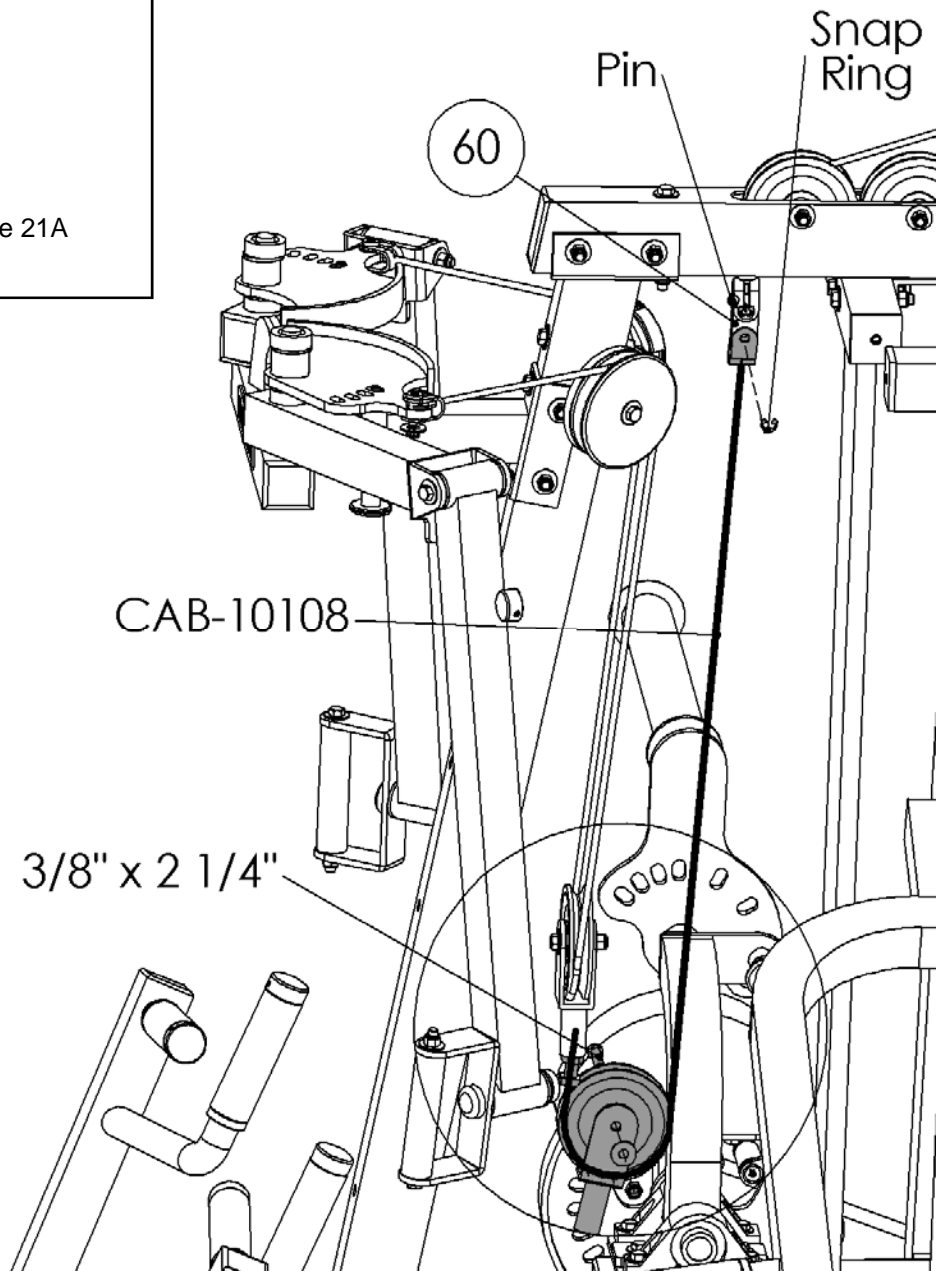
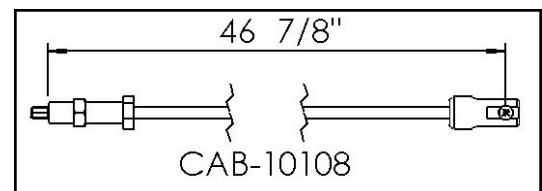


Figure 21

Item #	Part #	Description	Qty
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
111	BFH-50146	3/8" Flat Washer	2
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	1
123	BFH-50174	4 1/2" Pulley	1
148	BFH-50238	Pin	1
149	BFH-50239	Snap Ring	1
167	CAB-10108	Free Floater to Plate Cable	1
184	BFH-50227	Cable Strap	1



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

## Step 22:

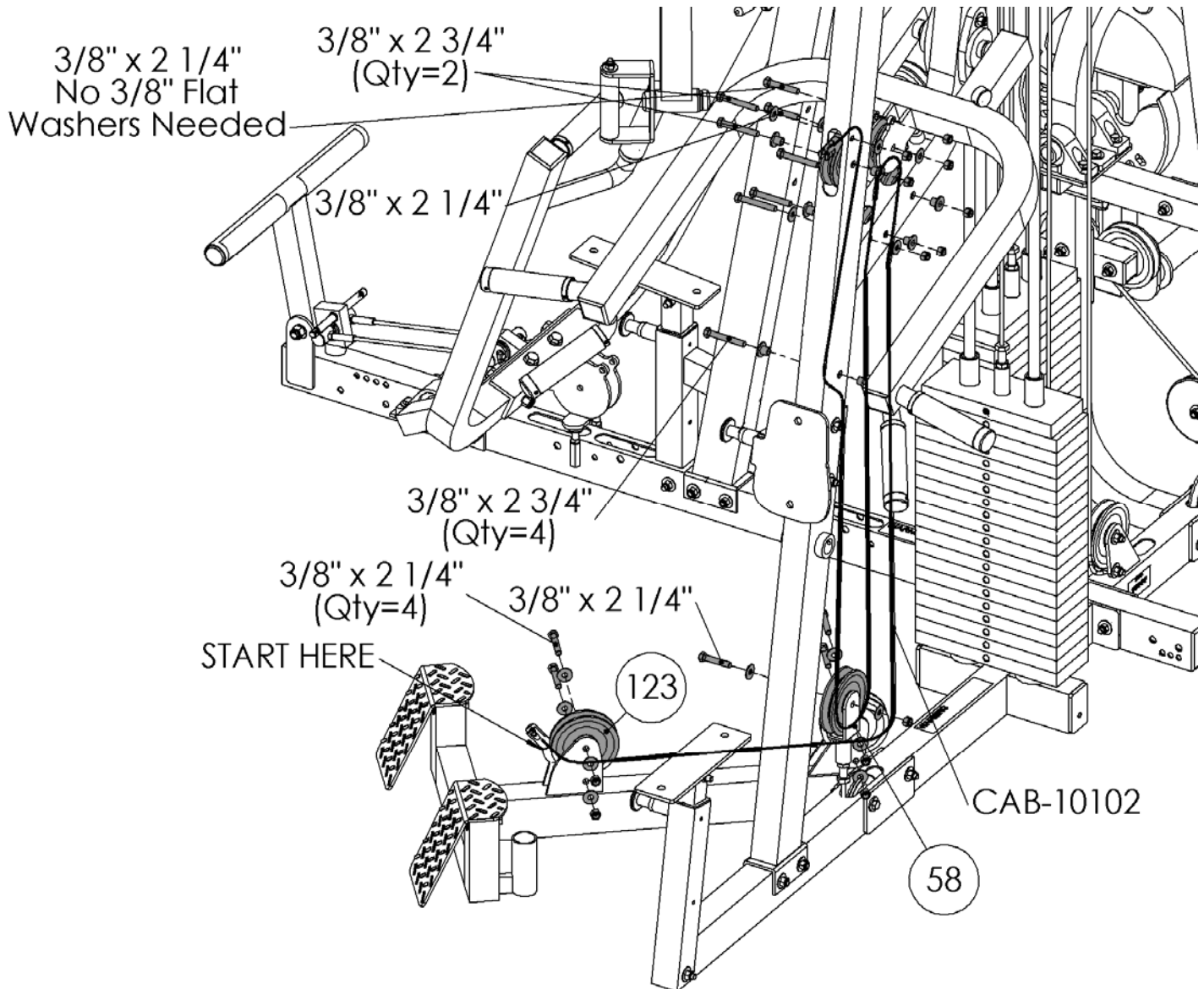
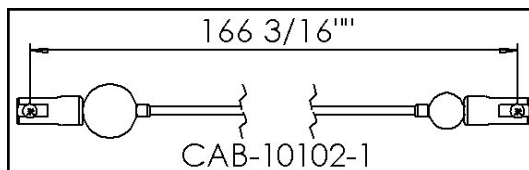


Figure 22



**Note: See page 32 for more detail.**



Item #	Part #	Description	Qty
58	BFM-10154	Free Floater	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	7
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	6
111	BFH-50146	3/8" Flat Washer	16
114	BFH-50149	3/8" -16 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	13
122	BFH-50173	3 1/2" Pulley	5
123	BFH-50174	4 1/2" Pulley	3
132	BFH-50201	1/2" Pulley Spacer	8
159	BFH-50253	Beveled Leveler	1
161	CAB-10102-1	Ab to Low Pulley Cable	1

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

**Step 22 Continued:**

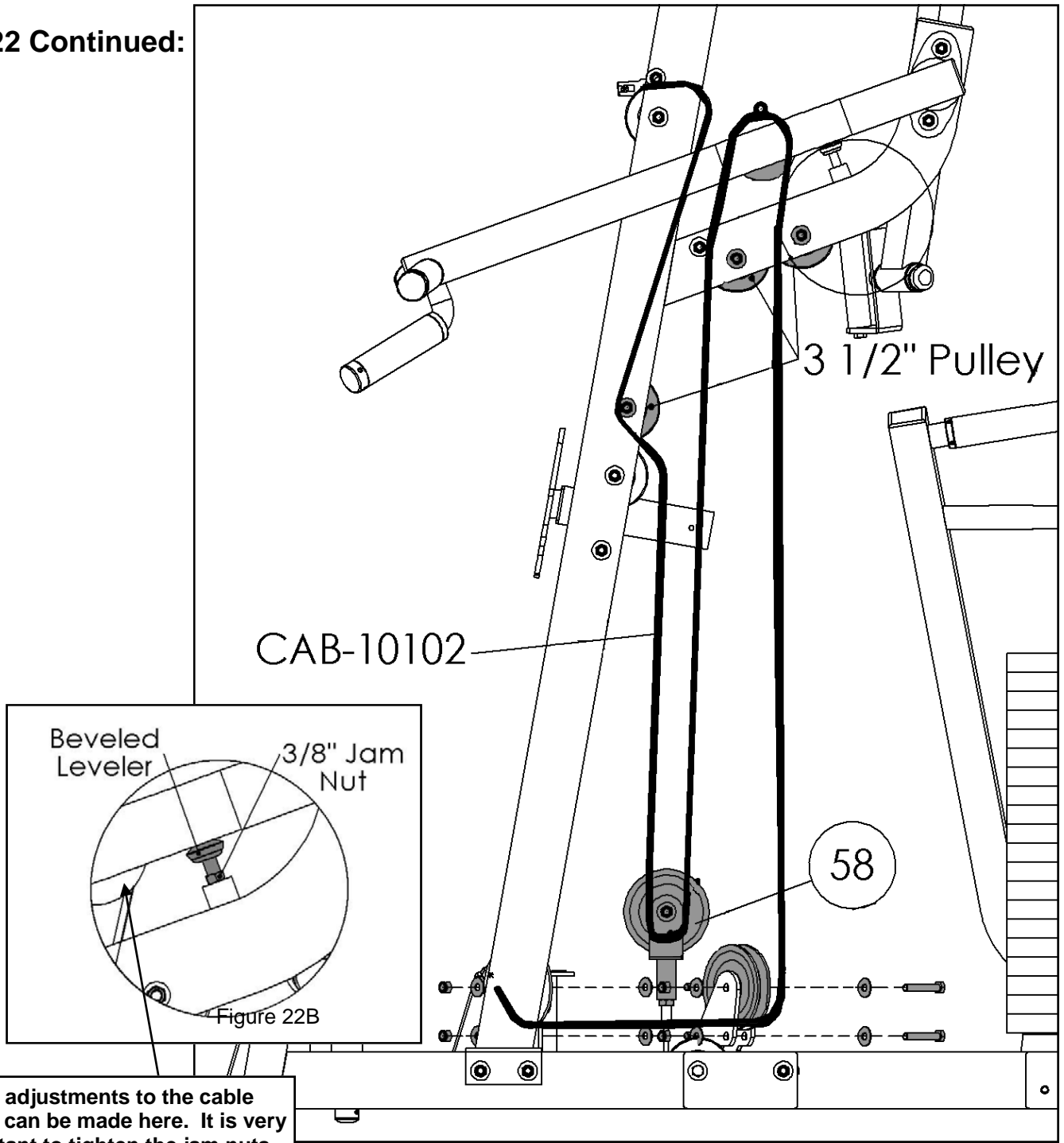


Figure 22A

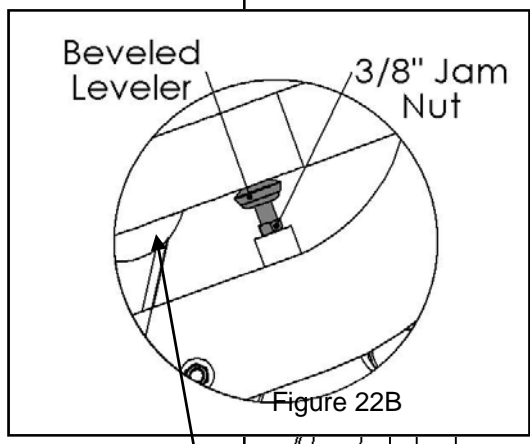


Figure 22B

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nuts (114) and (115) after adjustments.

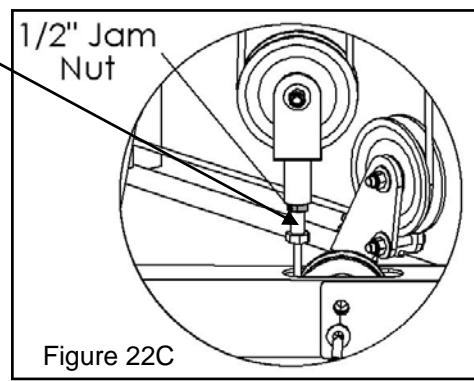


Figure 22C



### Step 23:



Note: The CAB-10105 Cable (164) will go through the tubing of the Shoulder Base (3) and **MUST go under all bolts.** **Do NOT route cable over any bolts.** **Routing this cable over any of the bolts will cause the cable to fray and/or break, damage the bolts, and hinder overall performance of the gym.**

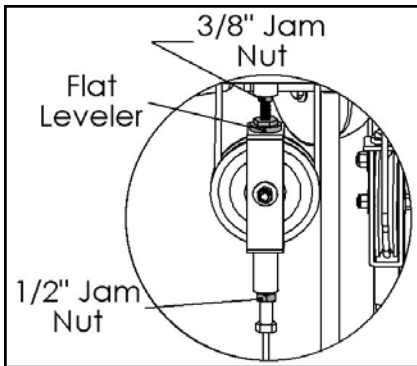


Figure 23A

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nut (115) after adjustments.

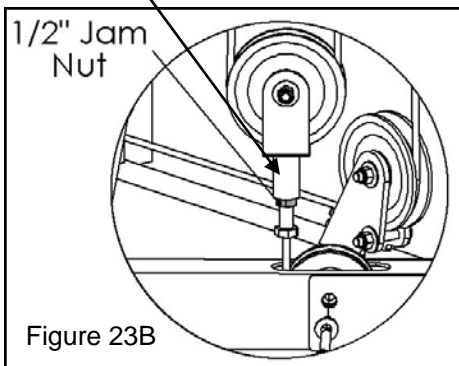


Figure 23B

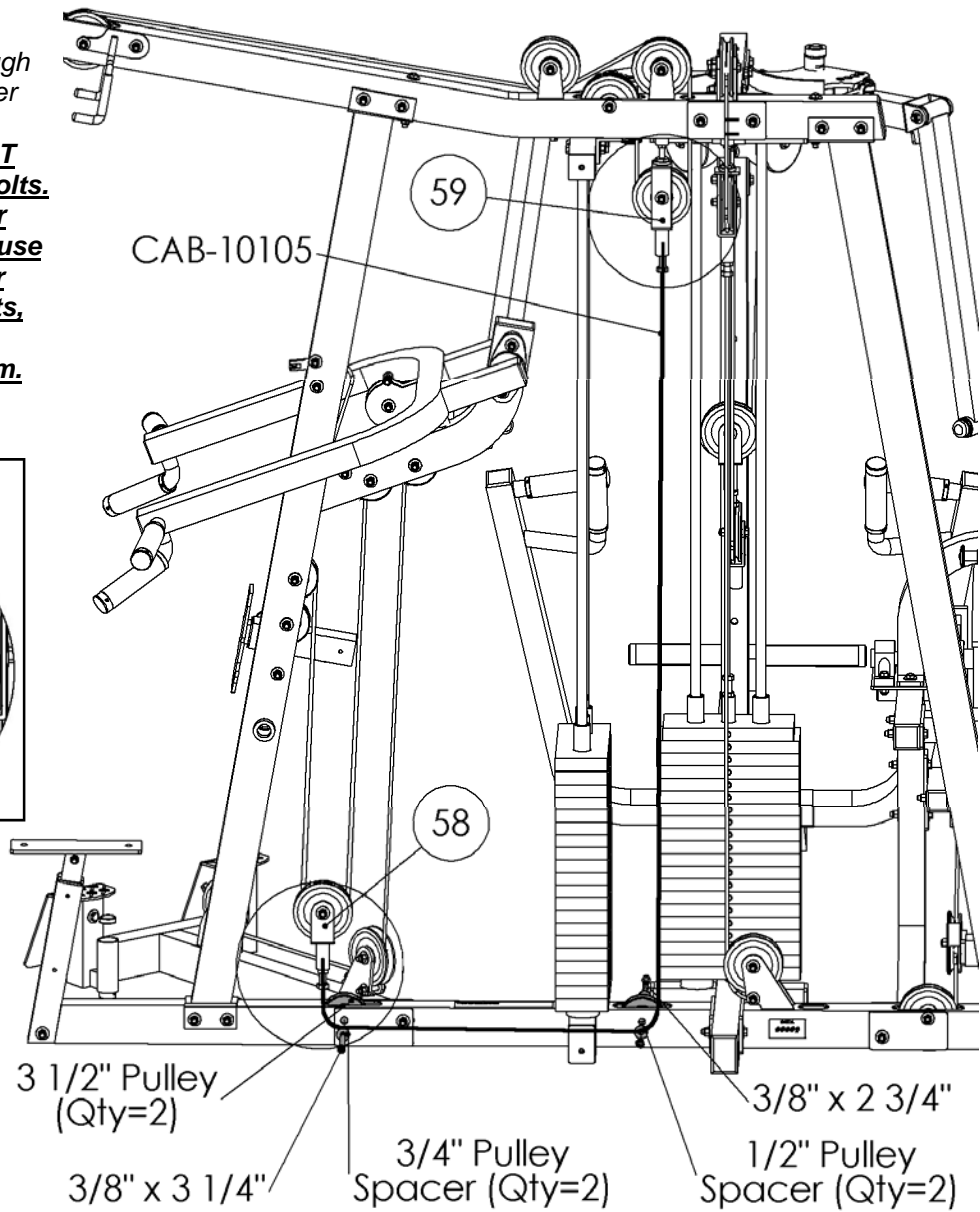
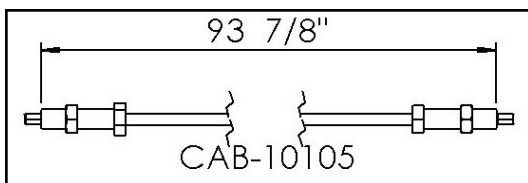


Figure 23

Item #	Part #	Description	Qty
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	2
117	BFH-50157	3/8" Nylock (Black)	2
122	BFH-50173	3 1/2" Pulley	2
132	BFH-50201	1/2" Pulley Spacer	2
133	BFH-50202	3/4" Pulley Spacer	2
164	CAB-10105	Lockout Free Floater to Free Floater Cable	1

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

## Step 24:



**Note:** Make sure the CAB-10104 Cable (163) is routed OVER the HCS 3/8"-16 x 3 1/4" bolt (101) inside the leg Ext/Curl Base (4), which was assembled in Step 14. Do NOT route this cable under this bolt. Routing this cable under 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.

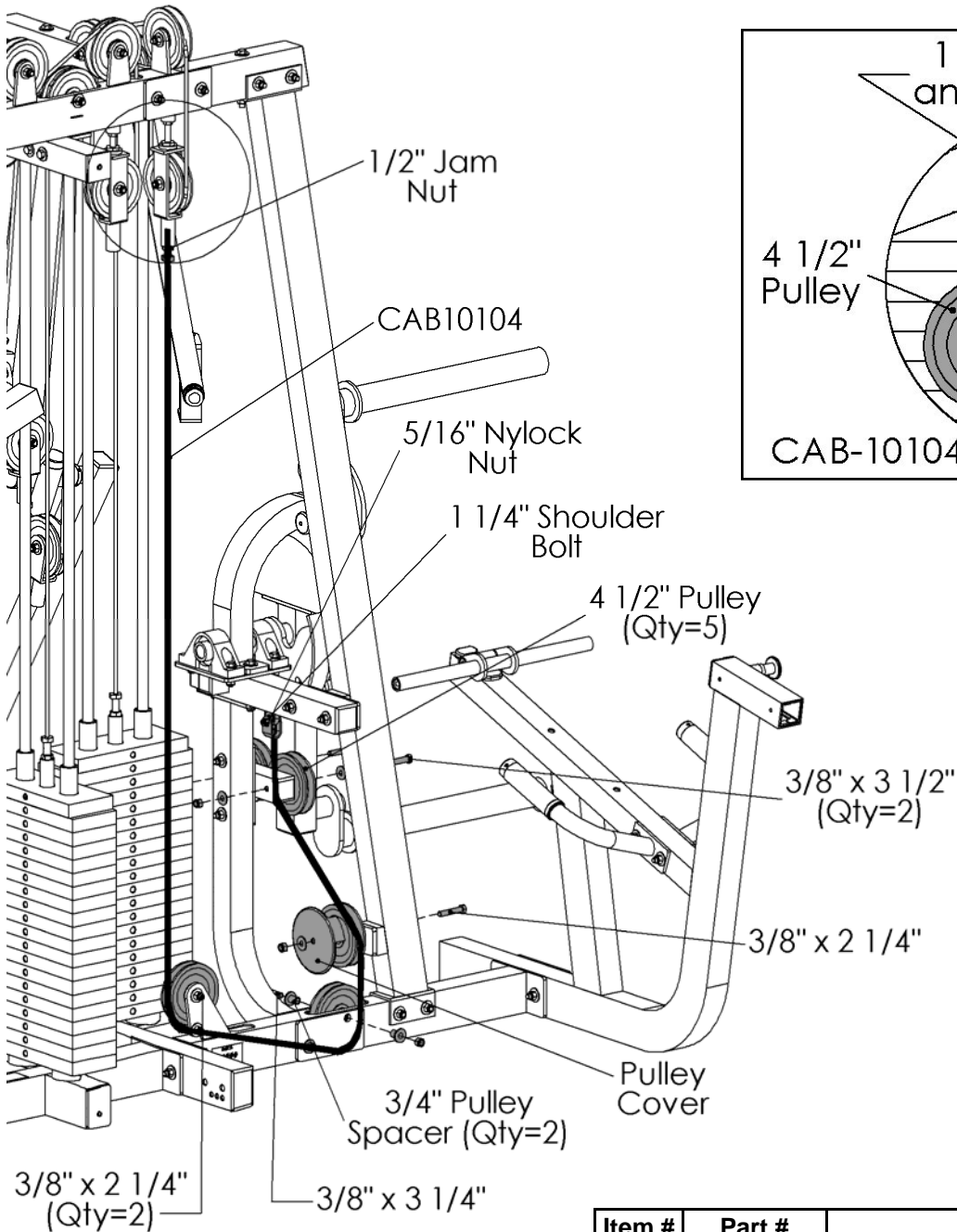


Figure 24

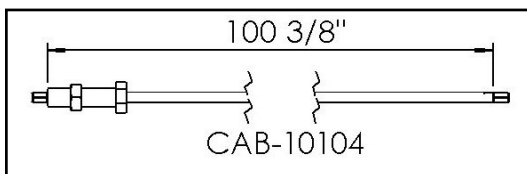


Figure 24A

Item #	Part #	Description	Qty
57	BFM-50345	Pulley Cover	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
102	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
111	BFH-50146	3/8" Flat Washer	10
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	5
123	BFH-50174	4 1/2" Pulley	5
156	BFH-50250	1 1/4" Shoulder Bolt	1
163	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
182	BFH-50267	5/16"-18 Nylock	1

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

## Step 25 (Without Leg Press Option):



**NOTE: If receiving the Leg Press Option SKIP this step and continue with Step 26**

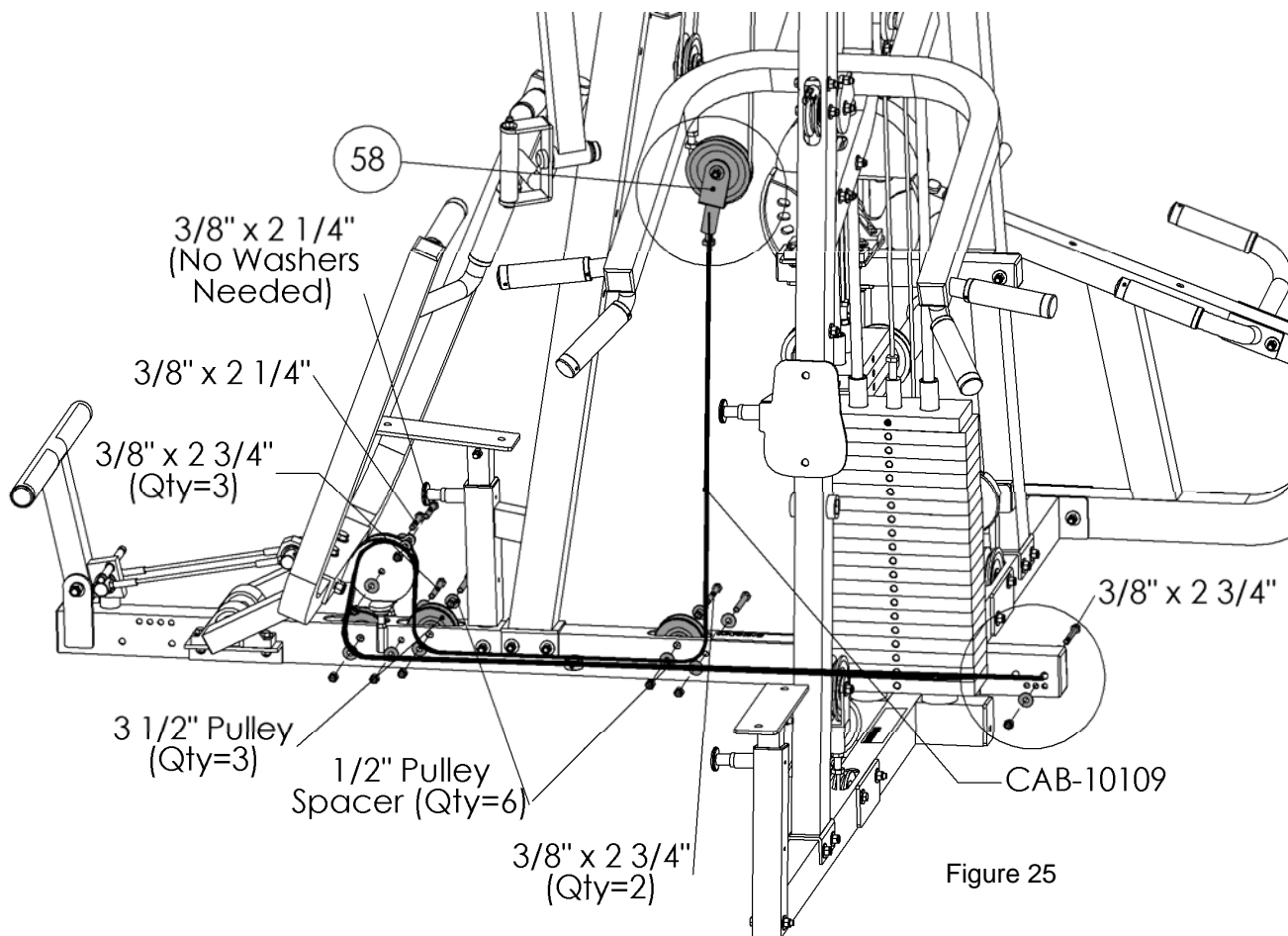
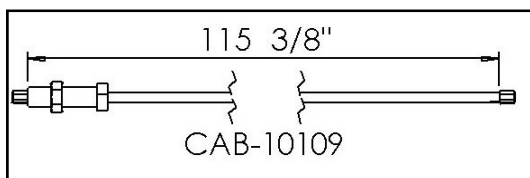


Figure 25



Note: The CAB-10109 Cable (168) will go through the tubing of the Chest Base (1) and **MUST go under all bolts. Do NOT route cable over any bolts. Routing this cable over any bolt(s) 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.**



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

Item #	Part #	Description	Qty
58	BFM-10154	Free Floater	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	6
111	BFH-50146	3/8" Flat Washer	8
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	8
122	BFH-50173	3 1/2" Pulley	3
123	BFH-50174	4 1/2" Pulley	2
132	BFH-50201	1/2" Pulley Spacer	6
168	CAB-10109	Free Floater to Chest Lockout Cable	1

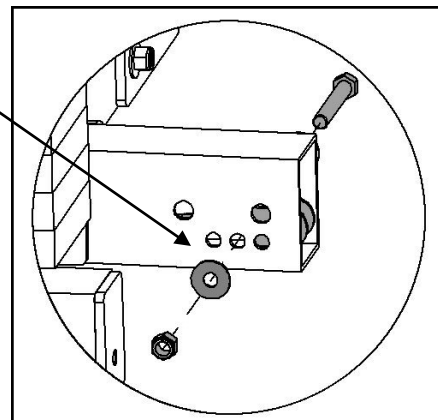


Figure 25A

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

## Step 26:

As a helpful hint, if you have purchased the Leg Press Option, you may skip to Steps 30-33 before assembling Steps 26-29.

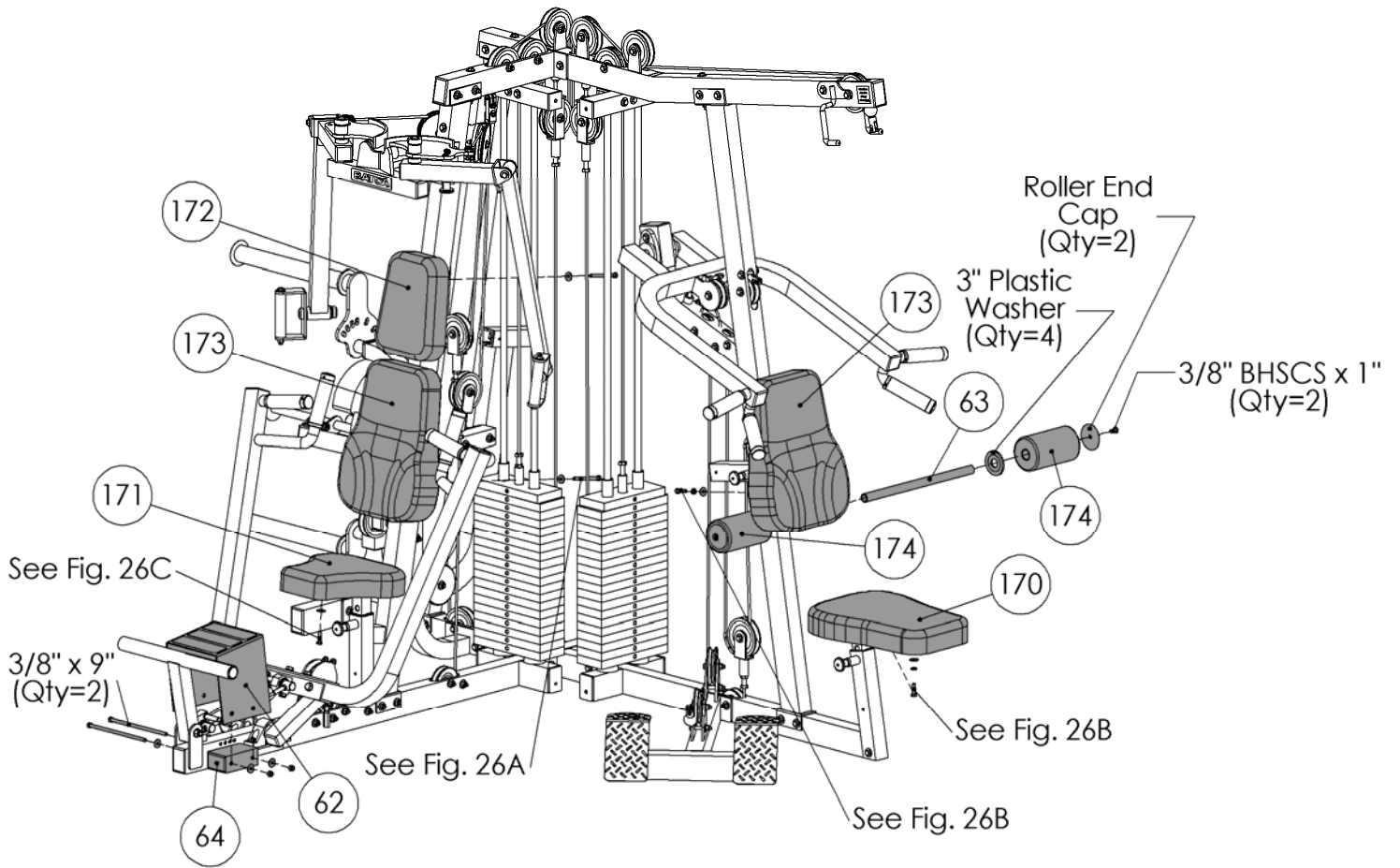


Figure 26

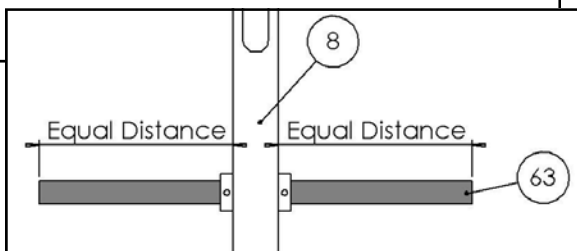
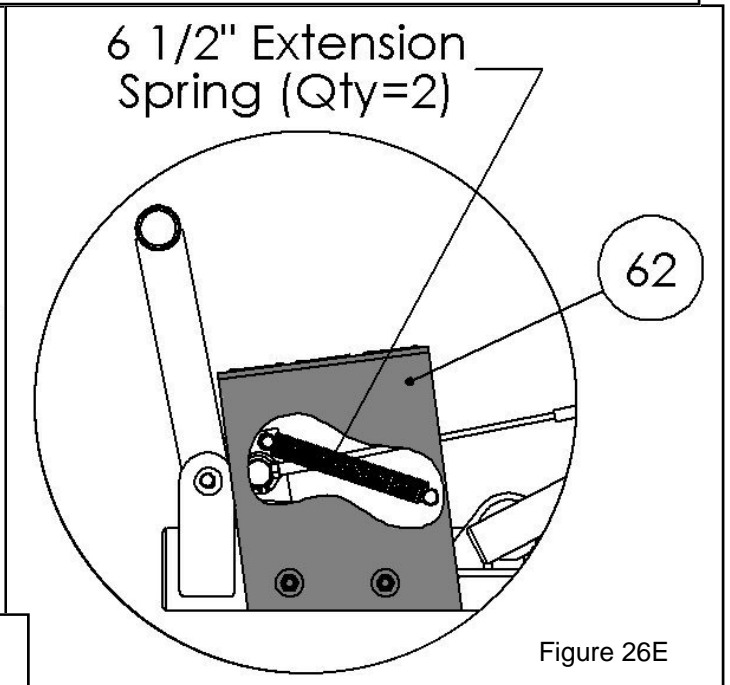
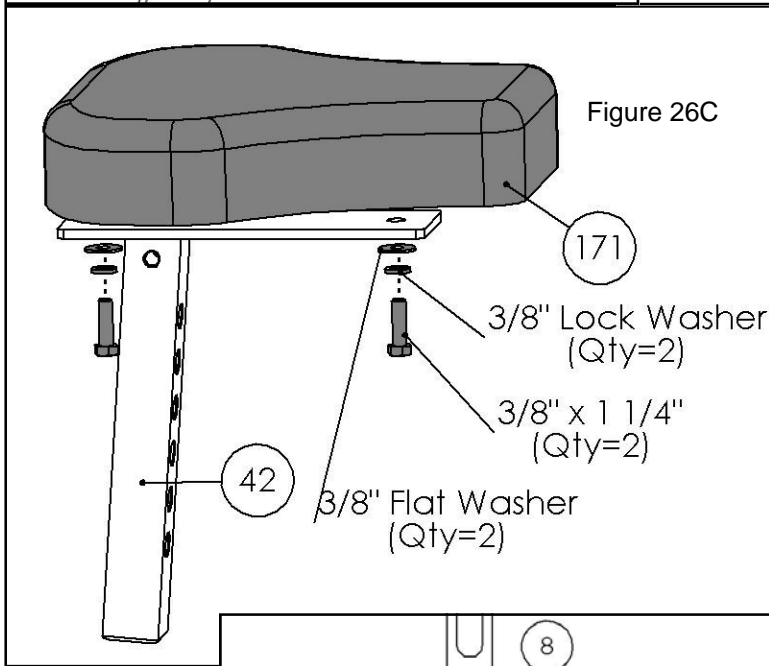
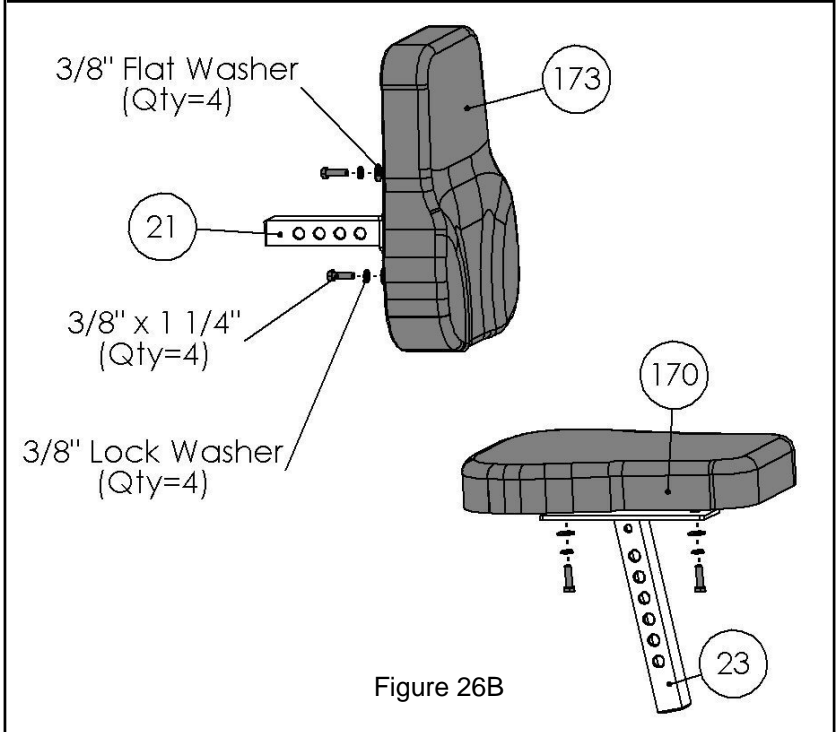
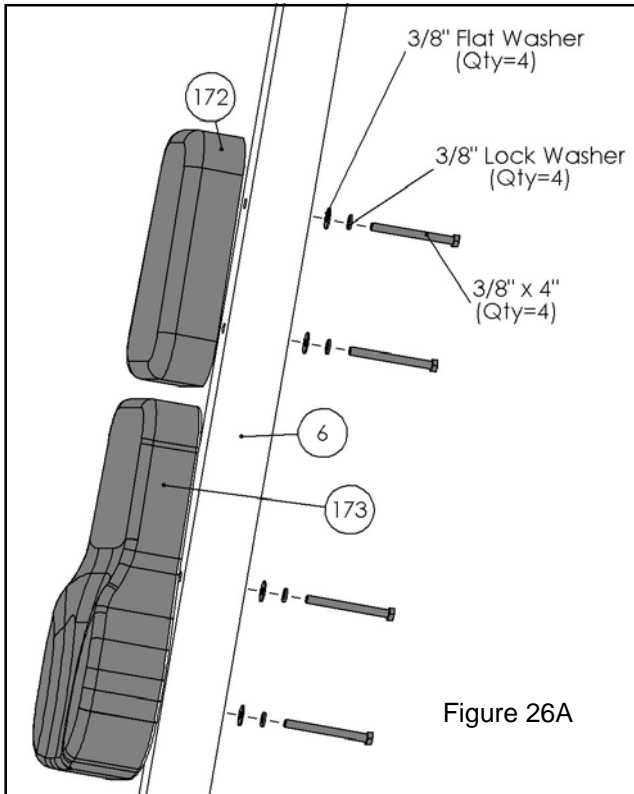
Item #	Part #	Description	Qty
62	BFM-10137	Foot Shroud	1
63	BFM-50244	Round Tube	1
64	BFM-50239	Spacer Tube	2
95	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	6
104	BFH-50129	HCS 3/8"-16 x 4" P5	4
107	BFH-50134	HCS 3/8"-16 x 9" P5	2
111	BFH-50146	3/8" Flat Washer	14
112	BFH-50147	3/8" Lock Washer	10
117	BFH-50157	3/8" Nylock (Black)	2
141	BFH-50221	3" Plastic Washer	2
145	BFH-50234	6 1/2" Extension Spring	2
158	BFH-50622	Roller End Cap	2
170	BFU-10117	Large Bottom Pad	1
171	BFU-10118	Bottom Pad	1
172	BFU-10119	Head Pad	1
173	BFU-10120	Back Pad w/ Lumbar	2
174	BFU-10121	7" Upholstery Roller	2
197	BFH-50622	3/8" BHSCS x 1"	2

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

**Step 26 continued:**



**Note:** It is very important that the Foot Shroud (62) is positioned just as Figure 26E below shows. The shorter end must be positioned towards the Foot Assist (35) and the taller end toward the Chest Press Arm (39). If improperly installed the Foot Assist Cables (169) will rub the Foot Shroud (62) during use and can cause damage and harm. Incorrect installation will void your warranty.



### Step 27:



Note position of bottom pad in Figure 27. This provides the best support for your legs during workout.

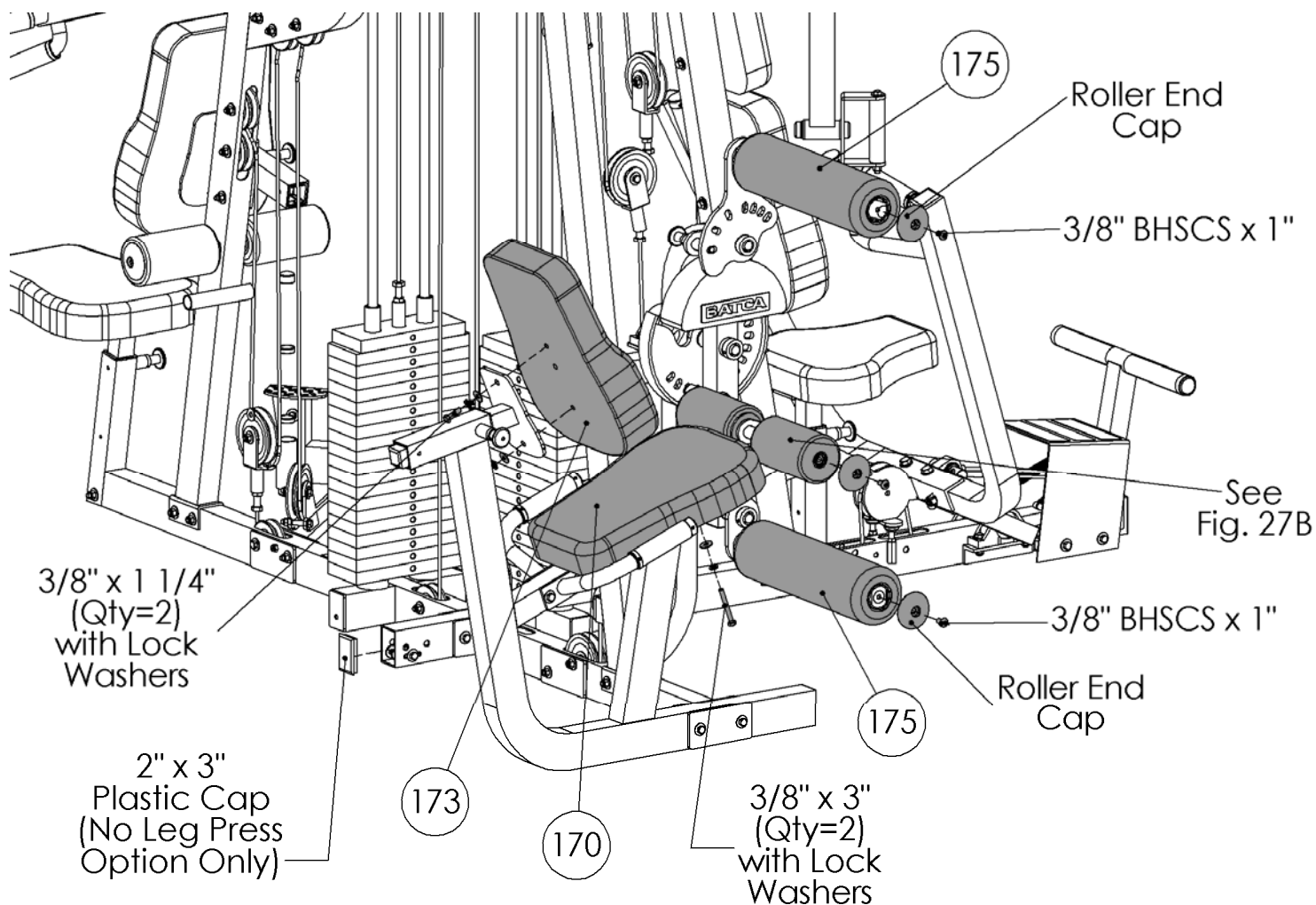
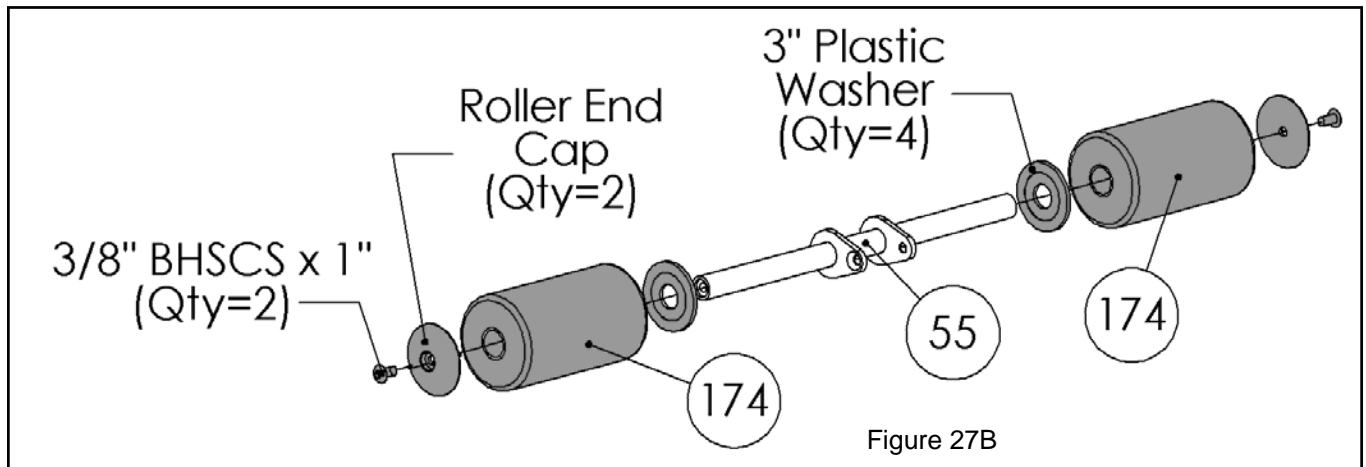


Figure 27

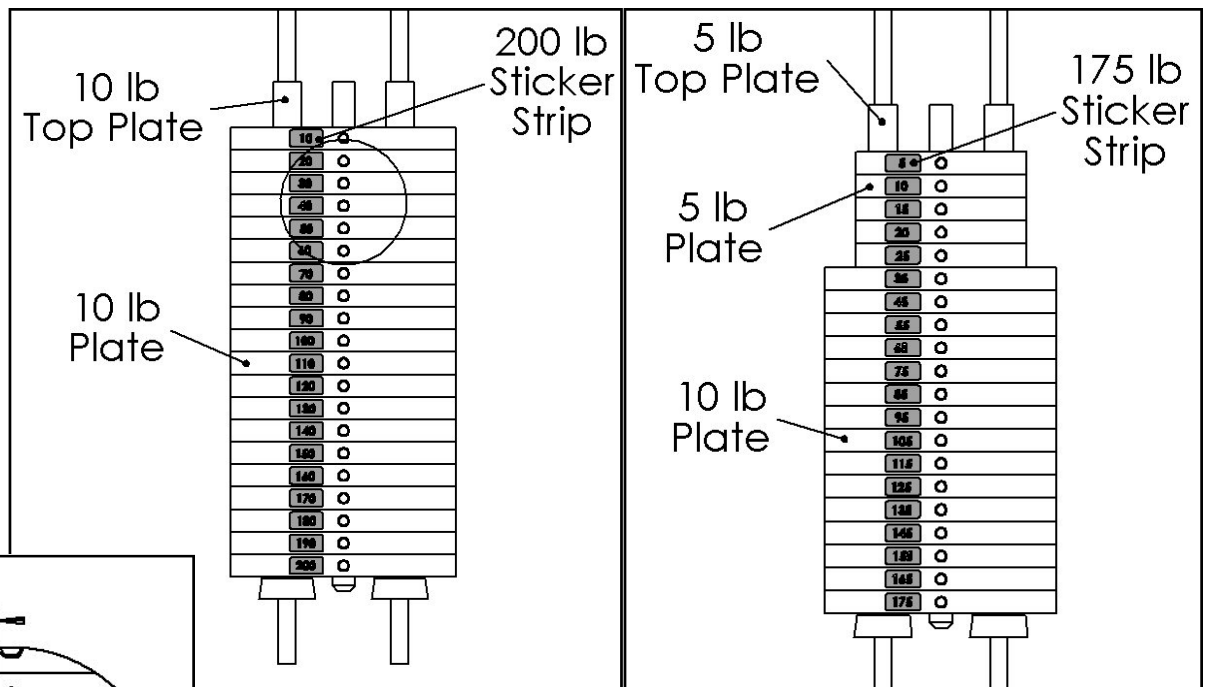
Item #	Part #	Description	Qty
95	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
100	BFH-50125	HCS 3/8"-16 x 3" P5	2
111	BFH-50146	3/8" Flat Washer	4
112	BFH-50147	3/8" Lock Washer	4
136	BFH-50212	2" x 3" Plastic Cap	1
141	BFH-50221	3" Plastic Washer	2
158	BFH-50620	Roller End Cap	4
170	BFU-10117	Large Bottom Pad	1
173	BFU-10120	Back Pad w/ Lumbar	1
174	BFU-10121	7" Upholstery Roller	2
175	BFU-10122	Large Upholstery Roller	2
197	BFH-50622	3/8" BHSCS x 1"	4

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

**Step 27 Continued:**



**Step 28:**



200lb Stack (Standard)  
Figure 28A

175lb Stack (Optional)  
Figure 28B

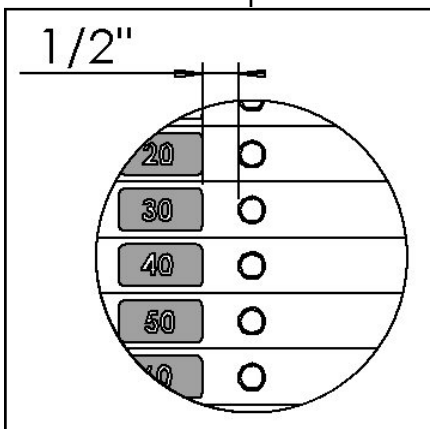


Figure 28C

Item #	Part #	Description	Qty
127	BFH-50192	200lb Weight Stack Decals	1
143	BFH-50258	175lb Weight Stack Decals (Optional)	1

**Step 29:**

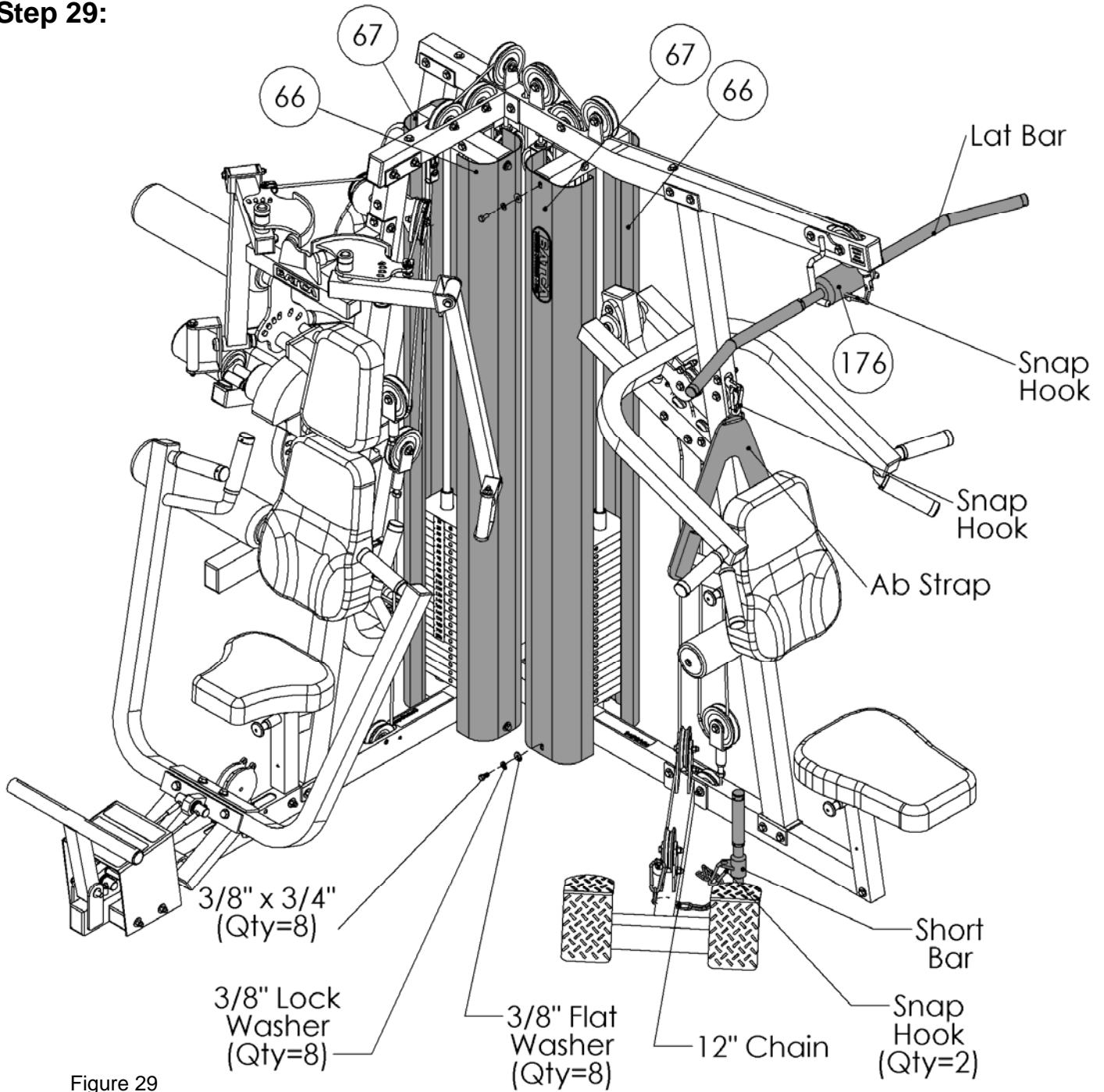


Figure 29

Item #	Part #	Description	Qty
66	BFM-50322	Weight Stack Shroud	2
67	BFM-50456	Weight Stack Shroud w/ Logo	2
81	BFC-10101	1 inch Chain	1
82	BFC-10102	12 inch Chain	1
83	BFC-50122	Ab Strap	1
84	BFC-50125	Lat Bar	1
85	BFC-50126	Short Bar	1
94	BFH-50254	HCS 3/8"-16 x 3/4" P5	8
111	BFH-50146	3/8" Flat Washer	8
112	BFH-50147	3/8" Lock Washer	8
125	BFH-50188	Snap Hook	4

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



# Leg Press Option

## Step 30:

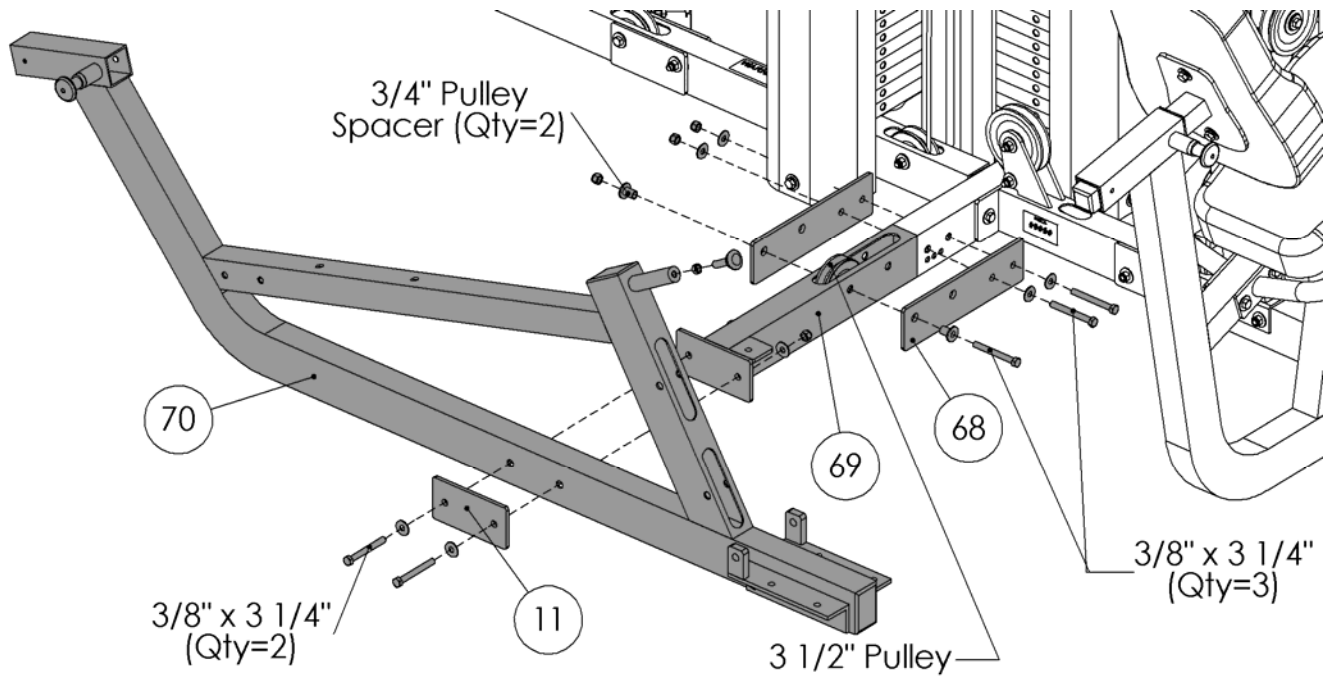


Figure 30

Item #	Part #	Description	Qty
11	BFM-50150	Plate	1
68	BFM-50171	Plate	2
69	BFM-10122	Leg Press Connector	1
70	BFM-10142	Leg Press Frame	1
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	5
111	BFH-50146	3/8" Flat Washer	8
114	BFH-50149	3/8" -16 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	5
122	BFH-50173	3 1/2" Pulley	1
133	BFH-50202	3/4" Pulley Spacer	2
159	BFH-50253	Beveled Leveler	1

**NOTE:** Be sure to remove plastic cap from the machine before attaching the Leg Press Connector (69).

## Step 31:

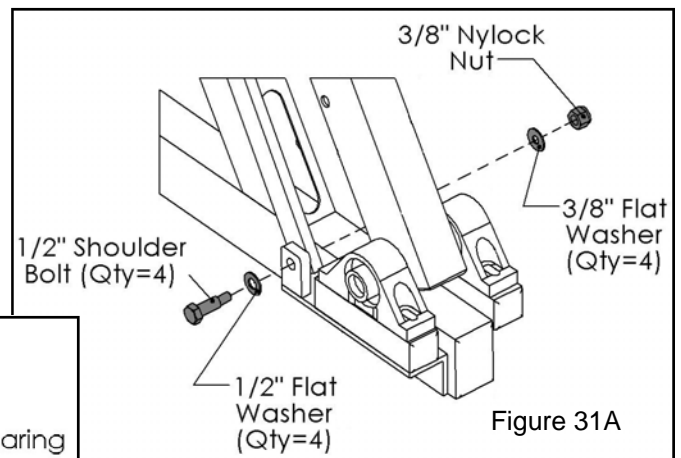


Figure 31A

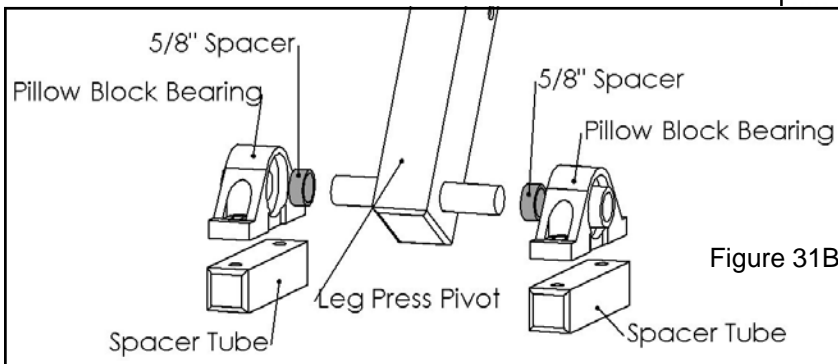


Figure 31B

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

## Step 31 Continued:



**Note: Over tightening the two HCS 3/8"-16 x 3 1/4" Bolts (101) may cause the Foot Plate Pivot (71) to bind. Do NOT over tighten these bolts**

**Note: The Chrome Pad Adjustment (73) has five adjustment holes.**

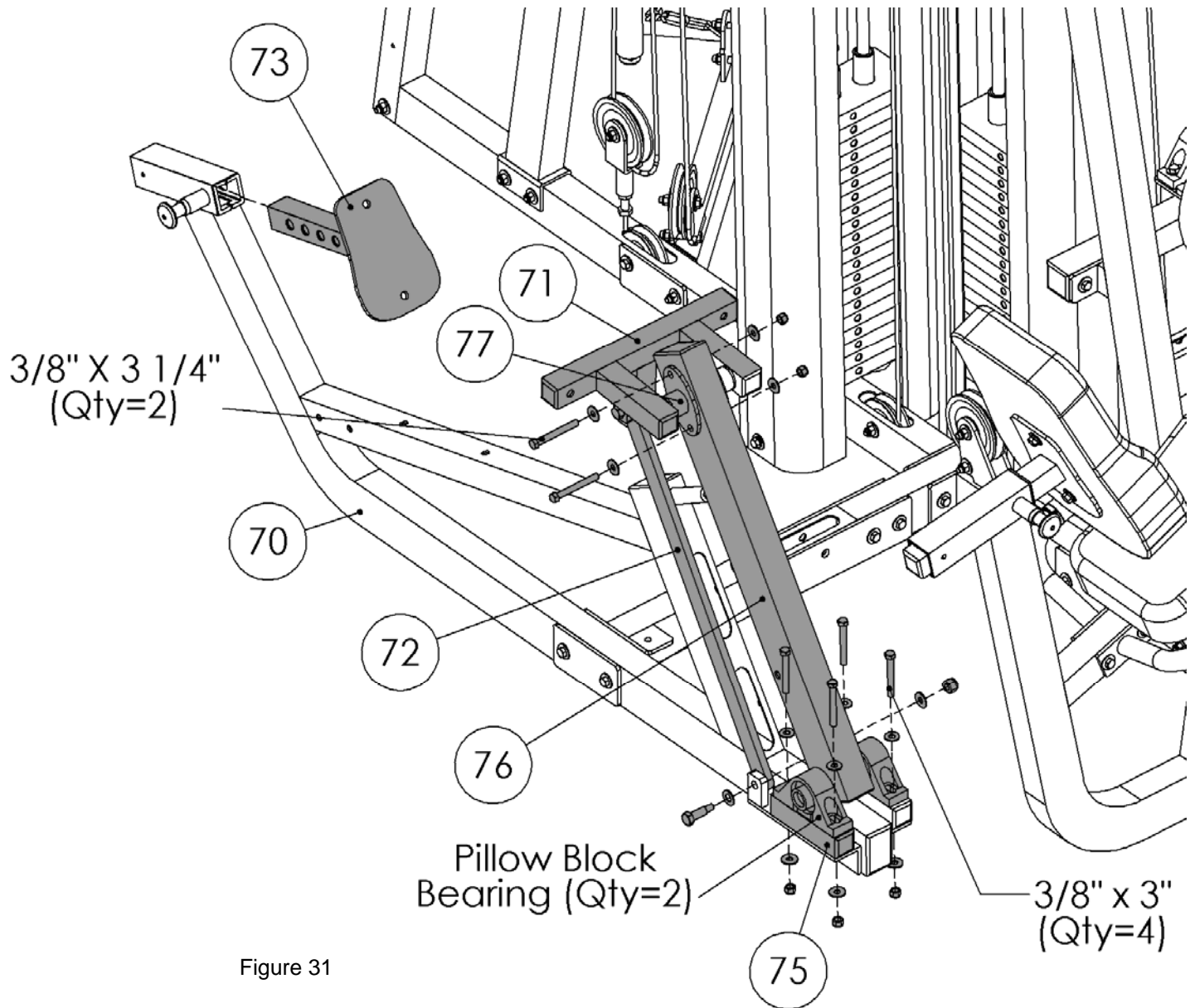


Figure 31

Item #	Part #	Description	Qty
71	BFM-10102	Foot Plate Pivot	1
72	BFM-50252	Four Bar	2
73	BFM-10106	Chrome Pad Adjustment	1
75	BFM-50139	Spacer Tube	2
76	BFM-10140	Leg Press Pivot	1
77	BFM-10152	Bushing Holder	2
100	BFH-50125	HCS 3/8"-16 x 3" P5	4
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
111	BFH-50146	3/8" Flat Washer	16
117	BFH-50157	3/8" Nylock (Black)	10
121	BFH-50172	Pillow Block Bearing	2
144	BFH-50249	1/2" Shoulder Bolt (3/8-16 x 50mm)	4
157	BFH-50251	1/2" Flat Washer	4

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

## Step 32:

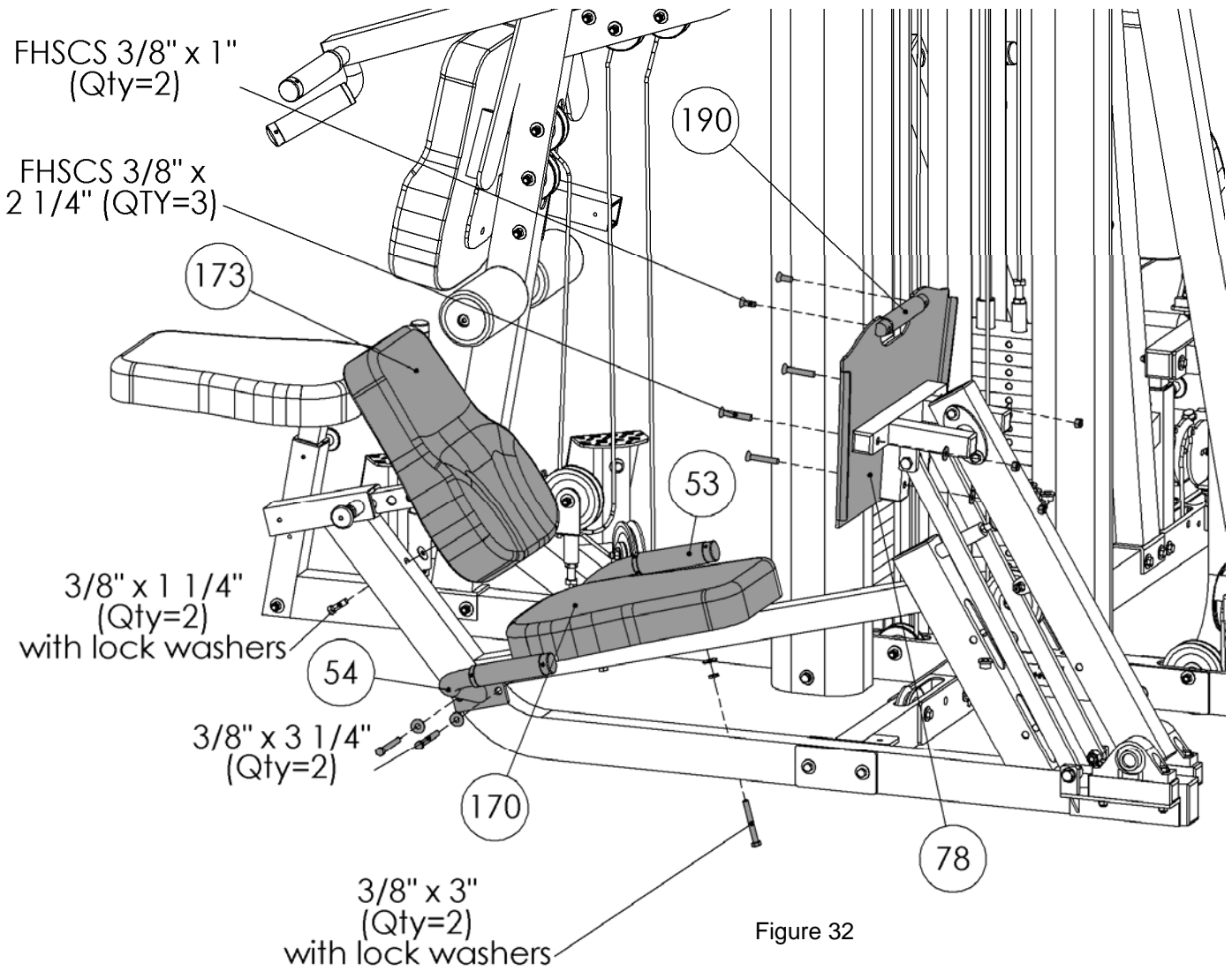


Figure 32

Item #	Part #	Description	Qty
53	BFM-10115	Left Handle	1
54	BFM-10116	Right Handle	1
78	BFL-50128	Foot Plate	1
79	BFM-50271	Handle	1
95	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
100	BFH-50125	HCS 3/8"-16 x 3" P5	2
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
109	BFH-50144	FHSCS 3/8"-16 x 1"	2
110	BFH-50145	FHSCS 3/8"-16 x 2 1/4"	3
111	BFH-50146	3/8" Flat Washer	11
112	BFH-50147	3/8" Lock Washer	4
117	BFH-50157	3/8" Nylock (Black)	5
170	BFU-10117	Large Bottom Pad	1
173	BFU-10120	Back Pad w/ Lumbar	1
190	BFH-50235	Foam Grip LP (Foam Cover Only)	1

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

### Step 33:



Note: The CAB-10103 Cable (162) will go through the tubing of the Chest Base (1) and **MUST** go under all bolts. **Do NOT** route cable over any bolts. **Routing this cable over any bolt(s) 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.**

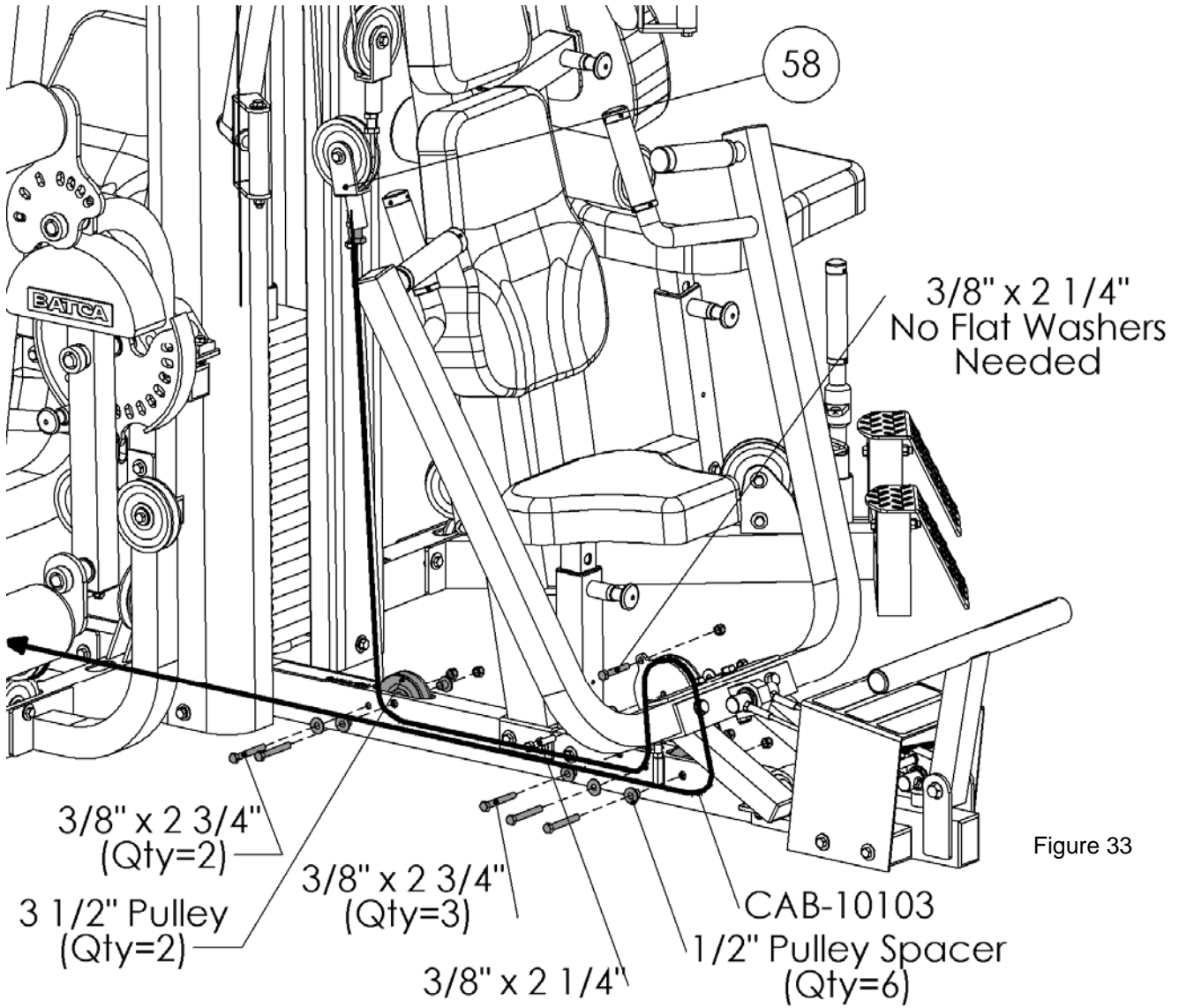


Figure 33

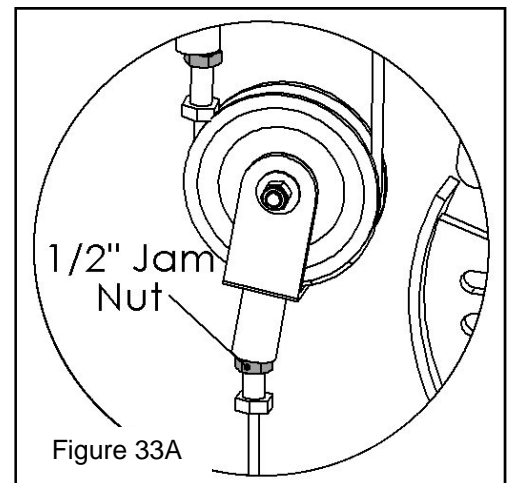
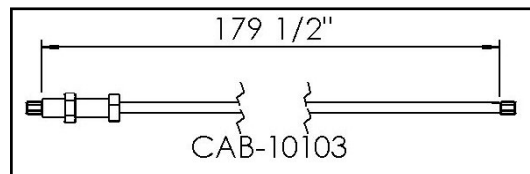


Figure 33A

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

## Step 33 continued:

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nut (114) after adjustments.

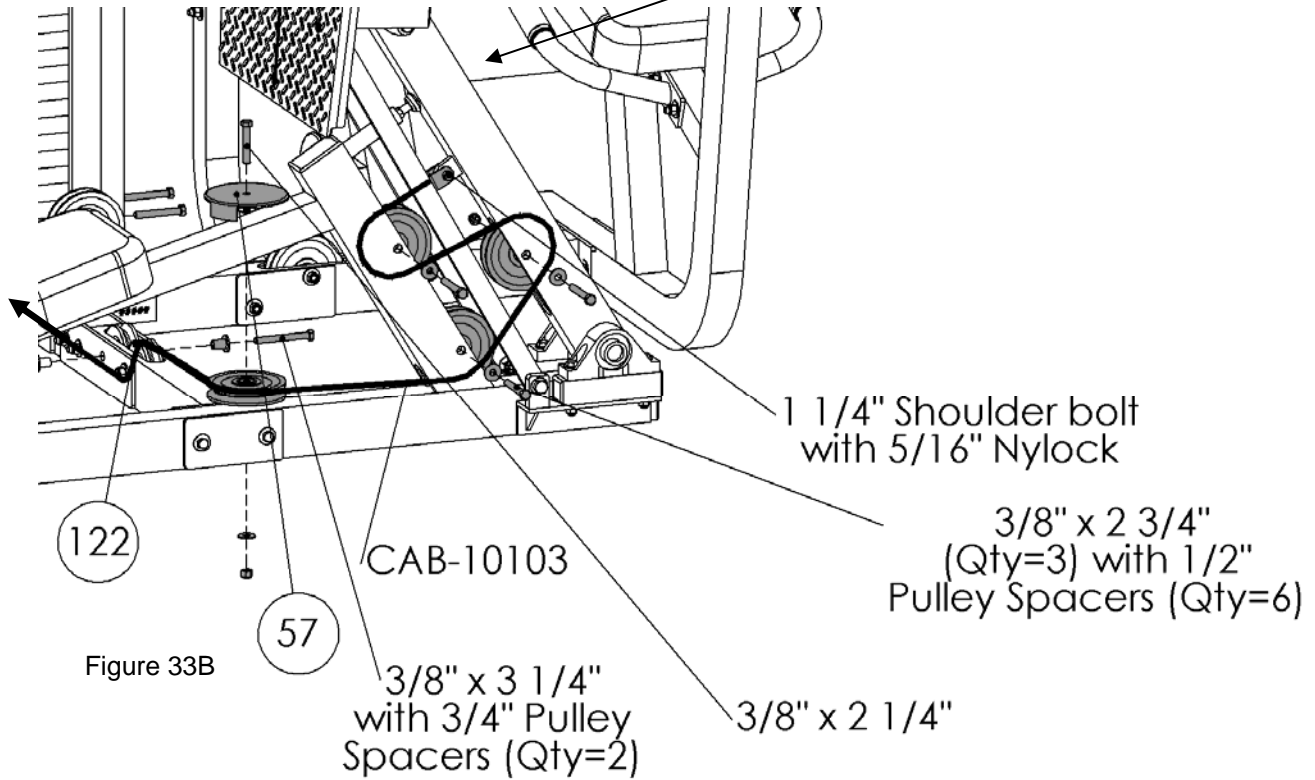


Figure 33B

zz	Part #	Description	Qty
57	BFM-50345	Pulley Cover	1
98	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
99	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	8
101	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	1
111	BFH-50146	3/8" Flat Washer	8
115	BFH-50256	1/2" -13 Jam Nut (Zinc)	1
117	BFH-50157	3/8" Nylock (Black)	12
122	BFH-50173	3 1/2" Pulley	4
123	BFH-50174	4 1/2" Pulley	6
132	BFH-50201	1/2" Pulley Spacer	12
133	BFH-50202	3/4" Pulley Spacer	2
156	BFH-50250	1 1/4" Shoulder Bolt	1
162	CAB-10103	Leg Press to Free Floater Cable	1
182	BFH-50267	5/16"-18 Nylock	1

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

# Cable Adjustments

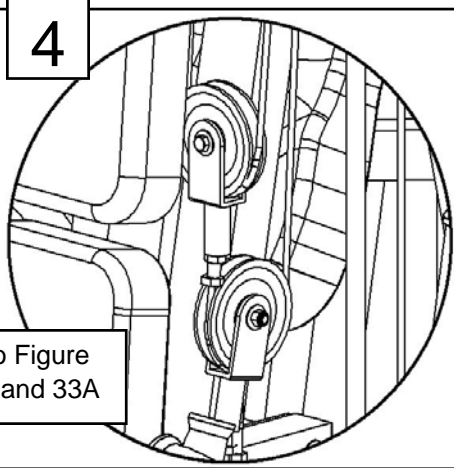
- **Adjust** cables to proper tension from any of the locations shown below.
- **How to Begin:** In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-8 as shown below. The numbers for this sequence can be found in the upper left corner of each of the detailed 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 (115) be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.



**Note:** All levelers (Beveled (159) or Flat (147)) should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut (114) be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.

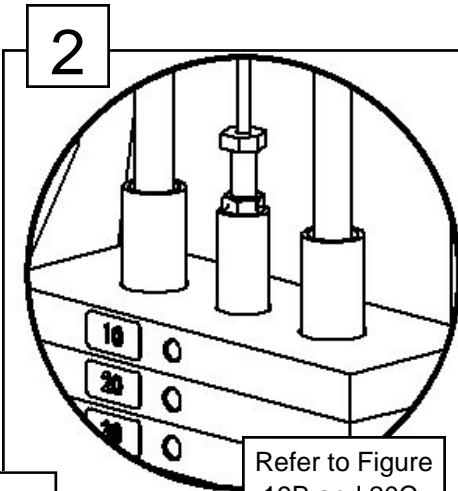


Refer to Figure 21A, 24 and 33A

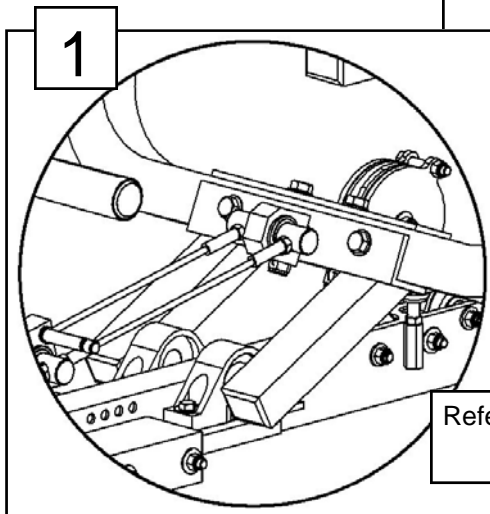
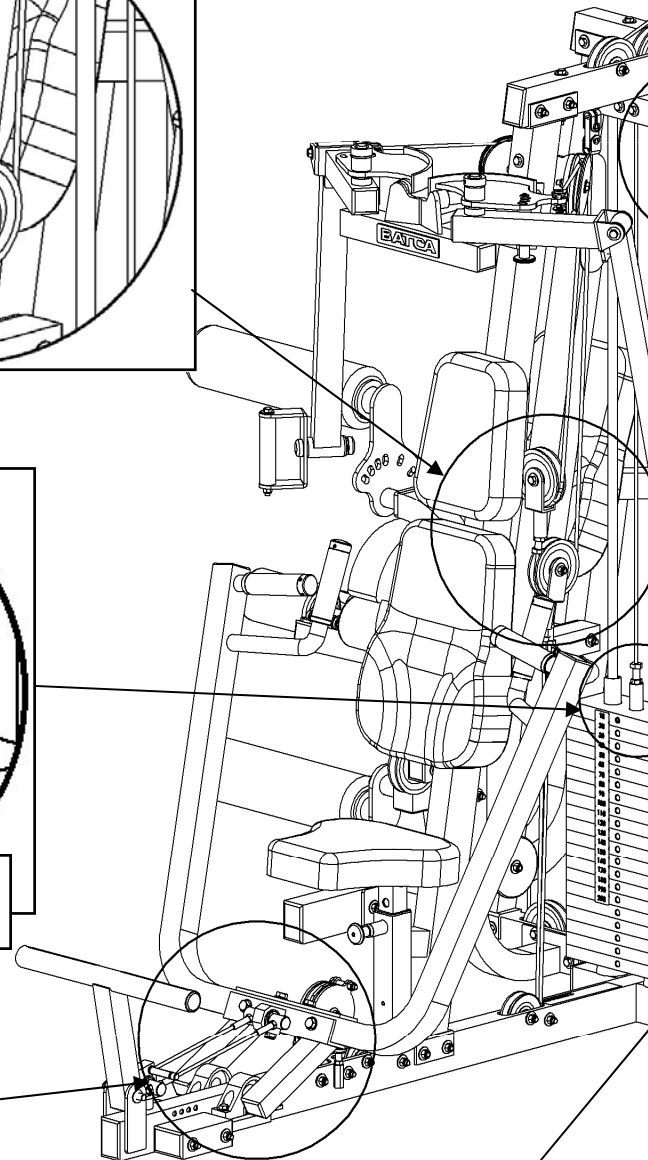
- **Note:** Adjustment 1 is strictly for adjusting the two Foot Assist Cables (169) and should not be used for adjusting any other cables.

- **Note:** Adjustment 8 is only used on units that did not receive a Leg Press Option.

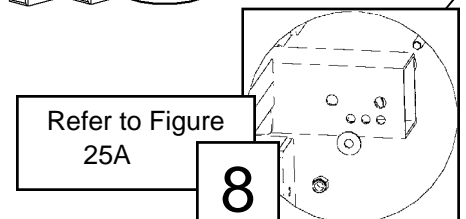
- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.



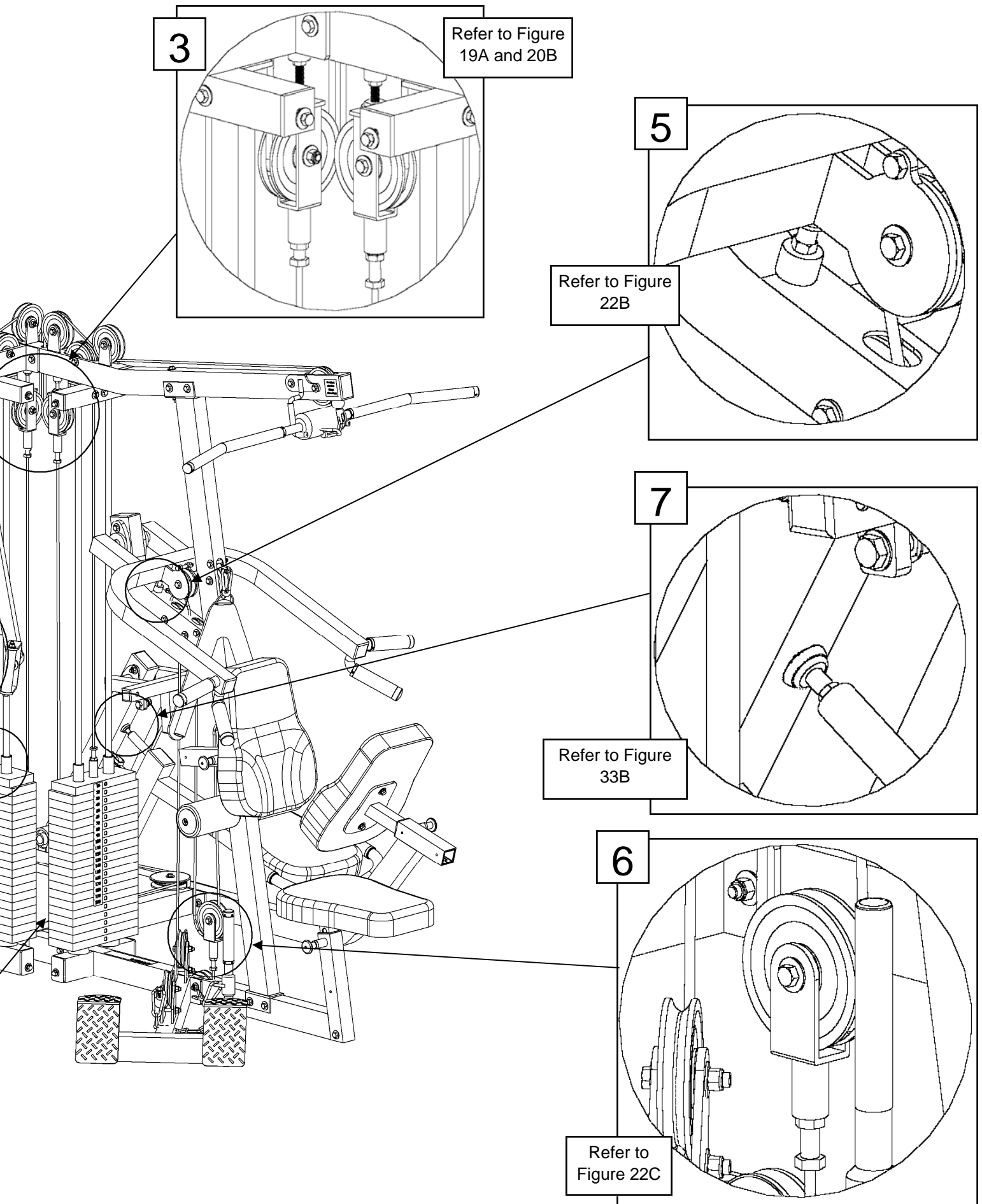
Refer to Figure 19B and 20C.



Refer to Figure 12A



Refer to Figure 25A

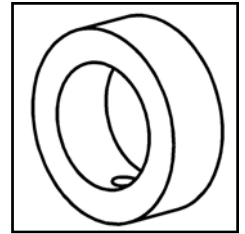


# Final Assembly and Troubleshooting

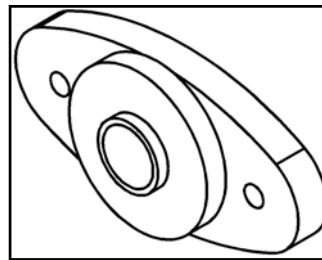
## **IMPORTANT - Check These Components Before Using Gym:**

- **Wrench Tighten** the set screws on all Threaded Collars (140), using an allen wrench, so that the set screws tighten against the threaded shaft. Refer to Steps 8, 15, 16, and 26.

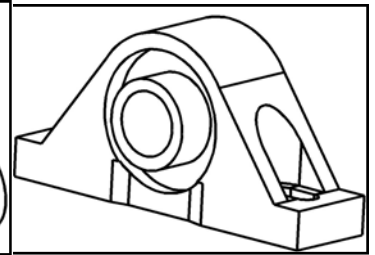
Threaded Collar  
BFH-50220



- **Wrench Tighten** the two set screws on all Bearings (Pillow Block Bearings and Side Mounted Flange Bearings) with an Allen Wrench. Refer to Steps 6, 12, 15, and 31.



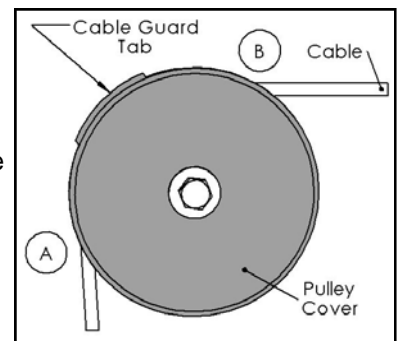
Side Mounted Flange  
Bearing BFH-50171



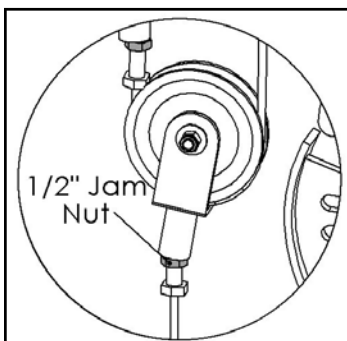
Pillow Block Bearing  
BFH-50172

- **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 18, 24, and 33.

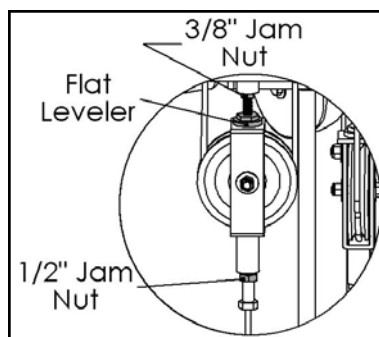
Pulley Cover  
BFM-50345



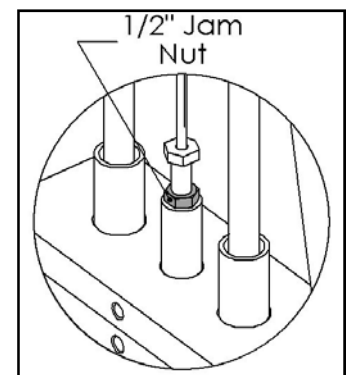
- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection. Refer to Steps 19, 20, 21, 23, 24, and 33. See Figures below.



Free Floater (58)



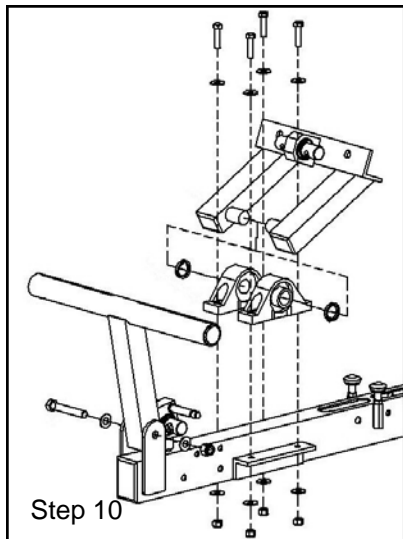
Free Floater w/ Lockout (59)



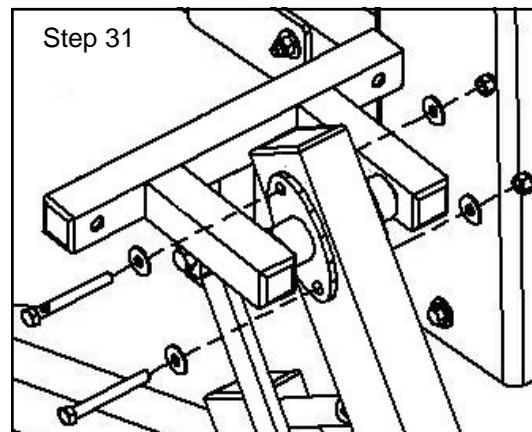
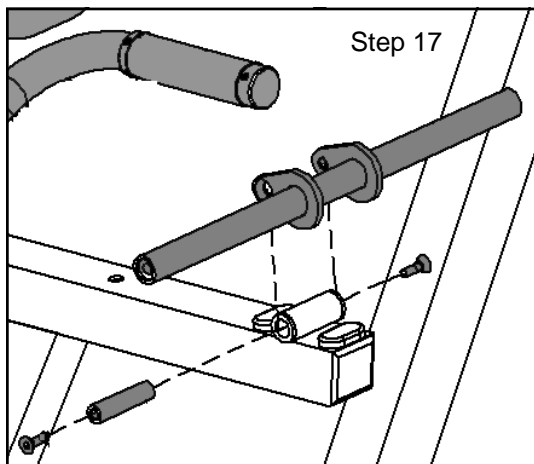
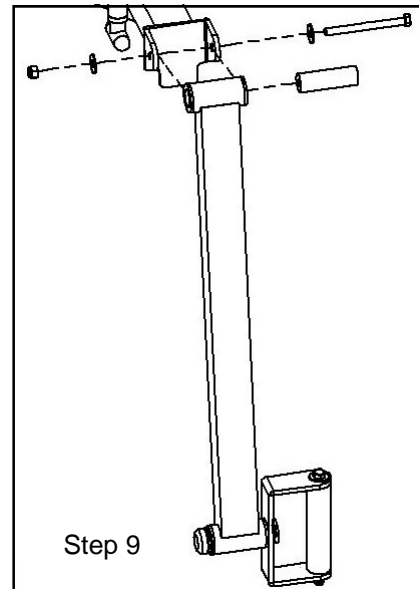
Top Plate (16)



# Final Assembly and Troubleshooting

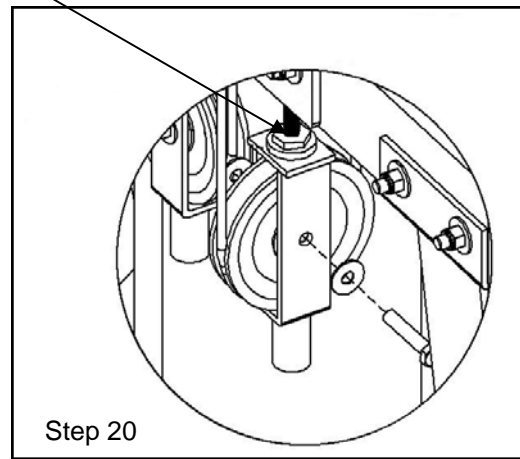
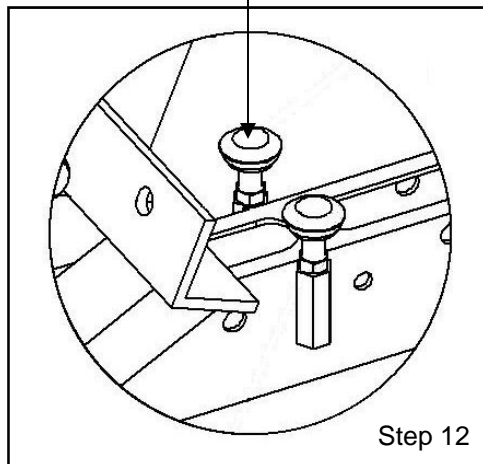
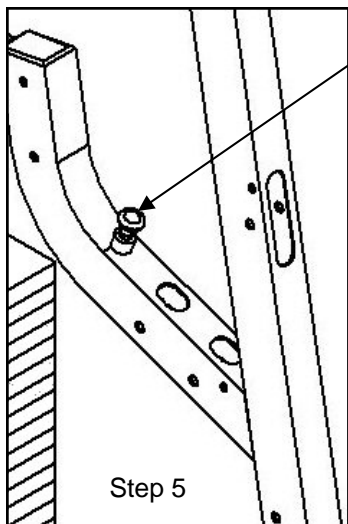


Do NOT over tighten any of the bolts in these steps. Over tightening may cause the parts to bind, causing damage and impeding your exercise.



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
<b>Clean</b>										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads	X			X						
Guide Rods			X			X				
Chrome Slides			X			X				
Frame			X			X				
<b>Inspect</b>										
Overall	X	X								
Safety Decals	X	X								
Cables	X	X								
Cable Tension			X			X				
Pulleys	X	X								
Hardware	X	X								
Stops	X	X								
Upholstery	X	X								
Hand Grips			X			X				
Frame			X			X				
Bushings	X			X						
Bearings	X			X						
<b>Lubricate</b>										
Guide Rods			X			X				
Bearings							As Needed			1
<b>Replace</b>										
Cables									1	3

# Limited Lifetime Warranty

## **What is covered**

For Residential Use:

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

For Commercial Use:

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

## **What is not covered**

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

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

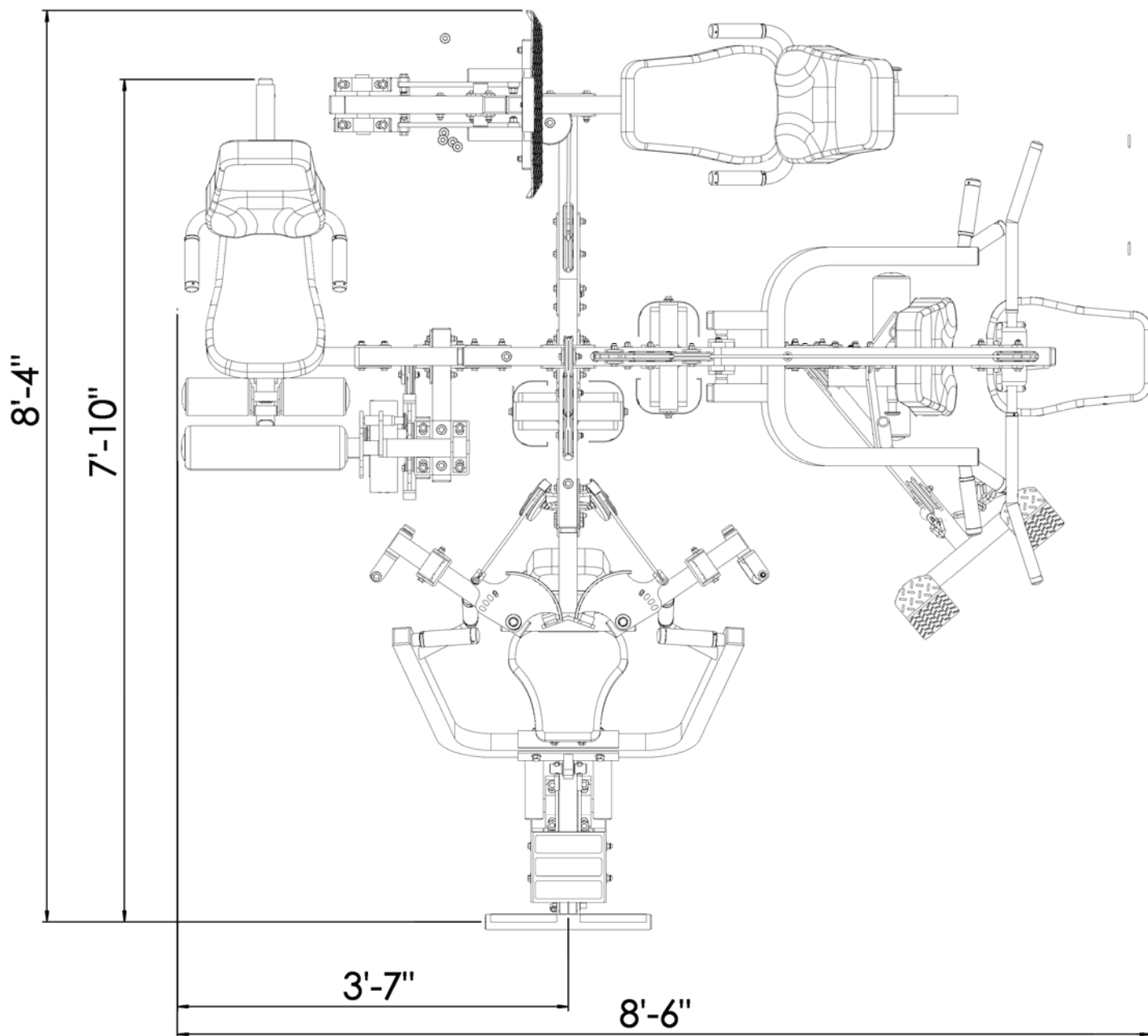
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

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

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

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

Please keep this for your records.



## Layout Diagram

The X2 without Leg Press has a layout dimension of 7'-10" (length) x 8'-6" (width) x 6'-11" (height). With the Leg Press the X2 measures 8'-5" (length) x 8'-6" (width) x 6'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.