



# OMEGA4

COMMERCIAL MULTI-STATION



Serial Number Here

Date of Purchase



# Instructions

Congratulations on the purchase of your new Batca Omega 4 four stack multi-gym. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

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

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

## Warning

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

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

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

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

## Table of Contents

|                            | Page  |                                    | Page  |
|----------------------------|-------|------------------------------------|-------|
| Instructions               | 2     | Final Assembly and Troubleshooting | 39    |
| Parts Listing              | 3-7   | Cable Tension and Adjustments      | 40-41 |
| Main Assembly              | 5-24  | Maintenance                        | 42    |
| Cable Routing              | 25-30 | Warranty                           | 43    |
| Upholstery                 | 31-33 | Floor Plan Layout                  | 44    |
| Omega 4 Leg Press Assembly | 34-38 |                                    |       |

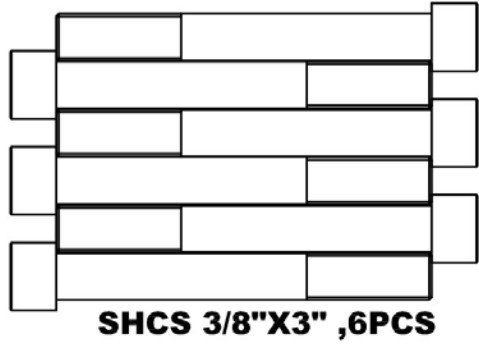
# Tools Required

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

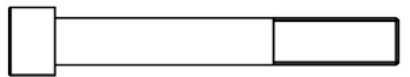
## Hardware Blister Pack

### Omega 4 (6-1)

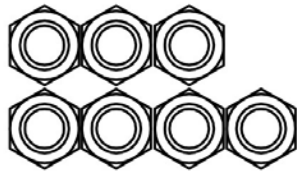
#### STEP 1:



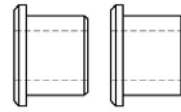
SHCS 3/8"X3" ,6PCS



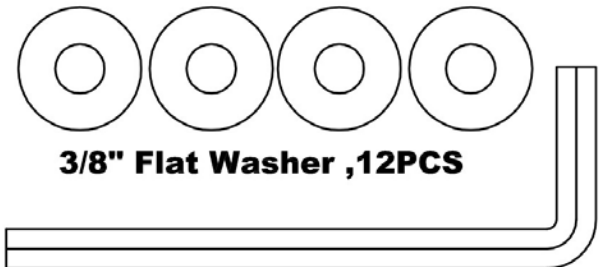
SHCS 3/8"X2 3/4" ,1PCS



3/8" Nylock ,7PCS



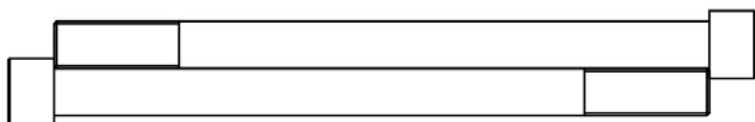
1/2" Pulley Spacer  
BFP-51746 ,2PCS



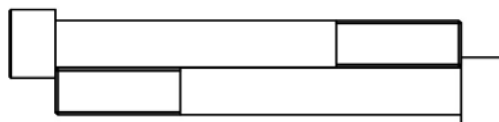
3/8" Flat Washer ,12PCS

Allen Wrench M8

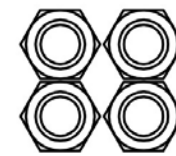
#### STEP 2:



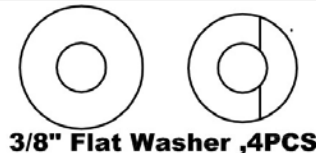
SHCS 3/8"X5 1/4" ,2PCS



SHCS 3/8"X3 1/4" ,2PCS

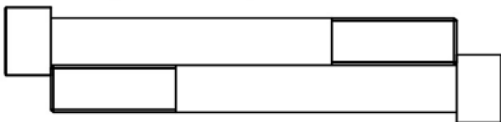


3/8" Nylock ,4PCS

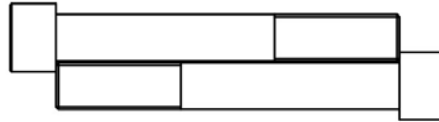


3/8" Flat Washer ,4PCS  
3/8" Curved Washer,4PC  
ø22xø10x2.0t

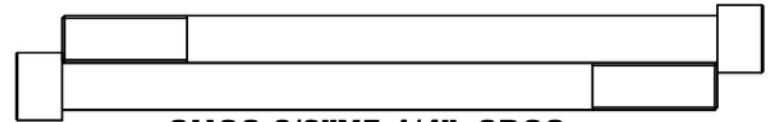
#### STEP 3:



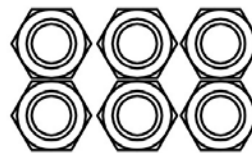
SHCS 3/8"X3 1/4" ,2PCS



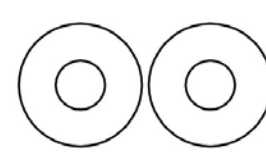
SHCS 3/8"X2 3/4" ,2PCS



SHCS 3/8"X5 1/4" ,2PCS



3/8" Nylock ,6PCS

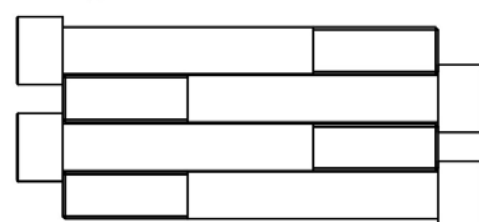


3/8" Washer ,8PCS

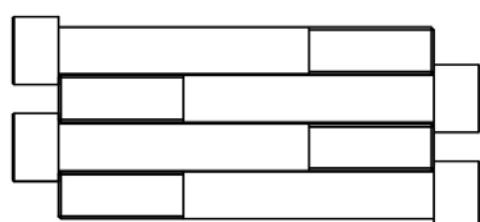


3/8" Curved  
Washer ,4PCS  
ø22xø10x2.0t

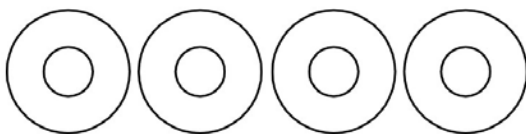
#### STEP 4:



SHCS 3/8"X3" ,8PCS



SHCS 3/8"X3" ,8PCS

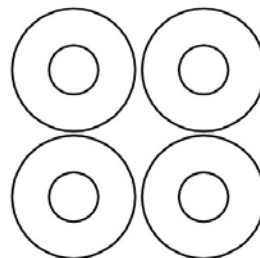


3/8" Flat Washer ,16PCS

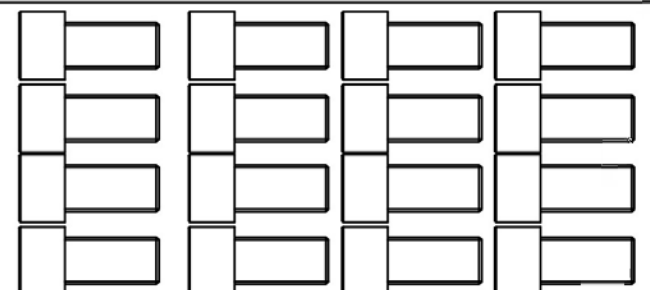


3/8" Nylock ,8PCS

#### STEP 7:



3/8" Flat Washer  
,16PCS

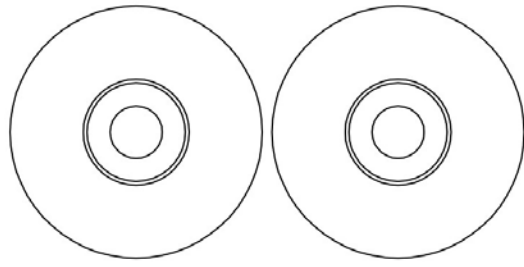


SHCS 3/8"X3/4" ,16PCS

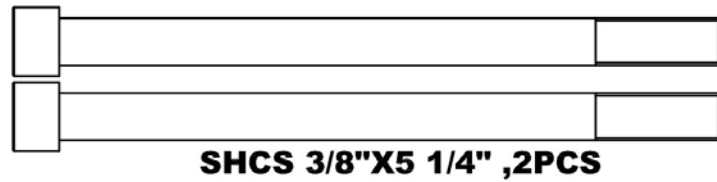
# Hardware Blister Pack

## Omega 4 (6-2)

### STEP 8:



**BFP-51696 ,2PCS**



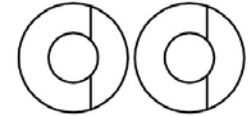
**SHCS 3/8"X5 1/4" ,2PCS**



**BFP-51776 Axle ,1PCS**



**3/8" ,2PCS  
Nylock**

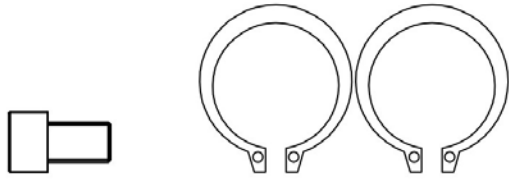


**3/8" Curved Washer  
φ22xφ10x2.0t ,4PCS**



**BHSCS 3/8"X1" ,2PCS  
M6**

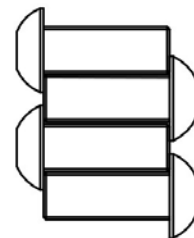
### STEP 9:



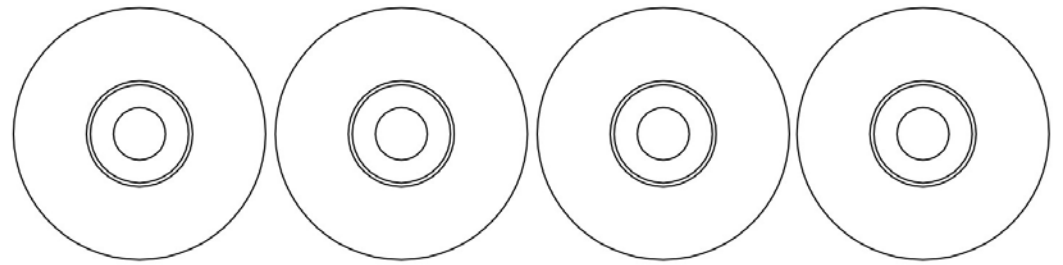
**SHCS ,1PCS  
5/16"X1/2"**

**1" Snap Ring  
BFH-50165,2PCS**

### STEP 10:



**BHSCS ,4PCS  
3/8"X1"**

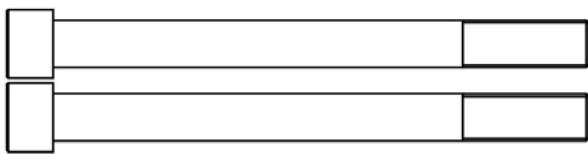


**BFP-51696 ,4PCS**

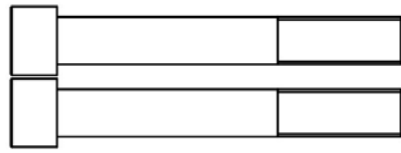
**BFP-51699 ,1PCS**



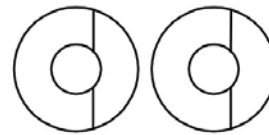
### STEP 11:



**SHCS 3/8"X4 1/4" ,2PCS**



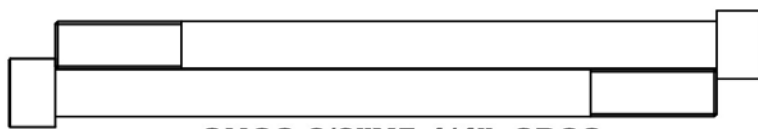
**SHCS 3/8"X2 3/4" ,2PCS**



**3/8" Curved Washer  
φ25xφ10x2.0t ,4PCS**



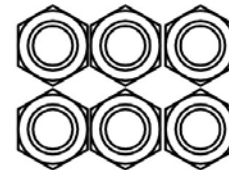
**BFP-51736 ,2PCS**



**SHCS 3/8"X5 1/4" ,2PCS**



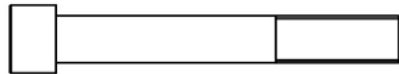
**3/8" Washer ,8PCS**



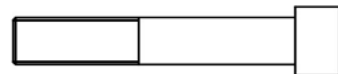
**3/8" Nylock ,6PCS**

## Omega 4 (6-3)

### STEP 12:



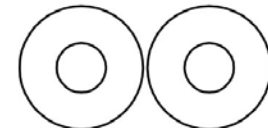
**SHCS 3/8"X2 3/4" ,1PCS**



**SHCS 3/8"X2 1/4" ,1PCS**

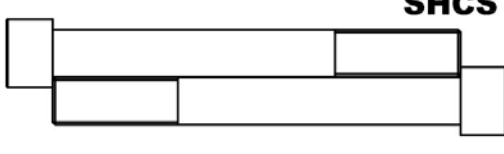


**3/8" Nylock ,2PCS**

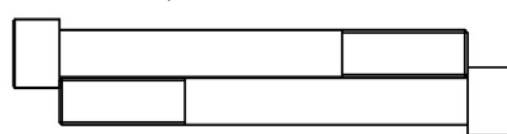


**3/8" Flat Washer ,2PCS**

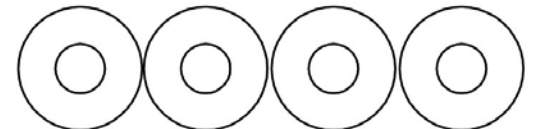
### STEP 13:



**SHCS 3/8"X3 1/4" ,4PCS**

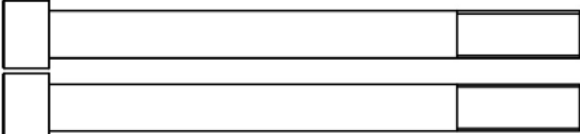


**3/8" Nylock ,4PCS**

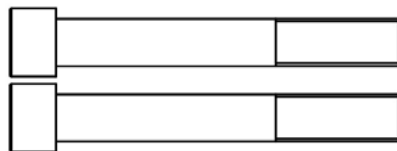


**3/8" Flat Washer ,8PCS**

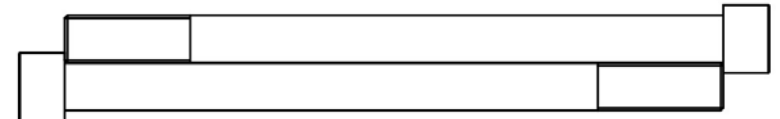
### STEP 14:



**SHCS 3/8"X4 1/4" ,2PCS**



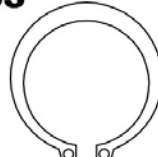
**SHCS 3/8"X2 3/4" ,2PCS**



**SHCS 3/8"X5 1/4" ,2PCS**



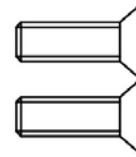
**3/8" Curved Washer  
φ25xφ10x2.0t ,8PCS**



**1" Snap Ring  
BFH-50165,1PCS**



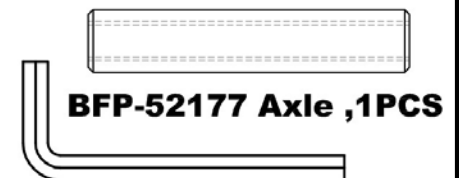
**3/8" Washer ,4PCS**



**FHSCS ,2PCS  
5/16"X1"**



**3/8" Nylock ,6PCS**

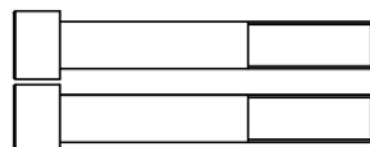
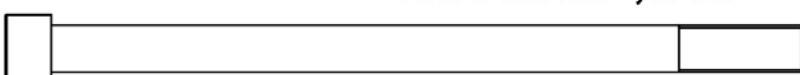


**BFP-52177 Axle ,1PCS**

**Allen Wrench M5**

### STEP 15:

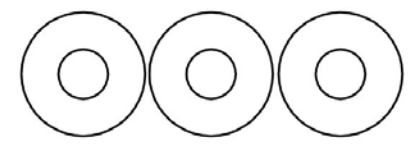
**SHCS 3/8"X6" ,1PCS**



**SHCS 3/8"X2 1/2" ,2PCS**



**Red Pivot Point Cap  
BFP-51885,1PCS**



**3/8" Washer ,5PCS**

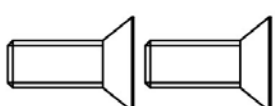


**BHSCS 3/8"X1" ,1PCS**

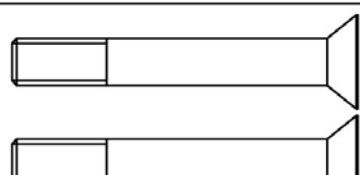


**SHCS 5/16"X1/2" ,2PCS**

### STEP 16:



**FHSCS 3/8"X1" ,2PCS**



**FHSCS 3/8"X2 3/4" ,2PCS**



**BFP-51909  
Axle ,1PCS**



**3/8" Washer ,2PCS**

**3/8" Nylock ,2PCS**

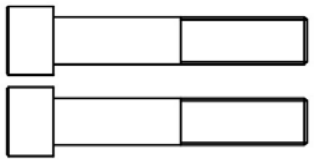




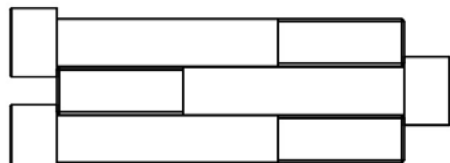
# Hardware Blister Pack

## Omega 4 (6-4)

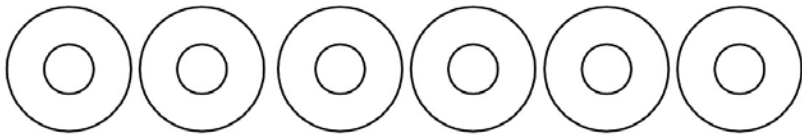
### STEP 17:



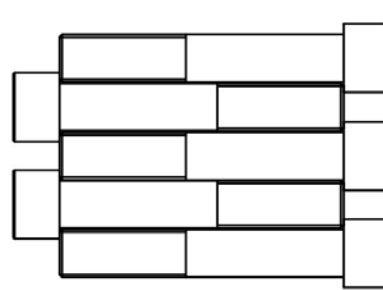
SHCS 3/8"X2" ,2PCS



SHCS 3/8"X2 3/4" ,3PCS



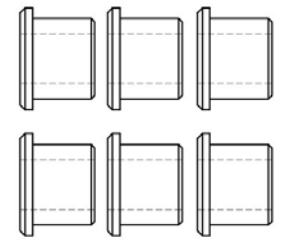
3/8" Flat Washer ,12PCS



SHCS 3/8"X2 1/4" ,5PCS

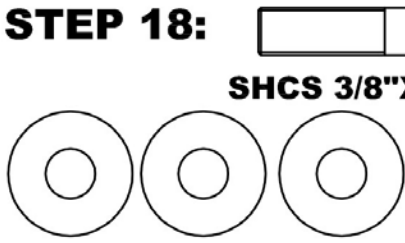


3/8" Nylock ,10PCS

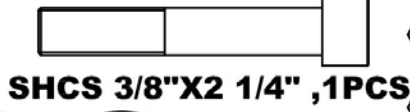


1/2" Pulley Spacer  
BFP-51746 ,6PCS

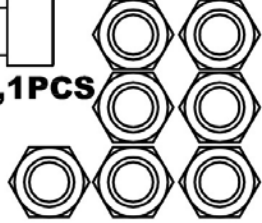
### STEP 18:



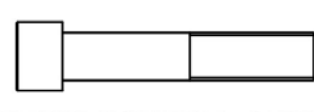
3/8" Flat Washer ,10PCS



SHCS 3/8"X2 1/4" ,1PCS



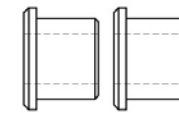
3/8" Nylock ,7PCS



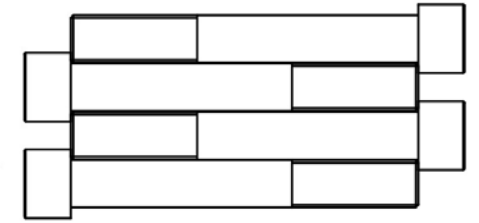
SHCS 3/8"X2" ,1PCS



SHCS 3/8"X2 1/2" ,1PCS



1/2" Pulley Spacer  
BFP-51746 ,2PCS

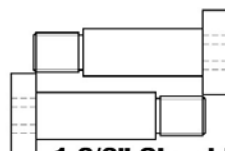


SHCS 3/8"X2 3/4" ,4PCS

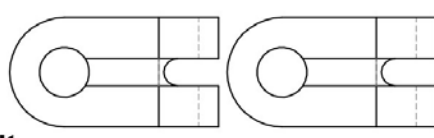
### STEP 19:



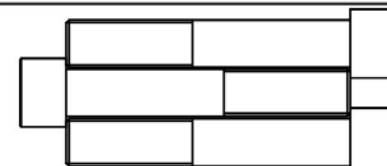
5/16" ,2PCS  
Nylock



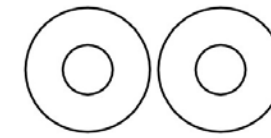
1 3/8" Shoulder Bolt  
BFH-50351,2PCS



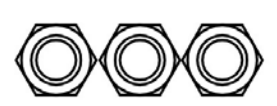
BFH-50227 ,2PCS



SHCS 3/8"X2 1/4" ,3PCS

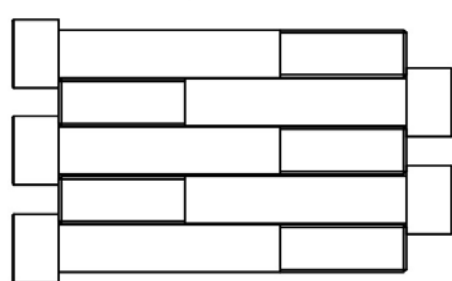


3/8" Washer ,6PCS

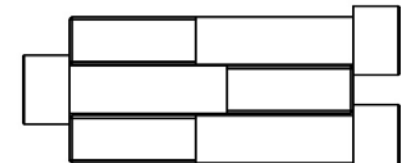


3/8" ,3PCS  
Nylock

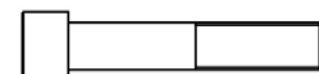
### STEP 20:



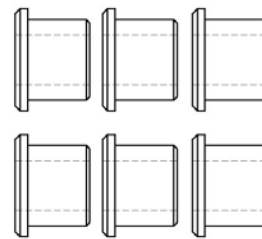
SHCS 3/8"X2 3/4" ,5PCS



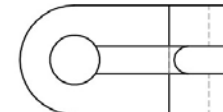
SHCS 3/8"X2 1/4" ,3PCS



SHCS 3/8"X2" ,1PCS

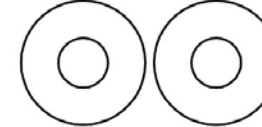


1/2" Pulley Spacer  
BFP-51746 ,6PCS

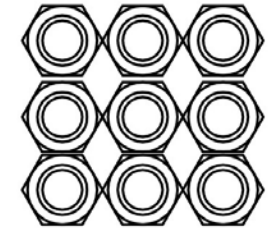


BFH-50227 ,1PCS

3/8" Washer ,10PCS

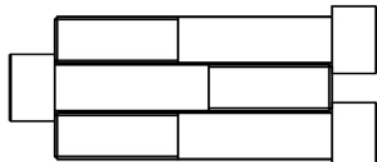


3/8" Nylock ,9PCS



## Omega 4 (6-5)

### STEP 21:



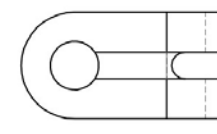
SHCS 3/8"X2 1/4" ,3PCS



3/8" Nylock ,3PCS



3/8" Washer ,6PCS

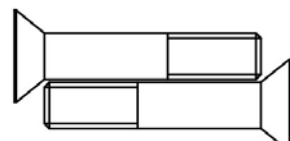


BFH-50227 ,1PCS

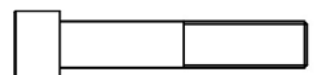
### STEP 22:



SHCS 3/8"X2 1/4" ,2PCS



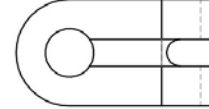
FHSCS 3/8"X2" ,2PCS



SHCS 3/8"X2" ,1PCS

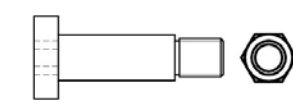


3/8" Washer ,6PCS

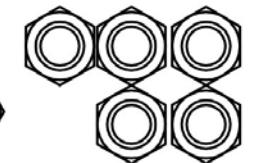


BFH-50227 ,1PCS

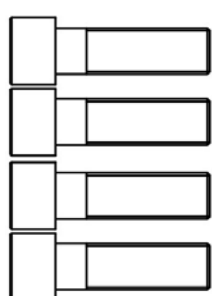
1 3/8" Shoulder Bolt  
BFH-50351,1PCS  
5/16" Nylock,1PCS



3/8" Nylock ,5PCS



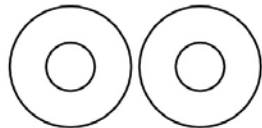
### STEP 23:



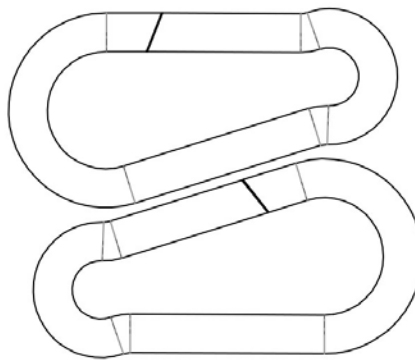
SHCS 3/8"X1 1/4" ,4PCS



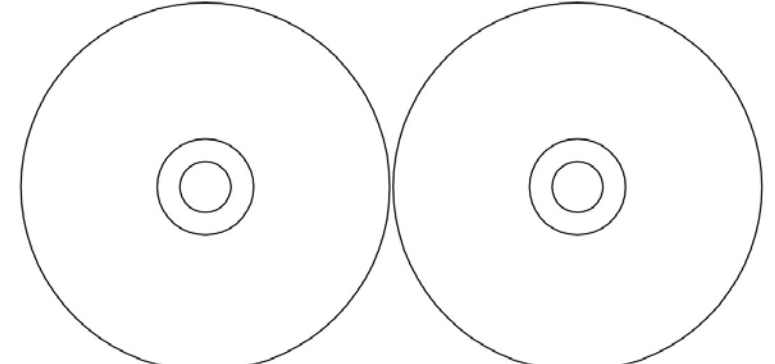
BHSCS 3/8"X3/4" ,2PCS



3/8" Flat Washer ,4PCS



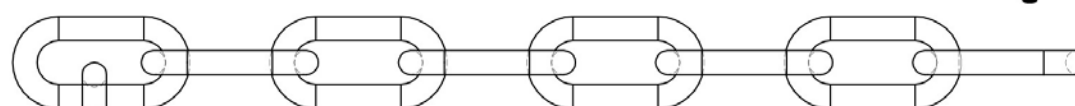
BFH-50188  
Snap Hook ,2PCS



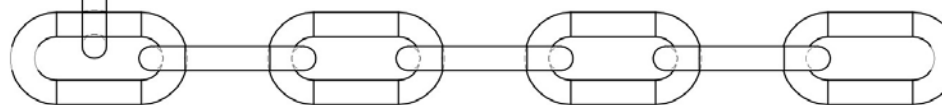
BFH-50622 ,2PCS  
Large Aluminum End Cap



3/8" Lock Washer ,4PCS



16 Link Chain ,1PCS

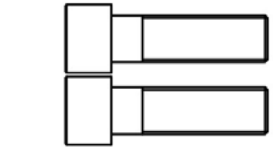


2xBFC-50128  
2 Link Chain ,1PCS

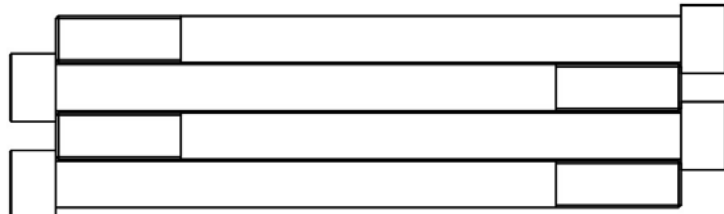
# Hardware Blister Pack

## Omega 4 (6-6)

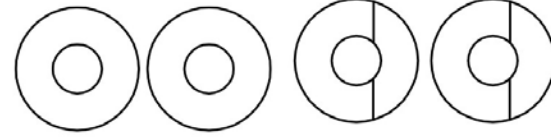
### STEP 24:



SHCS 3/8"X1 1/4" ,2PCS



SHCS 3/8"X5" ,4PCS



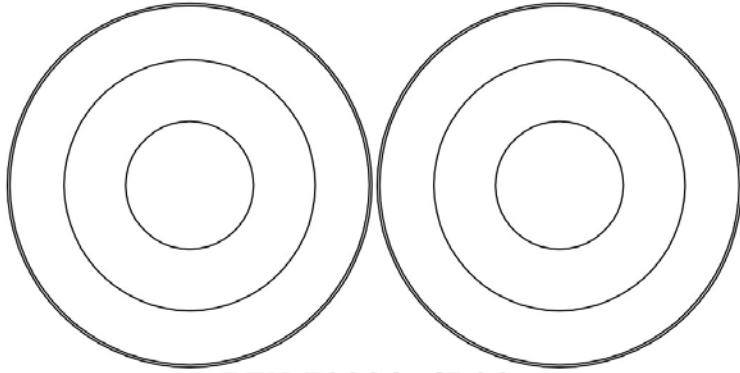
3/8" Washer ,2PCS

3/8" Curved Washer  
φ25xφ10x2.0t,4PCS

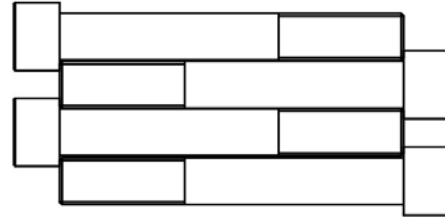


3/8" ,6PCS  
Lock Washer

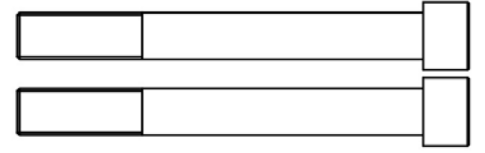
### STEP 25:



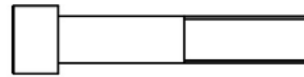
BFH-50221 ,4PCS  
3"Plastic Washer



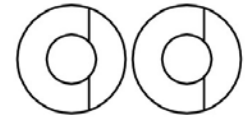
SHCS 3/8"X2 3/4" ,4PCS



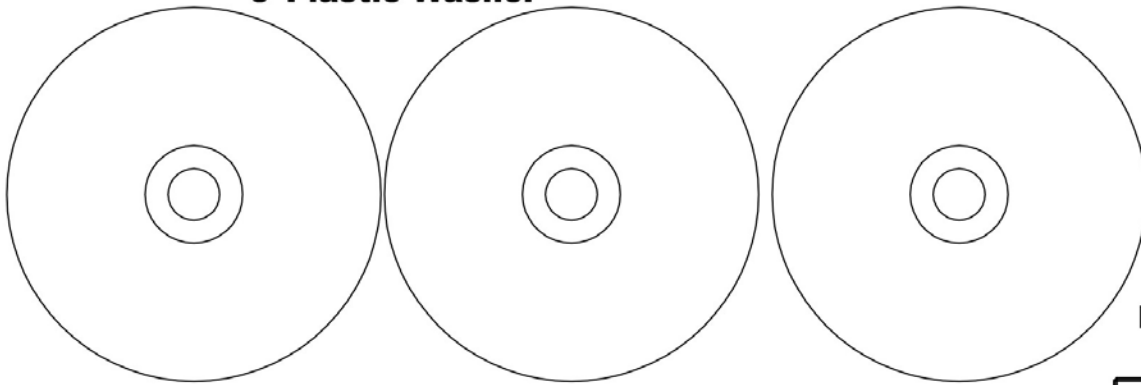
SHCS 3/8"X3 1/4" ,2PCS



SHCS 3/8"X2" ,1PCS



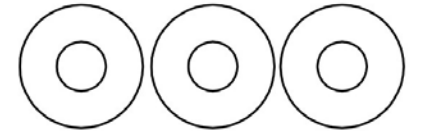
3/8" Curved Washer  
φ22xφ10x2.0t,2PCS



BFH-50622 ,3PCS  
Large Aluminum End Cap



3/8" Nylock ,1PCS



3/8" Flat Washer ,6PCS



3/8" Lock Washer ,6PCS

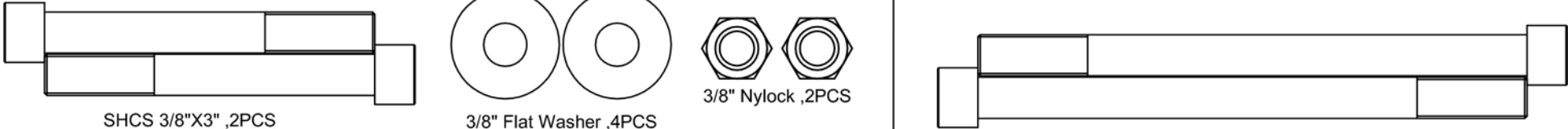
BHSCS 3/8"X3/4" ,3PCS



# Omega 4 Leg Press Hardware Blister Pack

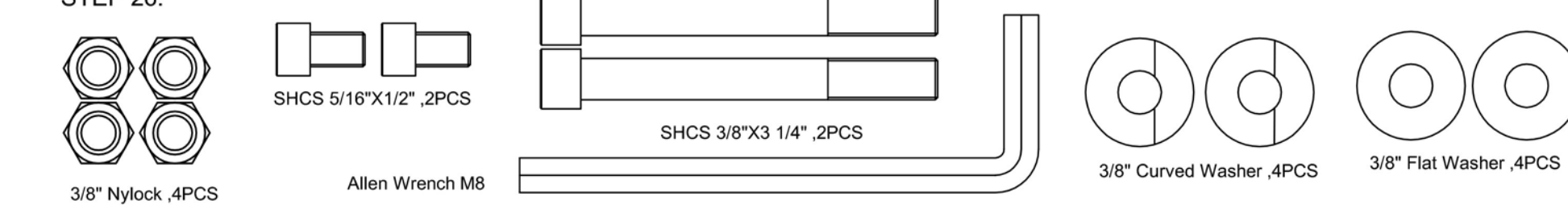
## Omega 4 Leg Press (2-1)

**STEP 5:**



SHCS 3/8"X3" ,2PCS      3/8" Flat Washer ,4PCS      3/8" Nylock ,2PCS      SHCS 3/8"X5" ,2PCS

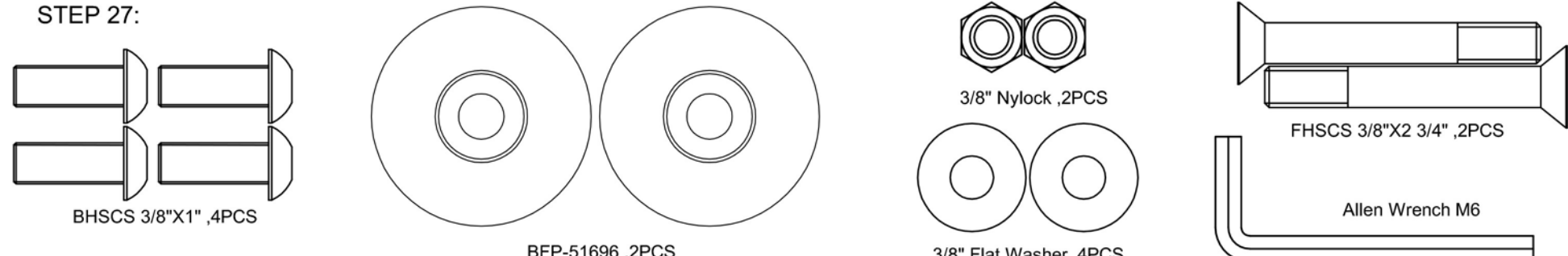
**STEP 26:**



3/8" Nylock ,4PCS      SHCS 5/16"X1/2" ,2PCS      SHCS 3/8"X3 1/4" ,2PCS      3/8" Curved Washer ,4PCS      3/8" Flat Washer ,4PCS

Allen Wrench M8

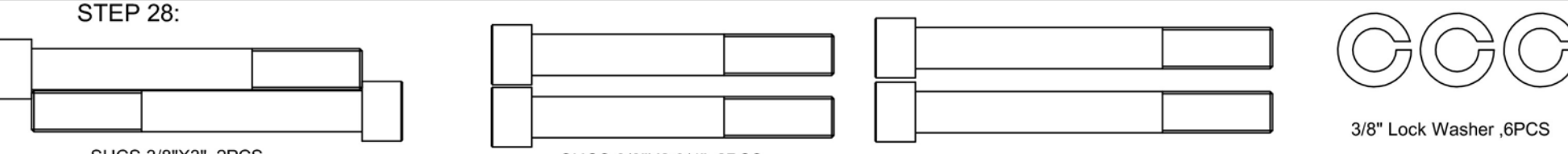
**STEP 27:**



BHSCS 3/8"X1" ,4PCS      BFP-51696 ,2PCS      3/8" Nylock ,2PCS      3/8" Flat Washer ,4PCS      FHSCS 3/8"X2 3/4" ,2PCS

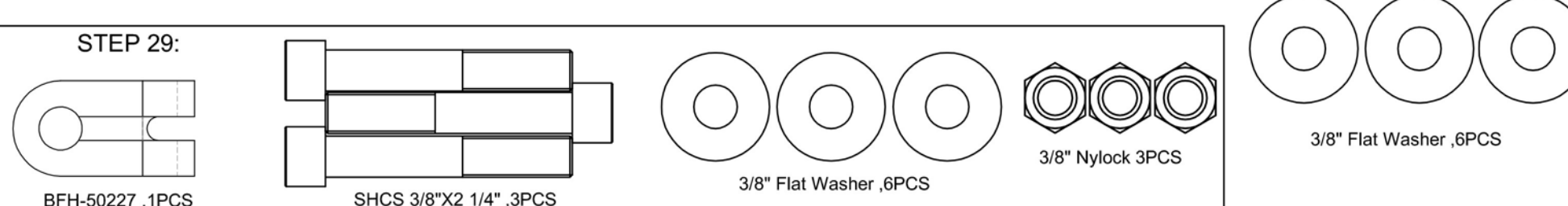
Allen Wrench M6

**STEP 28:**



SHCS 3/8"X3" ,2PCS      SHCS 3/8"X2 3/4" ,2PCS      SHCS 3/8"X3 1/4" ,2PCS      3/8" Lock Washer ,6PCS

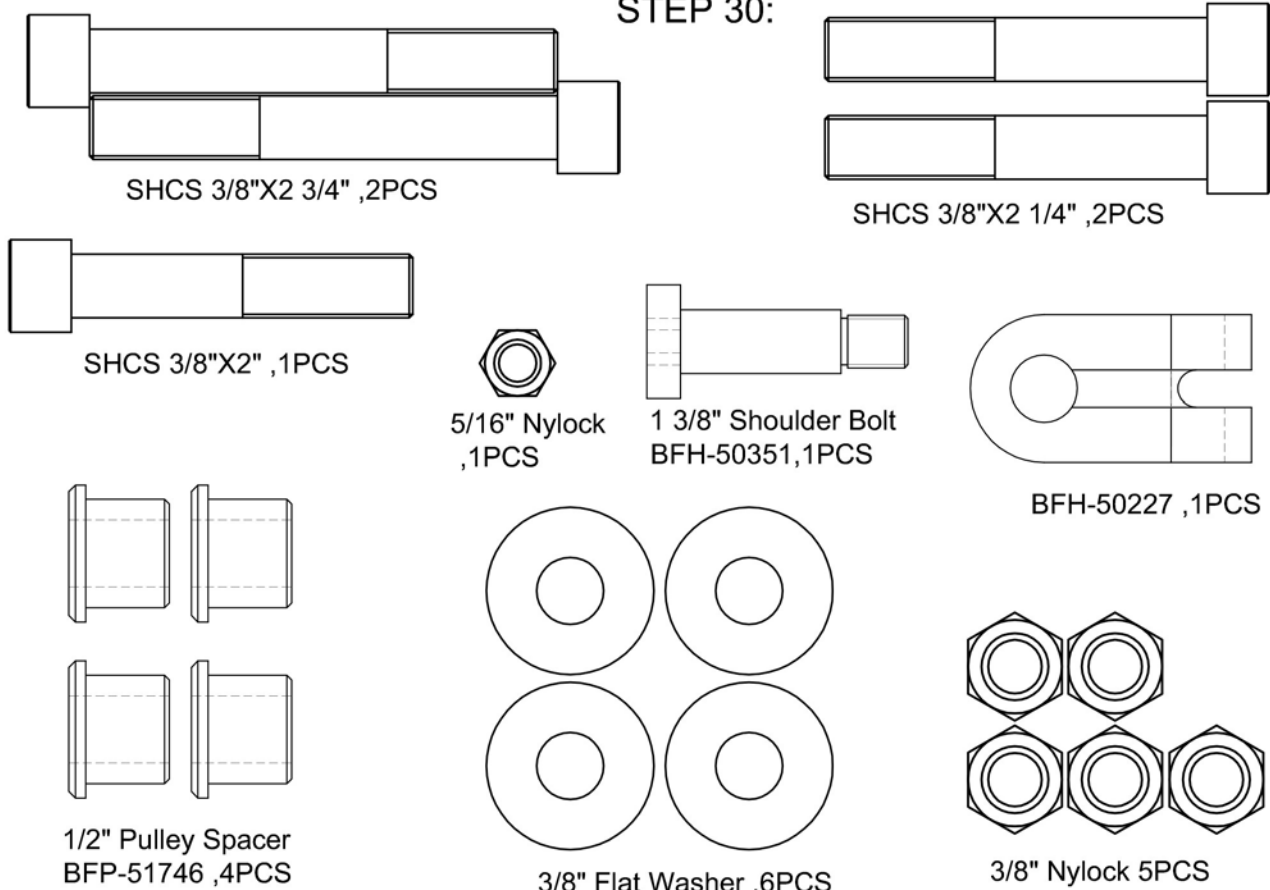
**STEP 29:**



BFH-50227 ,1PCS      SHCS 3/8"X2 1/4" ,3PCS      3/8" Flat Washer ,6PCS      3/8" Nylock 3PCS      3/8" Flat Washer ,6PCS

## Omega 4 Leg Press (2-2)

**STEP 30:**



SHCS 3/8"X2 3/4" ,2PCS      SHCS 3/8"X2 1/4" ,2PCS

SHCS 3/8"X2" ,1PCS      5/16" Nylock ,1PCS      1 3/8" Shoulder Bolt BFH-50351,1PCS      BFH-50227 ,1PCS

1/2" Pulley Spacer BFP-51746 ,4PCS      3/8" Flat Washer ,6PCS      3/8" Nylock 5PCS

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

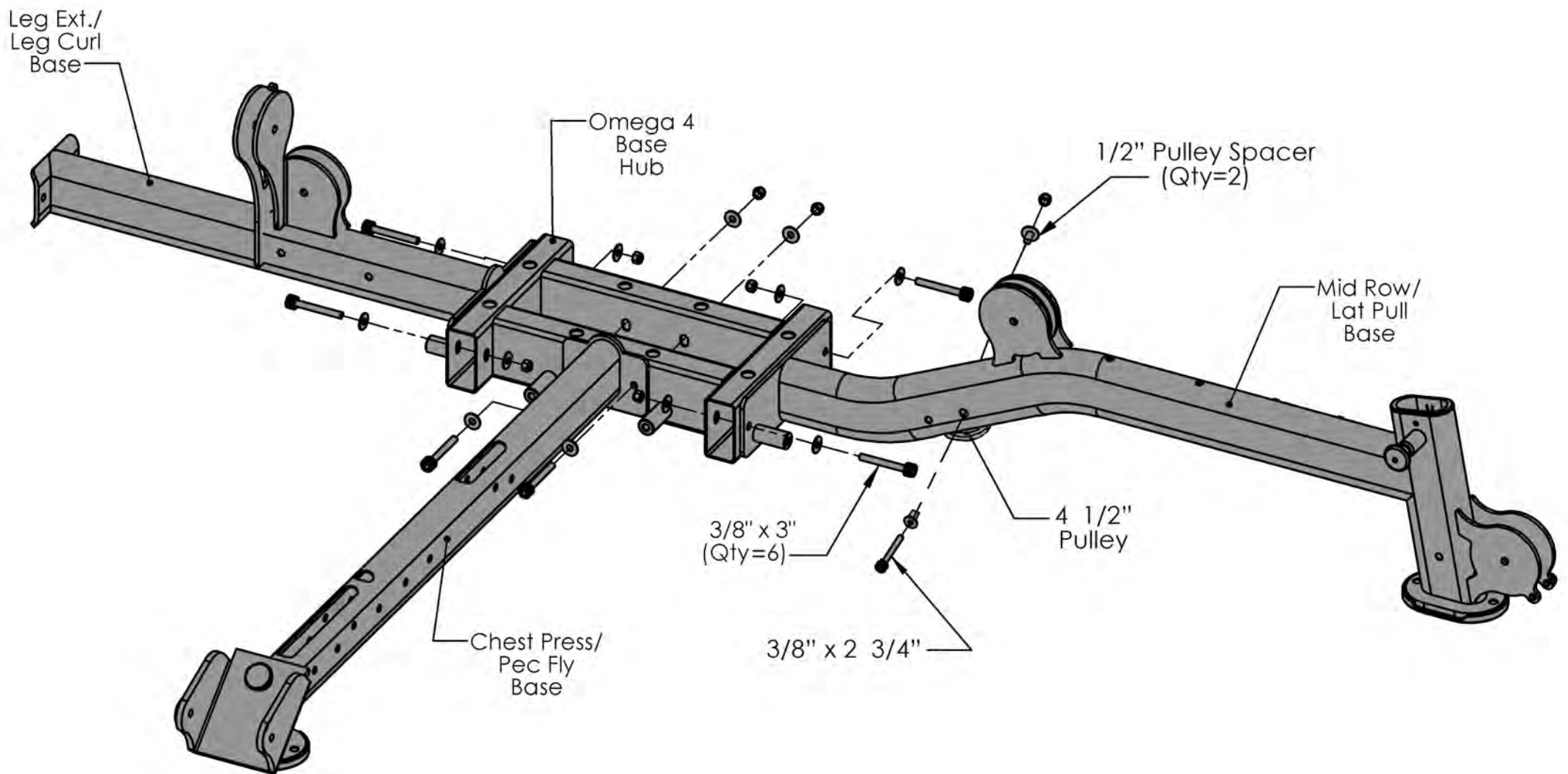


**Step 1:**

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

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

**DO NOT TIGHTEN BOLTS UNTIL STEP 4**



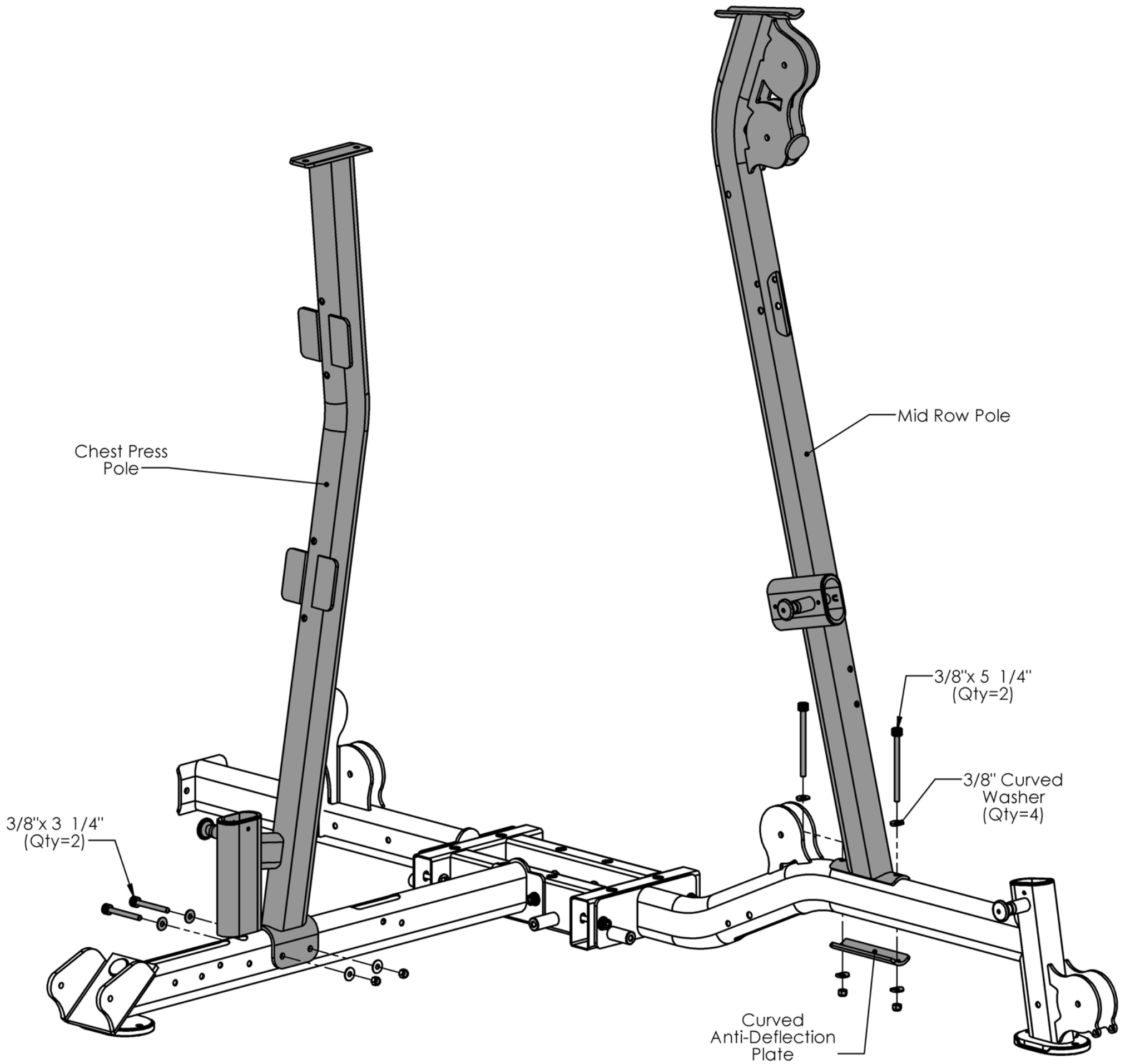
**Warning:** Every place that a pulley is inside a tube there must be a pulley spacer in use instead of a flat washer.

| Item # | Part #    | Description              | Qty |
|--------|-----------|--------------------------|-----|
| 1      | BFP-10949 | Omega 4 Base Hub         | 1   |
| 2      | BFP-10951 | Mid Row/Lat Pull Base    | 1   |
| 3      | BFP-10959 | Chest Press/Pec Fly Base | 1   |
| 4      | BFP-10956 | Leg Ext./Leg Curl Base   | 1   |
| 76     | BFH-50174 | 4 1/2" Pulley            | 1   |
| 78     | BFP-51746 | 1/2" Pulley Spacer       | 2   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"       | 1   |
| 102    | BFP-51747 | SHCS 3/8" x 3"           | 6   |
| 111    | BFH-50146 | 3/8" Flat Washer         | 12  |
| 112    | BFH-50157 | 3/8" Nylock              | 7   |



## Step 2:

**Do Not Tighten Bolts Until Step 4**

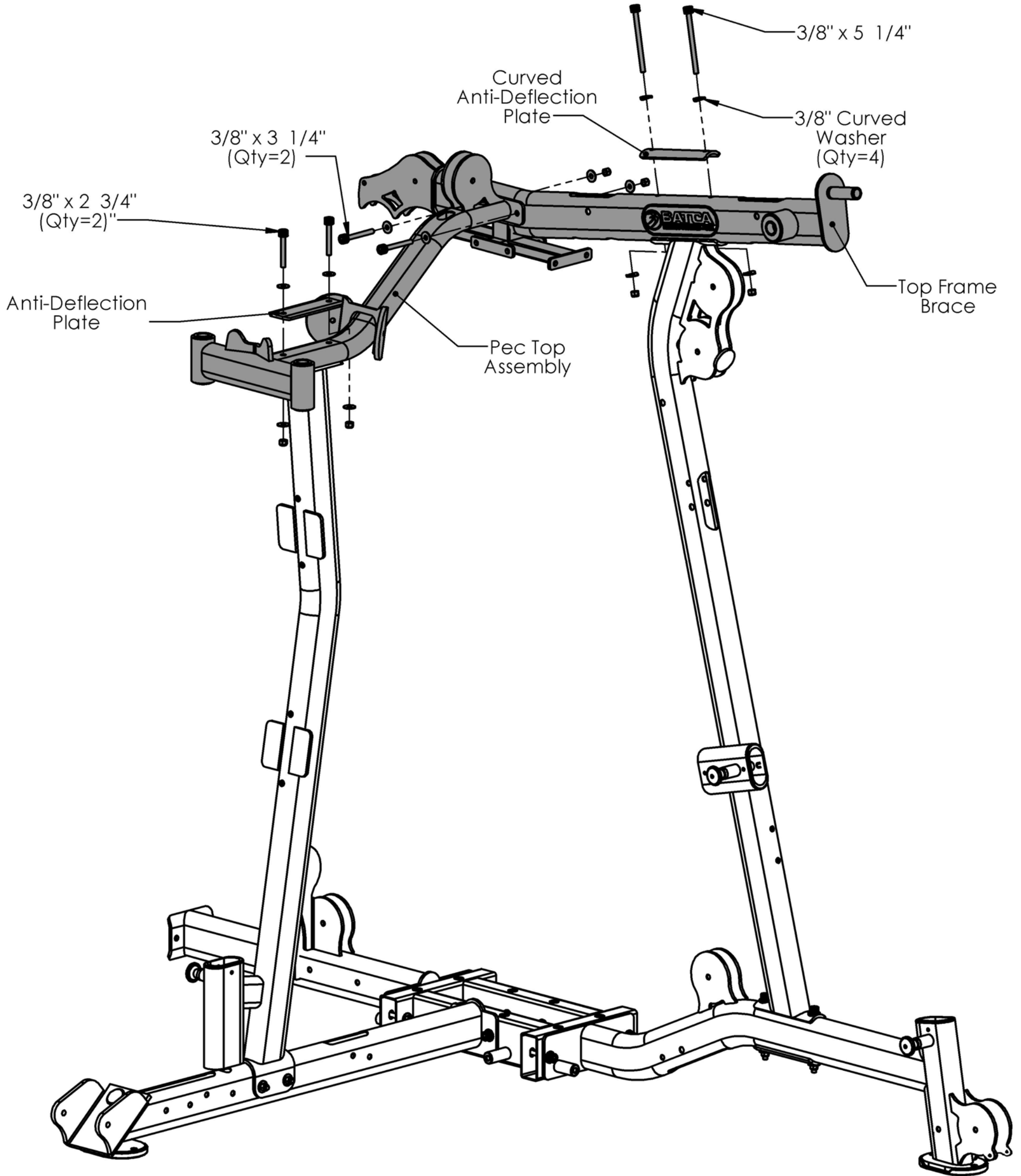


All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

| Item # | Part #    | Description                  | Qty |
|--------|-----------|------------------------------|-----|
| 5      | BFP-10960 | Chest Press Pole             | 1   |
| 6      | BFP-10950 | Mid Row Pole                 | 1   |
| 7      | BFP-52114 | Curved Anti-Deflection Plate | 1   |
| 103    | BFP-51748 | SHCS 3/8" x 3 1/4"           | 2   |
| 106    | BFP-51756 | SHCS 3/8" x 5 1/4"           | 2   |
| 110    | BFH-50204 | 3/8" Curved Washer           | 4   |
| 111    | BFH-50146 | 3/8" Flat Washer             | 4   |
| 112    | BFH-50157 | 3/8" Nylock                  | 4   |

### Step 3:

**⚠ Do Not Tighten Bolts Until Step 4**

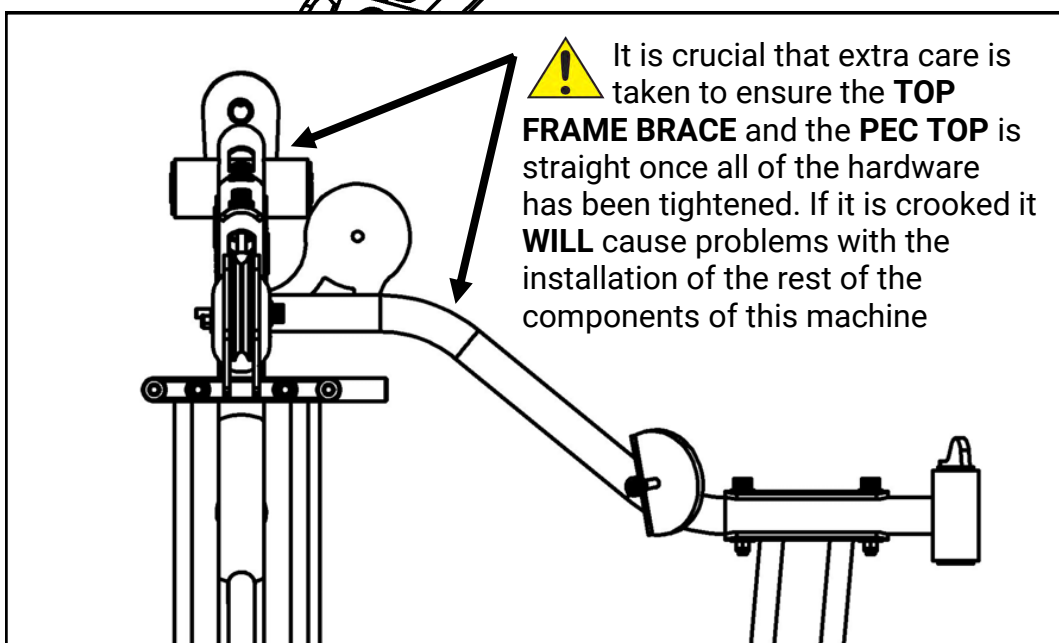
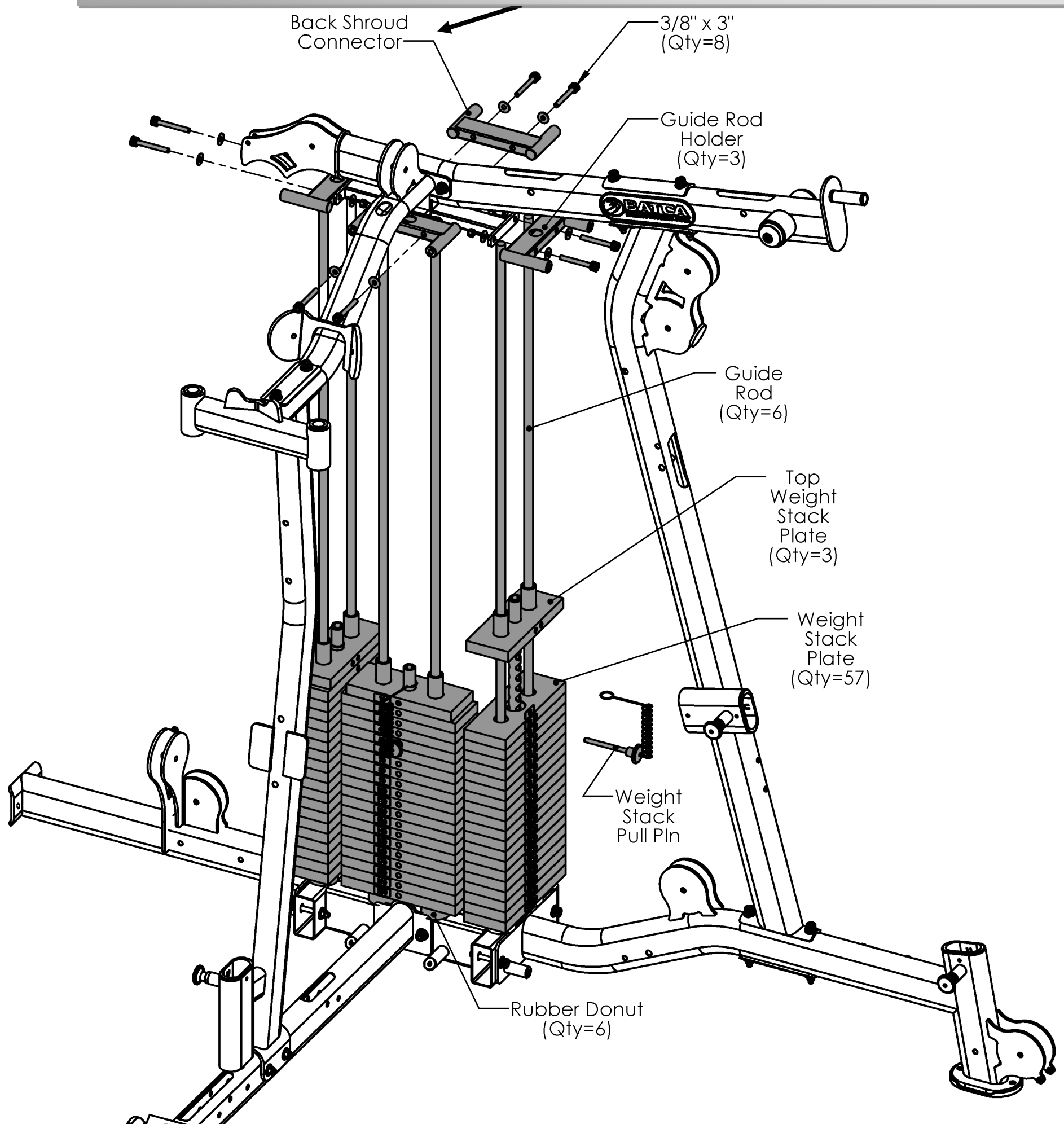


All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

| Item # | Part #    | Description                  | Qty |
|--------|-----------|------------------------------|-----|
| 8      | BFP-10962 | Pec Top Assembly             | 1   |
| 9      | BFP-10952 | Top Frame Brace              | 1   |
| 10     | BFP-51767 | Curved Anti-Deflection Plate | 1   |
| 11     | BFP-52143 | Anti-Deflection Plate        | 1   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"           | 2   |
| 103    | BFP-51748 | SHCS 3/8" x 3 1/4"           | 2   |
| 106    | BFP-51756 | SHCS 3/8" x 5 1/4"           | 2   |
| 110    | BFH-50204 | 3/8" Curved Washer           | 4   |
| 111    | BFH-50146 | 3/8" Flat Washer             | 8   |
| 112    | BFH-50157 | 3/8" Nylock                  | 6   |

## Step 4:

**!** Do not install the **BACK SHROUD CONNECTOR** if leg press was purchased. If the Leg Press was purchased do not tighten bolts until step 6. If not please make sure all bolts are tightened before moving on.



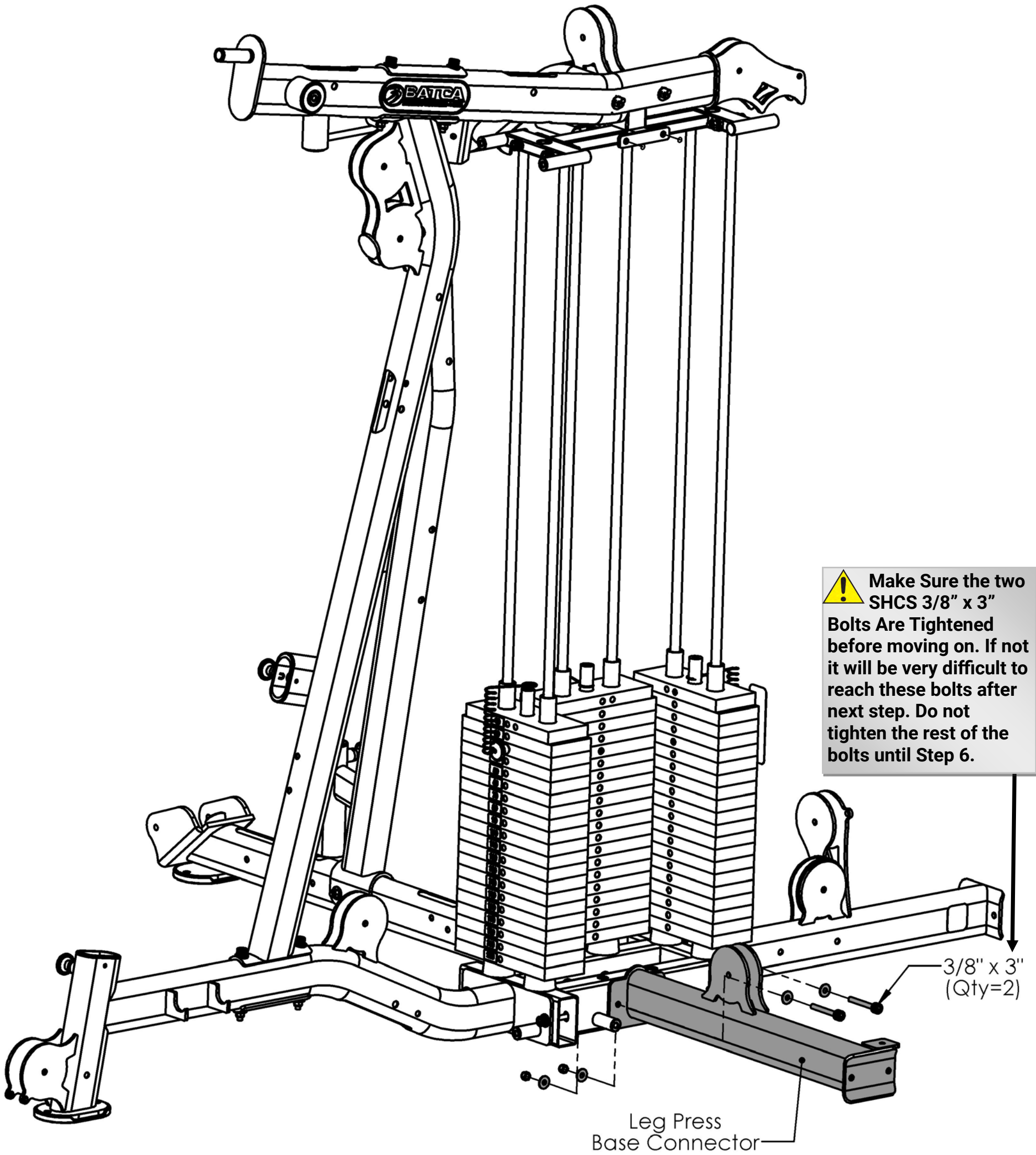
All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

| Item # | Part #    | Description           | Qty |
|--------|-----------|-----------------------|-----|
| 12     | BFP-10953 | Guide Rod Holder      | 3   |
| 13     | BFP-11018 | Back Shroud Connector | 1   |
| 14     | BFM-50260 | Guide Rod             | 6   |
| 15     | BFM-10299 | Top Weight Plate      | 3   |
| 16     | BFM-50256 | Weight Stack Plate    | 57  |
| 70     | BFM-51173 | Weight Stack Pull Pin | 3   |
| 17     | BFP-52143 | Rubber Donut          | 6   |
| 102    | BFH-51747 | SHCS 3/8" x 3"        | 8   |
| 111    | BFH-50146 | 3/8" Flat Washer      | 16  |
| 112    | BFH-50157 | 3/8" Nylock           | 8   |



**Step 5:**

 Skip this step if leg press was not purchased. Go on to Step 7



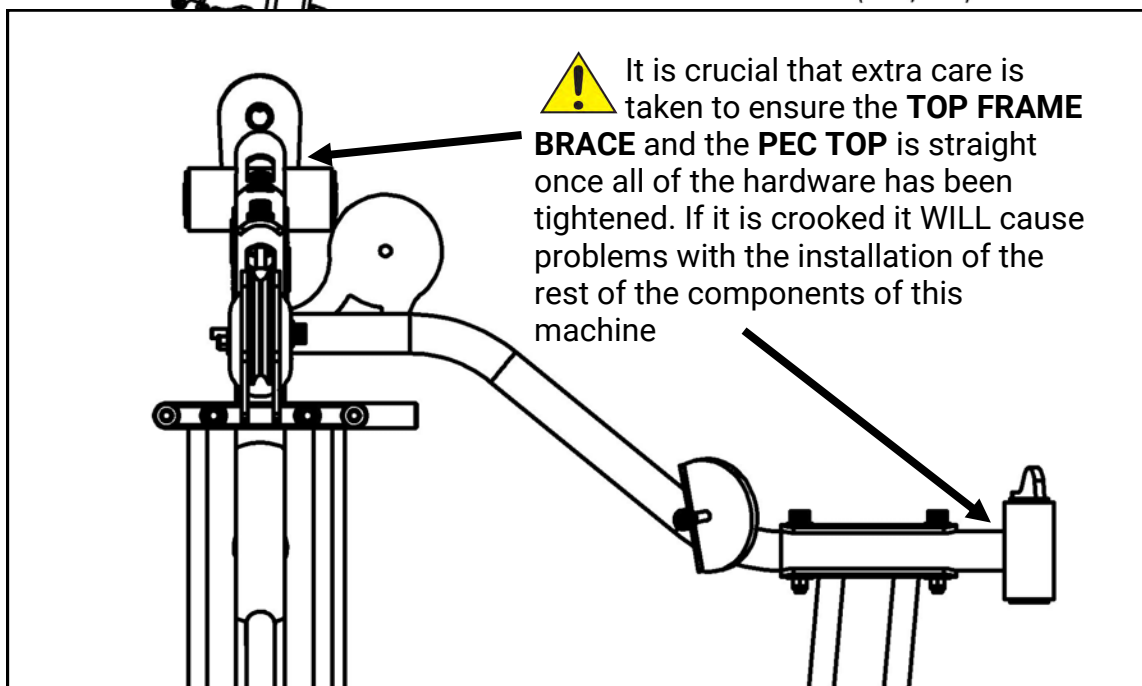
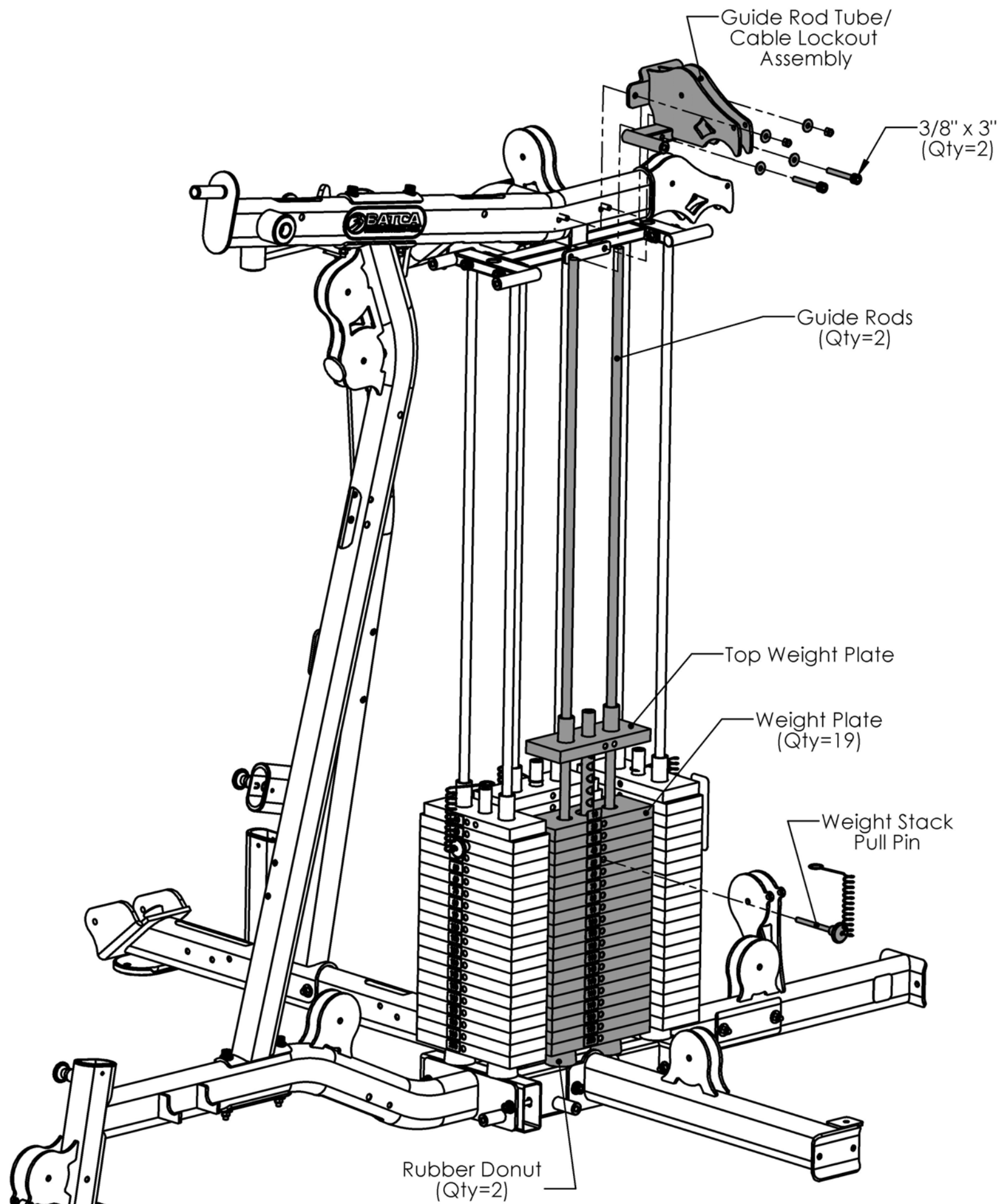
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description              | Qty |
|--------|-----------|--------------------------|-----|
| 127    | BFP-10963 | Leg Press Base Connector | 1   |
| 102    | BFP-51747 | SHCS 3/8" x 3"           | 2   |
| 111    | BFH-50146 | 3/8" Flat Washer         | 4   |
| 112    | BFH-50157 | 3/8" Nylock              | 2   |



## Step 6:

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

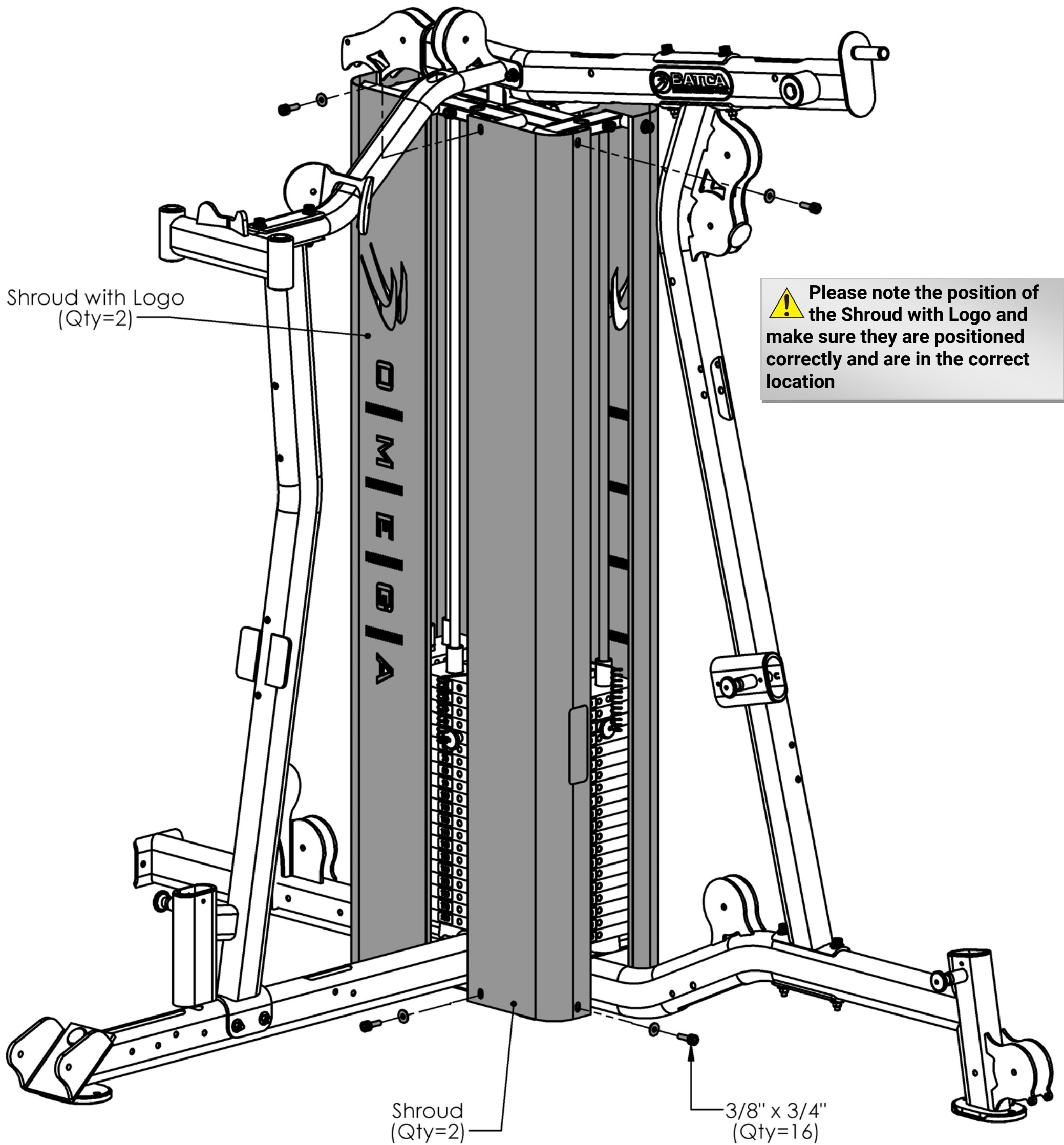


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description                        | Qty |
|--------|-----------|------------------------------------|-----|
| 132    | BFP-10965 | Guide Rod Tube/Cable Lockout Plate | 1   |
| 128    | BFM-50260 | Guide Rod                          | 2   |
| 129    | BFM-10299 | Top Weight Plate                   | 1   |
| 130    | BFM-50256 | Weight Stack Plate                 | 19  |
| 169    | BFM-51173 | Weight Stack Pull Pin              | 1   |
| 131    | BFP-52143 | Rubber Donut                       | 2   |
| 159    | BFP-51747 | SHCS 3/8" x 3"                     | 2   |
| 165    | BFH-50146 | 3/8" Flat Washer                   | 4   |
| 166    | BFH-50157 | 3/8" Nylock                        | 2   |

**Step 7:**

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



**⚠ Please note the position of the Shroud with Logo and make sure they are positioned correctly and are in the correct location**

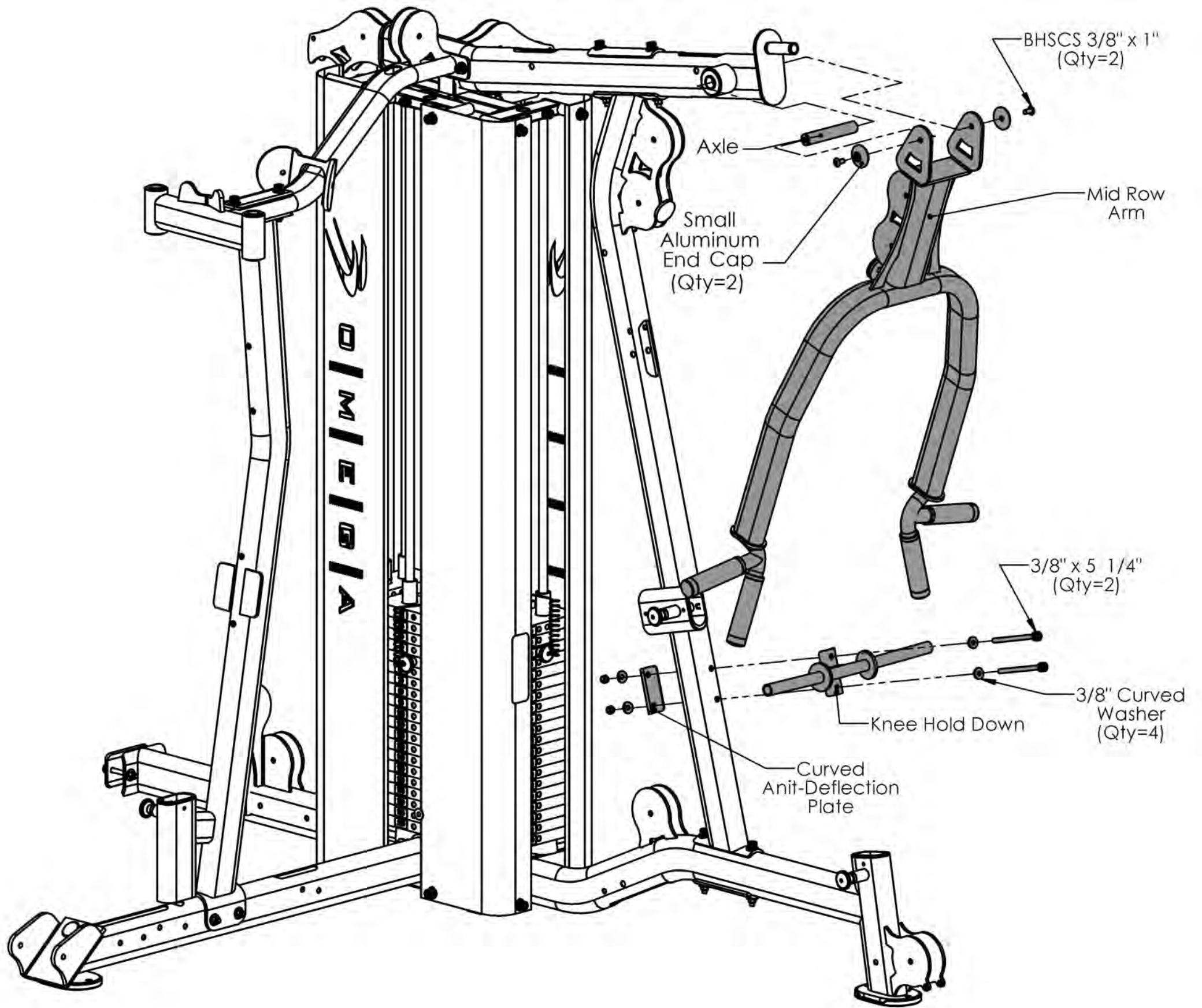
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #     | Description      | Qty |
|--------|------------|------------------|-----|
| 24     | BFP-52138  | Shroud With Logo | 2   |
| 25     | BFM-50444a | Shroud           | 2   |
| 90     | BFP-52340  | SHCS 3/8" x 3/4" | 16  |
| 111    | BFH-50146  | 3/8" Flat Washer | 16  |



**Step 8:**

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

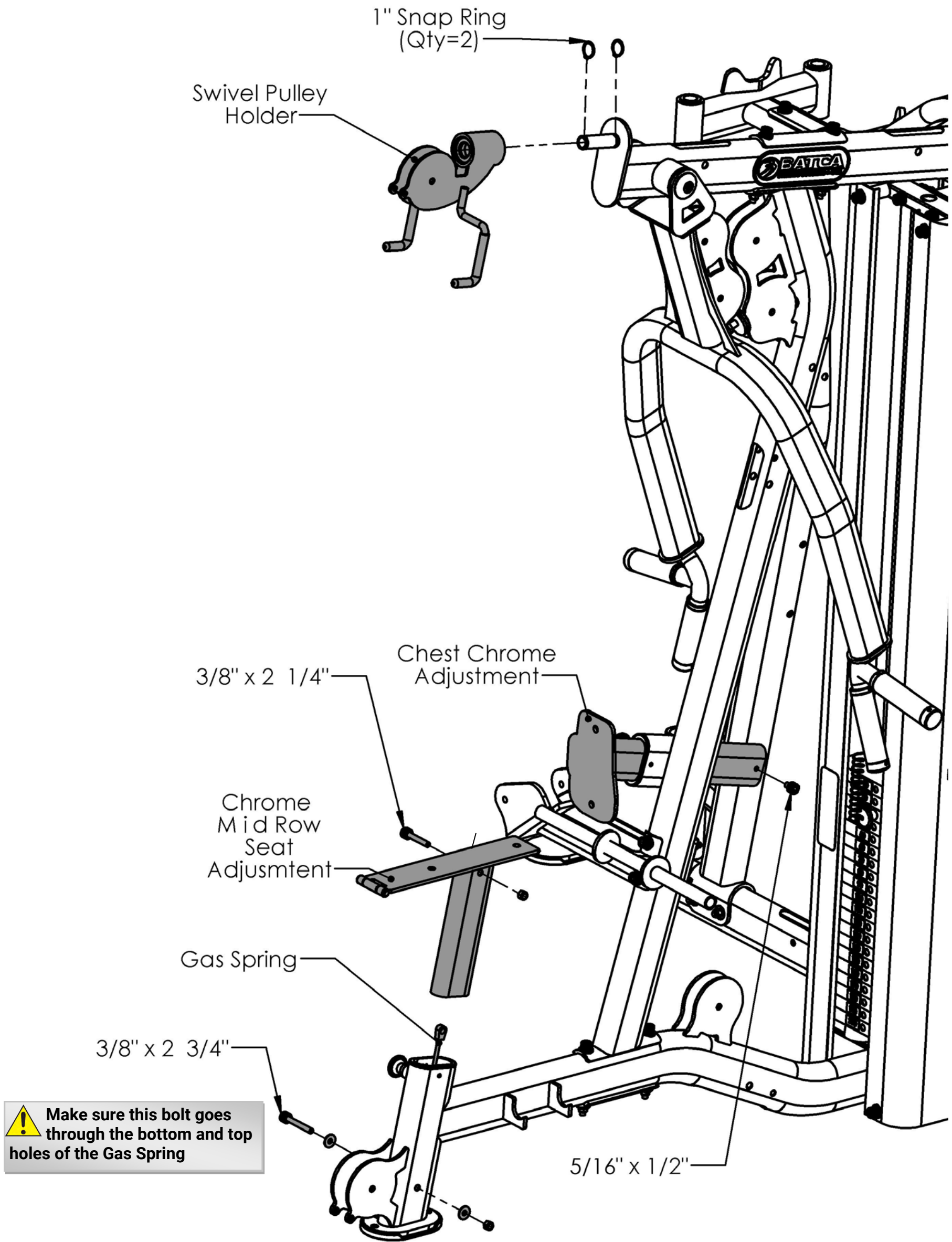


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description                  | Qty |
|--------|-----------|------------------------------|-----|
| 26     | BFP-10844 | Mid Row Arm                  | 1   |
| 27     | BFP-10846 | Knee Hold Down               | 1   |
| 28     | BFP-51800 | Curved Anti-Deflection Plate | 1   |
| 29     | BFP-51776 | Axle                         | 1   |
| 79     | BFP-51696 | Small Aluminum End Cap       | 2   |
| 91     | BFP-50620 | BHSCS 3/8" x 1"              | 2   |
| 106    | BFP-51756 | SHCS 3/8" x 5 1/4"           | 2   |
| 110    | BFH-50204 | 3/8" Curved Washer           | 4   |
| 112    | BFH-50157 | 3/8" Nylock                  | 2   |

**Step 9:**

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



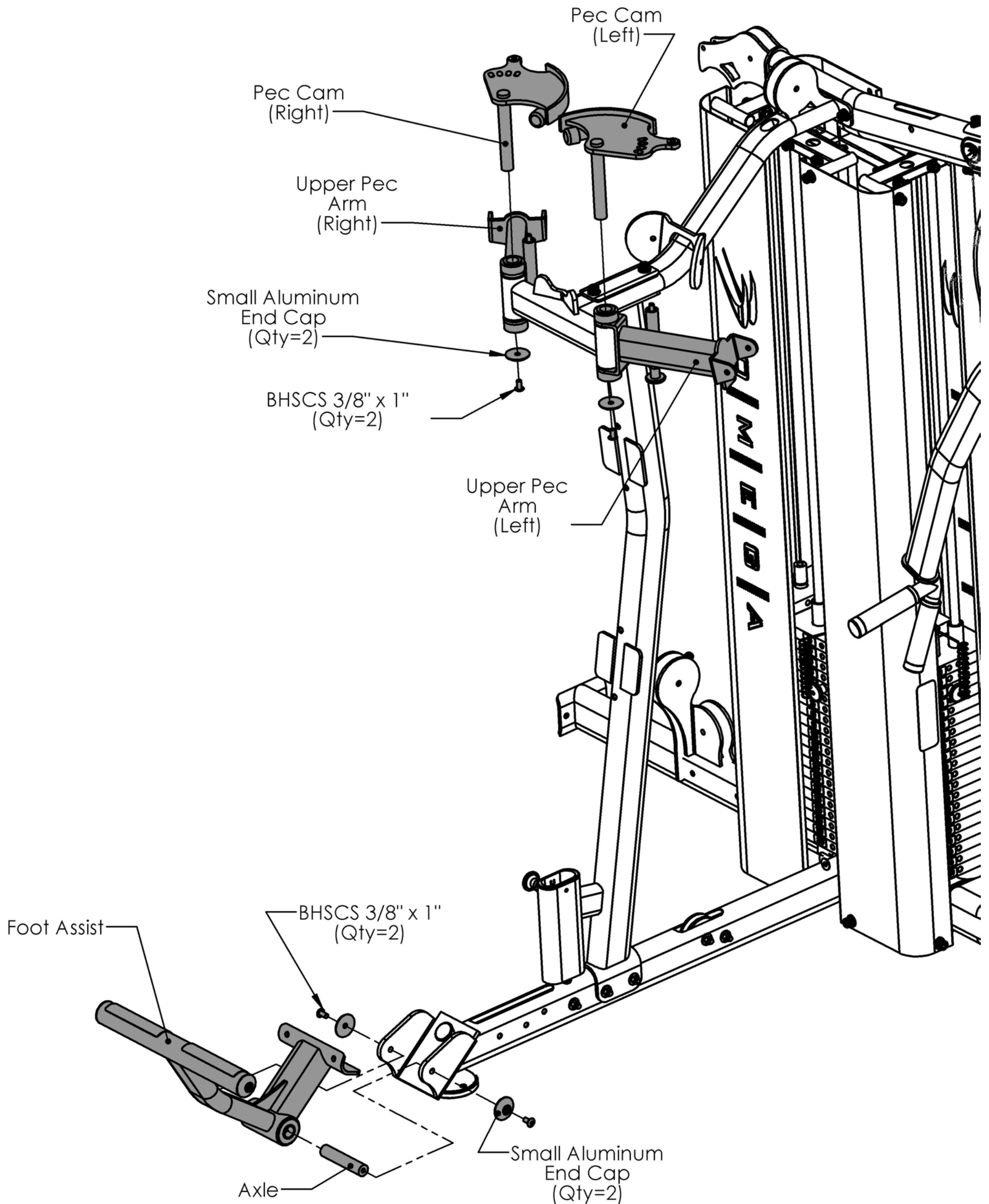
**⚠ Make sure this bolt goes through the bottom and top holes of the Gas Spring**

| Item # | Part #    | Description                    | Qty |
|--------|-----------|--------------------------------|-----|
| 30     | BFP-10845 | Swivel Pulley Holder           | 1   |
| 31     | BFP-10955 | Chest Chrome Adjustment        | 1   |
| 32     | BFP-10967 | Chrome Mid Row Seat Adjustment | 1   |
| 80     | BFH-50210 | Gas Spring                     | 1   |
| 81     | BFH-50165 | 1" Snap Ring                   | 2   |
| 88     | BFP-52372 | SHCS 5/16" x 1/2"              | 1   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"             | 1   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"             | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer               | 2   |
| 112    | BFH-50157 | 3/8" Nylock                    | 2   |

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



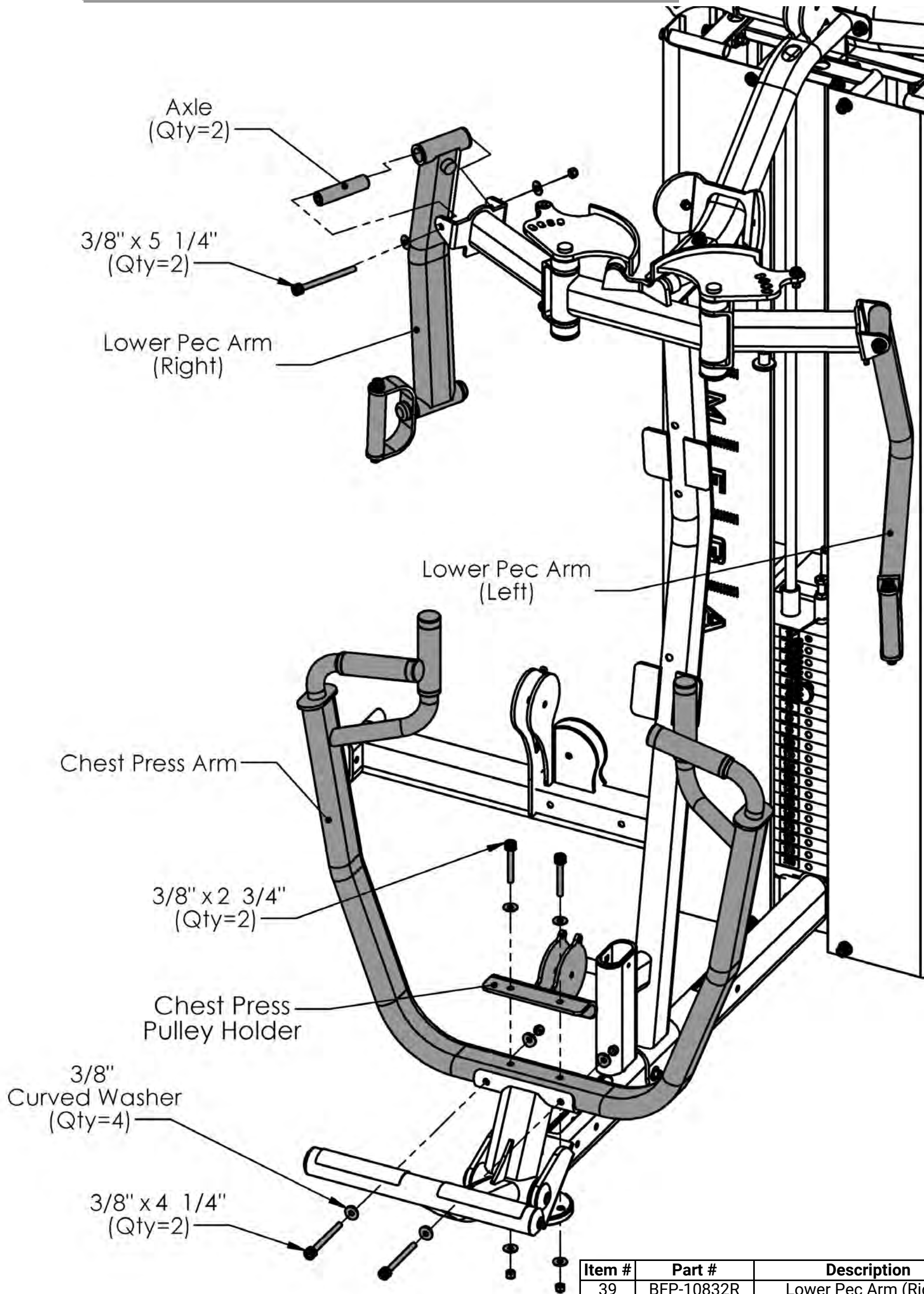
**Step 10:**  **Make Sure All Bolts Are Tightened Before Moving On**



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

| Item # | Part #        | Description            | Qty |
|--------|---------------|------------------------|-----|
| 33     | BFP-10833     | Pec Cam (Left)         | 1   |
| 34     | BFP-10834     | Pec Cam (Right)        | 1   |
| 35     | BFP-10831     | Upper Pec Arm (Left)   | 1   |
| 36     | BFP-10830     | Upper Pec Arm (Right)  | 1   |
| 37     | BFP-10825rev1 | Foot Assist            | 1   |
| 38     | BFP-51699     | Axle                   | 1   |
| 79     | BFP-51696     | Small Aluminum End Cap | 4   |
| 91     | BFH-50620     | BHSCS 3/8" x 1"        | 4   |

**Step 11:**  **Make Sure All Bolts Are Tightened Before Moving On**

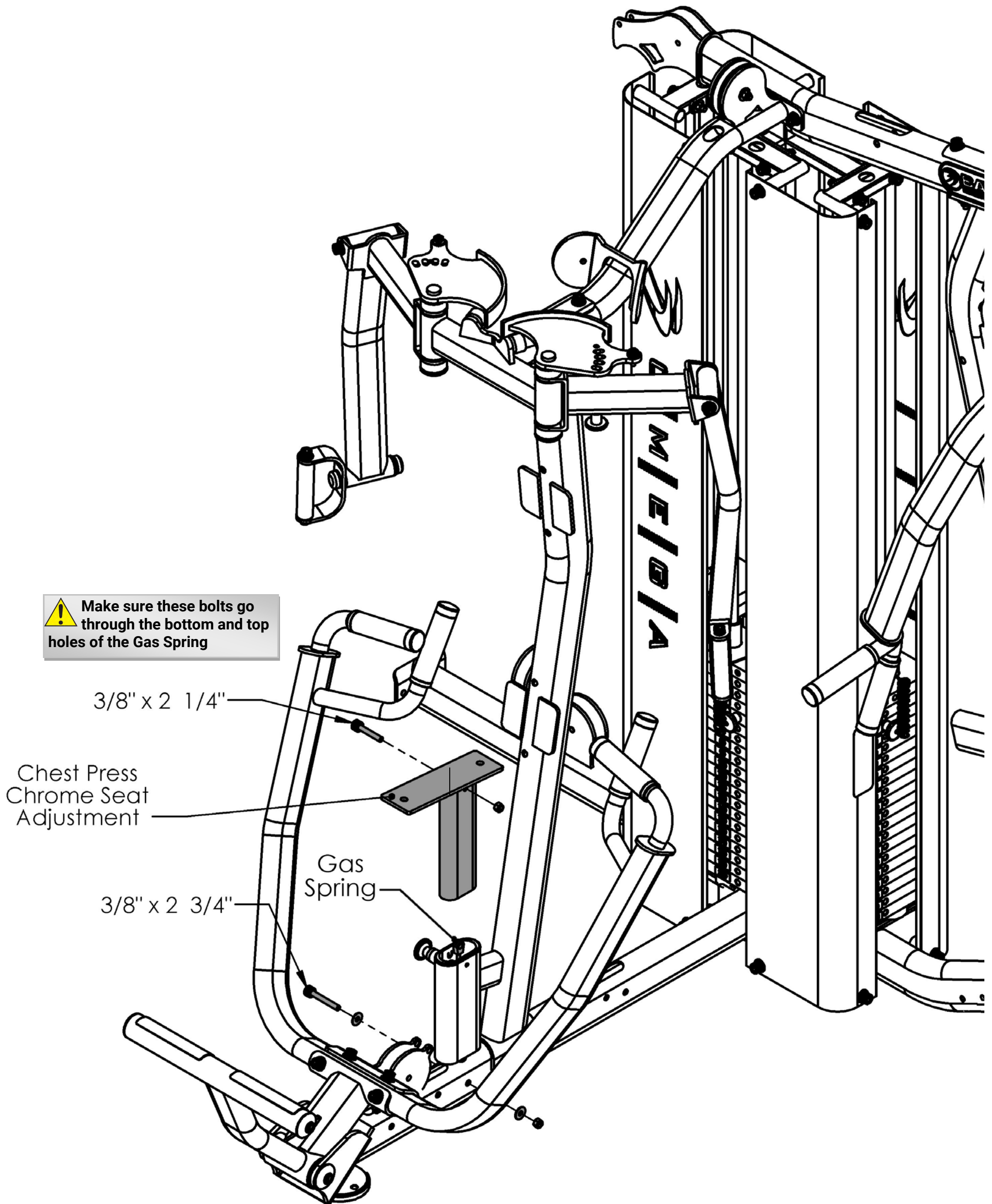



| Item # | Part #     | Description               | Qty |
|--------|------------|---------------------------|-----|
| 39     | BFP-10832R | Lower Pec Arm (Right)     | 1   |
| 40     | BFP-10832L | Lower Pec Arm (Left)      | 1   |
| 41     | BFP-10826  | Chest Press Arm           | 1   |
| 42     | BFP-10837  | Chest Press Pulley Holder | 1   |
| 43     | BFP-51736  | Axle                      | 2   |
| 100    | BFH-51750  | SHCS 3/8" x 2 3/4"        | 2   |
| 104    | BFH-51884  | SHCS 3/8" x 4 1/4"        | 2   |
| 106    | BFH-51756  | SHCS 3/8" x 5 1/4"        | 2   |
| 110    | BFH-50204  | 3/8" Curved Washer        | 4   |
| 111    | BFH-50146  | 3/8" Flat Washer          | 8   |
| 112    | BFH-50157  | 3/8" Nylock               | 6   |

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



**Step 12:**  **Make Sure All Bolts Are Tightened Before Moving On**



 **Make sure these bolts go through the bottom and top holes of the Gas Spring**

3/8" x 2 1/4"

Chest Press  
Chrome Seat  
Adjustment

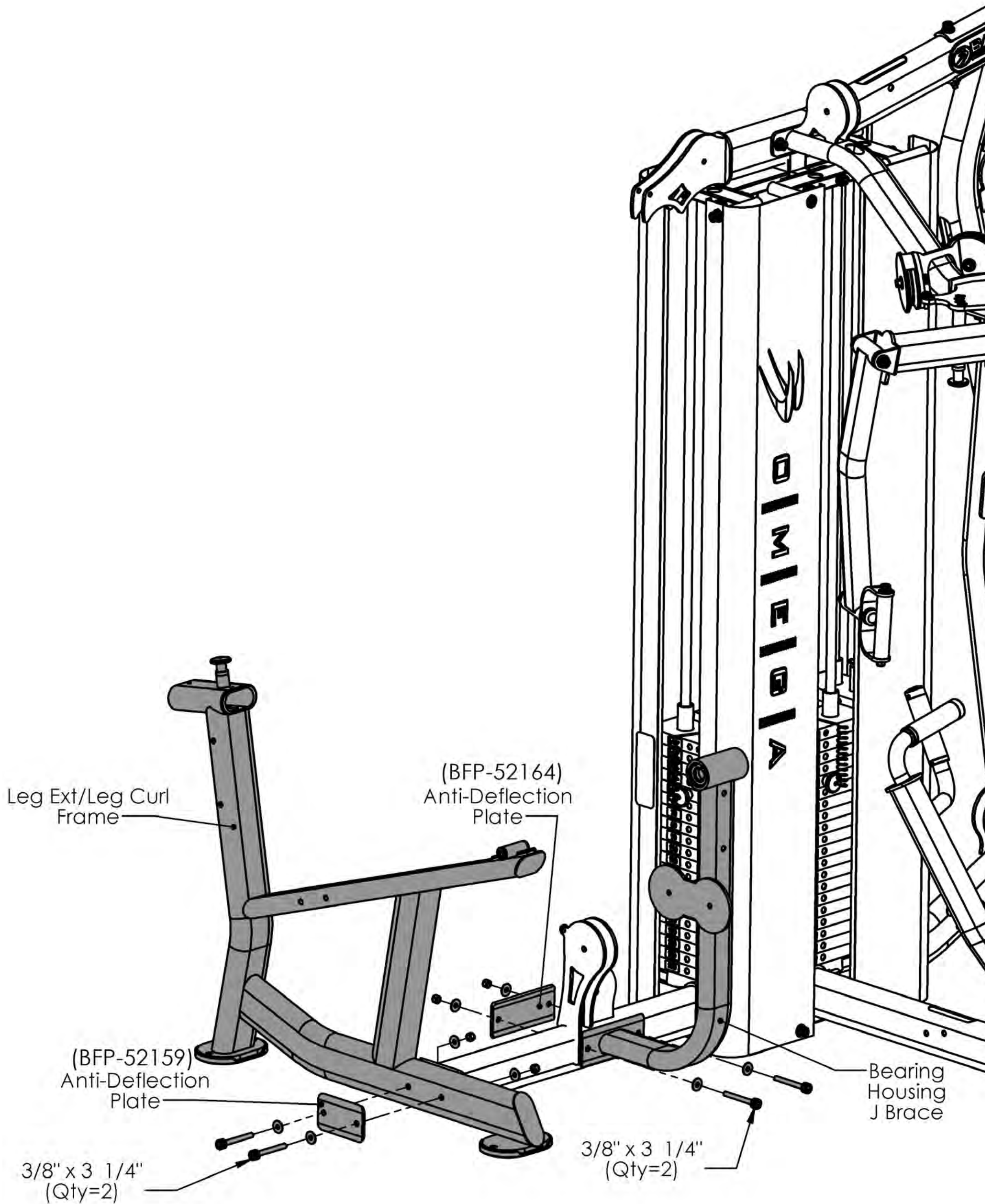
Gas  
Spring

3/8" x 2 3/4"

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

| Item # | Part #    | Description                        | Qty |
|--------|-----------|------------------------------------|-----|
| 44     | BFP-10936 | Chest Press Chrome Seat Adjustment | 1   |
| 80     | BFH-50210 | Gas Spring                         | 1   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"                 | 1   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"                 | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer                   | 2   |
| 112    | BFH-50157 | 3/8" Nylock                        | 2   |

**Step 12:**  **Do Not Tighten Bolts Until Next Step**

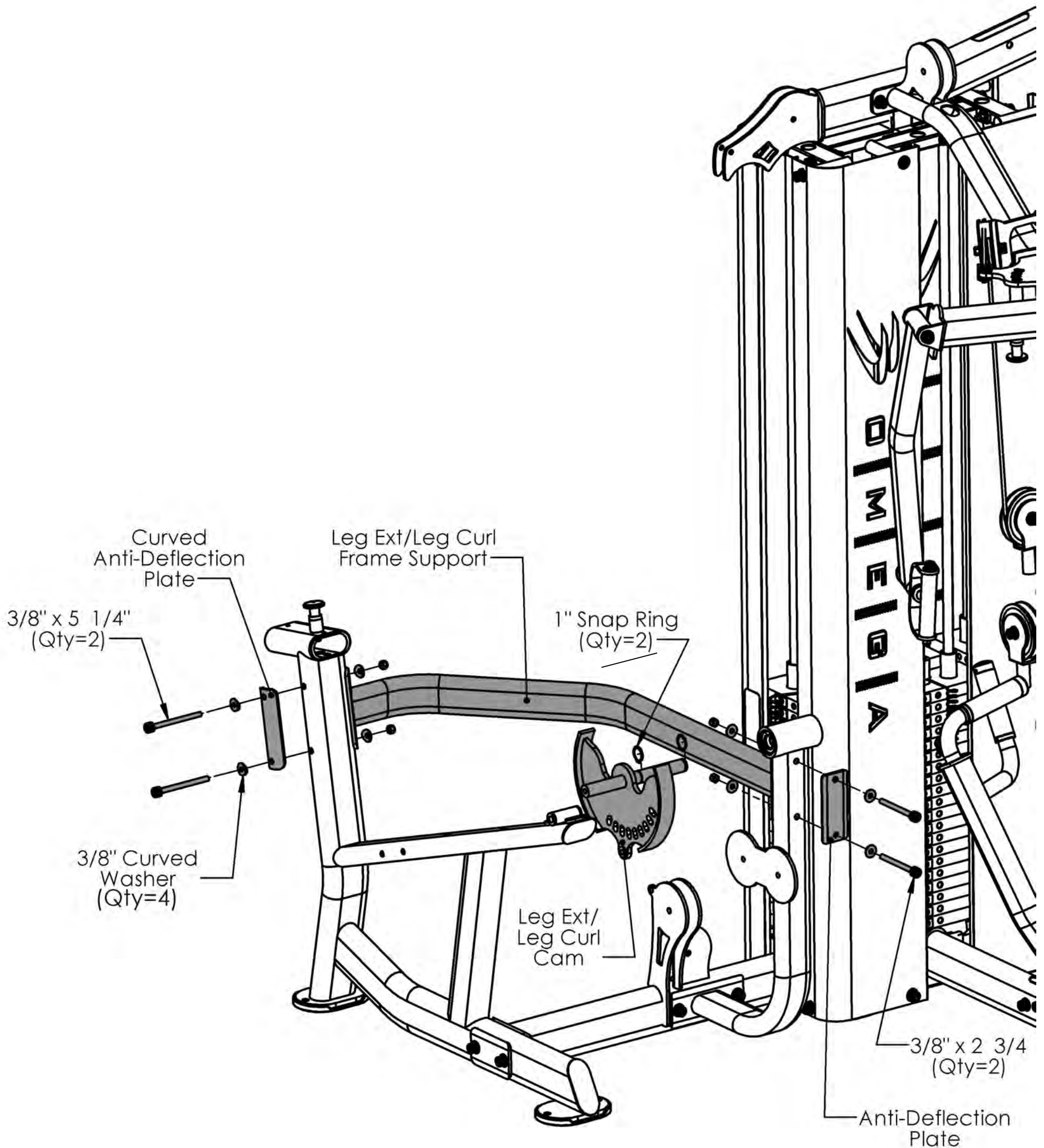


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description             | Qty |
|--------|-----------|-------------------------|-----|
| 45     | BFP-10863 | Leg Ext/Leg Curl Frame  | 1   |
| 46     | BFP-10947 | Bearing Housing J Brace | 1   |
| 47     | BFP-52159 | Anti-Deflection Plate   | 1   |
| 48     | BFP-52164 | Anti-Deflection Plate   | 1   |
| 103    | BFP-51748 | SHCS 3/8" x 3 1/4"      | 4   |
| 111    | BFH-50146 | 3/8" Flat Washer        | 8   |
| 112    | BFH-50157 | 3/8" Nylock             | 4   |



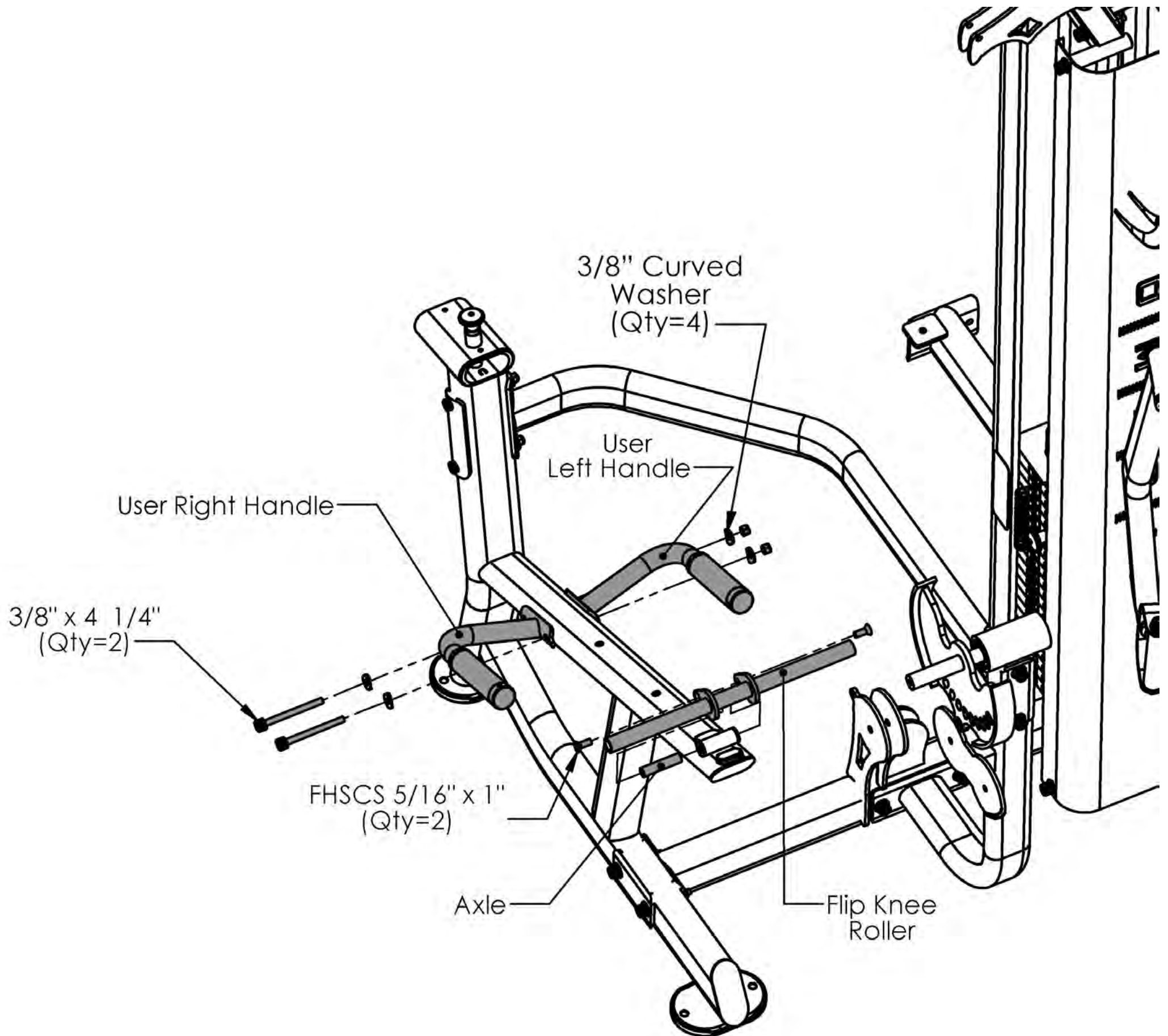
**Step 13:**  **Make Sure All Bolts Are Tightened Before Moving On**



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**.

| Item # | Part #    | Description                    | Qty |
|--------|-----------|--------------------------------|-----|
| 49     | BFP-10963 | Leg Ext/Leg Curl Frame Support | 1   |
| 50     | BFP-51836 | Curved Anti-Deflection Plate   | 1   |
| 51     | BFP-52132 | Anti-Deflection Plate          | 1   |
| 52     | BFP-10867 | Leg Ext/Leg Curl Cam           | 1   |
| 81     | BFH-50165 | 1" Snap Ring                   | 2   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"             | 2   |
| 106    | BFP-51756 | SHCS 3/8" x 5 1/4"             | 2   |
| 110    | BFH50204  | 3/8" Curved Washer             | 4   |
| 111    | BFH-50146 | 3/8" Flat Washer               | 4   |
| 112    | BFH-50157 | 3/8" Nylock                    | 4   |

**Step 14:**  **Make Sure All Bolts Are Tightened Before Moving On**

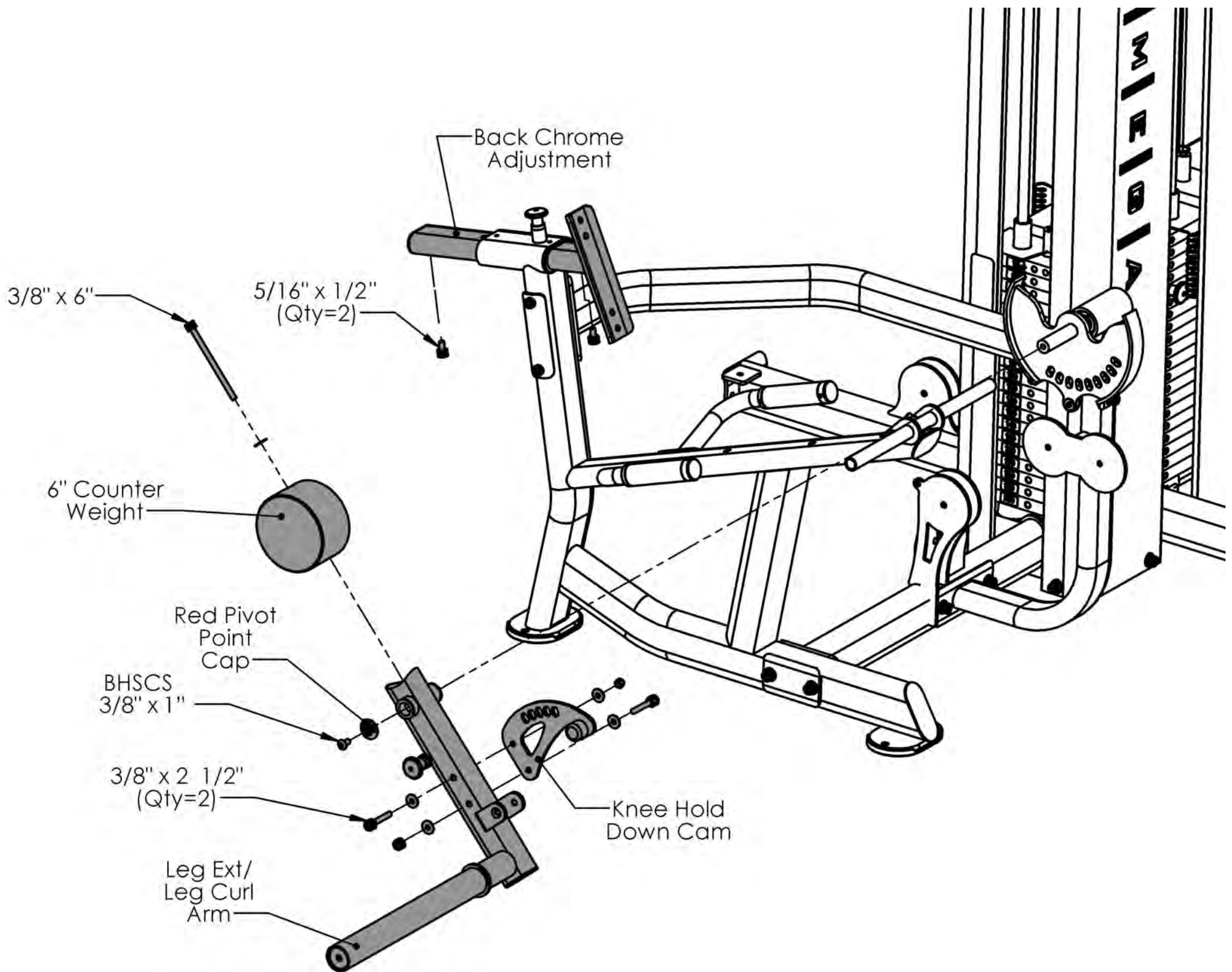


All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

| Item # | Part #    | Description        | Qty |
|--------|-----------|--------------------|-----|
| 53     | BFP-10872 | User Right Handle  | 1   |
| 54     | BFP-10873 | User Left Handle   | 1   |
| 55     | BFP-10871 | Flip Knee Roller   | 1   |
| 56     | BFP-52177 | Axle               | 1   |
| 92     | BFP-50245 | FHSCS 5/16" x 1"   | 2   |
| 104    | BFP-51884 | SHCS 3/8" x 4 1/4" | 2   |
| 110    | BFH-50204 | 3/8" Curved Washer | 4   |
| 112    | BFH-50157 | 3/8" Nylock        | 2   |



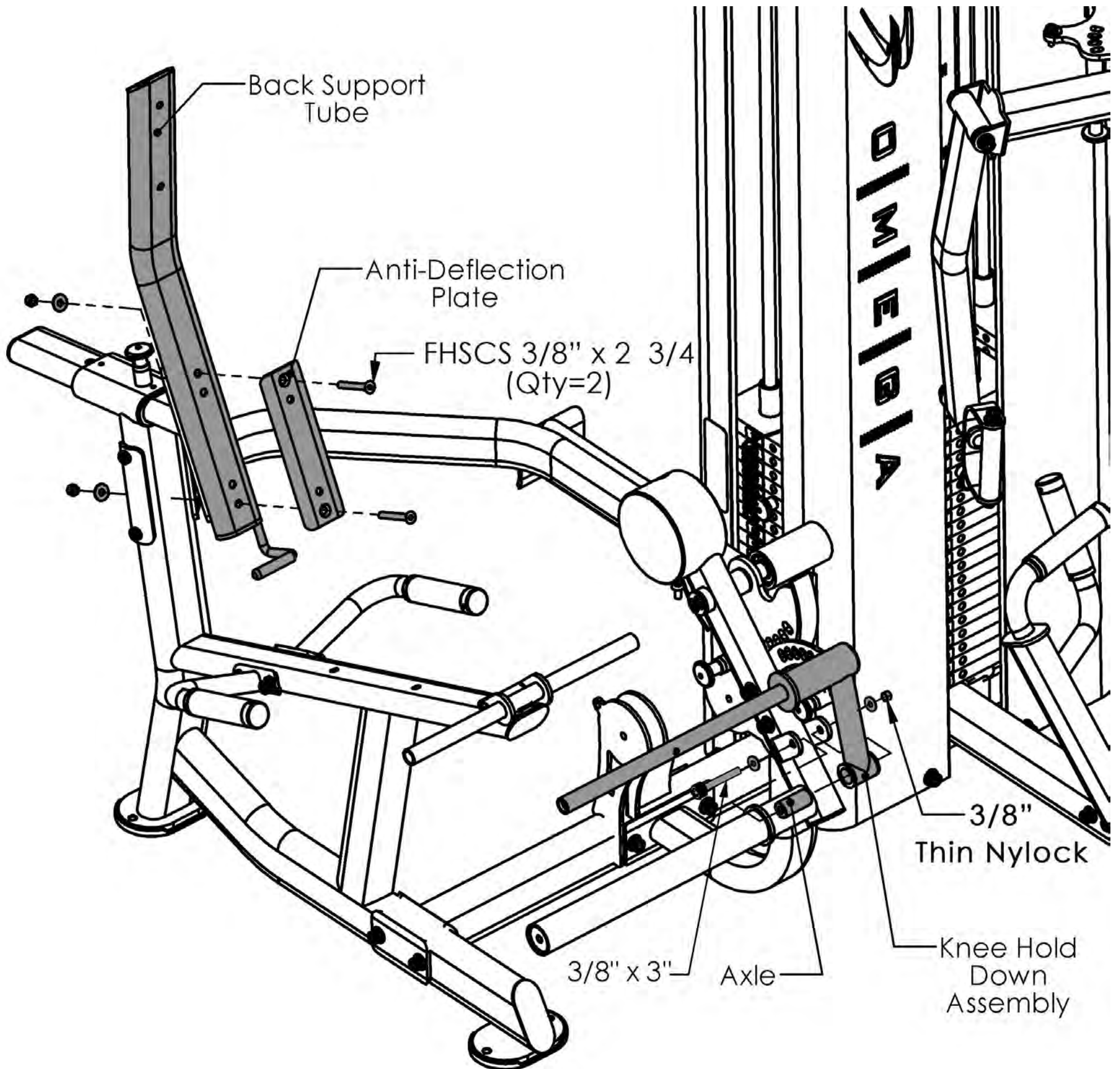
**Step 15:**  **Make Sure All Bolts Are Tightened Before Moving On**



| Item # | Part #    | Description            | Qty |
|--------|-----------|------------------------|-----|
| 57     | BFP-10948 | Back Chrome Adjustment | 1   |
| 58     | BFP-10867 | Leg Ext/Leg Curl Arm   | 1   |
| 59     | BFP-52201 | Knee Hold Down Cam     | 1   |
| 60     | BFP-51874 | 6" Counter Weight      | 1   |
| 82     | BFP-51885 | Red Pivot Point Cap    | 1   |
| 88     | BFP-52372 | SHCS 5/16" x 1/2"      | 2   |
| 91     | BFH-50620 | BHSCS 3/8" x 1"        | 1   |
| 99     | BFP-52382 | SHCS 3/8" x 2 1/2"     | 2   |
| 107    | BFP-52364 | SHCS 3/8" x 6"         | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer       | 5   |
| 112    | BFH-50157 | 3/8" Nylock            | 2   |

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

**Step 16:**  **Make Sure All Bolts Are Tightened Before Moving On**

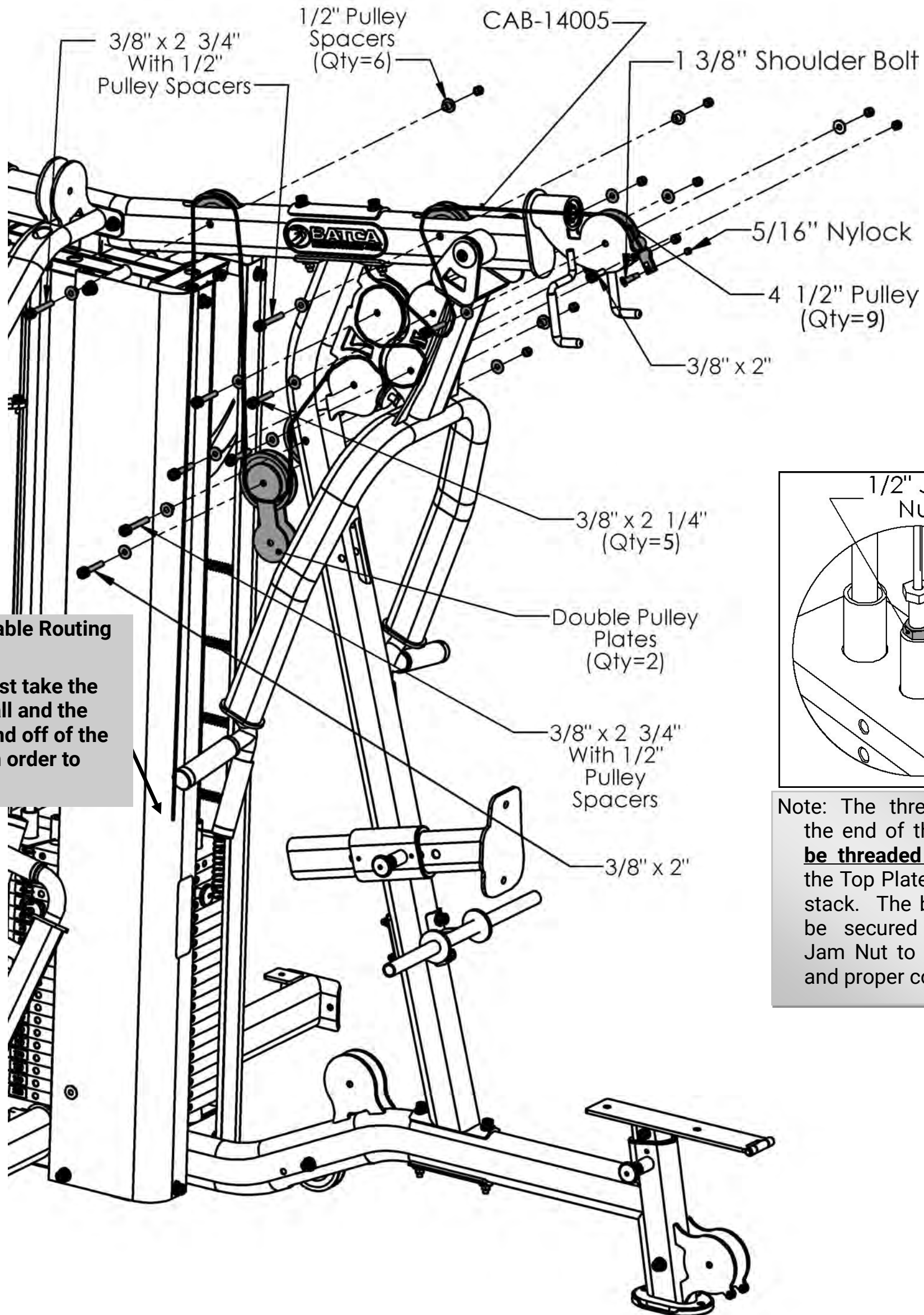


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description             | Qty |
|--------|-----------|-------------------------|-----|
| 61     | BFP-10857 | Back Support Tube       | 1   |
| 62     | BFP-52135 | Anti-Deflection Plate   | 1   |
| 63     | BFP-10870 | Knee Hold Down Assembly | 1   |
| 64     | BFP-51909 | Axle                    | 1   |
| 93     | BFP-51747 | SHCS 3/8" x 3"          | 1   |
| 101    | BFP-52374 | FHSCS 3/8" x 2 3/4"     | 2   |
| 111    | BFH-50146 | 3/8" Flat Washer        | 4   |
| 112    | BFH-50157 | 3/8" Nylock             | 2   |
| 170    | BFH-50247 | 3/8" Thin Nylock        | 1   |

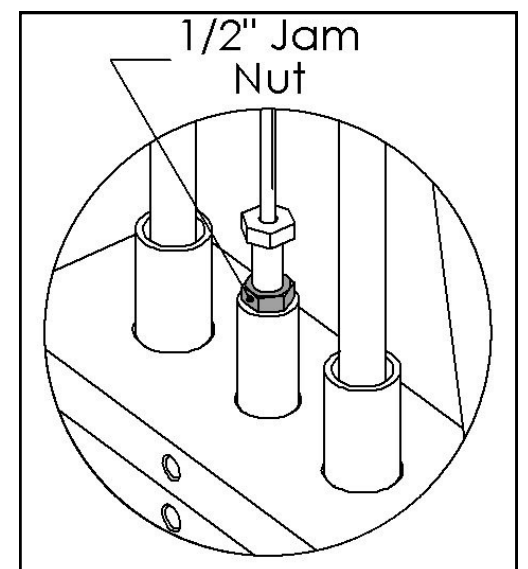


**Step 17:**  **Make Sure All Bolts Are Tightened Before Moving On**

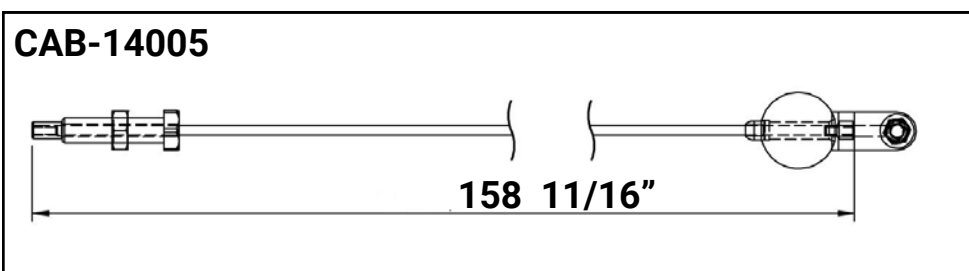


**Start Cable Routing here.**

**You must take the Stop Ball and the strap end off of the cable in order to route it.**



**Note:** The threaded bolt on the end of the cable **must be threaded at least 1/2"** the Top Plate of the weight stack. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

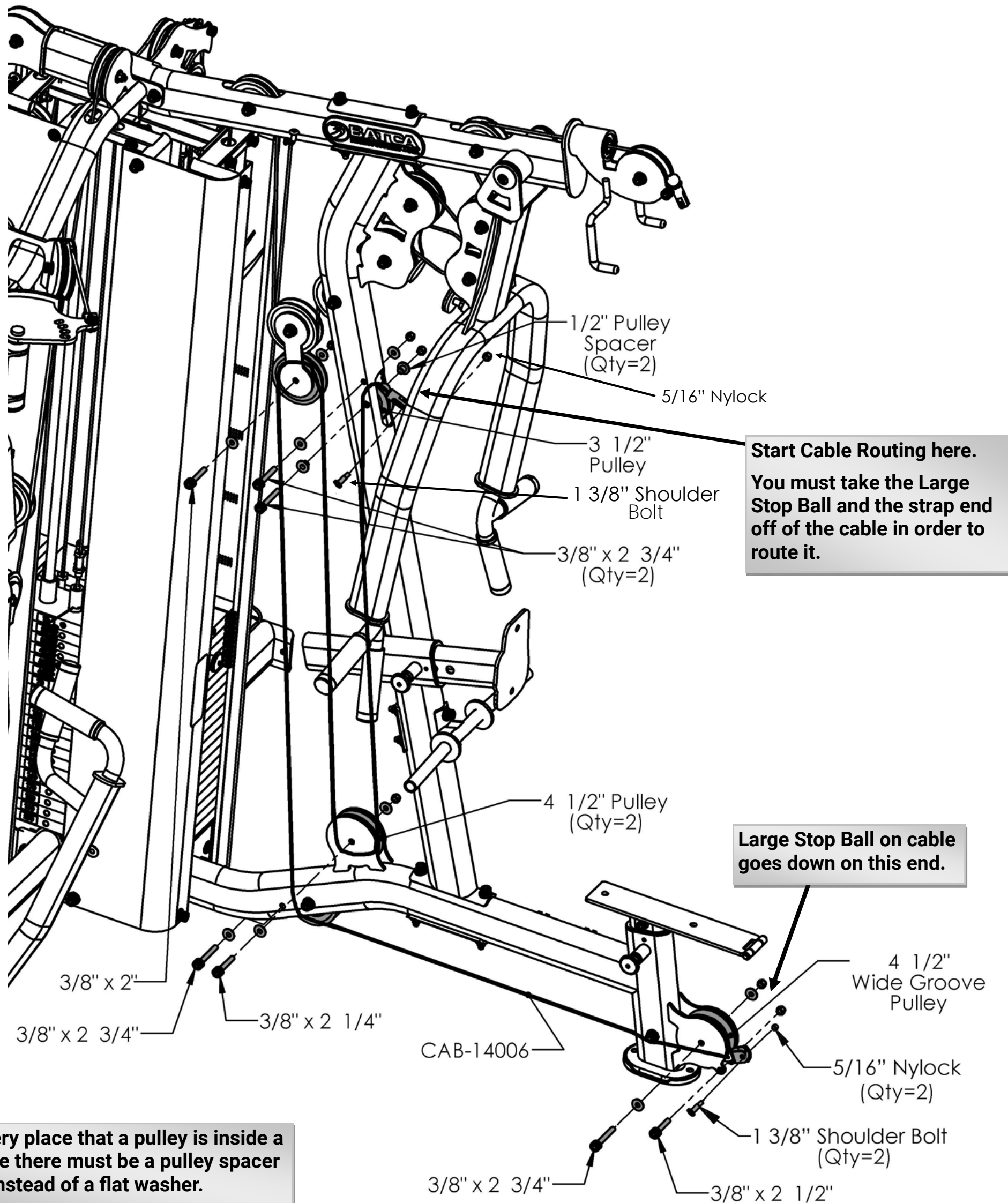



All Flat Washers and Nylocks are 3/8" unless otherwise noted.

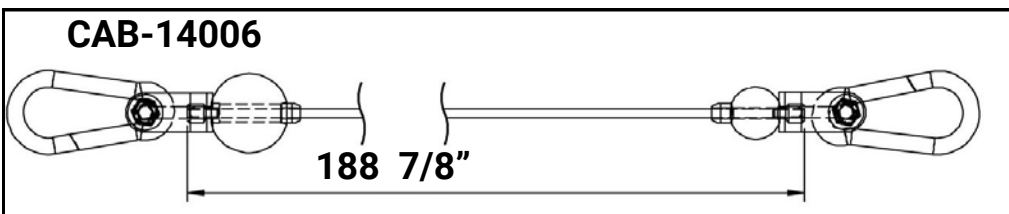
| Item # | Part #    | Description                        | Qty |
|--------|-----------|------------------------------------|-----|
| 120    | CAB-14005 | Weight Stack to High Swivel Pulley | 1   |
| 65     | BFP-52165 | Double Pulley Plate                | 2   |
| 76     | BFH-50174 | 4 1/2" Pulley                      | 9   |
| 78     | BFP-51746 | 1/2" Pulley Spacer                 | 6   |
| 94     | BFH-50351 | 1 3/8" Shoulder Bolt               | 1   |
| 97     | BFP-51759 | SHCS 3/8" x 2"                     | 2   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"                 | 5   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"                 | 3   |
| 108    | BFH-50267 | 5/16" Nylock                       | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer                   | 12  |
| 112    | BFH-50157 | 3/8" Nylock                        | 10  |



**Step 18:**  **Make Sure All Bolts Are Tightened Before Moving On**



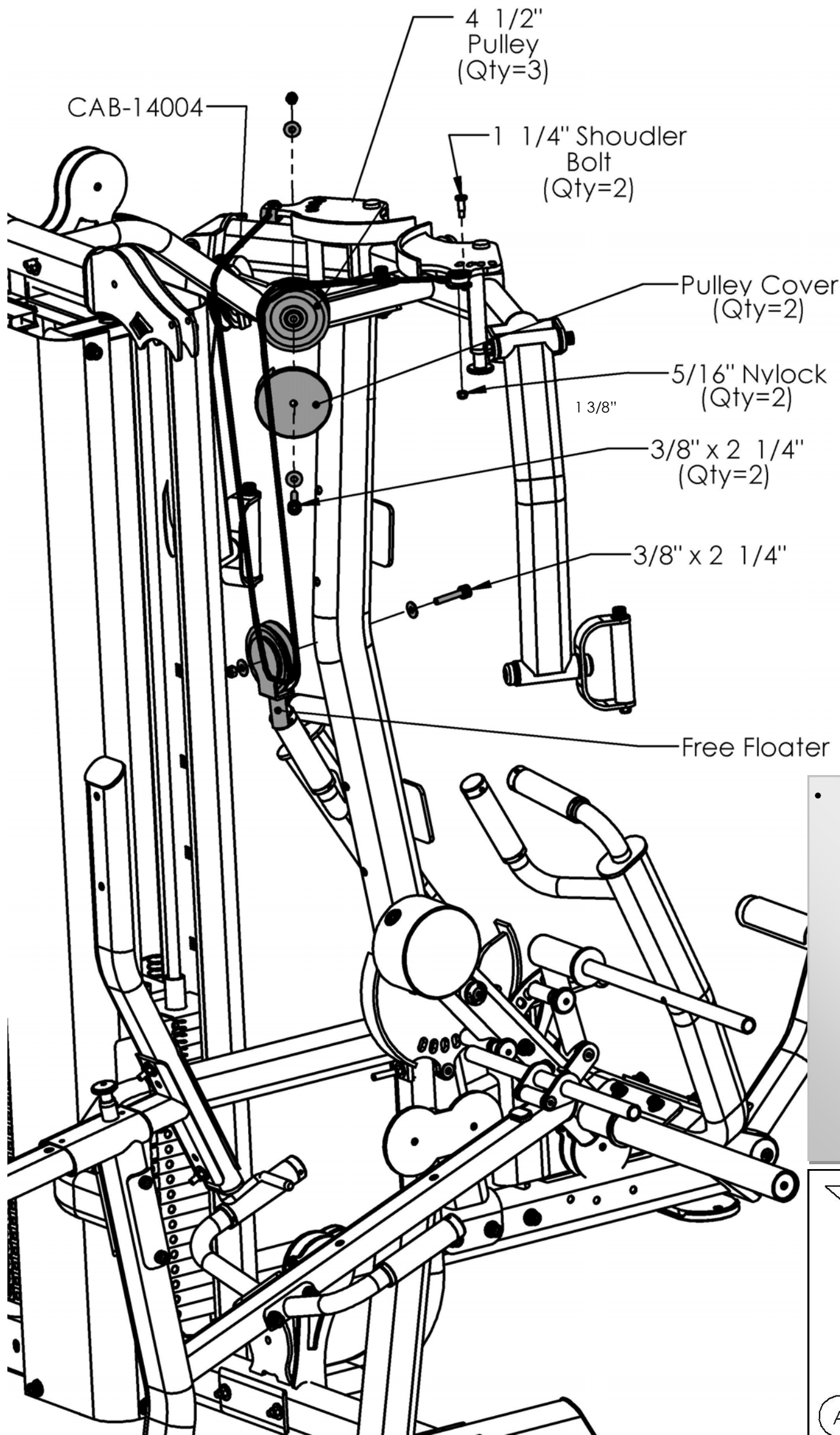
 **Every place that a pulley is inside a tube there must be a pulley spacer in use instead of a flat washer.**



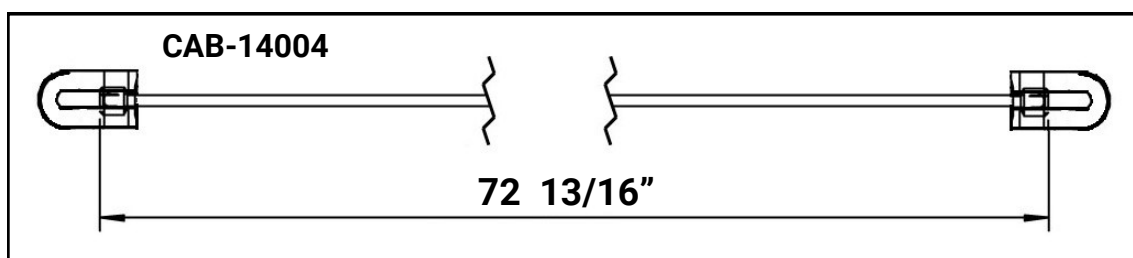
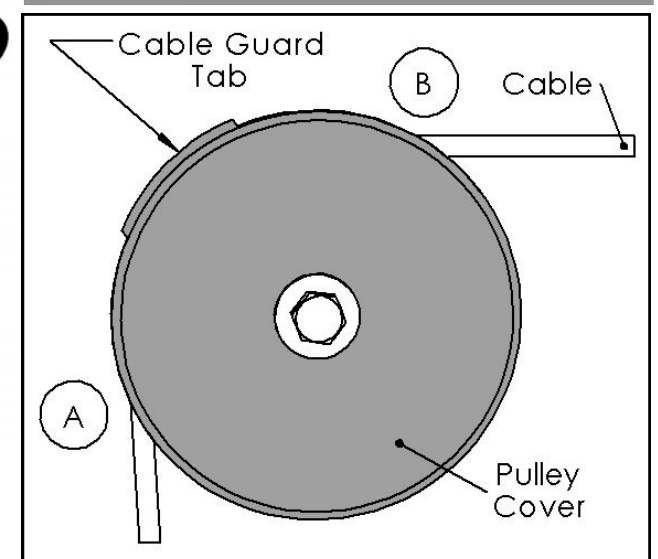
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description               | Qty |
|--------|-----------|---------------------------|-----|
| 121    | CAB-14006 | Ab Crunch to Low Pulley   | 1   |
| 75     | BFH-50173 | 3 1/2" Pulley             | 1   |
| 76     | BFH50174  | 4 1/2" Pulley             | 2   |
| 77     | BFP-52157 | 4 1/2" Wide Groove Pulley | 1   |
| 78     | BFP-51746 | 1/2" Pulley Spacer        | 2   |
| 94     | BFH-50351 | 1 3/8" Shoulder Bolt      | 2   |
| 97     | BFP-51759 | SHCS 3/8" x 2"            | 1   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"        | 1   |
| 99     | BFP-52382 | SHCS 3/8" x 2 1/2"        | 1   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"        | 4   |
| 108    | BFH-50267 | 5/16" Nylock              | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer          | 10  |
| 112    | BFH-50157 | 3/8" Nylock               | 7   |

**Step 19:**  **Make Sure All Bolts Are Tightened Before Moving On**



- **Position** the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of it's track on the 4 1/2" Pulley. An example of this positioning can be seen in the figure below. 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.




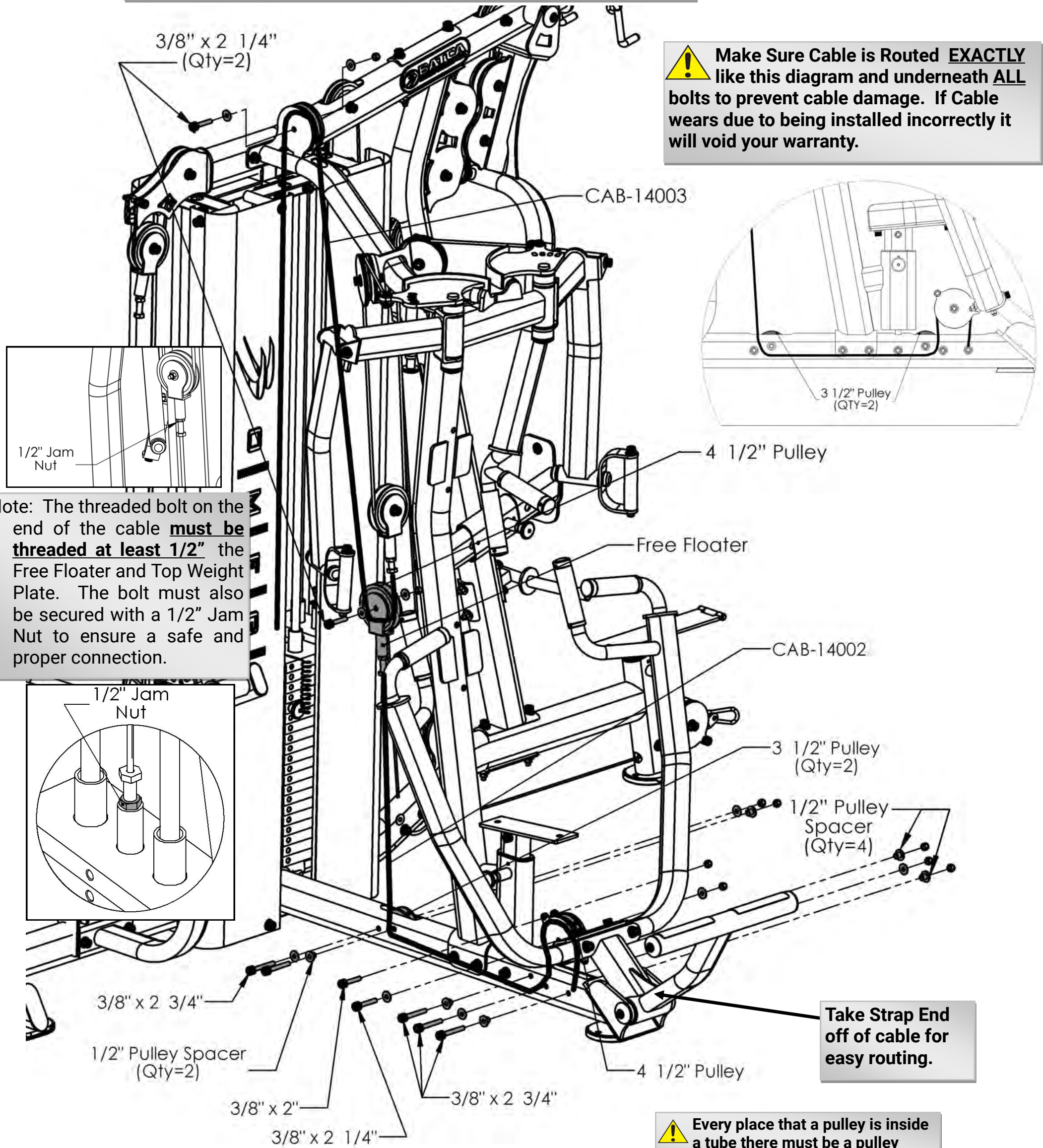
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description             | Qty |
|--------|-----------|-------------------------|-----|
| 122    | CAB-14004 | Pec Cam to Free Floater | 1   |
| 66     | BFM-50345 | Pulley Cover            | 2   |
| 67     | BFP-10838 | Free Floater            | 1   |
| 76     | BFH50174  | 4 1/2" Pulley           | 3   |
| 94     | BFH-50351 | 1 3/8" Shoulder Bolt    | 2   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"      | 3   |
| 108    | BFH-50267 | 5/16" Nylock            | 2   |
| 111    | BFH-50146 | 3/8" Flat Washer        | 6   |
| 112    | BFH-50157 | 3/8" Nylock             | 3   |




**Step 20:**  **Make Sure All Bolts Are Tightened Before Moving On**

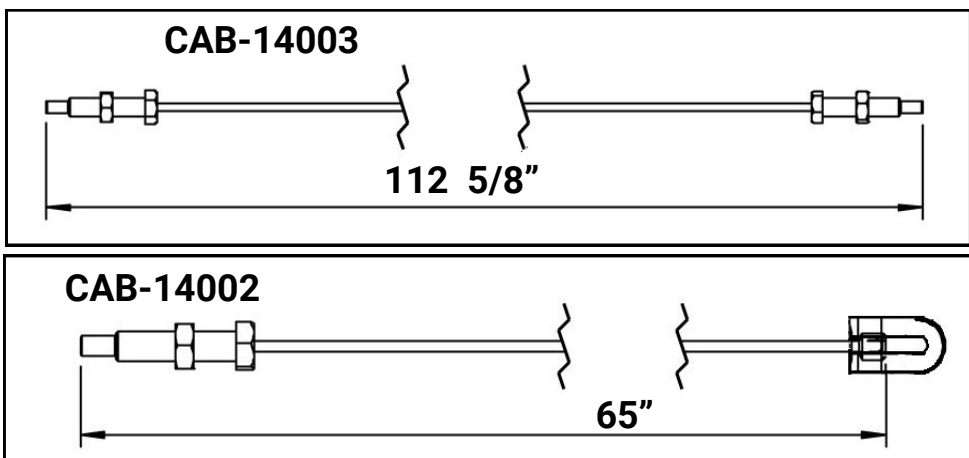
 **Make Sure Cable is Routed EXACTLY like this diagram and underneath ALL bolts to prevent cable damage. If Cable wears due to being installed incorrectly it will void your warranty.**



Note: The threaded bolt on the end of the cable **must be threaded at least 1/2"** the Free Floater and Top Weight Plate. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

**Take Strap End off of cable for easy routing.**

 **Every place that a pulley is inside a tube there must be a pulley spacer in use instead of a flat washer.**



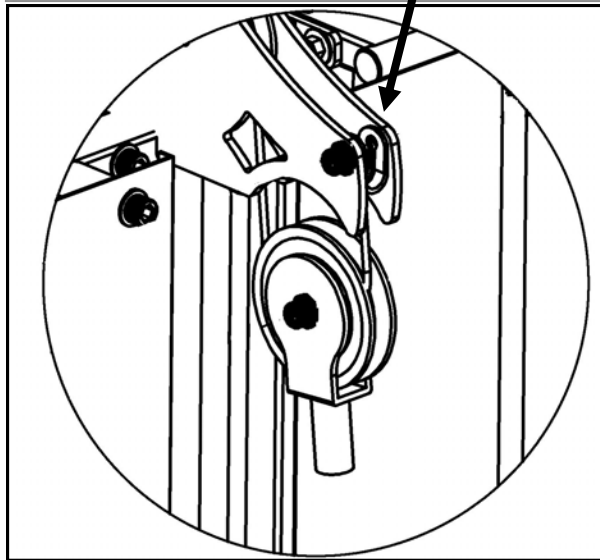
| Item # | Part #    | Description                  | Qty |
|--------|-----------|------------------------------|-----|
| 123    | CAB-14002 | Free Floater to Chest Press  | 1   |
| 124    | CAB-14003 | Weight Stack to Free Floater | 1   |
| 67     | BFP-10838 | Free Floater                 | 1   |
| 75     | BFH-50173 | 3 1/2" Pulley                | 2   |
| 76     | BFH-50174 | 4 1/2" Pulley                | 3   |
| 78     | BFP-51746 | 1/2" Pulley Spacer           | 6   |
| 97     | BFP-51759 | SHCS 3/8" x 2"               | 1   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"           | 3   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"           | 5   |
| 111    | BFH-50146 | 3/8" Flat Washer             | 10  |
| 112    | BFH-50157 | 3/8" Nylock                  | 9   |

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

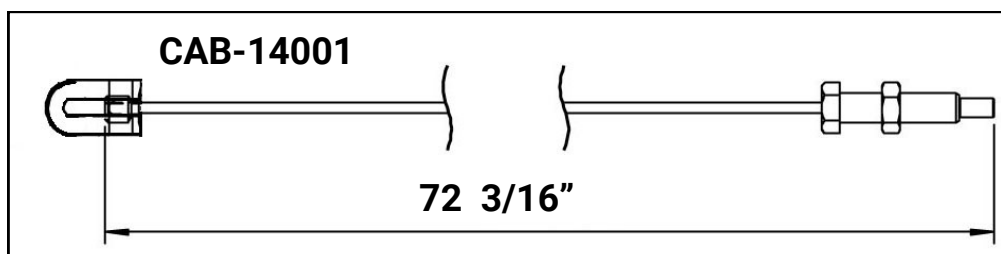
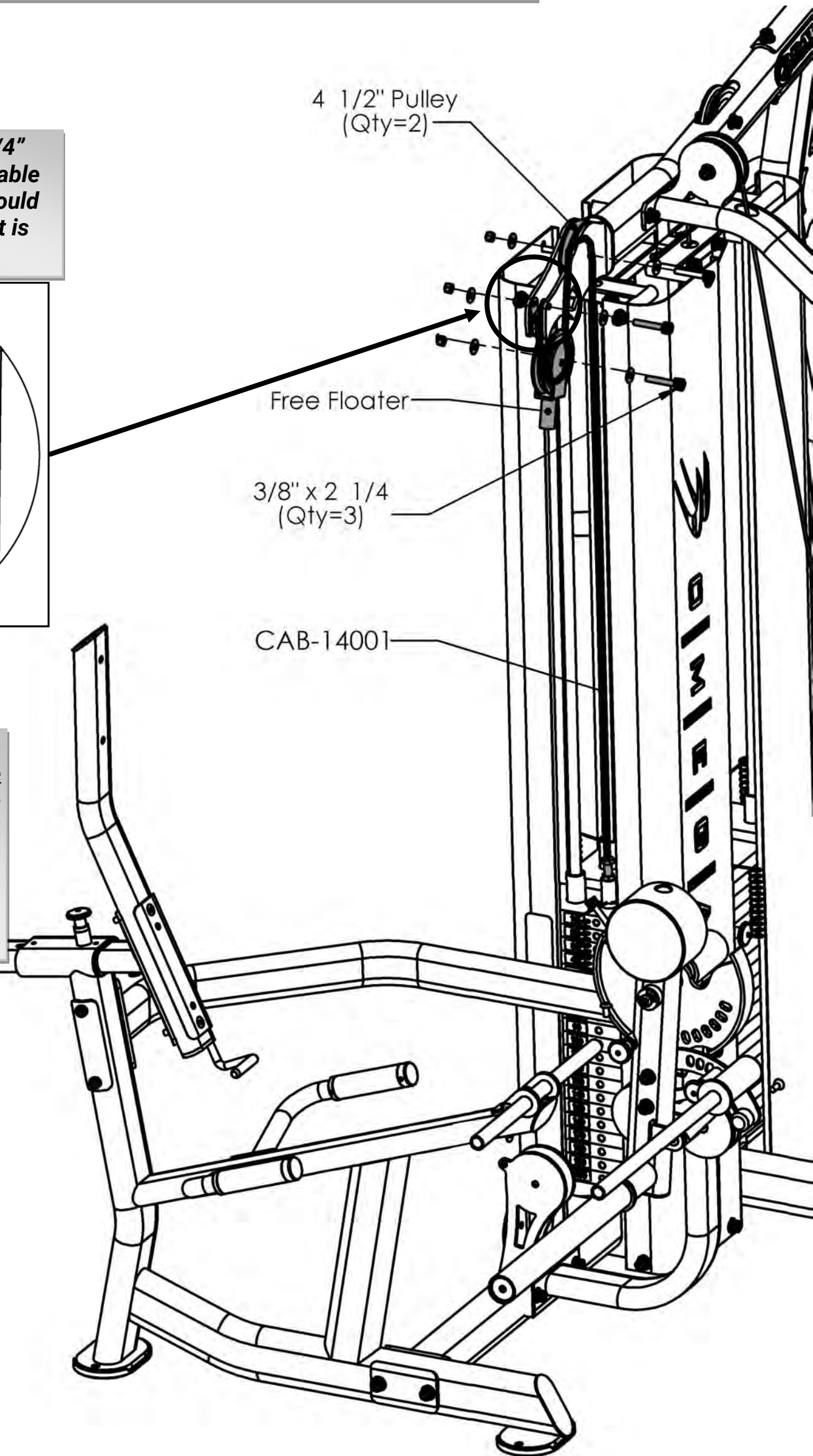
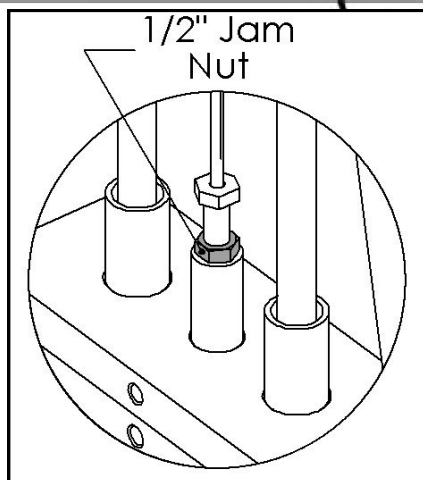


**Step 21:**  **Make Sure All Bolts Are Tightened Before Moving On**

- **Do not over tighten the 2 1/4" bolt that goes through the Cable Strap End. The Strap end should be able to pivot after the bolt is tightened.**



Note: The threaded bolt on the end of the cable **must be threaded at least 1/2"** the Free Floater and Top Weight Plate. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

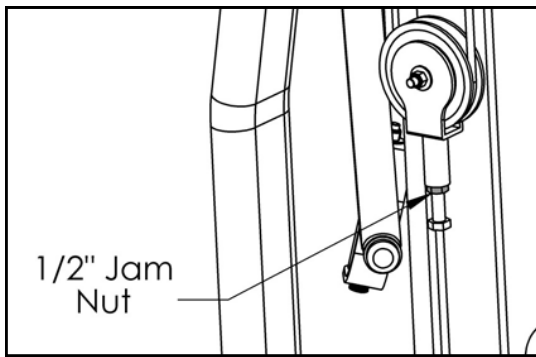


All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a **3/8" CURVED WASHER** instead of a **3/8" FLAT WASHER**.

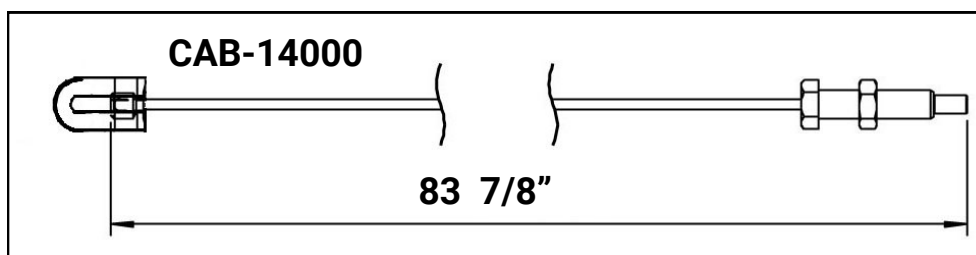
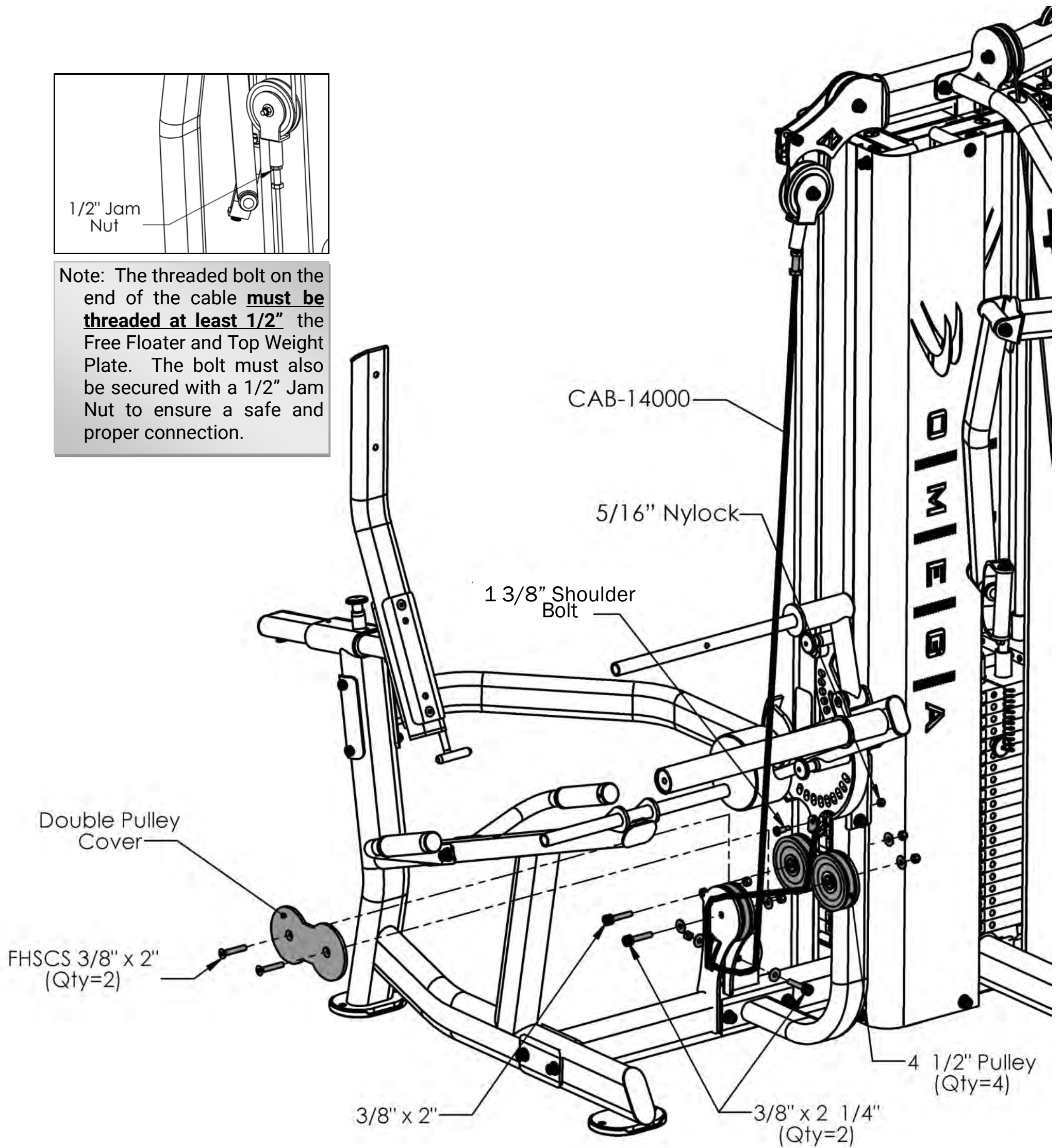
| Item # | Part #    | Description                   | Qty |
|--------|-----------|-------------------------------|-----|
| 125    | CAB-14001 | Weight Stack to Cable Lockout | 1   |
| 67     | BFP-10838 | Free Floater                  | 1   |
| 76     | BFH-50174 | 4 1/2" Pulley                 | 2   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"            | 3   |
| 111    | BFH-50146 | 3/8" Flat Washer              | 6   |
| 112    | BFH-50157 | 3/8" Nylock                   | 3   |



**Step 22:**  **Make Sure All Bolts Are Tightened Before Moving On**



Note: The threaded bolt on the end of the cable **must be threaded at least 1/2"** the Free Floater and Top Weight Plate. The bolt must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.

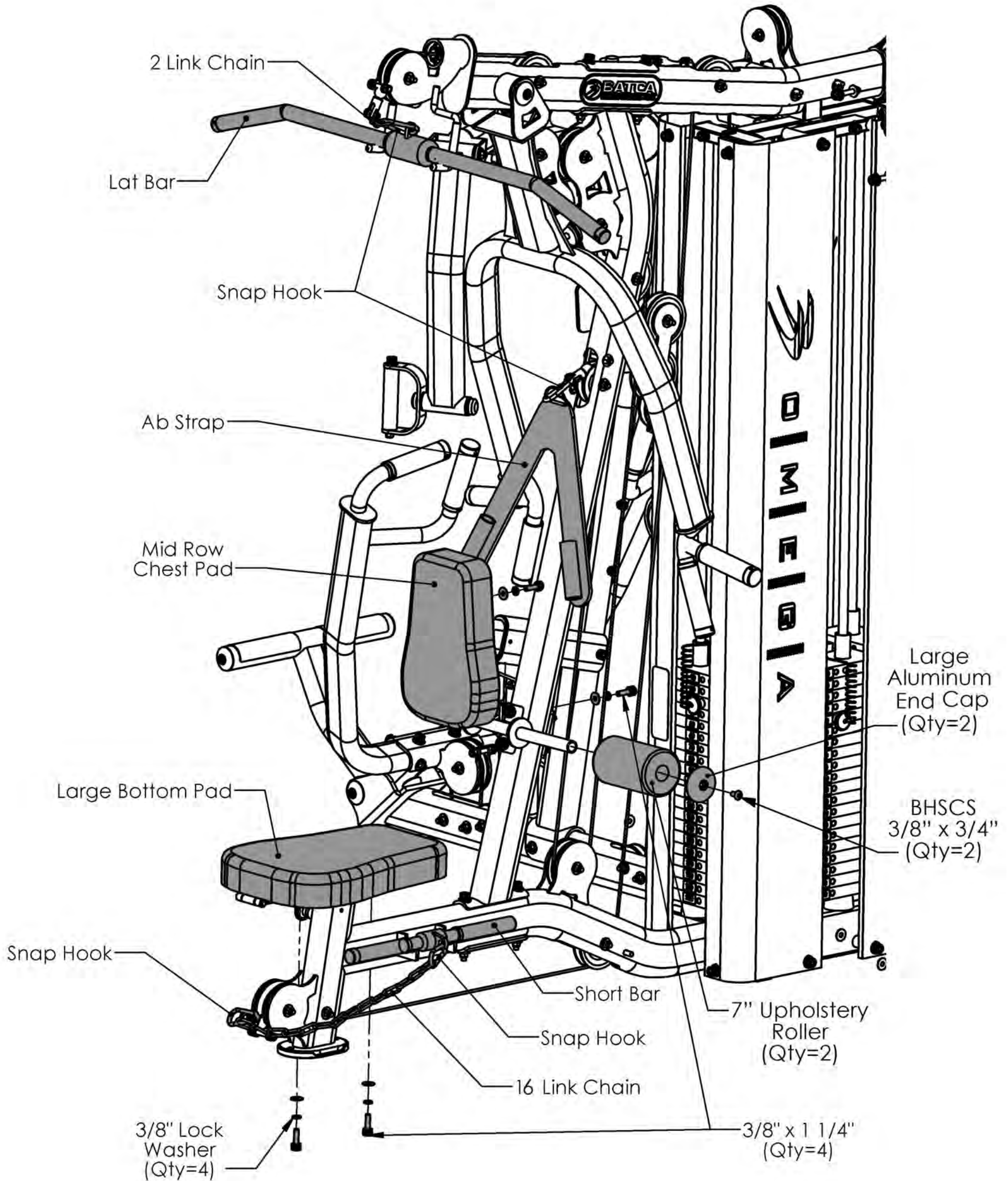


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description                          | Qty |
|--------|-----------|--------------------------------------|-----|
| 126    | CAB-14000 | Free Floater to Leg Ext/Leg Curl Cam | 1   |
| 68     | BFP-51883 | Double Pulley Cover                  | 1   |
| 76     | BFH-50174 | 4 1/2" Pulley                        | 4   |
| 94     | BFH-50351 | 1 3/8" Shoulder Bolt                 | 1   |
| 97     | BFP-51759 | SHCS 3/8" x 2"                       | 1   |
| 96     | BFH-50145 | FHSCS 3/8" x 2"                      | 2   |
| 98     | BFP-51752 | SHCS 3/8" x 2 1/4"                   | 2   |
| 108    | BFH-50267 | 5/16" Nylock                         | 1   |
| 111    | BFH-50146 | 3/8" Flat Washer                     | 6   |
| 112    | BFH-50157 | 3/8" Nylock                          | 5   |



**Step 23:**  **Make Sure All Bolts Are Tightened Before Moving On**

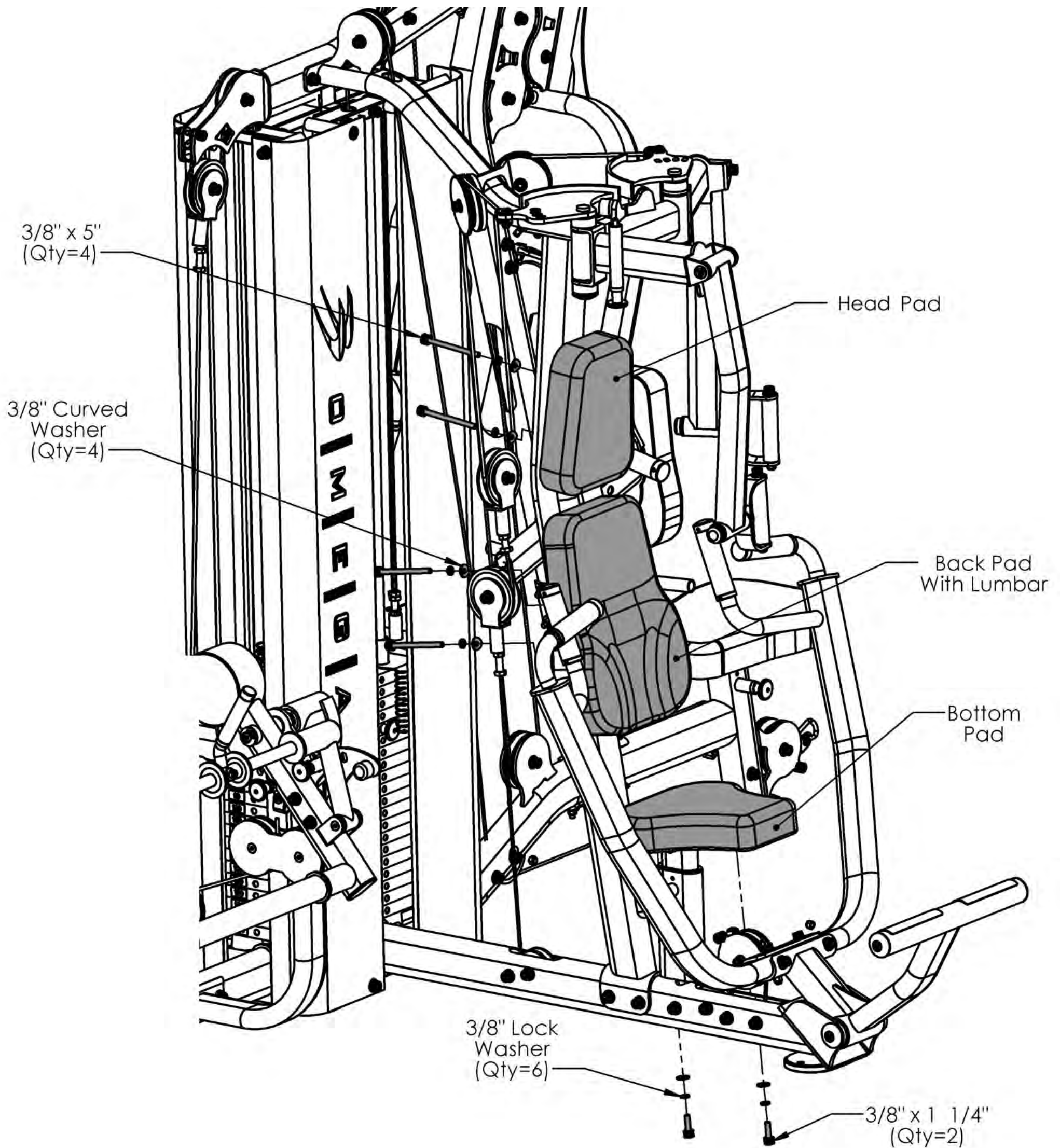


| Item # | Part #       | Description            | Qty |
|--------|--------------|------------------------|-----|
| 113    | BFP-52130    | Large Bottom Pad       | 1   |
| 114    | BFP-52129    | Mid Row Chest Pad      | 1   |
| 115    | BFU-10121    | 7" Upholstery Roller   | 2   |
| 71     | BFC-50122    | Ab Strap               | 1   |
| 72     | BFC-50125    | Lat Bar                | 1   |
| 73     | BFC-50126    | Short Bar              | 1   |
| 83     | 16xBFC-50128 | 16 Link Chain          | 1   |
| 84     | 2xBFC-50128  | 2 Link Chain           | 1   |
| 85     | BFH-50622    | Large Aluminum End Cap | 2   |
| 86     | BFH-50188    | Snap hook              | 4   |
| 89     | BFP-52430    | BHSCS 3/8" x 3/4"      | 2   |
| 95     | BFP-51653    | SHCS 3/8" x 1 1/4"     | 4   |
| 109    | BFH-50147    | 3/8" Lock Washer       | 4   |
| 111    | BFH-50146    | 3/8" Flat Washer       | 4   |

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



**Step 24:**  **Make Sure All Bolts Are Tightened Before Moving On**

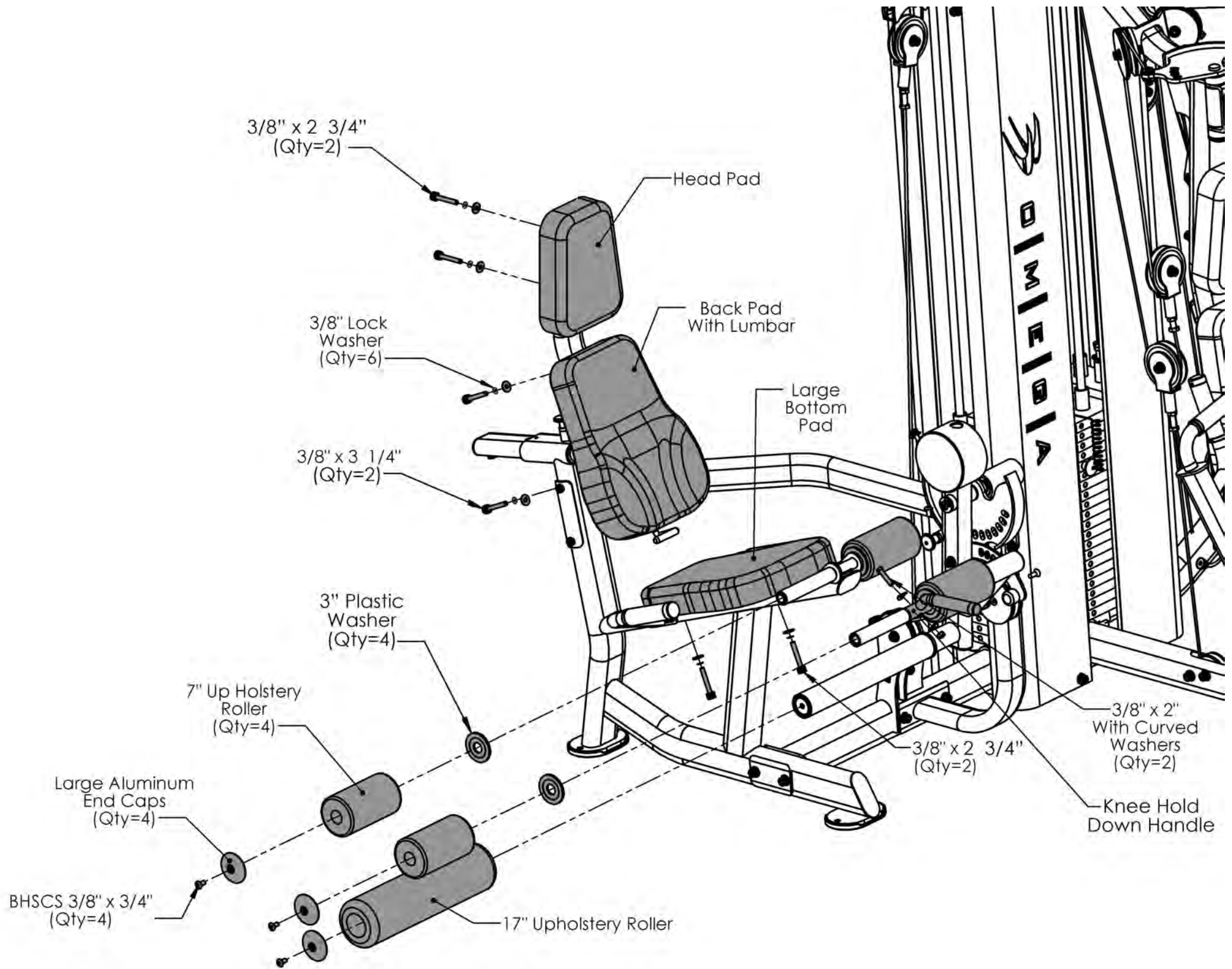


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description          | Qty |
|--------|-----------|----------------------|-----|
| 116    | BFP-52136 | Back Pad With Lumbar | 1   |
| 117    | BFP-52137 | Head Pad             | 1   |
| 118    | BFP-52141 | Bottom Pad           | 1   |
| 95     | BFP-51653 | SHCS 3/8" x 1 1/4"   | 2   |
| 105    | BFP-51799 | SHCS 3/8" x 5"       | 4   |
| 109    | BFH-50147 | 3/8" Lock Washer     | 6   |
| 110    | BFH-50204 | 3/8" Curved Washer   | 4   |
| 111    | BFH-50146 | 3/8" Flat Washer     | 2   |



**Step 21:**  **Make Sure All Bolts Are Tightened Before Moving On**

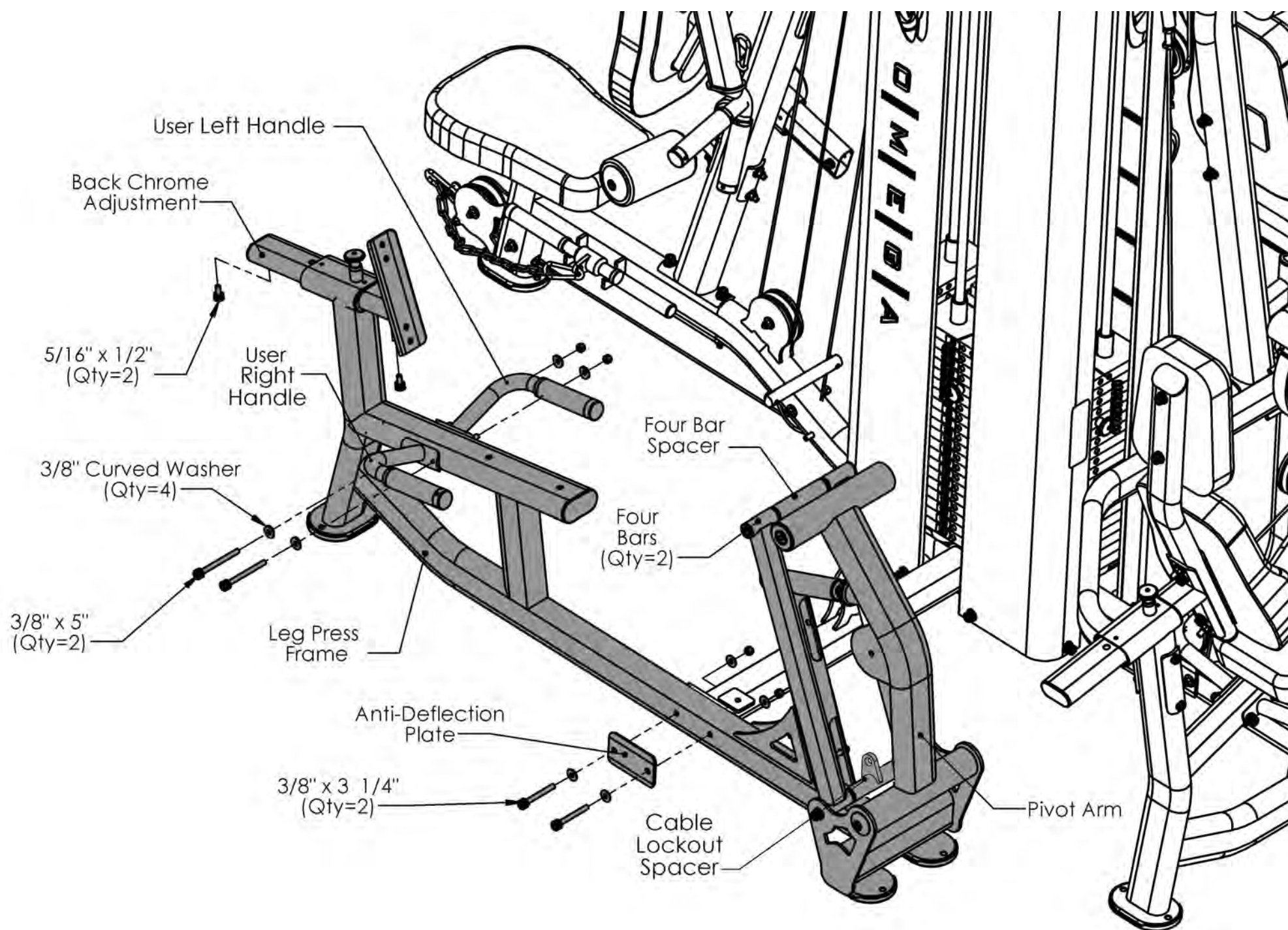


| Item # | Part #    | Description            | Qty |
|--------|-----------|------------------------|-----|
| 69     | BFM-10588 | Knee Hold Down Handle  | 1   |
| 117    | BFP-52137 | Head Pad               | 1   |
| 116    | BFP-52136 | Back Pad With Lumbar   | 1   |
| 113    | BFP-52130 | Large Bottom Pad       | 1   |
| 115    | BFU-10121 | 7" Upholstery Roller   | 4   |
| 119    | BFU-10122 | 17" Upholstery Roller  | 1   |
| 85     | BFH-50622 | Large Aluminum End Cap | 4   |
| 87     | BFH-50221 | 3" Plastic Washer      | 4   |
| 89     | BFP-51430 | BHSCS 3/8" x 3/4"      | 4   |
| 97     | BFP-51759 | SHCS 3/8" x 2"         | 1   |
| 100    | BFP-51750 | SHCS 3/8" x 2 3/4"     | 4   |
| 103    | BFP-51748 | SHCS 3/8" x 3 1/4"     | 2   |
| 109    | BFH-50147 | 3/8" Lock Washer       | 6   |
| 110    | BFH-50204 | 3/8" Curved Washer     | 2   |
| 111    | BFH-50146 | 3/8" Flat Washer       | 6   |

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

# Leg Press Option

**Step 26: This section is only for those who purchased the Leg Press Option.**

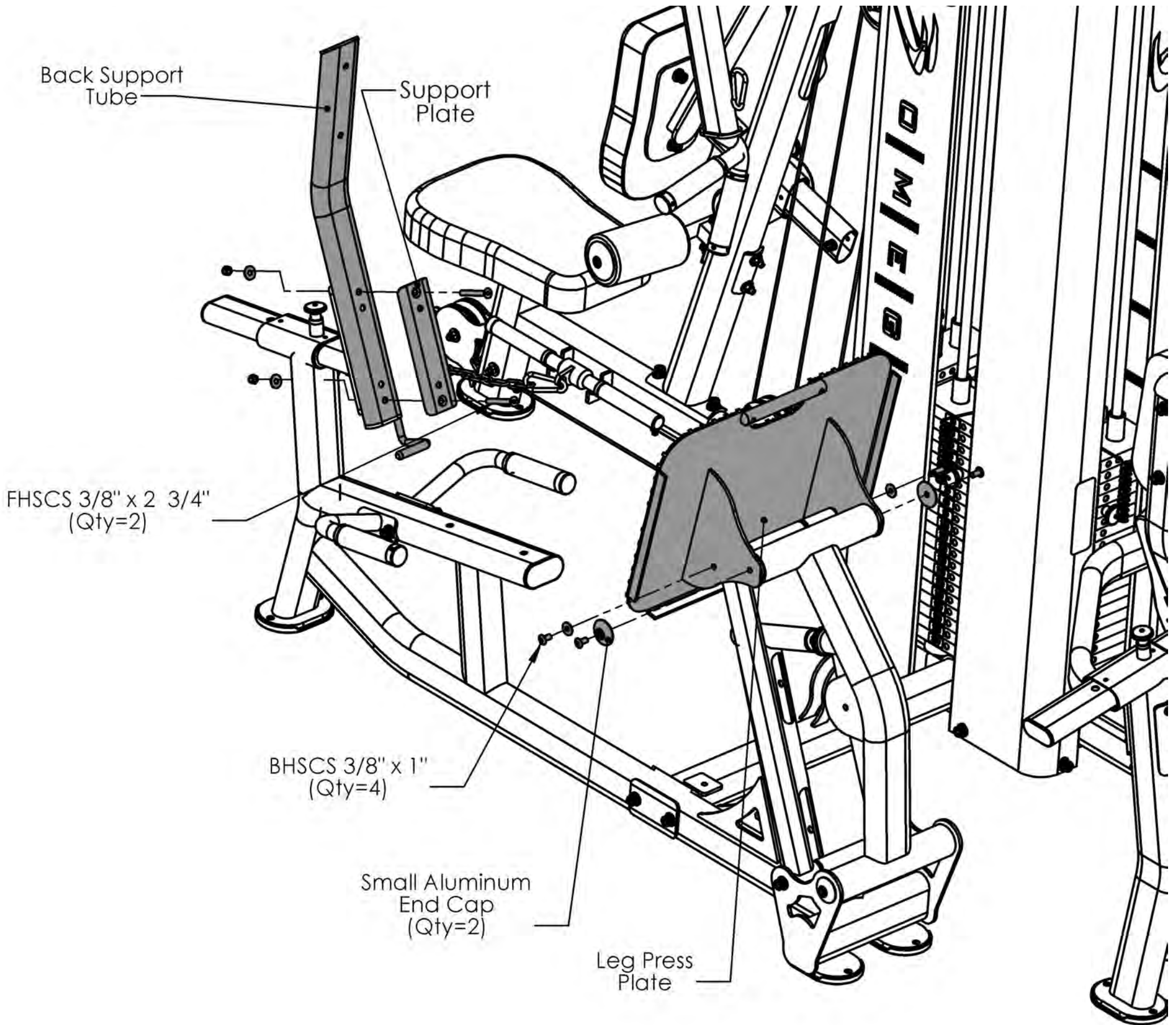


| Item # | Part #    | Description            | Qty |
|--------|-----------|------------------------|-----|
| 133    | BFP-10964 | Leg Press Frame        | 1   |
| 134    | BFP-10856 | Back Chrome Adjustment | 1   |
| 135    | BFP-10860 | User Left Handle       | 1   |
| 136    | BFP-10861 | User Right Handle      | 1   |
| 137    | BFP-52159 | Anti-Deflection Plate  | 1   |
| 138    | BFP-10852 | Pivot Arm              | 1   |
| 139    | BFP-10851 | Four Bars              | 2   |
| 140    | BFP-51843 | Four Bar Spacer        | 1   |
| 170    | BFP-11020 | Cable Lockout Spacer   | 1   |
| 152    | BFP-52372 | SHCS 5/16" x 1/2"      | 2   |
| 160    | BFP-51748 | SHCS 3/8" x 3 1/4"     | 2   |
| 161    | BFP-51799 | SHCS 3/8" x 5"         | 2   |
| 164    | BFH-50204 | 3/8" Curved Washer     | 4   |
| 165    | BFH-50146 | 3/8" Flat Washer       | 4   |
| 166    | BFH-50157 | 3/8" Nylock            | 4   |

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



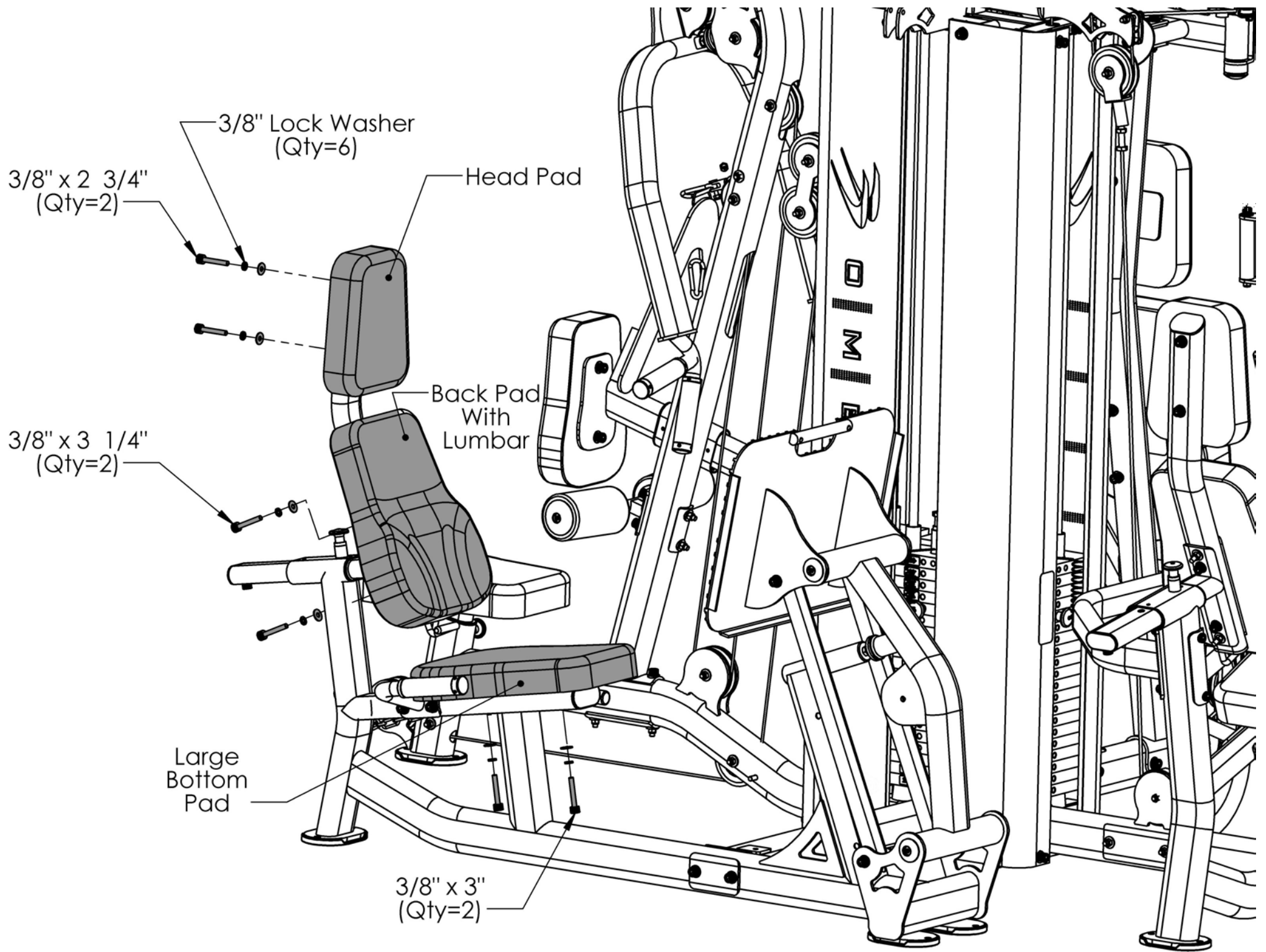
**Step 27:**  **Make Sure All Bolts Are Tightened Before Moving On**



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

| Item # | Part #    | Description            | Qty |
|--------|-----------|------------------------|-----|
| 141    | BFP-10853 | Leg Press Plate        | 1   |
| 142    | BFP-10857 | Back Support Tube      | 1   |
| 143    | BFP-52149 | Support Plate          | 1   |
| 150    | BFP-51696 | Small Aluminum End Cap | 2   |
| 153    | BFH-50620 | BHSCS 3/8" x 1"        | 4   |
| 157    | BFP-52374 | FHSCS 3/8" x 2 3/4"    | 2   |
| 165    | BFH-50146 | 3/8" Flat Washer       | 4   |
| 166    | BFH-50157 | 3/8" Nylock            | 2   |

**Step 28:**  **Make Sure All Bolts Are Tightened Before Moving On**

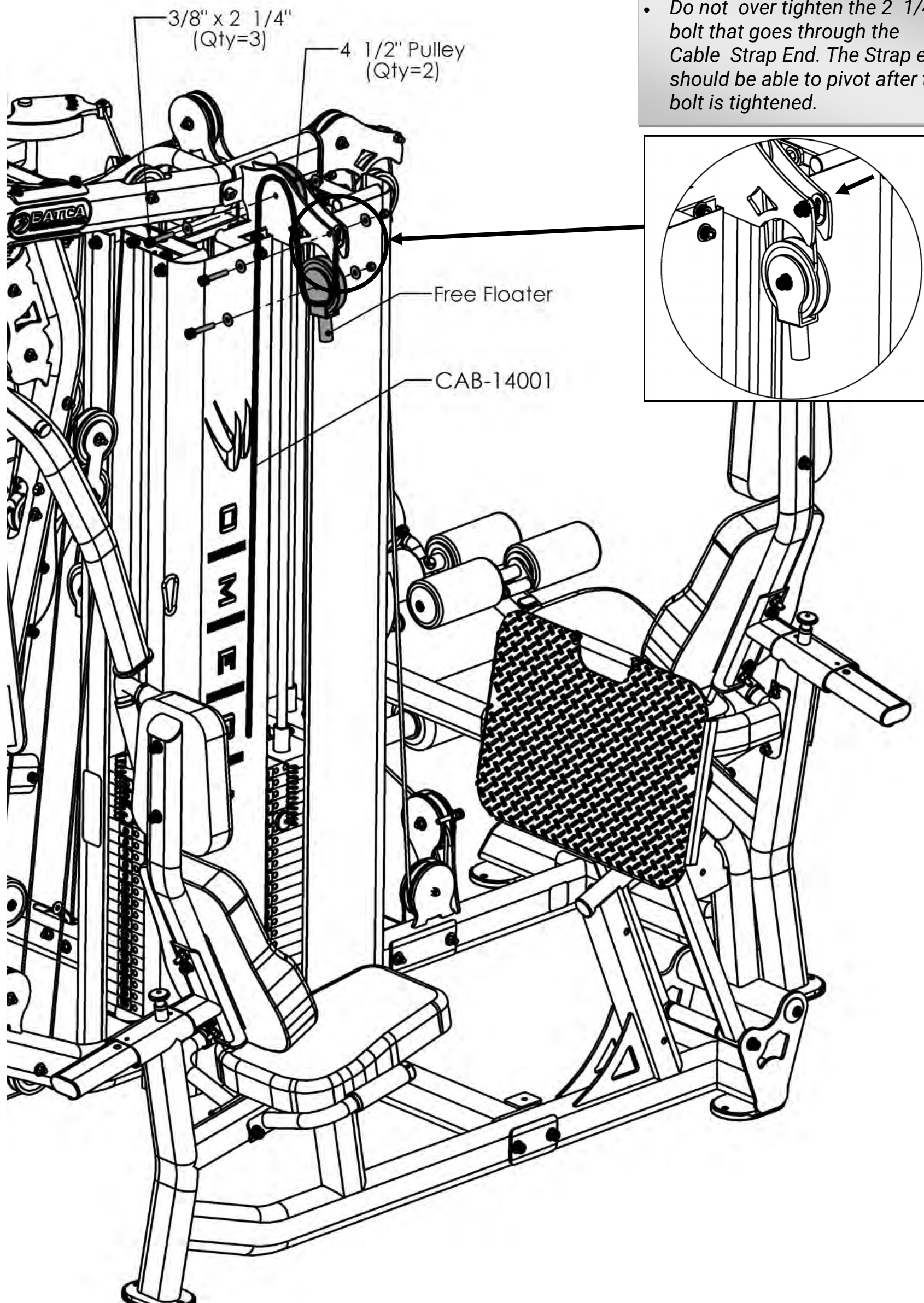


All Flat Washers and Nylocks are 3/8" unless otherwise noted.

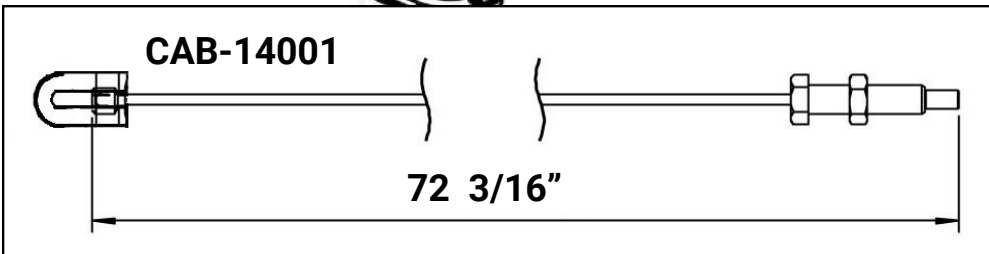
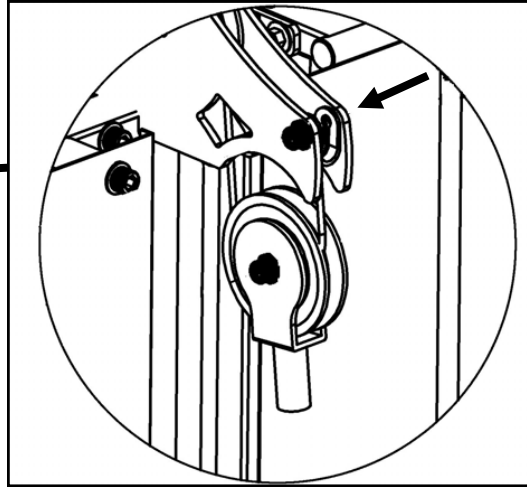
| Item # | Part #    | Description          | Qty |
|--------|-----------|----------------------|-----|
| 146    | BFP-52137 | Head Pad             | 1   |
| 147    | BFP-52136 | Back Pad With Lumbar | 1   |
| 148    | BFP-52130 | Large Bottom Pad     | 1   |
| 158    | BFP-51750 | SHCS 3/8" x 2 3/4"   | 2   |
| 159    | BFP-51747 | SHCS 3/8" x 3"       | 2   |
| 160    | BFP-51748 | SHCS 3/8" x 3 1/4"   | 2   |
| 163    | BFH-50157 | 3/8" Lock Washer     | 6   |
| 165    | BFH-50146 | 3/8" Flat Washer     | 6   |



**Step 29:**  **Make Sure All Bolts Are Tightened Before Moving On**



• Do not over tighten the 2 1/4" bolt that goes through the Cable Strap End. The Strap end should be able to pivot after the bolt is tightened.



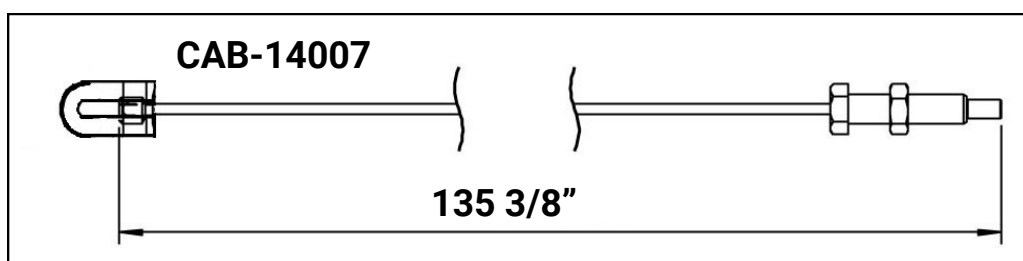
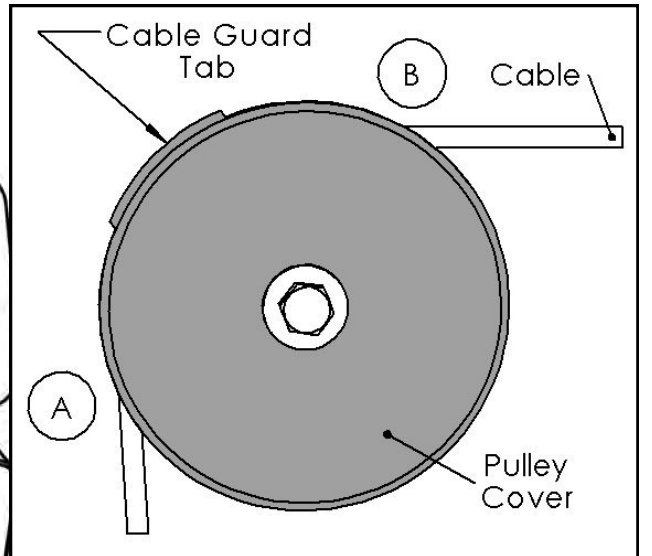
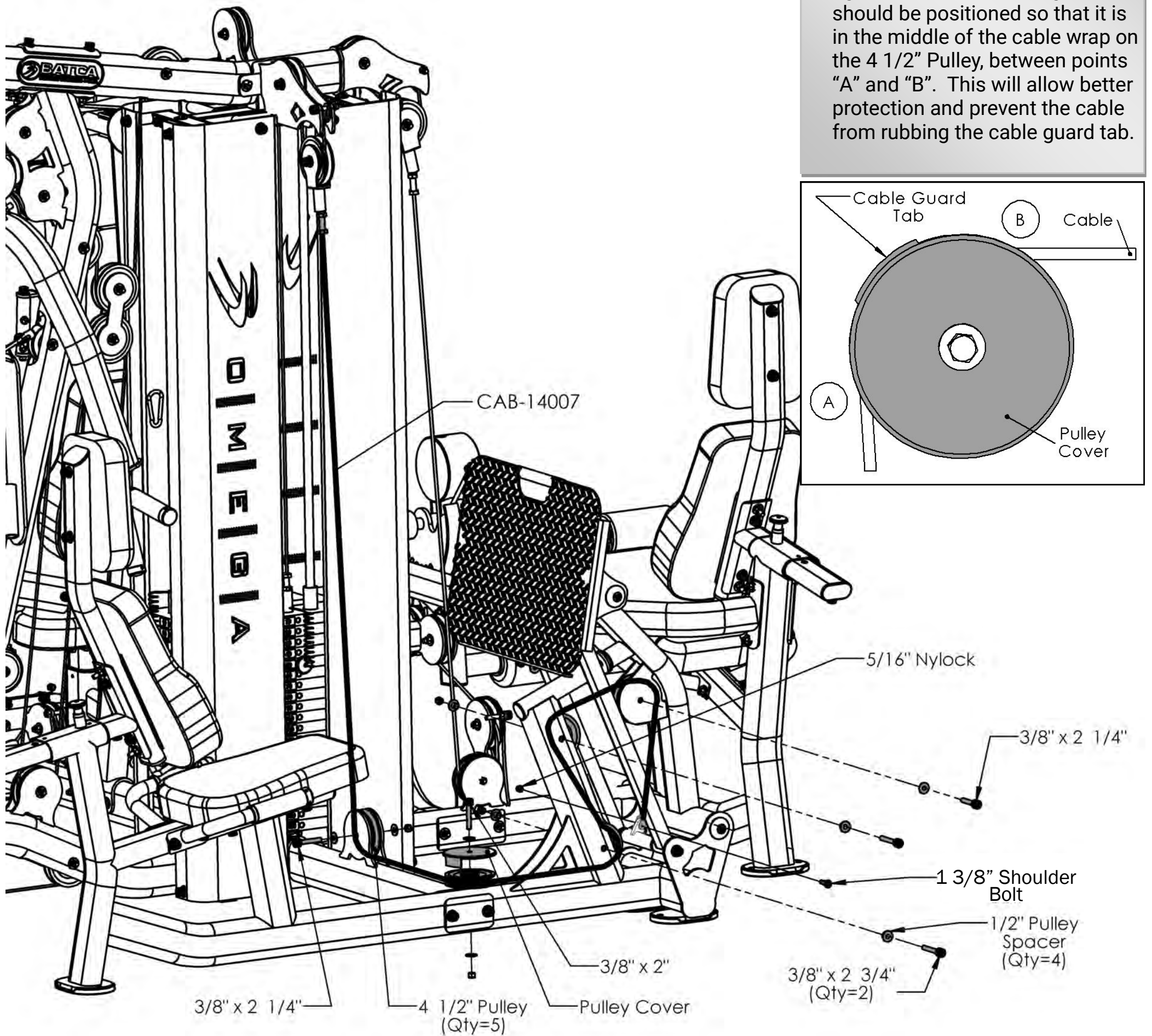
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description                  | Qty |
|--------|-----------|------------------------------|-----|
| 168    | CAB-14001 | Weight Stack to Free Floater | 1   |
| 144    | BFP-10838 | Free Floater                 | 1   |
| 149    | BFH-50174 | 4 1/2" Pulley                | 2   |
| 156    | BFP-51752 | SHCS 3/8" x 2 1/4"           | 3   |
| 165    | BFH-50146 | 3/8" Flat Washer             | 6   |
| 166    | BFH-50157 | 3/8" Nylock                  | 3   |



**Step 30:**  **Make Sure All Bolts Are Tightened Before Moving On**

- **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 below. 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.



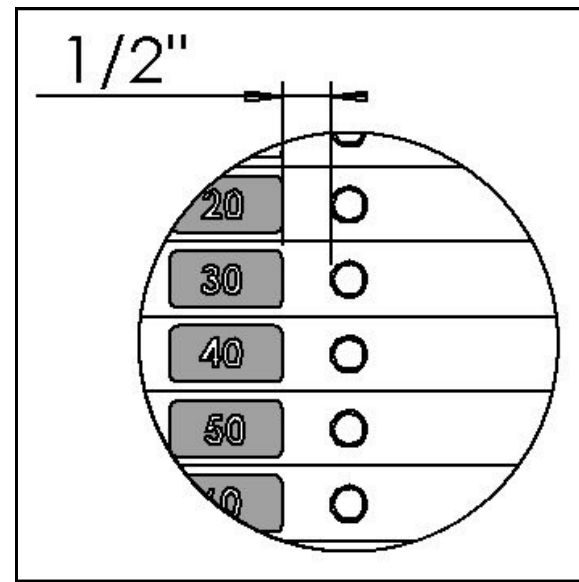
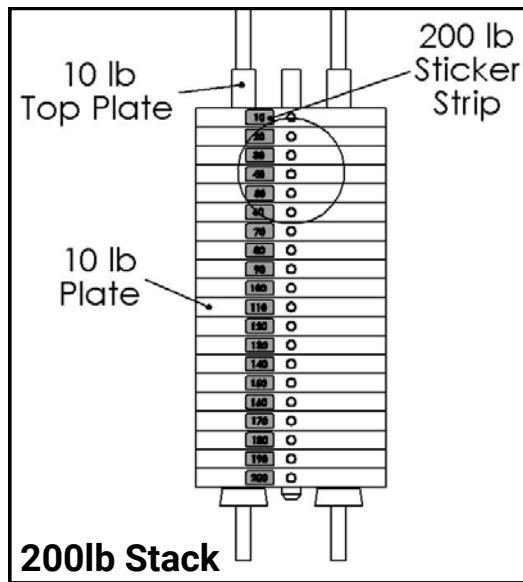
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

| Item # | Part #    | Description                       | Qty |
|--------|-----------|-----------------------------------|-----|
| 167    | CAB-14007 | Free Floater to Leg Press Lockout | 1   |
| 145    | BFM-50345 | Pulley Cover                      | 1   |
| 149    | BFH-50174 | 4 1/2" Pulley                     | 5   |
| 151    | BFP-51746 | 1/2" Pulley Spacer                | 4   |
| 154    | BFH-50351 | 1 3/8" Shoulder Bolt              | 1   |
| 155    | BFP-51759 | SHCS 3/8" x 2"                    | 1   |
| 156    | BFP-51752 | SHCS 3/8" x 2 1/4"                | 2   |
| 158    | BFP-51750 | SHCS 3/8" x 2 3/4"                | 2   |
| 162    | BFH-50267 | 5/16" Nylock                      | 1   |
| 165    | BFH-50146 | 3/8" Flat Washer                  | 6   |
| 166    | BFH-50157 | 3/8" Nylock                       | 5   |



# Final Assembly and Troubleshooting

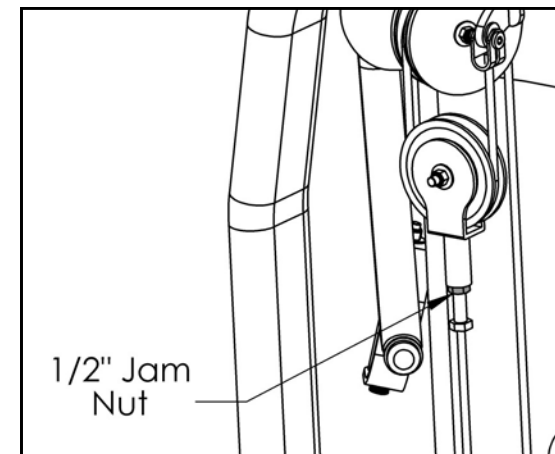
## Weight Stack Decals:



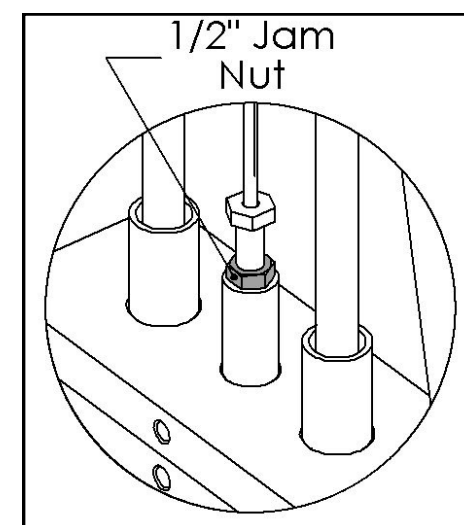
**!** The weight stack decals should be installed with a gap of  $1/2$ " between the edge of the decals and the side of the holes for the weight stack pin. This spacing is critical because a larger gap between the decal and the center pin hole could result in the weight stack decals being covered by shrouds. It is helpful to use a 1" strip of painters tape to install the decals straight by lining up the edge of the piece of tape with the center of the hole in the plates and use the other side of the tape as a guide for applying the decals. The stacks shown in the diagram above are our standard 200 lb weight stacks where all 20 plates are 10lbs. The decals used for the standard weight stack should be labeled 10-200. If the medical 175 lb weight stacks were purchased, the top five plates will be 5 lbs. The decals used for the medical weight stacks should be labeled 5-175 and are typically packaged with the weight stacks themselves.

## IMPORTANT - Check These Components Before Using Gym:

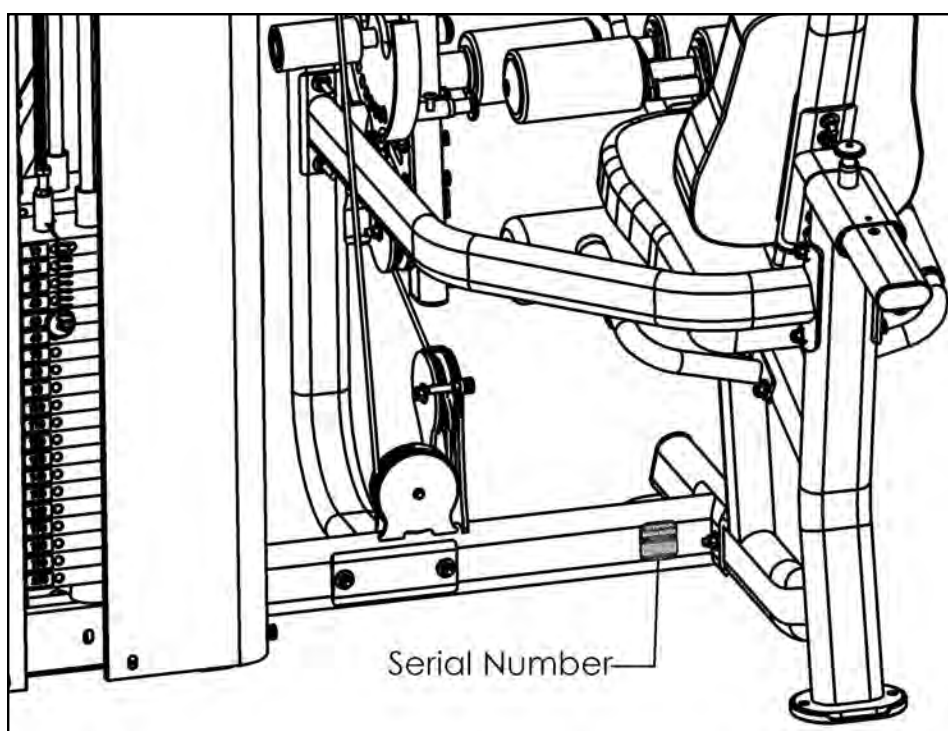
- Each Cable with a threaded bolt on either end **must be threaded at least  $1/2$ "** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a  $1/2$ " Jam Nut to ensure a safe and proper connection.



Free Floater



Top Plate



- Record** your serial number on the front of this manual and keep for your records. The serial number can be found back of the Leg Extension/Leg Curl Base as shown in the figure to the left.

## Guide Rod

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

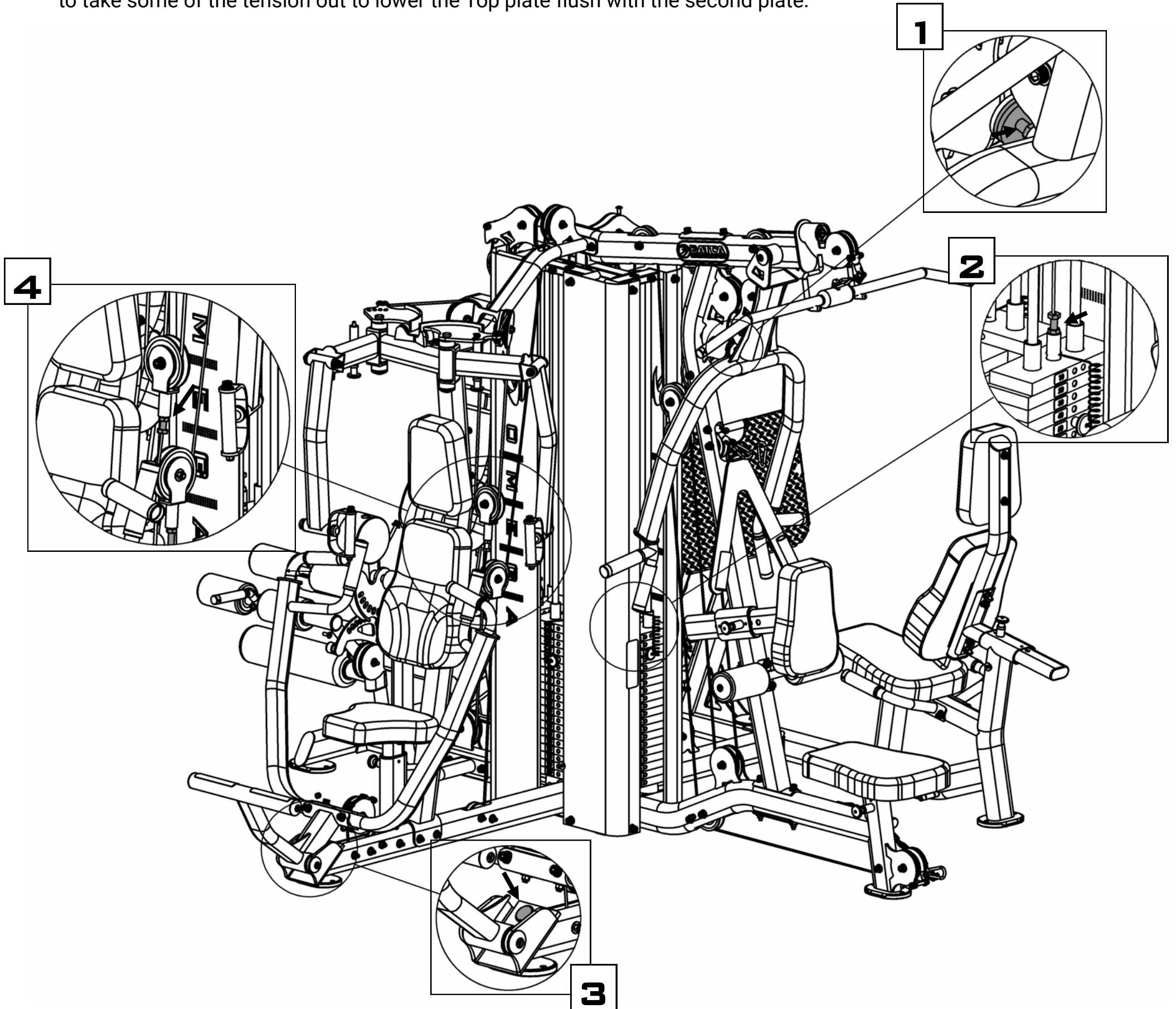


# Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.

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

- **Note:** 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.

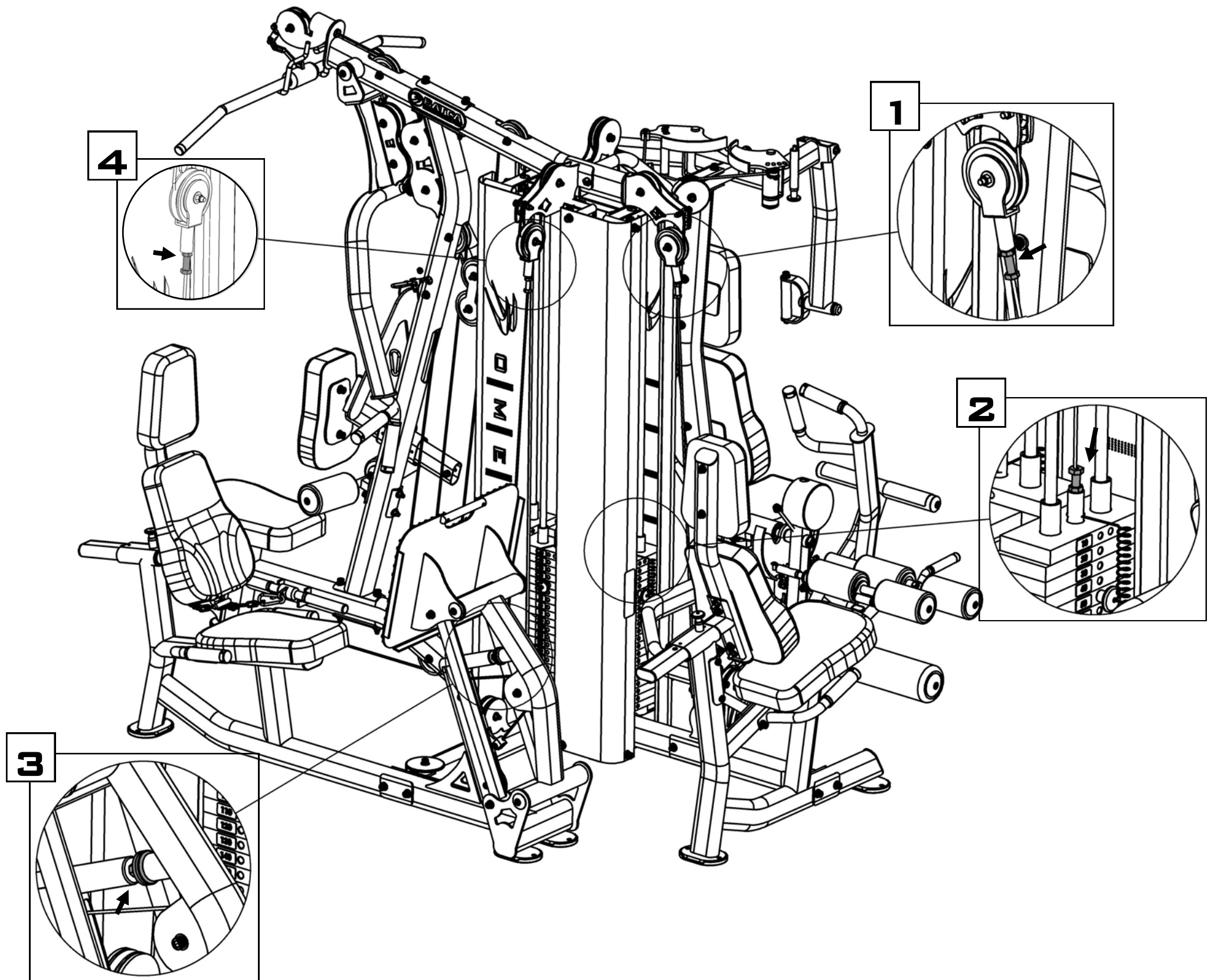


# Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.

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

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





# Preventive Maintenance

Batca Fitness Systems strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Batca dealer or contact Batca Fitness Systems directly at:

Batca Fitness Systems  
(919) 255-1233  
www.batcafitness.com

|                  | Daily      |      | Weekly     |      | Monthly    |      | Quarterly  |      | Years      |      |
|------------------|------------|------|------------|------|------------|------|------------|------|------------|------|
|                  | Commercial | Home | Commercial | Home | Commercial | Home | Commercial | Home | Commercial | Home |
| <b>Clean</b>     |            |      |            |      |            |      |            |      |            |      |
| Upholstery       | X          |      |            | X    |            |      |            |      |            |      |
| Hand Grips       | X          |      |            | X    |            |      |            |      |            |      |
| Roller Pads      | X          |      |            | X    |            |      |            |      |            |      |
| Guide Rods       |            |      | X          |      |            | X    |            |      |            |      |
| Chrome Slides    |            |      | X          |      |            | X    |            |      |            |      |
| Frame            |            |      | X          |      |            | X    |            |      |            |      |
| <b>Inspect</b>   |            |      |            |      |            |      |            |      |            |      |
| Overall          | X          | X    |            |      |            |      |            |      |            |      |
| Safety Decals    | X          | X    |            |      |            |      |            |      |            |      |
| Cables           | X          | X    |            |      |            |      |            |      |            |      |
| Cable Tension    |            |      | X          |      |            | X    |            |      |            |      |
| Pulleys          | X          | X    |            |      |            |      |            |      |            |      |
| Hardware         | X          | X    |            |      |            |      |            |      |            |      |
| Stops            | X          | X    |            |      |            |      |            |      |            |      |
| Upholstery       | X          | X    |            |      |            |      |            |      |            |      |
| Hand Grips       |            |      | X          |      |            | X    |            |      |            |      |
| Frame            |            |      | X          |      |            | X    |            |      |            |      |
| Bushings         | X          |      |            | X    |            |      |            |      |            |      |
| Bearings         | X          |      |            | X    |            |      |            |      |            |      |
| <b>Lubricate</b> |            |      |            |      |            |      |            |      |            |      |
| Guide Rods       |            |      | X          |      |            | X    |            |      |            |      |
| Bearings         |            |      |            |      |            |      | As Needed  |      |            | 1    |
| <b>Replace</b>   |            |      |            |      |            |      |            |      |            |      |
| Cables           |            |      |            |      |            |      |            |      | 1          | 3    |

# Limited Lifetime Warranty

## **What is covered**

### For Residential Use:

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

### For Commercial Use:

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

## **What is not covered**

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

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

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

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

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

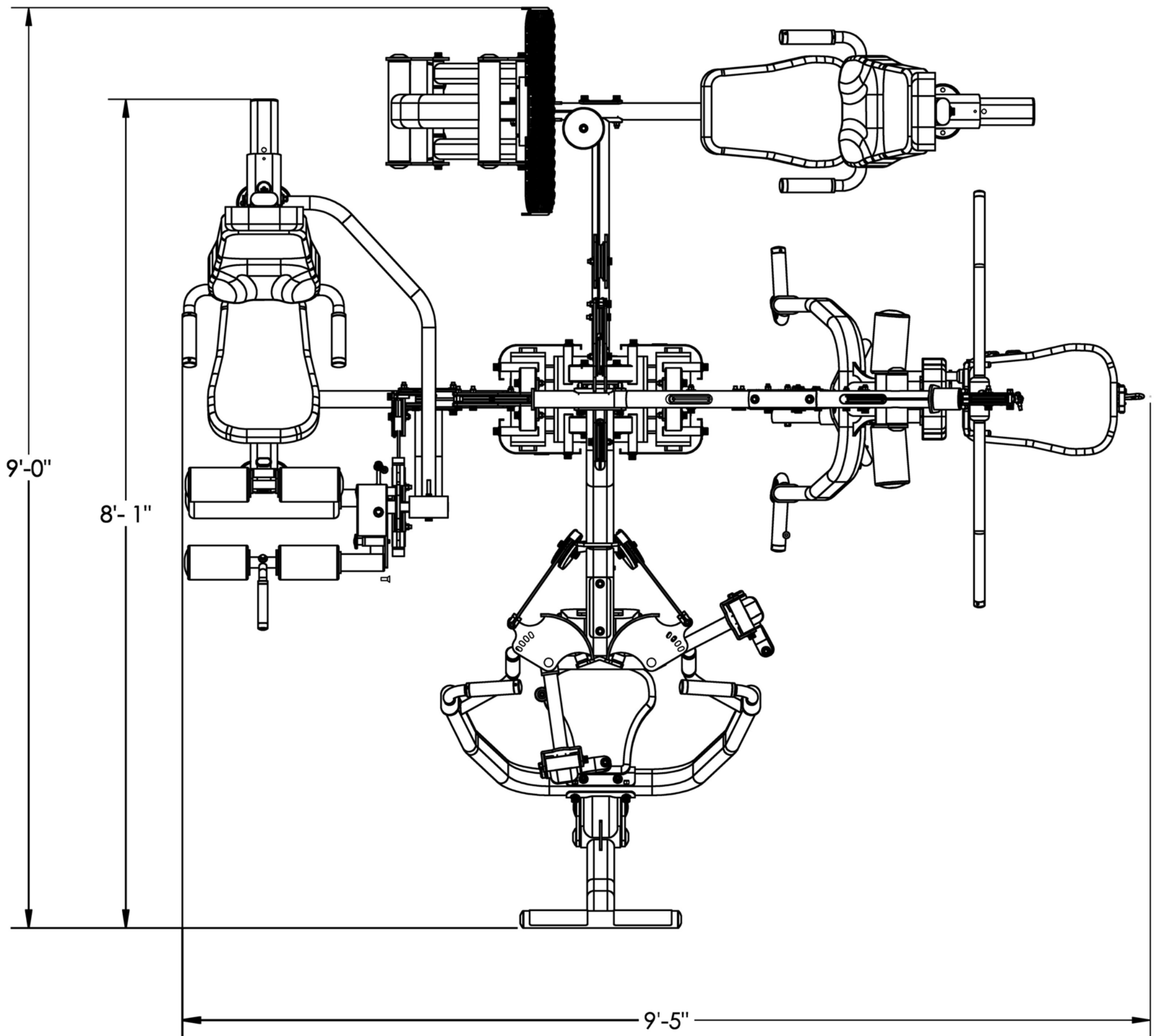
[www.batcafitness.com](http://www.batcafitness.com)

Please keep this for your records.



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





## Layout Diagram

The Omega 4 without Leg Press has a layout dimension of 8'-1" (Length) x 9'-5" (Width) x 7'-1" (Height). The Omega 4 with Leg Press has a layout dimension of 9'-0" (Length) x 9'-5" (Width) x 7'-1" (Height). There should be minimum of 18", preferably 24", or working space around the entire unit.