

Revision 4

July 2008



**BATCA**  
fitness systems · usa

# C-6

Shoulder Press/ Low Pulley

## 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 C-6. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

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

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

## Warning

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

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

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

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

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## Frame Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
2	BFM-10428	Shoulder Arm	1
4	BFM-10388	Short Cage	1
5	BFM-50527	Guide Rod	2
6	BFM-50529	Rubber Donut	2
7	BFM-50615	Guide Rod Plate	1
8	BFM-10430	Weight Plate	19
9	BFM-10413	3/4" 10lb Top Plate	1
10	BFM-10387	Base Connector	1
11	BFM-10412	Pulley Holder	1
12	BFM-50531	Shroud	1
13	BFM-50638	Counter Weight	2
14	BFM-10467	Shoulder Press Frame	1
15	BFM-10386	Elbow Support	1
16	BFM-10153	Chrome Pad Adjustment	1
22	BFM-50345	Pulley Cover	1
24	BFM-50960	Anti-Deflection Plate	1
25	BFM-50126	Anti-Deflection Plate	1
26	BFM-50247	Spacer 1/2"	2
51	BFM-50150	Anti-Deflection Plate	1
52	BFM-10133	Free Floater	1

## Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
53	CAB-13006	Wt. Stack to Shoulder Press Cable	1
54	CAB-13011	Lockout to Low Pulley Cable	1

## Tools Required

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

## Accessories

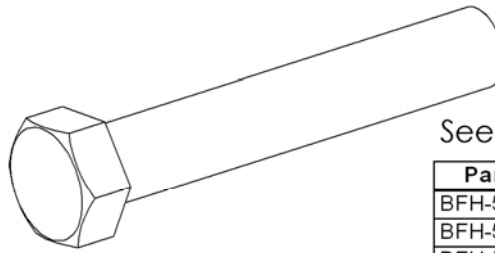
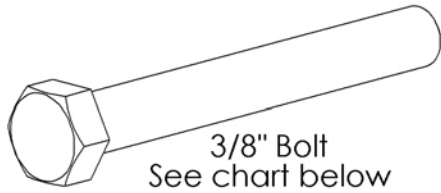
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
28	BFM-51173	Magnetic Weight Stack Pin	1

## Upholstery

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
17	BFU-10118	Bottom Pad	1
18	BFU-10119	Head Pad	1
19	BFU-10120	Back Pad With Lumbar	1

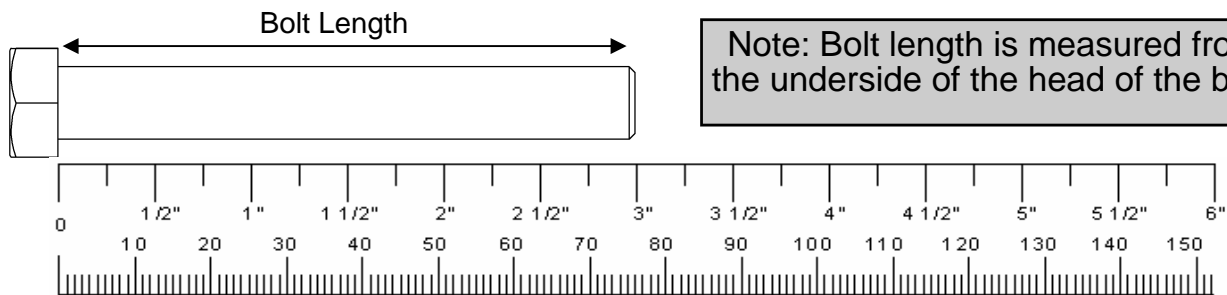
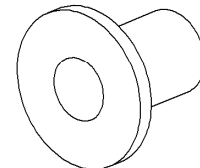
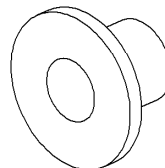
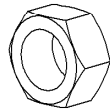
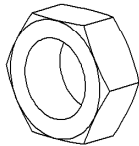
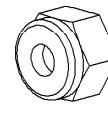
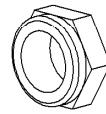
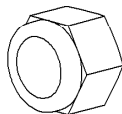
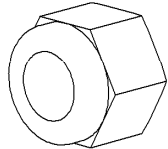
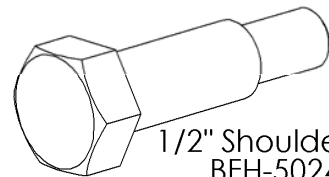
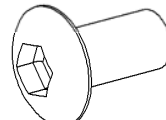
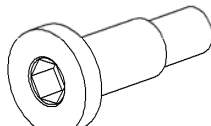
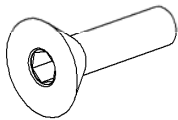
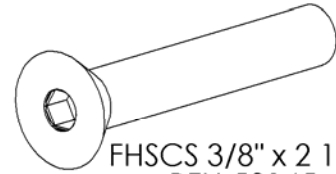
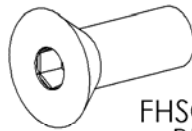
## Hardware

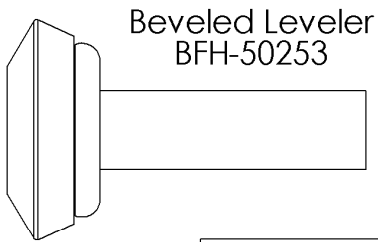
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	BFH-50171	Side Mounted Flange Bearing	2
3	BFH-50253	Beveled Leveler	1
20	BFH-50174	4 1/2" Pulley	5
21	BFH-50173	3 1/2" Pulley	5
23	BFH-50530	5" Pulley	1
27	BFH-50210	Gas Spring	1
29	BFH-50199	Rubber Grommit	2
30	BFH-50146	3/8" Flat Washer (Black)	52
31	BFH-50157	3/8"-16 Nylock (Black)	29
32	BFH-50201	1/2" Pulley Spacer	12
33	BFH-50147	3/8" Lock Washer (Black)	14
34	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	4
35	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	2
36	BFH-50128	HCS 3/8"-16 X 3 3/4" P5	2
37	BFH-50125	HCS 3/8"-16 X 3" P5	2
38	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	2
39	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	7
40	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	5
41	BFH-50121	HCS 3/8"-16 X 2" P5	6
42	BFH-50129	HCS 3/8"-16 X 4" P5	4
43	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
44	BFH-50254	HCS 3/8"-16 X 3/4" P5	4
45	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
46	BFH-50255	Rubber Foot	4
47	BFH-50118	HCS 3/8"-16 X 1" P5	4
58	BFH-50324	Wide 4 1/2" Pulley	1
59	BFM-50633	1 1/4" Grip Cap	2
60	BFM-51279	1 1/4" Grip Sleeve	2
61	BFM-50632	1 1/4" Grip Collar	2
	BFH-50262	Silicone Gel Pack	2



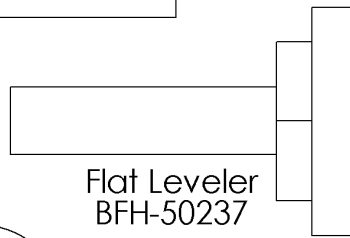
Part #	Size
BFH-50254	3/8" x 3/4"
BFH-50118	3/8" x 1"
BFH-50119	3/8" x 1 1/4"
BFH-50120	3/8" x 1 1/2"
BFH-50285	3/8" x 1 3/4"
BFH-50121	3/8" x 2"
BFH-50122	3/8" x 2 1/4"
BFH-50123	3/8" x 2 1/2"
BFH-50124	3/8" x 2 3/4"
BFH-50125	3/8" x 3"
BFH-50126	3/8" x 3 1/4"
BFH-50127	3/8" x 3 1/2"
BFH-50128	3/8"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

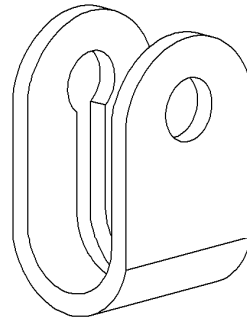




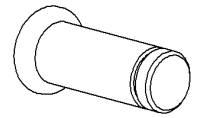
Beveled Leveler  
BFH-50253



Flat Leveler  
BFH-50237



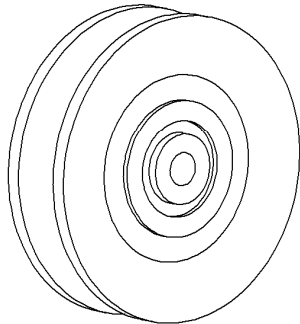
Cable Strap  
BFH-50227



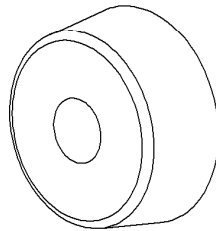
Pin  
BFH-50238



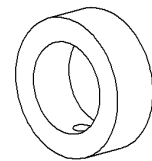
Snap Ring  
BFH-50239



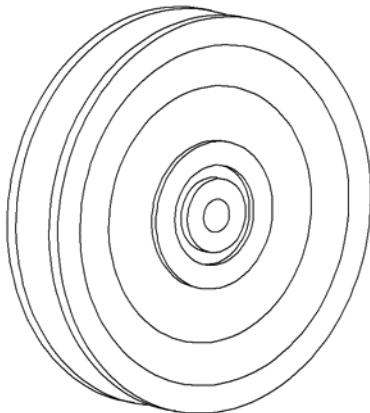
3 1/2" Pulley  
BFH-50173



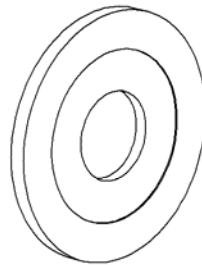
Rubber Donut  
BFM-50529



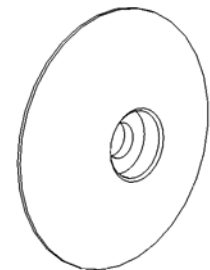
Threaded Collar  
BFH-50220



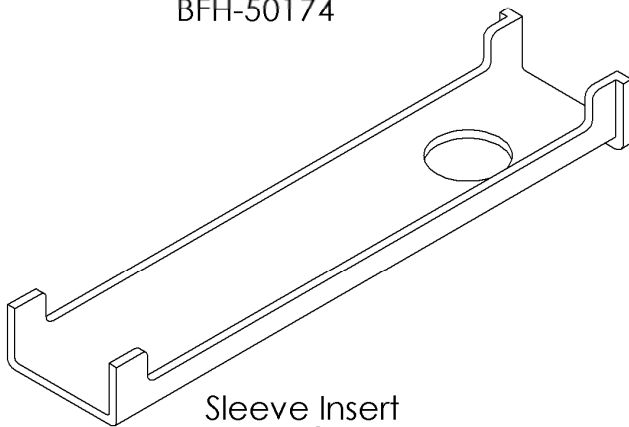
4 1/2" Pulley  
BFH-50174



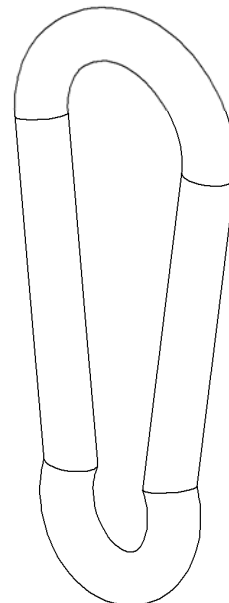
3" Plastic Washer  
BFH-50221



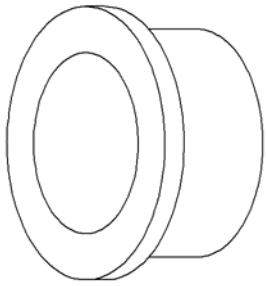
Roller End Cap  
BFH-50622



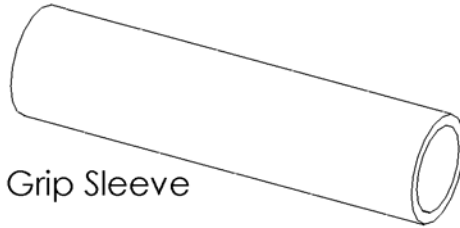
Sleeve Insert  
BFH-50175



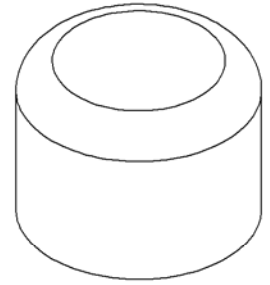
Snap Hook  
BFH-50188



1" Bronze Bushing  
BFH-50101



Grip Sleeve



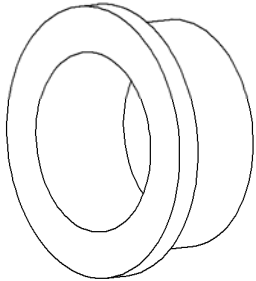
1" Outer Plastic Cap  
BFH-50111



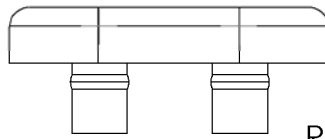
Grip Cap



Grip Collar

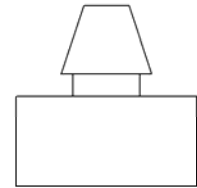


1" Bronze Bushing x 1/2 L  
BFH-50297

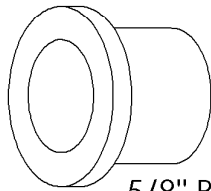


BFH-50222

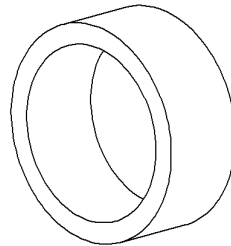
Rubber Bumpers



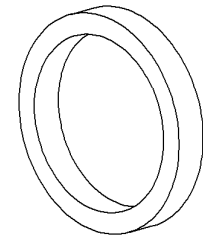
BFH-50200



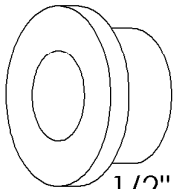
5/8" Bronze Bushing  
BFH-50102



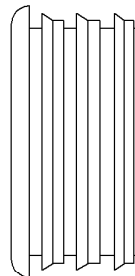
5/8" Spacer  
BFM-50247



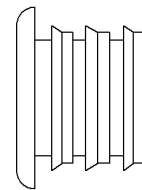
3/16" Spacer  
BFM-50246



1/2" Bronze Bushing  
BFH-50103



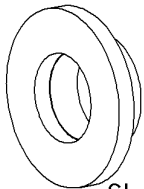
1 1/2" Inner Plastic Cap  
BFH-50114



1" Inner Plastic Cap  
BFH-50280



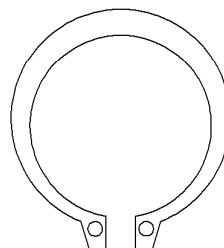
Cable Pivot Bushing  
BFH-50248



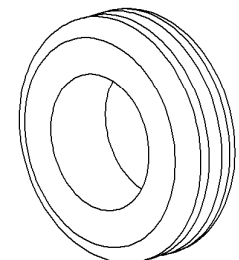
Short 1/2" Bushing  
BFH-50244



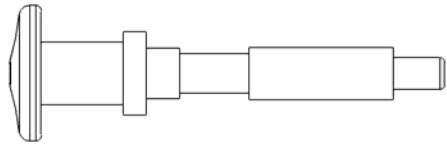
1/2" Snap Ring  
BFH-50166



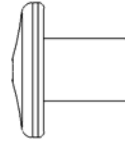
1" Snap Ring  
BFH-50165



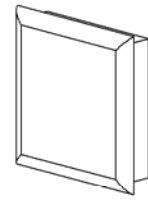
Rubber Grommet  
BFH-50199



3/8" Long Pull Pin  
BFM-51176

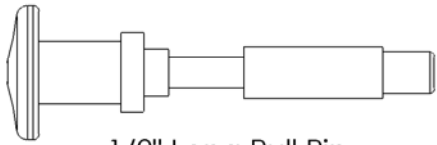


Pull Pin Handle  
BFM-51181

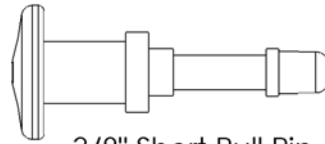


Plastic Cap

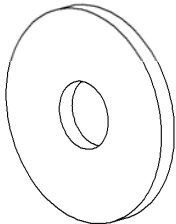
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



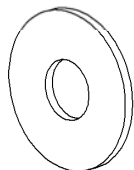
1/2" Long Pull Pin  
BFM-51172



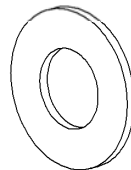
3/8" Short Pull Pin  
BFM-51175



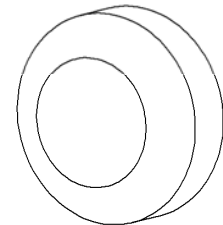
3/8" Fender Washer  
BFH-50242



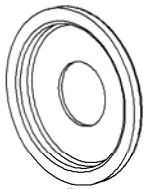
3/8" Flat Washer  
BFH-50146



1/2" Flat Washer  
BFH-50251



Screw Cap Cover  
BFH-50112



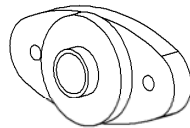
Screw Cap Washer  
BFH-50113



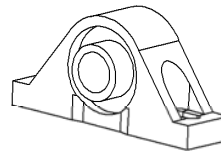
3/8" Lock Washer  
BFH-50147



Magnetic Weight Stack Pin  
BFM-51173



Side Mounted  
Flange Bearing  
BFH-50171



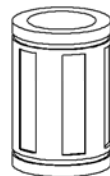
Pillow Block Bearing  
BFH-50172



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



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

**Step 1:**



**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.

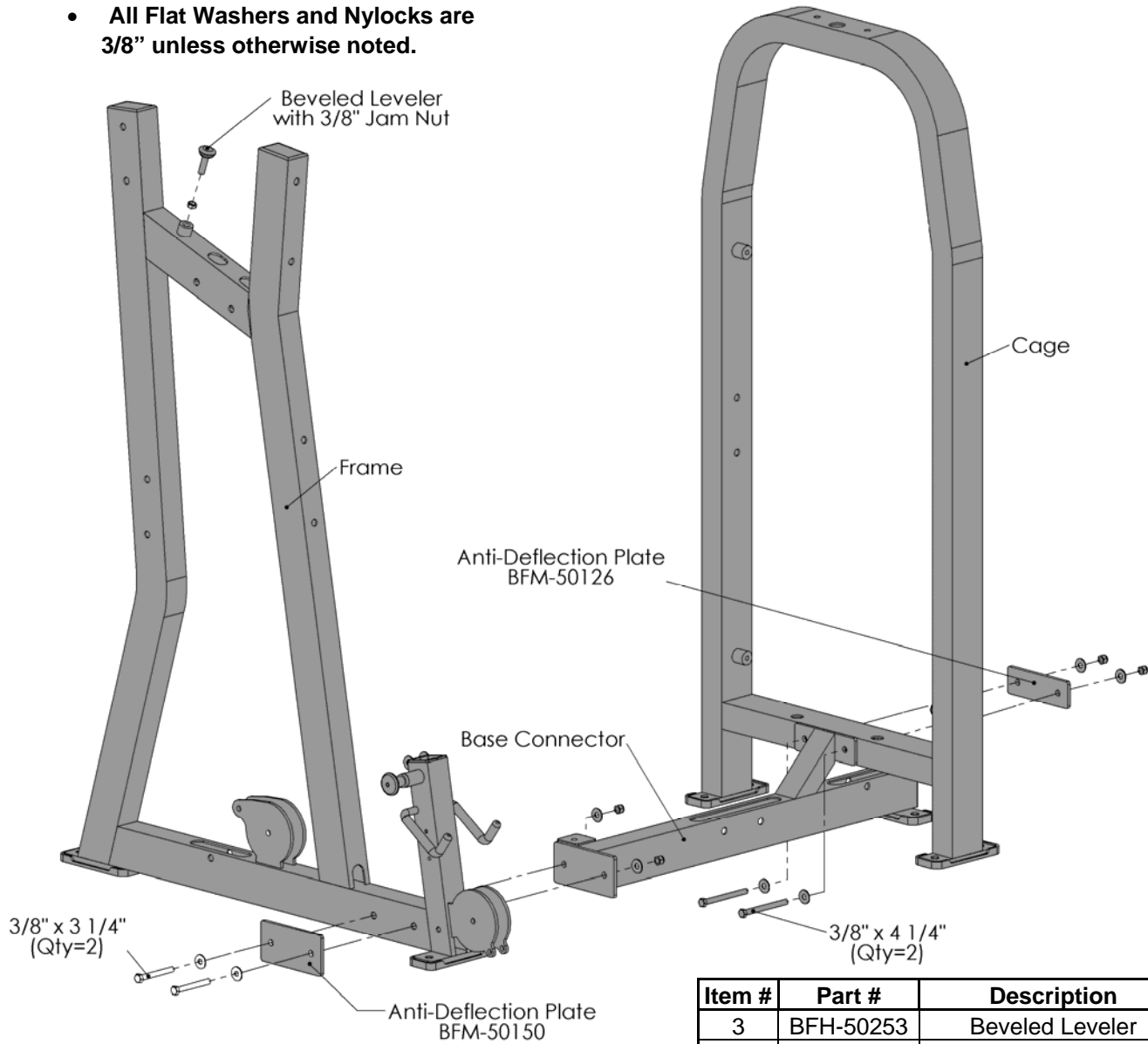


Figure 1

Item #	Part #	Description	Qty
3	BFH-50253	Beveled Leveler	1
4	BFM-10388	Cage	1
10	BFM-10387	Base Connector	1
14	BFM-10467	Shoulder Press Frame	1
25	BFM-50126	Anti-Deflection Plate	1
30	BFH-50146	3/8" Flat Washer (Black)	8
31	BFH-50157	3/8"-16 Nylock (Black)	4
34	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
38	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
45	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
46	BFH-50255	Rubber Foot	5
51	BFM-50150	Anti-Deflection Plate	1



## Step 2:

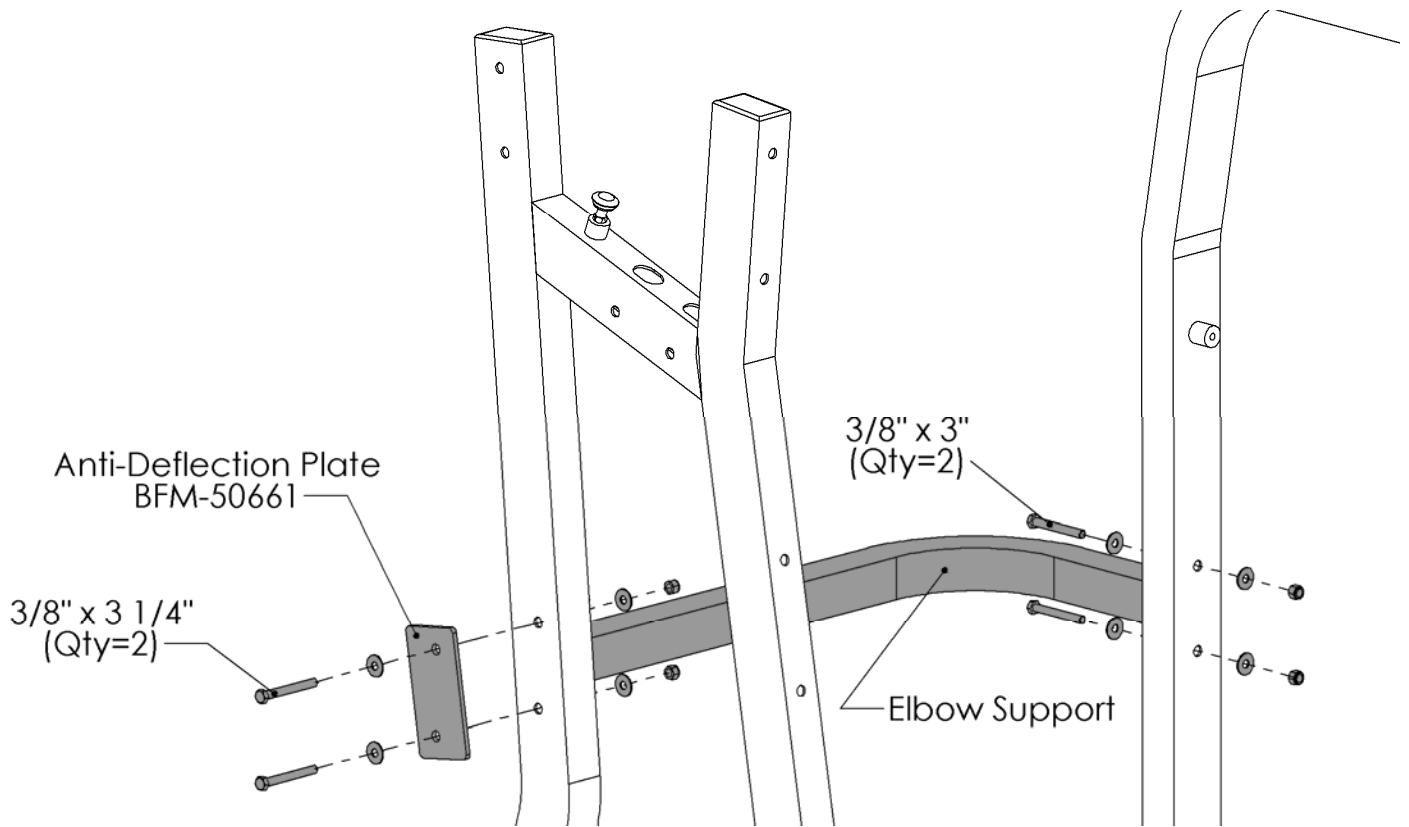


Figure 2

Item #	Part #	Description	Qty
15	BFM-10386	Elbow Support	1
24	BFM-50960	Anti-Deflection Plate	1
30	BFH-50146	3/8" Flat Washer (Black)	8
31	BFH-50157	3/8"-16 Nylock (Black)	4
34	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
37	BFH-50125	HCS 3/8"-16 x 3" P5	2

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

### Step 3:

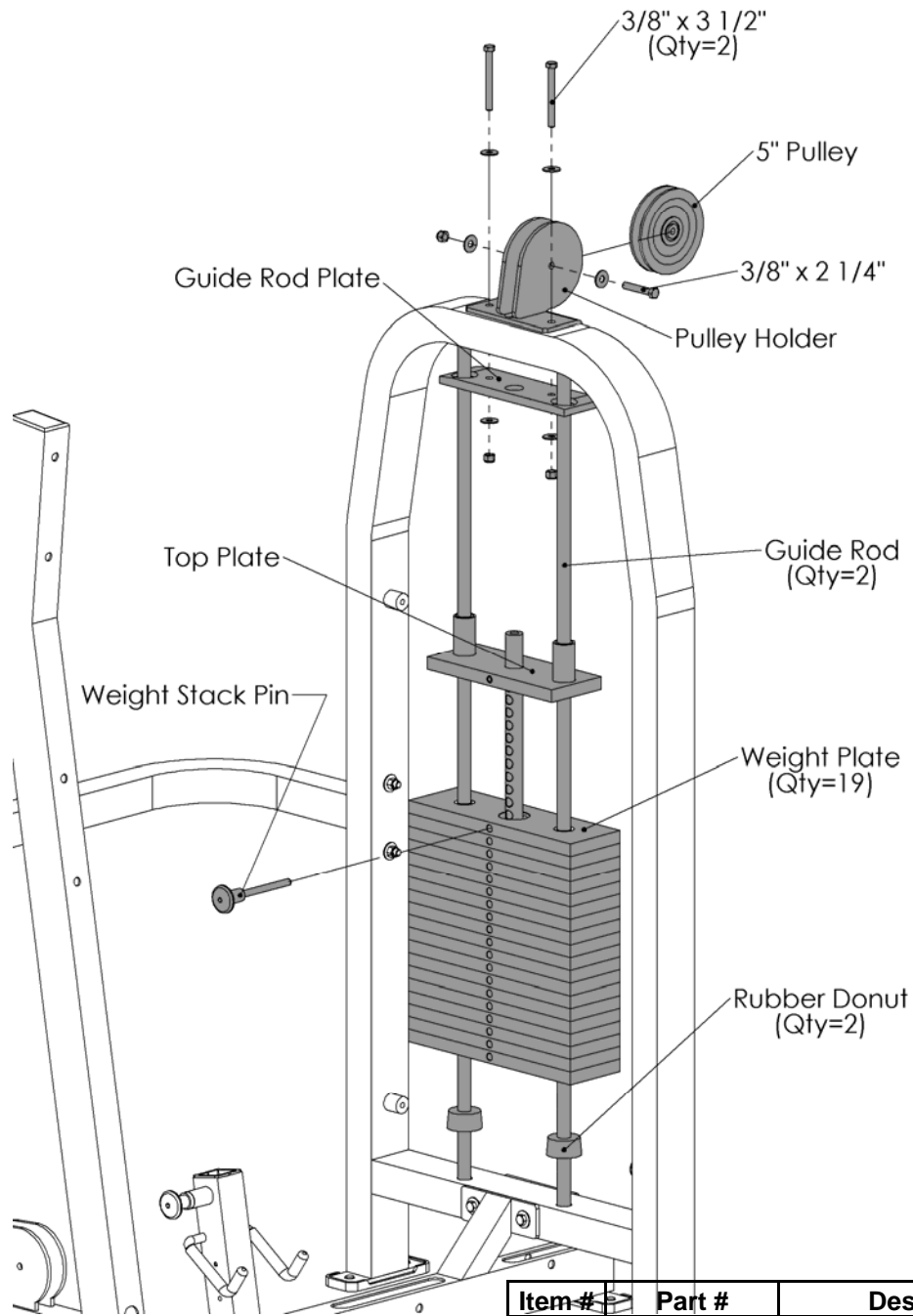


Figure 3

Figure 4

Item #	Part #	Description	Qty
5	BFM-50527	Guide Rod	2
6	BFM-50529	Rubber Donut	2
7	BFM-50615	Guide Rod Plate	1
8	BFM-10430	Weight Plate	19
9	BFM-10413	3/4" 10lb Top Plate	1
11	BFM-10412	Pulley Holder	1
23	BFH-50530	5" Pulley	1
28	BFM-51173	Magnetic Weight Stack Pin	1
30	BFH-50146	3/8" Flat Washer (Black)	6
31	BFH-50157	3/8"-16 Nylock (Black)	3
35	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
40	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1

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

## Step 4:

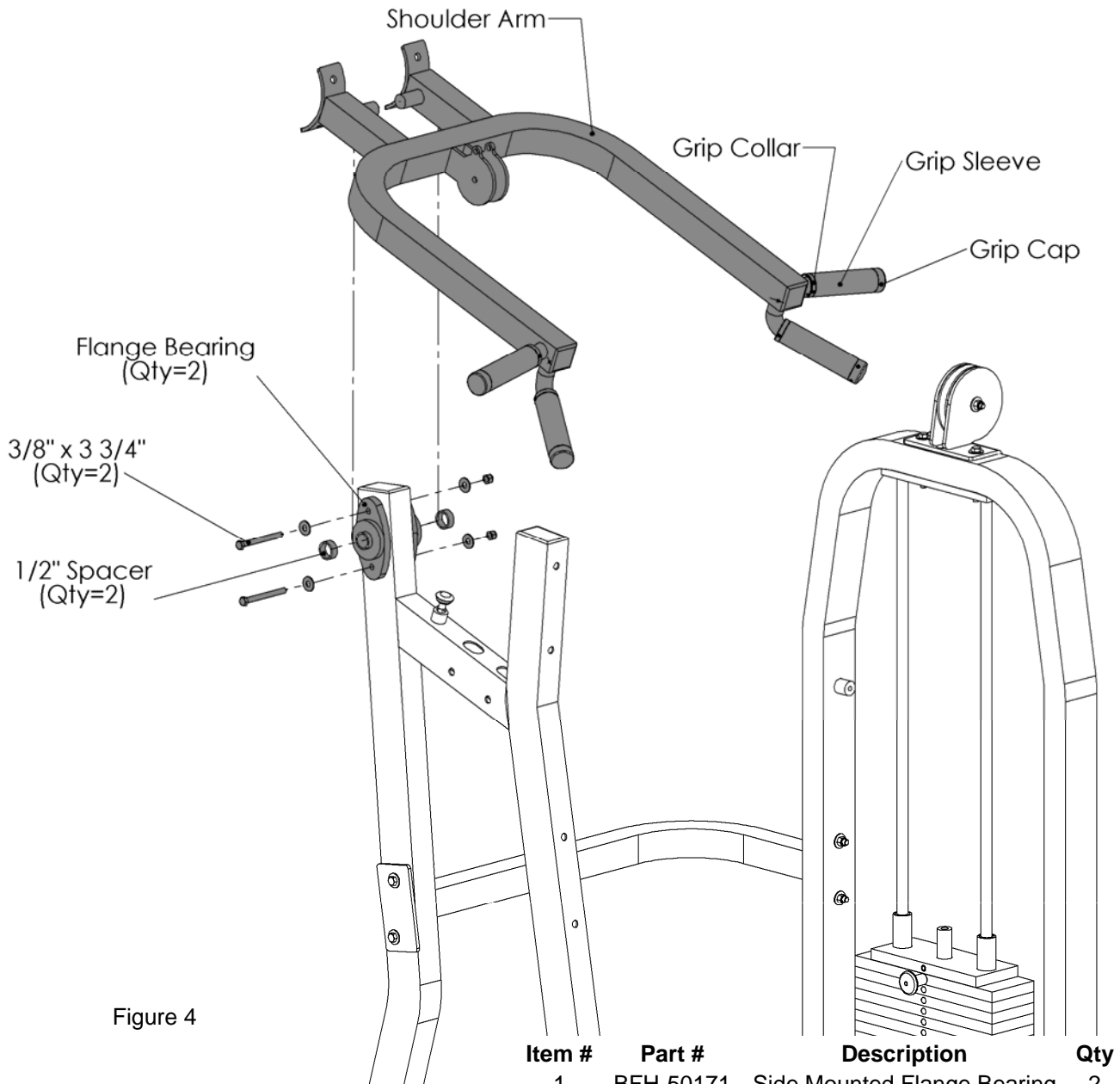


Figure 4

Item #	Part #	Description	Qty
1	BFH-50171	Side Mounted Flange Bearing	2
2	BFM-10428	Shoulder Arm	1
26	BFM-50247	1/2" Spacer	2
30	BFH-50146	3/8" Flat Washer (Black)	4
31			

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