

Revision 7

June 2008



**BATCA**  
fitness systems · usa

# C-1

Chest Press/ Pec Fly

## 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-1. 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 #	PART #	DESCRIPTION	QTY.
1	BFM-10466	Chest Base	1
2	BFM-10465	Chest Pole	1
3	BFL-50127	Pec Pulley Holder	1
4	BFM-50529	Rubber Donut	2
5	BFM-10430	10lb Weight Plate	19
6	BFM-50633	Guide Rod	2
7	BFM-10413	3/4" 10lb Top Plate	1
8	BFM-50531	Shroud	1
9	BFM-10126	Pec Top	1
10	BFM-10426	Cable Lockout Plate	1
11	BFM-10101	Chest Pivot	1
12	BFM-10110	Chrome Pad Adjustment	1
13	BFM-10132	Foot Assist	1
14	BFM-10138	Chest Press Arm	1
15	BFM-10146	Chest Press Pulley Holder	1
17	BFM-10103	Lower Pec Arm	2
18	BFM-10124	Upper Pec Arm Left	1
19	BFM-10125	Upper Pec Arm Right	1
20	BFM-10137	Foot Shroud	1
21	BFM-10147	Pec Cam Left	1
22	BFM-10148	Pec Cam Right	1
23	BFL-50115	Plate	2
24	BFM-50240	Cold Roll	2
25	BFM-50261	Axle	4
33	BFM-10405	Cage	1
34	BFM-10427	Guide Rod Pulley Holder	1
35	BFM-10133	Free Floater	2
36	BFM-10429	Spacer Tube	2
37	BFM-50345	Pulley Cover	2
41	BFM-50126	Anti-Deflection Plate	1
88	BFM-50246	3/16" Spacer	2

# Accessories

ITEM #	PART #	DESCRIPTION	QTY.
83	BFM-51173	Magnetic Weight Stack Pin	1

# Cables

ITEM #	PART #	DESCRIPTION	QTY.
39	CAB-10401	Foot Assist Cable	2
75	CAB-12012	Wt. Stack to Lockout Cable	1
79	CAB-13013	Pec Cam to Pec Cam Cable	1
80	CAB-13001	Free Floater to Free Floater Cable	1

# Tools Required

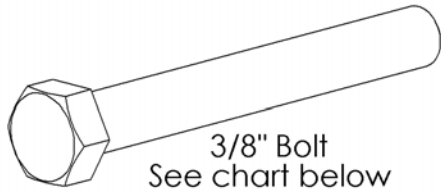
- 9/16" Wrench
- 3/4" Wrench
- 9/16" Ratchet
- Allen Wrench Set
- Tape Measure

# Upholstery

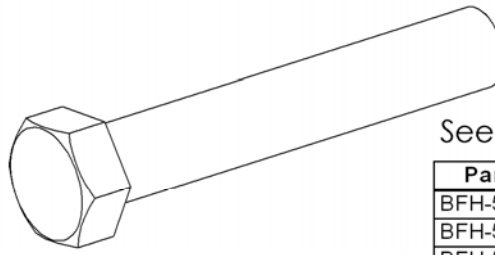
ITEM #	PART #	DESCRIPTION	QTY.
26	BFU-10118	Bottom Pad	1
27	BFU-10119	Head Pad	1
28	BFU-10120	Back Pad With Lumbar	1

# Hardware

ITEM #	PART #	DESCRIPTION	QTY.
16	BFH-50172	Pillow Block Bearing	2
29	BFH-50255	Rubber Foot	5
30	BFH-50174	4 1/2" Pulley	6
31	BFH-50173	3 1/2" Pulley	3
32	BFH-50530	5" Pulley	1
38	BFH-50234	6 1/2" Extension Spring	2
40	BFH-50253	Beveled Leveler	2
42	BFH-50220	Threaded Collar	2
43	BFH-50236	Pec Arm Grip	2
44	BFH-50246	Anti-Skid Material	3
46	BFH-50146	3/8" Flat Washer (Black)	70
47	BFH-50201	1/2" Pulley Spacer	8
48	BFH-50251	1/2" Flat Washer (Black)	11
49	BFH-50147	3/8" Lock Washer (Black)	10
50	BFH-50157	3/8"-16 Nylock (Black)	35
51	BFH-50155	1/2"-13 Nylock (Black)	4
52	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
52	BFH-50137	HCS 1/2"-13 X 3 1/4" (5/8" Thread)	4
53	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	7
54	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	2
55	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	7
56	BFH-50129	HCS 3/8"-16 X 4" P5	5
57	BFH-50133	HCS 3/8"-16 X 6 1/2" P5	2
58	BFH-50298	HCS 3/8"-16 X 8 3/4" P5	2
59	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	4
60	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	6
61	BFH-50121	HCS 3/8"-16 X 2" P5	2
62	BFH-50254	HCS 3/8"-16 X 3/4" P5	4
63	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
64	BFH-50242	3/8" Fender Washer	2
65	BFH-50113	Screw Cap Washer	4
66	BFH-50247	3/8"-16 Thin Nylock (Zinc)	2
67	BFH-50128	HCS 3/8"-16 X 3 3/4" P5	2
68	BFH-50112	Screw Cap Cover	4
69	BFH-50149	3/8"-16 Jam Nut (Zinc)	6
70	BFH-50288	3/8"-16 Nylock (Zinc)	4
77	BFH-50267	5/16"-18 Nylock (Black)	3
78	BFH-50250	1 1/4" Shoulder Bolt	3
81	BFH-50210	Gas Spring	1
82	BFH-50120	HCS 3/8"-16 X 1 1/2" P5	4
89	BFH-50151	5/16" Flat Washer (Zinc)	4
90	BFM-51279	1 1/4" Grip Sleeve	4
91	BFH-50633	1 1/4" Grip Cap	4
92	BFH-50632	1 1/4" Grip Collar	4
93	BFH-50249	SHCS 1/2" Shoulder Bolt	1
	BFH-50262	Silicone Gel Pack	2
	BFH-50227	Cable Strap	3



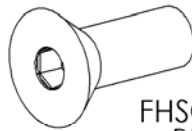
3/8" Bolt  
See chart below



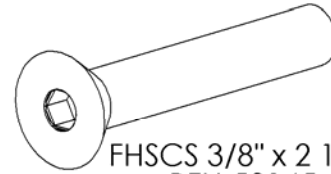
1/2" Bolt  
See chart below.

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"

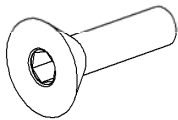
Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
BFH-50137	1/2" x 3 1/4"
BFH-50138	1/2" x 3 1/2"
BFH-50139	1/2" x 4 1/4"
BFH-50140	1/2" x 4 1/2"
BFH-50141	1/2" x 5 1/2"



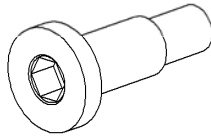
FHSCS 3/8" x 1"  
BFH-50144



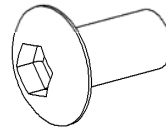
FHSCS 3/8" x 2 1/4"  
BFH-50145



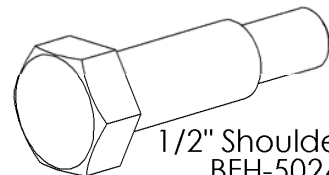
FHSCS 5/16" x 1"  
BFH-50245



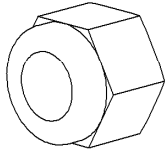
1 1/4" Shoulder Bolt  
BFH-50250



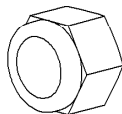
BHSCS 3/8" X 1"  
BFH-50620



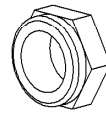
1/2" Shoulder Bolt  
BFH-50249



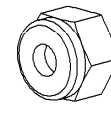
1/2" Nylock  
BFH-50155



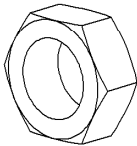
3/8" Nylock  
BFH-50157



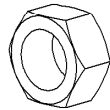
3/8" Thin Nylock  
BFH-50247



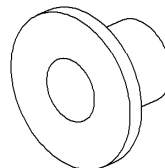
5/16" Nylock  
BFH-50267



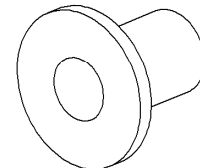
1/2" Jam Nut  
BFH-50256



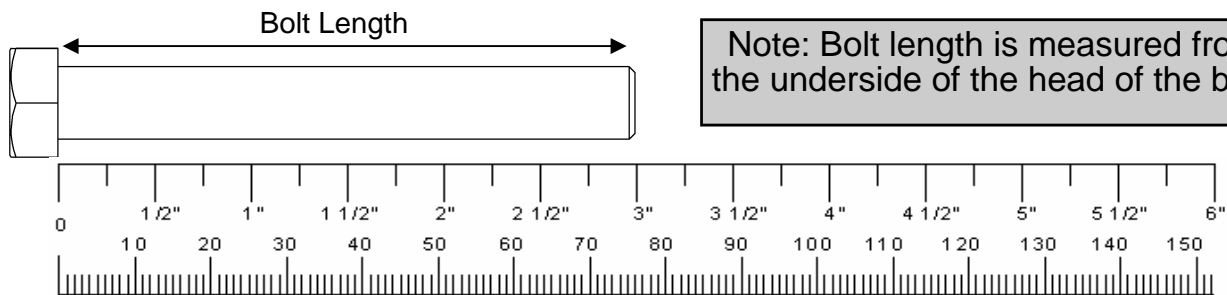
3/8" Jam Nut  
BFH-50149

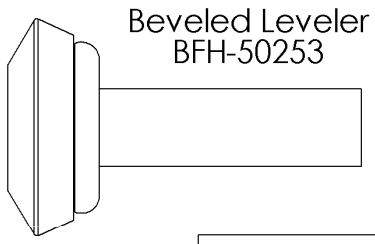


1/2" Pulley Spacer  
BFH-50201

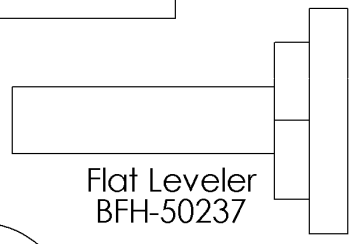


3/4" Pulley Spacer  
BFH-50202

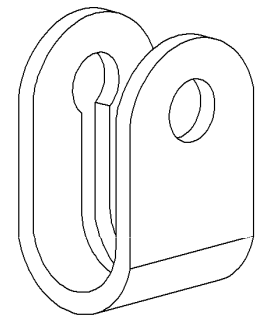




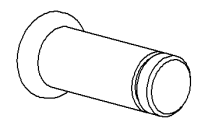
Beveled Leveler  
BFH-50253



Flat Leveler  
BFH-50237



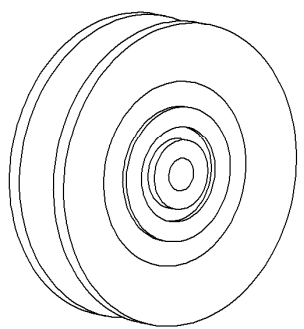
Cable Strap  
BFH-50227



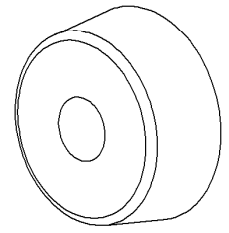
Pin  
BFH-50238



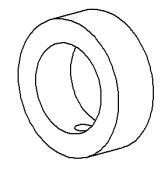
Snap Ring  
BFH-50239



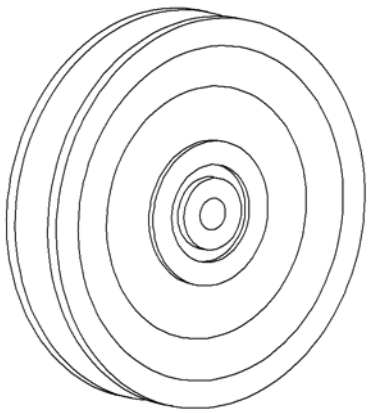
3 1/2" Pulley  
BFH-50173



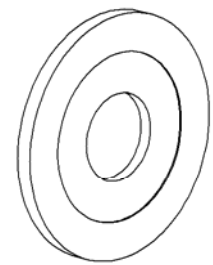
Rubber Donut  
BFM-50529



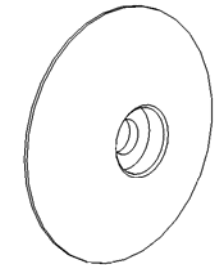
Threaded Collar  
BFH-50220



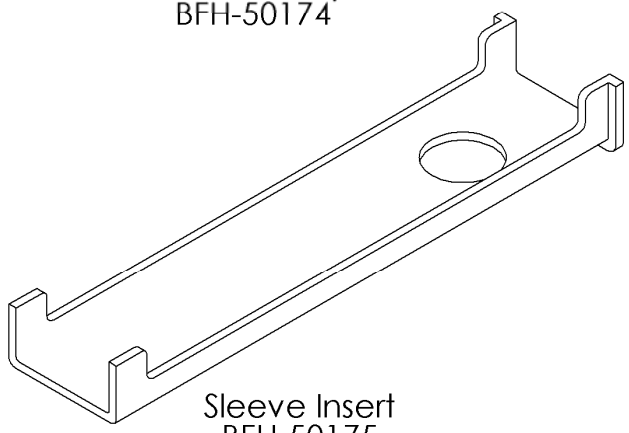
4 1/2" Pulley  
BFH-50174



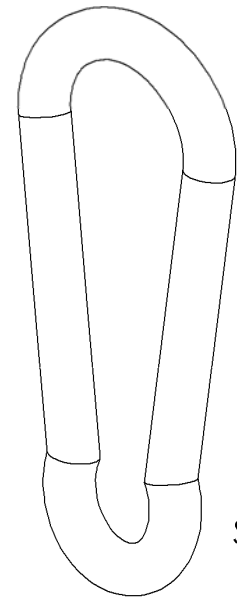
3" Plastic Washer  
BFH-50221



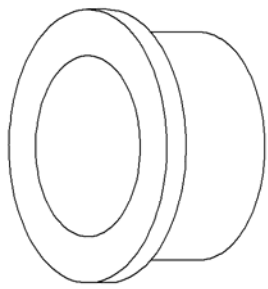
Roller End Cap  
BFH-50622



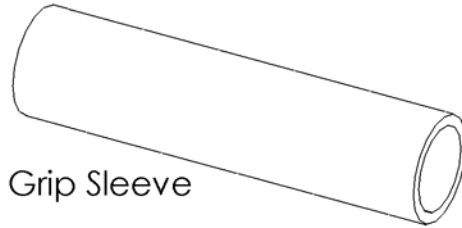
Sleeve Insert  
BFH-50175



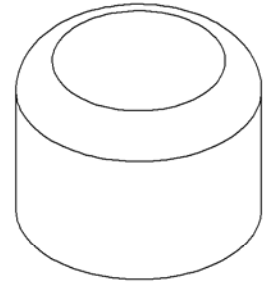
Snap Hook  
BFH-50188



1" Bronze Bushing  
BFH-50101



Grip Sleeve



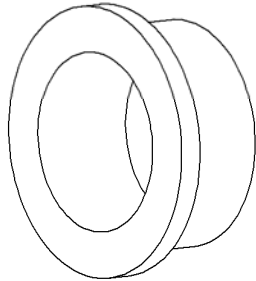
1" Outer Plastic Cap  
BFH-50111



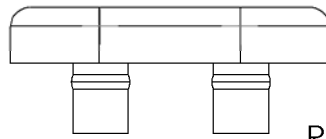
Grip Cap



Grip Collar

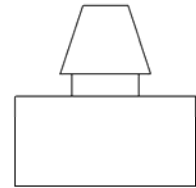


1" Bronze Bushing x 1/2 L  
BFH-50297

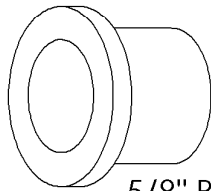


BFH-50222

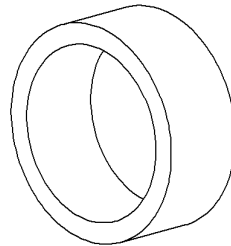
Rubber Bumpers



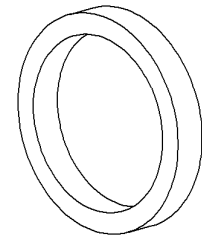
BFH-50200



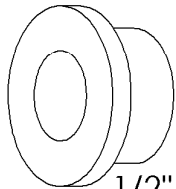
5/8" Bronze Bushing  
BFH-50102



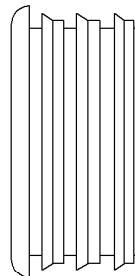
5/8" Spacer  
BFM-50247



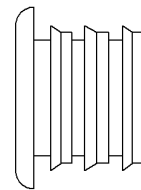
3/16" Spacer  
BFM-50246



1/2" Bronze Bushing  
BFH-50103



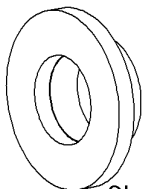
1 1/2" Inner Plastic Cap  
BFH-50114



1" Inner Plastic Cap  
BFH-50280



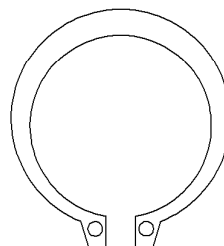
Cable Pivot Bushing  
BFH-50248



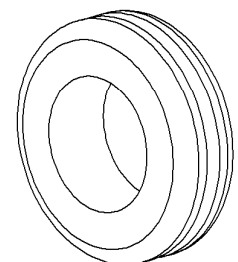
Short 1/2" Bushing  
BFH-50244



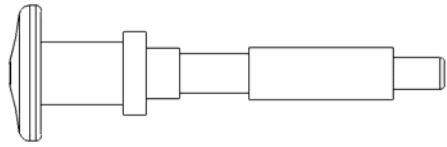
1/2" Snap Ring  
BFH-50166



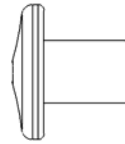
1" Snap Ring  
BFH-50165



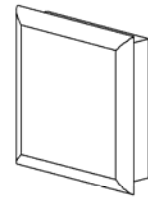
Rubber Grommet  
BFH-50199



3/8" Long Pull Pin  
BFM-51176

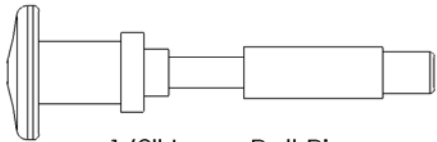


Pull Pin Handle  
BFM-51181

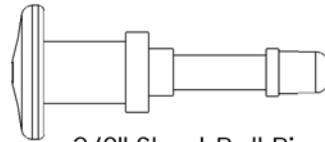


Plastic Cap

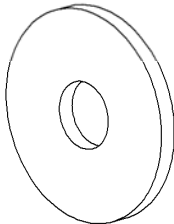
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



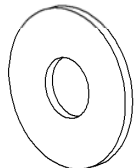
1/2" Long Pull Pin  
BFM-51172



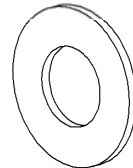
3/8" Short Pull Pin  
BFM-51175



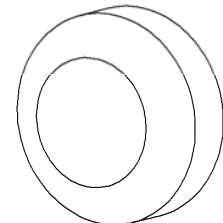
3/8" Fender Washer  
BFH-50242



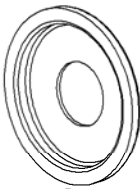
3/8" Flat Washer  
BFH-50146



1/2" Flat Washer  
BFH-50251



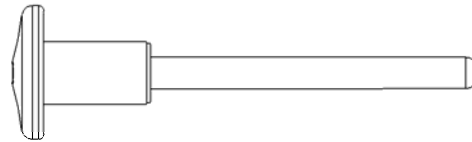
Screw Cap Cover  
BFH-50112



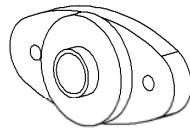
Screw Cap Washer  
BFH-50113



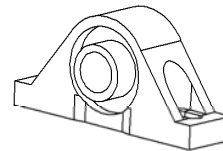
3/8" Lock Washer  
BFH-50147



Magnetic Weight Stack Pin  
BFM-51173



Side Mounted  
Flange Bearing  
BFH-50171



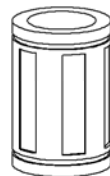
Pillow Block Bearing  
BFH-50172



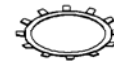
Bar Catch Rubber  
Sleeve  
BFH-50240

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.

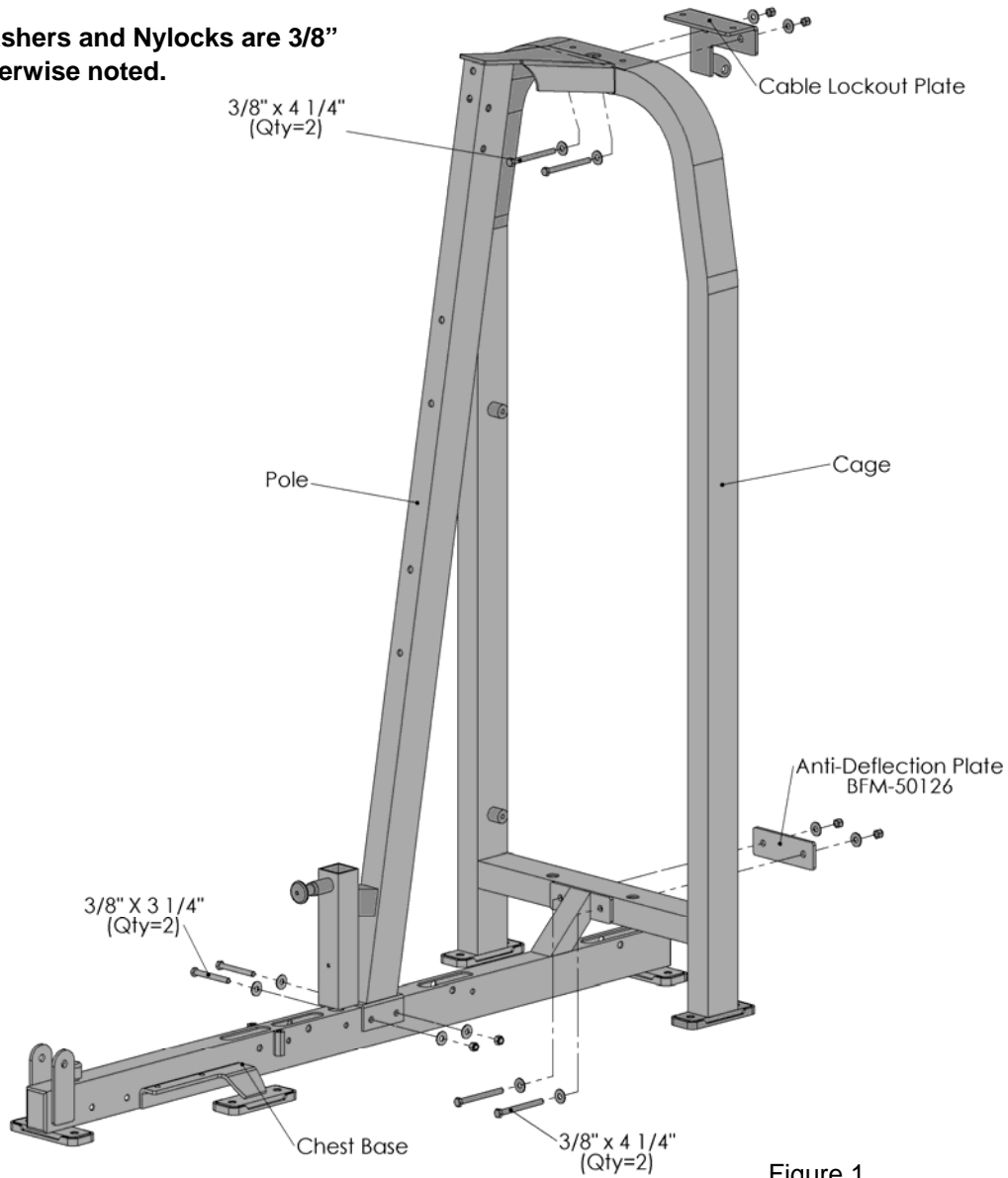


Figure 1

Item #	Part #	Description	Qty.
1	BFM-10466	Chest Base	1
2	BFM-10465	Chest Pole	1
10	BFM-10426	Cable Lockout Plate	1
29	BFH-50255	Rubber Foot	5
33	BFM-10405	Cage	1
41	BFM-50126	Anti-Deflection Plate	1
46	BFH-50146	3/8" Flat Washer (Black)	12
50	BFH-50157	3/8"-16 Nylock (Black)	6
55	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	4
59	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2



## Step 2:

*Note: The Pec Pulley Holder can very easily be put on upside down. Note that the notch represents the top, as shown in Figure 2A.*

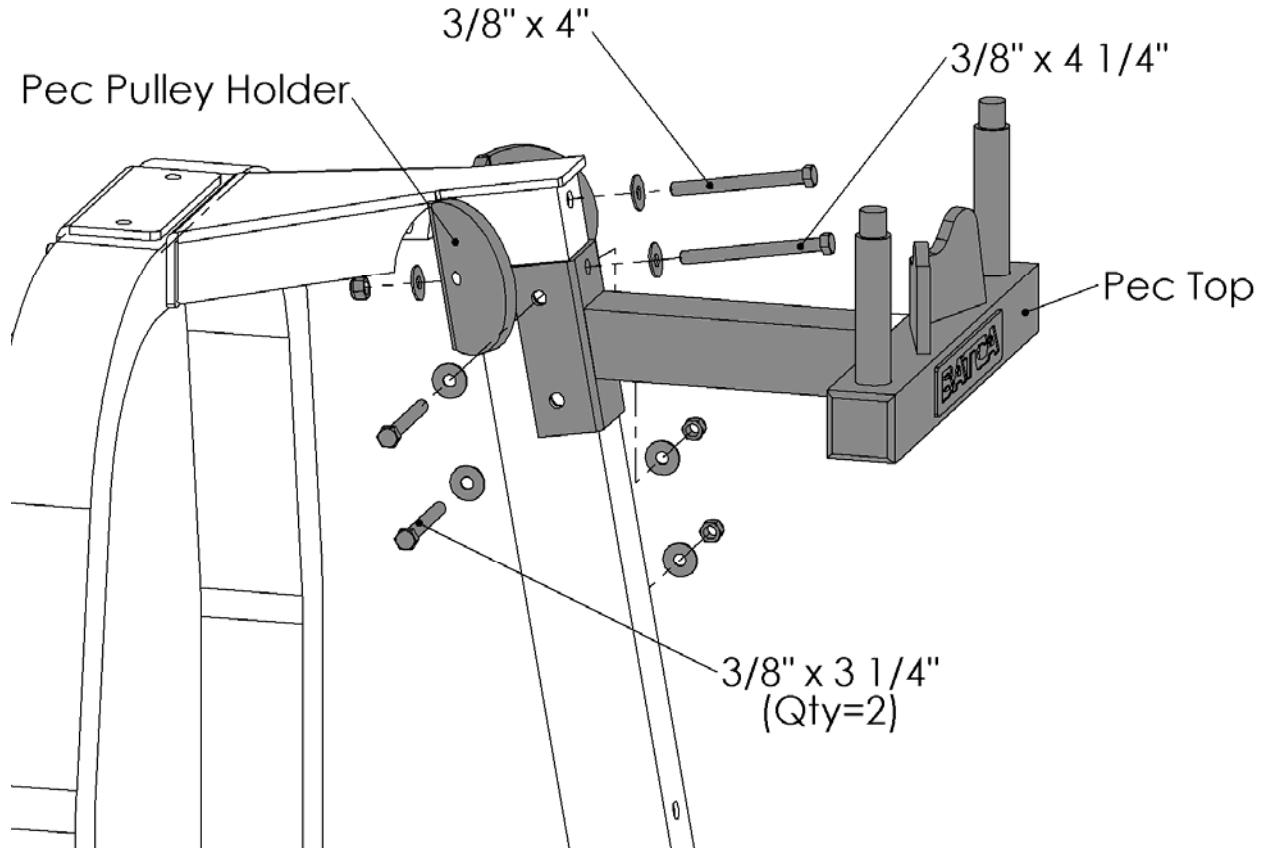


Figure 2

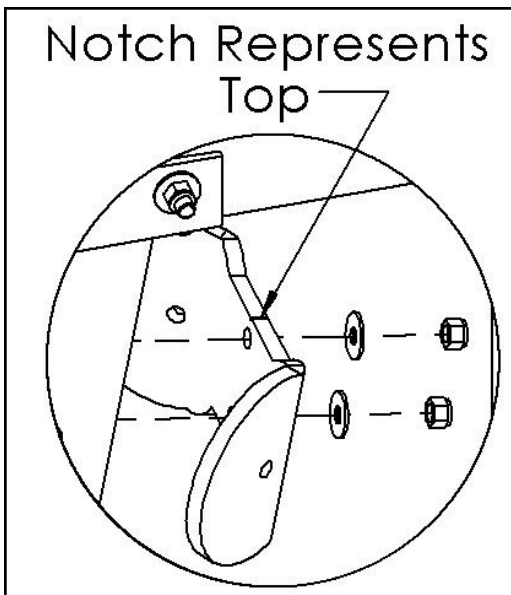


Figure 2A

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

Item #	Part #	Description	Qty.
3	BFL-50127	Pec Pulley Holder	1
9	BFM-10126	Pec Top	1
46	BFH-50146	3/8" Flat Washer (Black)	8
50	BFH-50157	3/8"-16 Nylock (Black)	4
55	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	1
56	BFH-50129	HCS 3/8"-16 x 4" P5	1
59	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2

### Step 3:

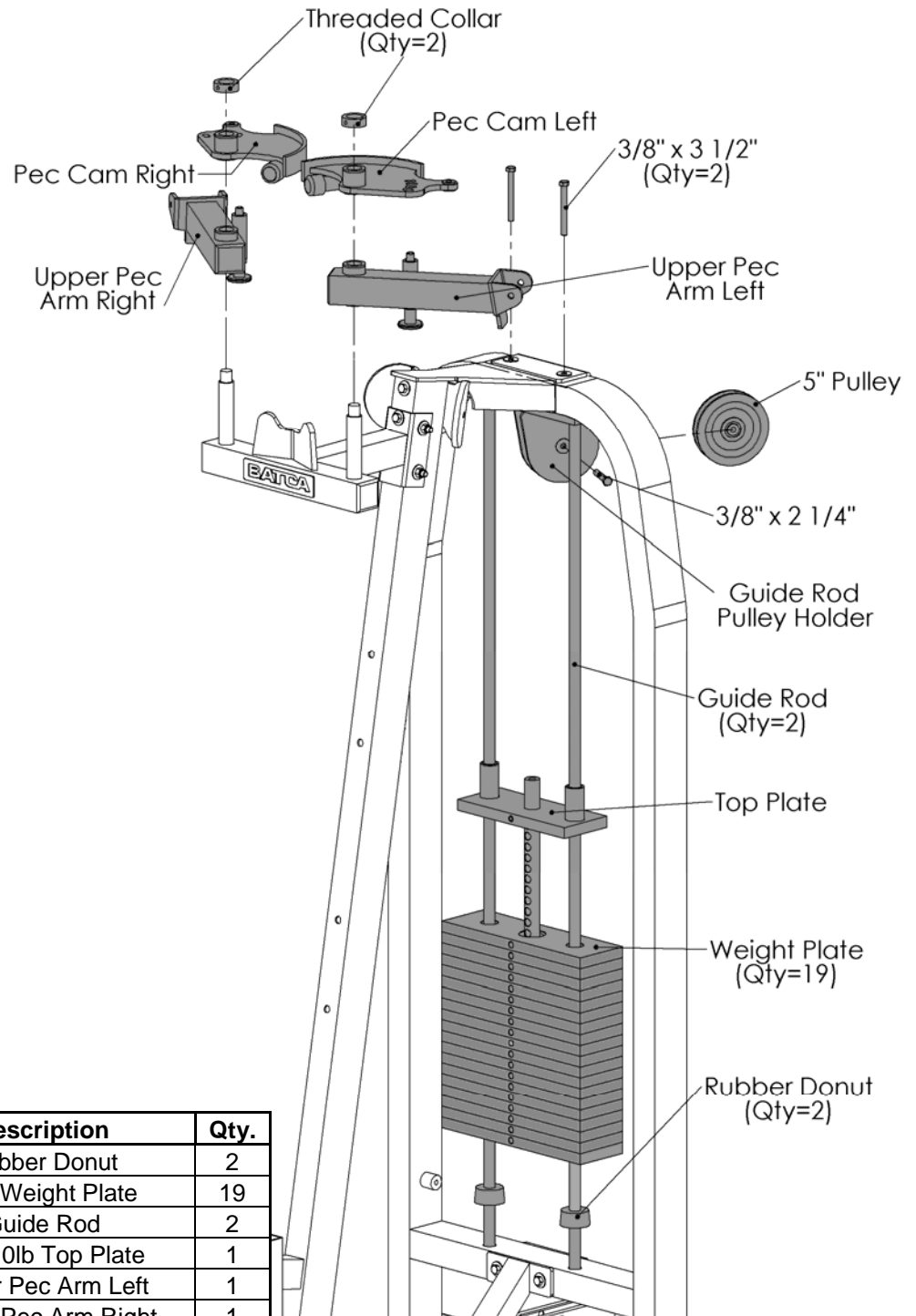


Figure 3

Item #	Part #	Description	Qty.
4	BFM-50529	Rubber Donut	2
5	BFM-10430	10lb Weight Plate	19
6	BFM-50633	Guide Rod	2
7	BFM-10413	3/4" 10lb Top Plate	1
18	BFM-10124	Upper Pec Arm Left	1
19	BFM-10125	Upper Pec Arm Right	1
21	BFM-10147	Pec Cam Left	1
22	BFM-10148	Pec Cam Right	1
34	BFM-10427	Guide Rod Pulley Holder	1
32	BFH-50530	5" Pulley	1
42	BFH-50220	Threaded Collar	2
46	BFH-50146	3/8" Flat Washer (Black)	6
50	BFH-50157	3/8"-16 Nylock (Black)	3
54	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
60	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
83	BFC-50127	Magnetic Weight Stack Pin	1

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

**Step 4:**

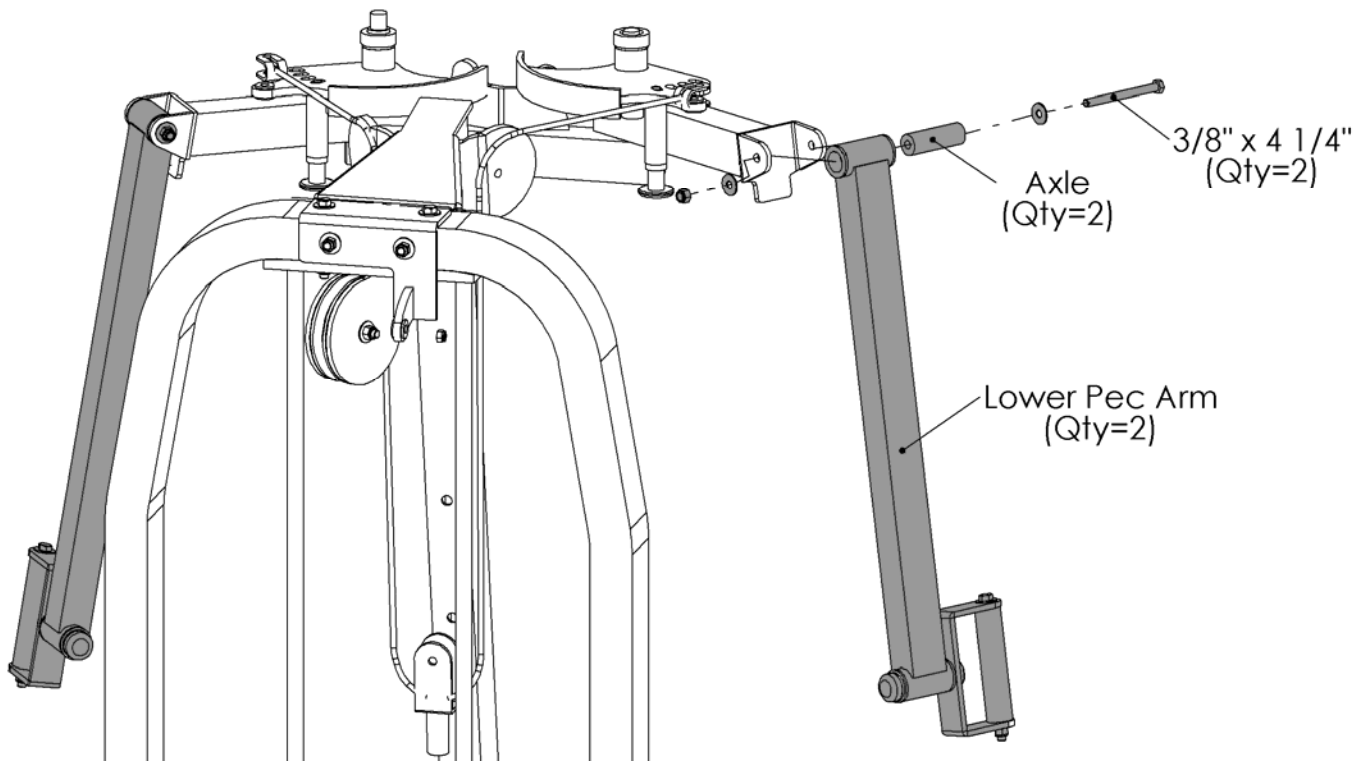


Figure 4

Item #	Part #	Description	Qty.
17	BFM-10103	Lower Pec Arm	2
46	BFH-50146	3/8" Flat Washer (Black)	4
50	BFH-50157	3/8"-16 Nylock (Black)	2
55	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
	BFH-50261	Axle	2

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

**Step 5:**

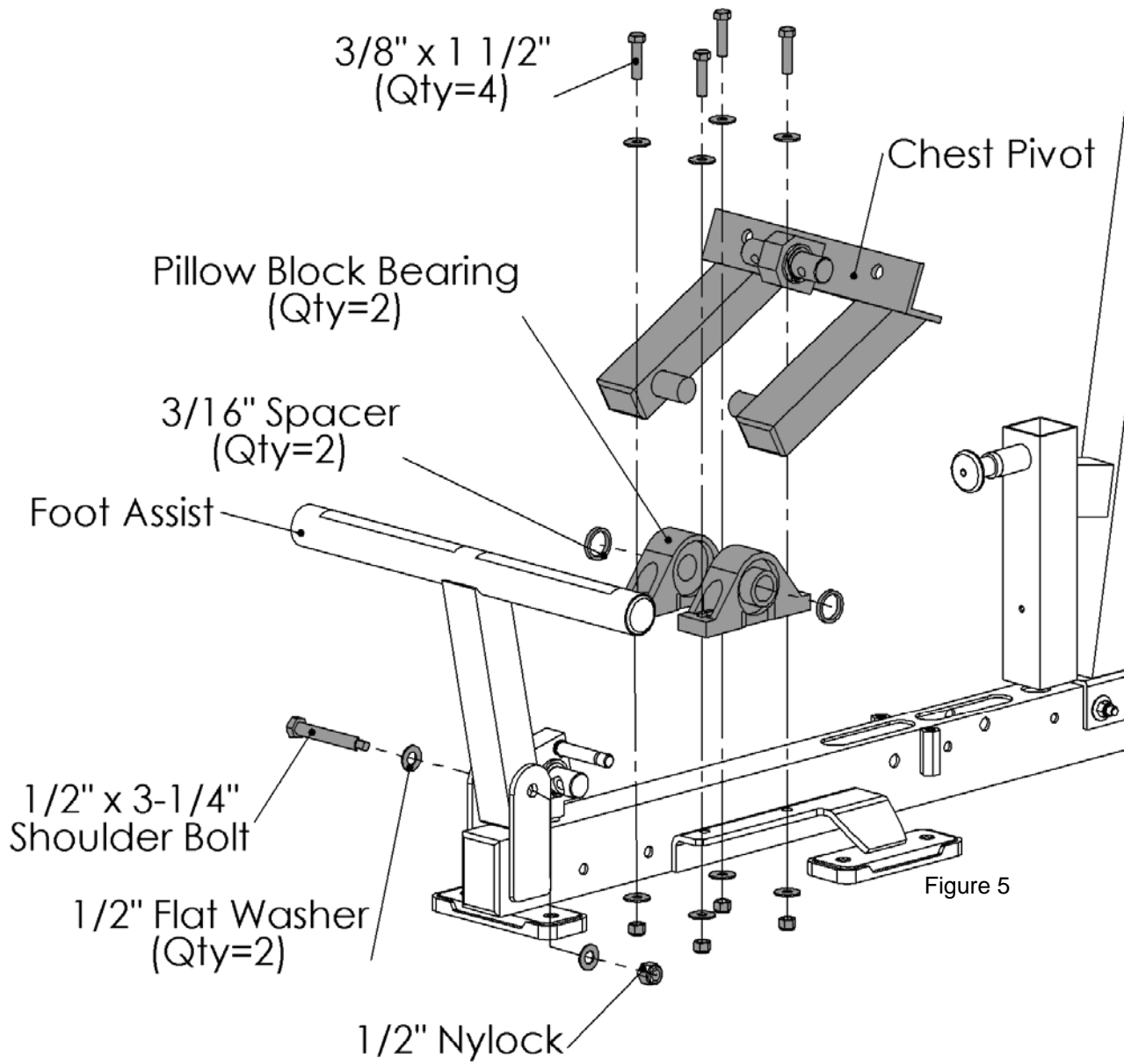


Figure 5

Item #	Part #	Description	Qty.
11	BFM-10101	Chest Pivot	1
13	BFM-10132	Foot Assist	1
16	BFH-50172	Pillow Block Bearing	2
46	BFH-50146	3/8" Flat Washer (Black)	4
48	BFH-50251	1/2" Flat Washer (Black)	2
50	BFH-50157	3/8"-16 Nylock (Black)	4
51	BFH-50155	1/2"-13 Nylock	1
52	BFH-50138	HCS 1/2"-13" x 3 1/2" P5	1
82	BFH-50120	HCS 3/8"-16 x 1 1/2" P5	4
88	BFM-50246	3/16" Spacer	2
89	BFH-50151	5/16" Flat Washer (Zinc)	4

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

**Step 6:**

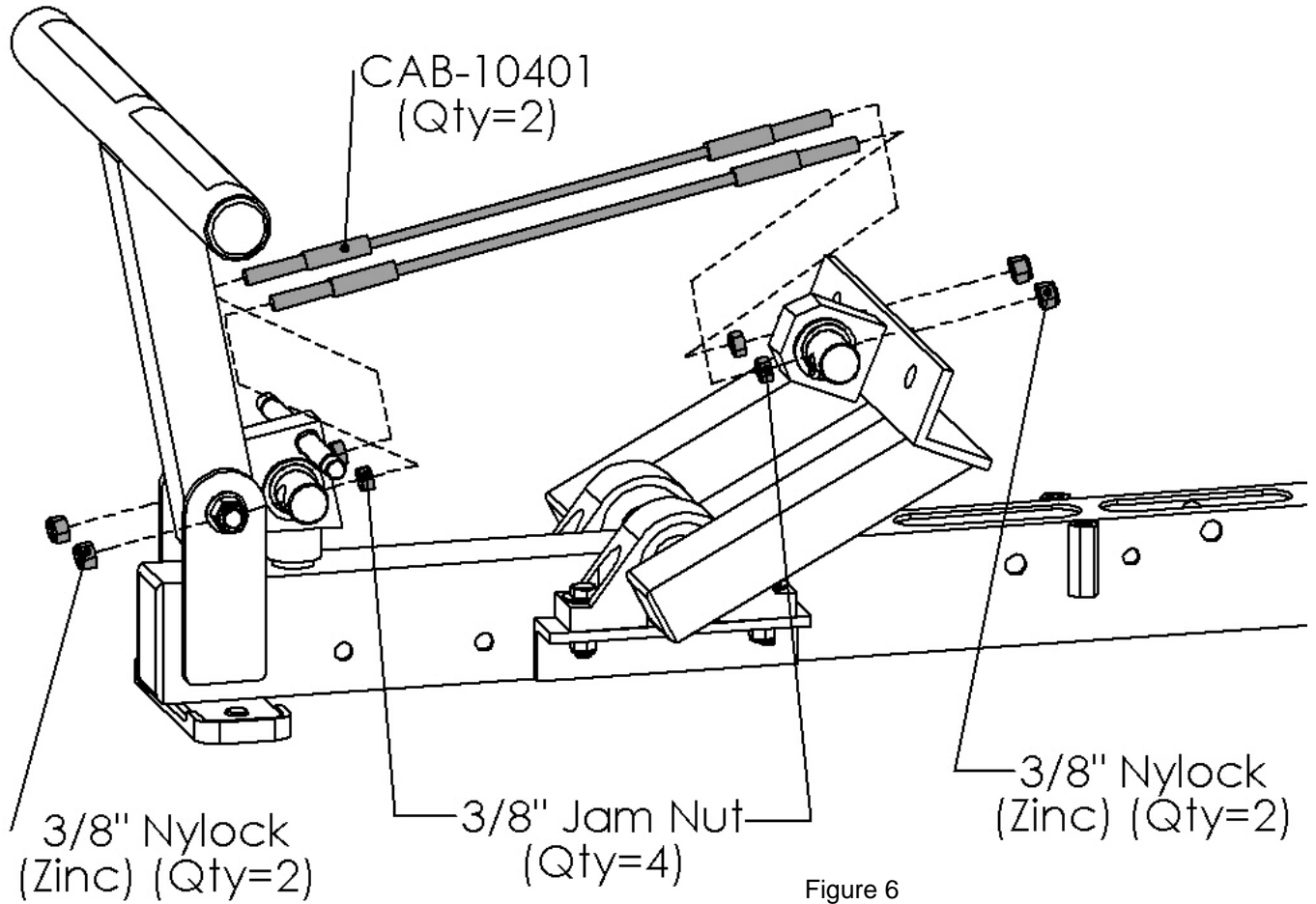


Figure 6

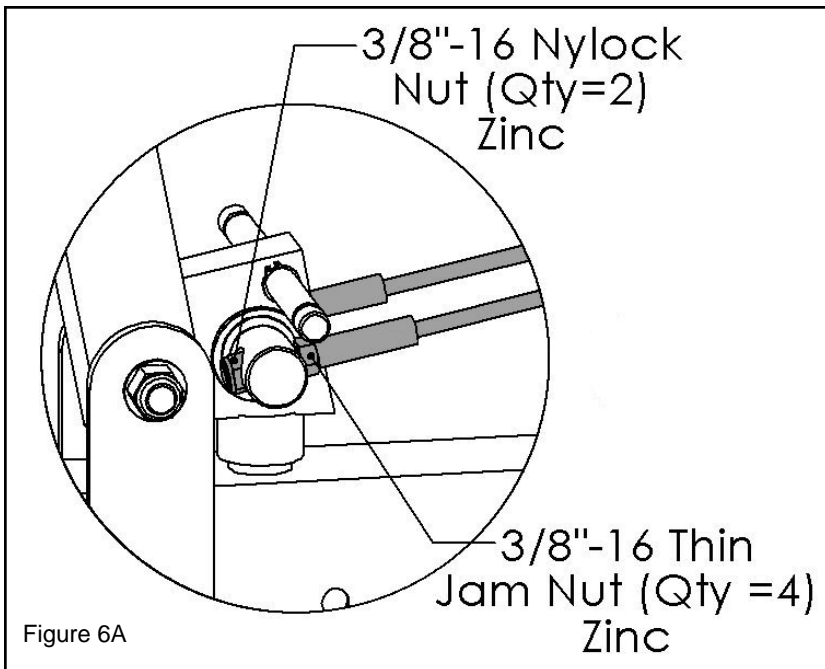
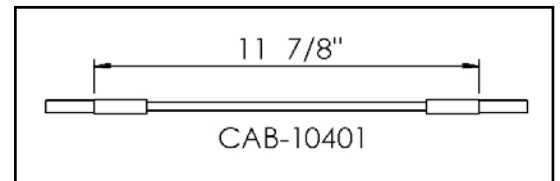


Figure 6A



Item #	Part #	Description	Qty.
39	CAB-10401	Foot Assist Cable	2
69	BFH-50149	3/8"-16 Jam Nut (Zinc)	4
70	BFH-50288	3/8"-16 Nylock (Zinc)	4

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

## Step 7:

Note: All bolts in this step receive two 1/2" Flat Washers and one 1/2" Nylock.

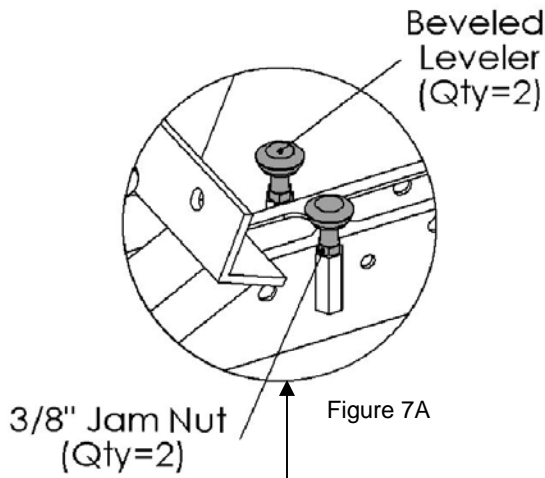


Figure 7A

Lower the Levelers in order to adjust the Foot Assist Cables. When all of the slack is out of the Cables, raise the Levelers until they touch the stops on the Chest Press Pulley Holder.

**They are not to be used to tighten the tension in any other cables.**

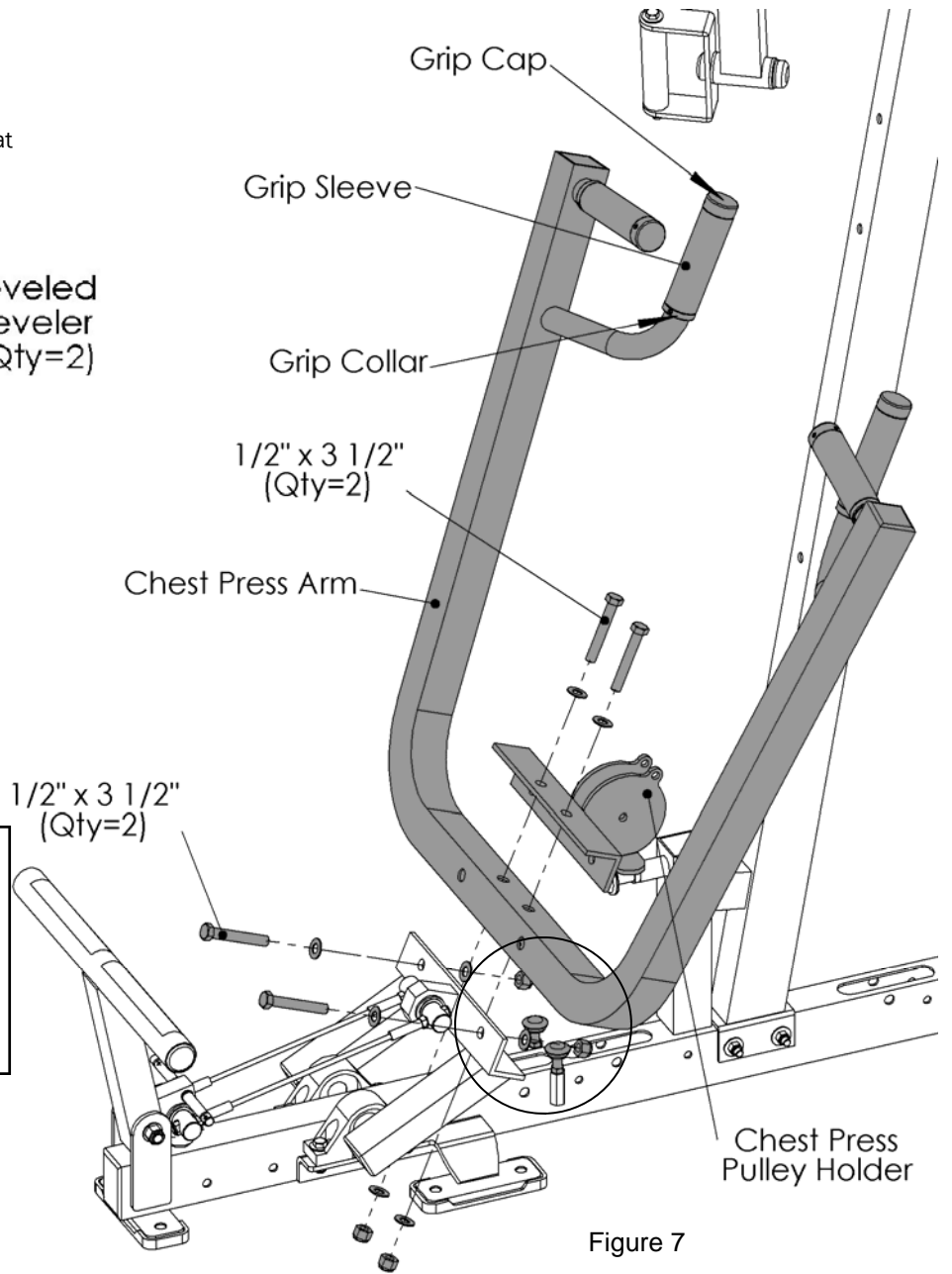


Figure 7

Item #	Part #	Description	Qty.
14	BFM-10138	Chest Press Arm	1
15	BFM-10146	Chest Press Pulley Holder	1
40	BFH-50253	Beveled Leveler	2
48	BFH-50251	1/2" Flat Washer (Black)	8
51	BFH-50155	1/2"-13 Nylock (Black)	4
52	BFH-50137	HCS 1/2"-13 x 3 1/4" P5	4
69	BFH-50149	3/8"-16Jam Nut (Zinc)	2
90	BFM-51279	1 1/4" Grip Sleeve	4
91	BFH-50633	1 1/4" Grip Cap	4
92	BFH-50632	1 1/4" Grip Collar	4

## Step 8:

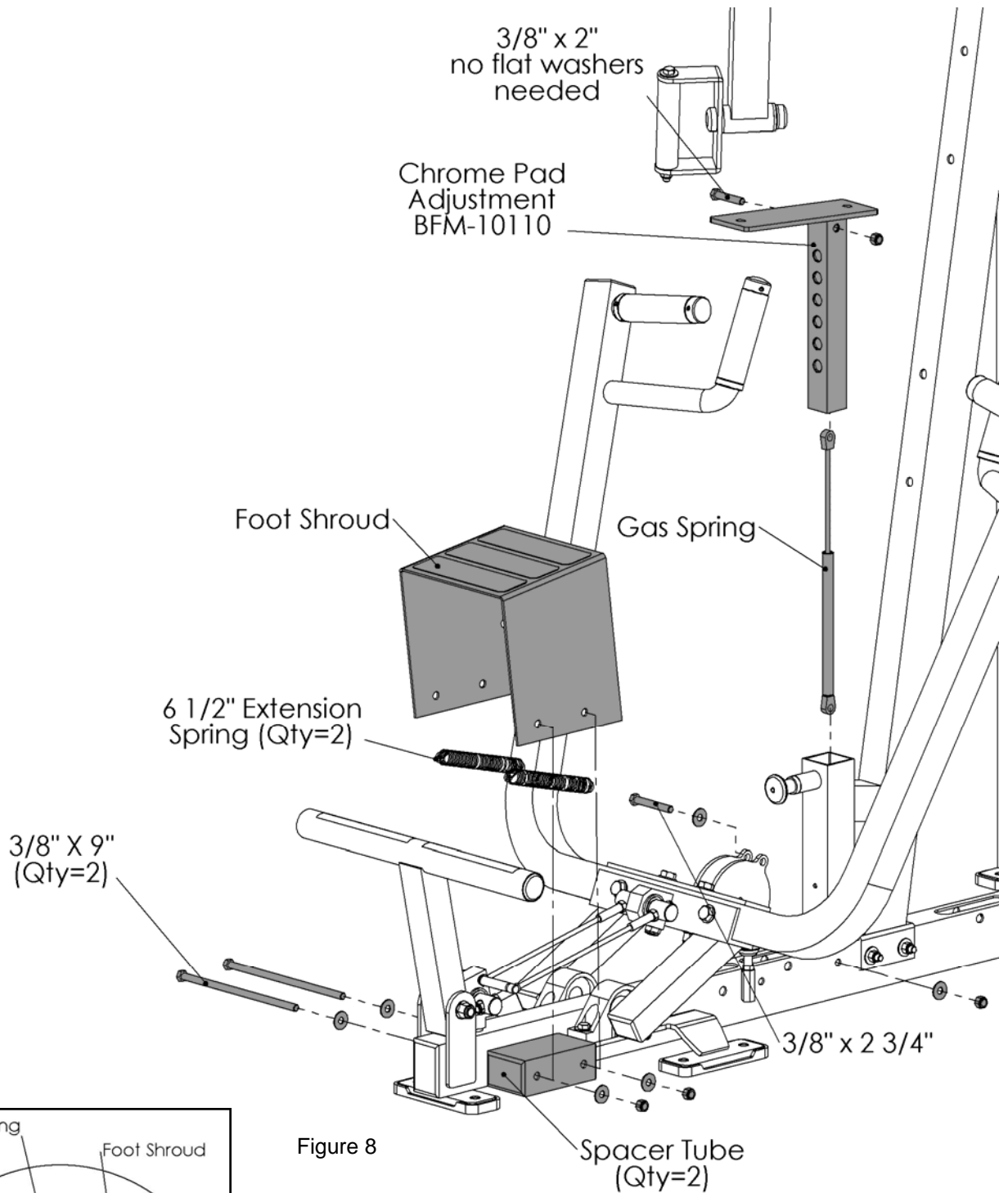


Figure 8

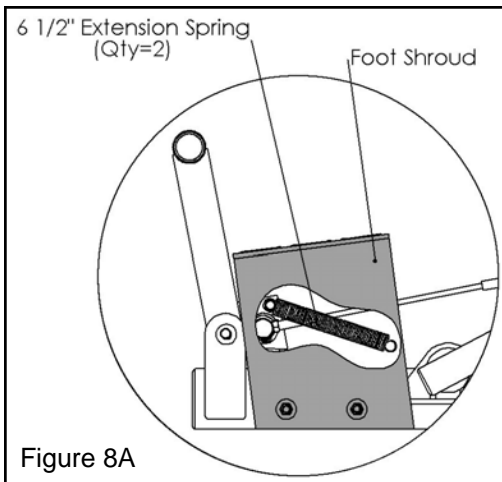


Figure 8A

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

Item #	Part #	Description	Qty.
12	BFM-10110	Chrome Pad Adjustment	1
20	BFM-10137	Foot Shroud	1
36	BFM-10429	Spacer Tube	2
38	BFH-50234	6 1/2" Extension Spring	2
46	BFH-50146	3/8" Flat Washer (Black)	6
50	BFH-50157	3/8"-16 Nylock (Black)	4
53	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
58	BFH-50298	HCS 3/8"-16 x 8 3/4" P5	2
61	BFH-50121	HCS 3/8"-16 x 2" P5	1
81	BFH-50210	Gas Spring	1

## Step 9:

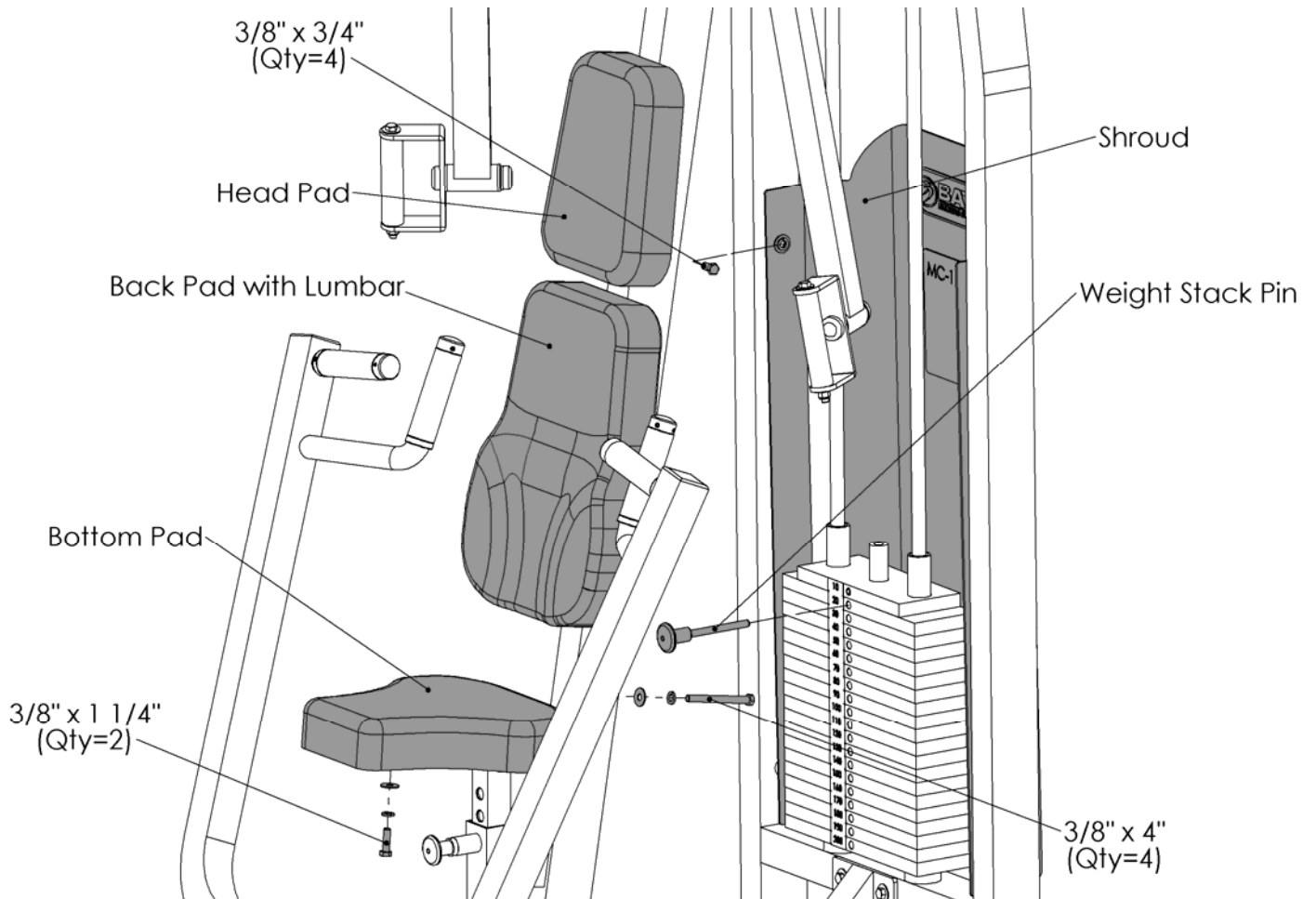


Figure 9

Note: All bolts in this step receive one 3/8" Flat Washer and one 3/8" Lock Washer instead of one 3/8" Nylock.

Item #	Part #	Description	Qty.
8	BFM-50531	Shroud	1
26	BFU-10118	Bottom Pad	1
27	BFU-10119	Head Pad	1
28	BFU-10120	Back Pad with Lumbar	1
46	BFH-50146	3/8" Flat Washer (Black)	10
49	BFH-50147	3/8" Lock Washer (Black)	10
56	BFH-50129	HCS 3/8"-16 x 4" P5	4
62	BFH-50254	HCS 3/8"-16 x 3/4" P5	4
63	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	2
83	BFM-51173	Magnetic Weight Stack Pin	1

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



## Step 10:



**Note:** There should be a 3/8" Flat Washer between the 4 1/2" Pulley and the Pec Pulley Holder as shown in Figure 10B. Leaving off this washer may cause the pulley to rub the Pec Pulley Holder.

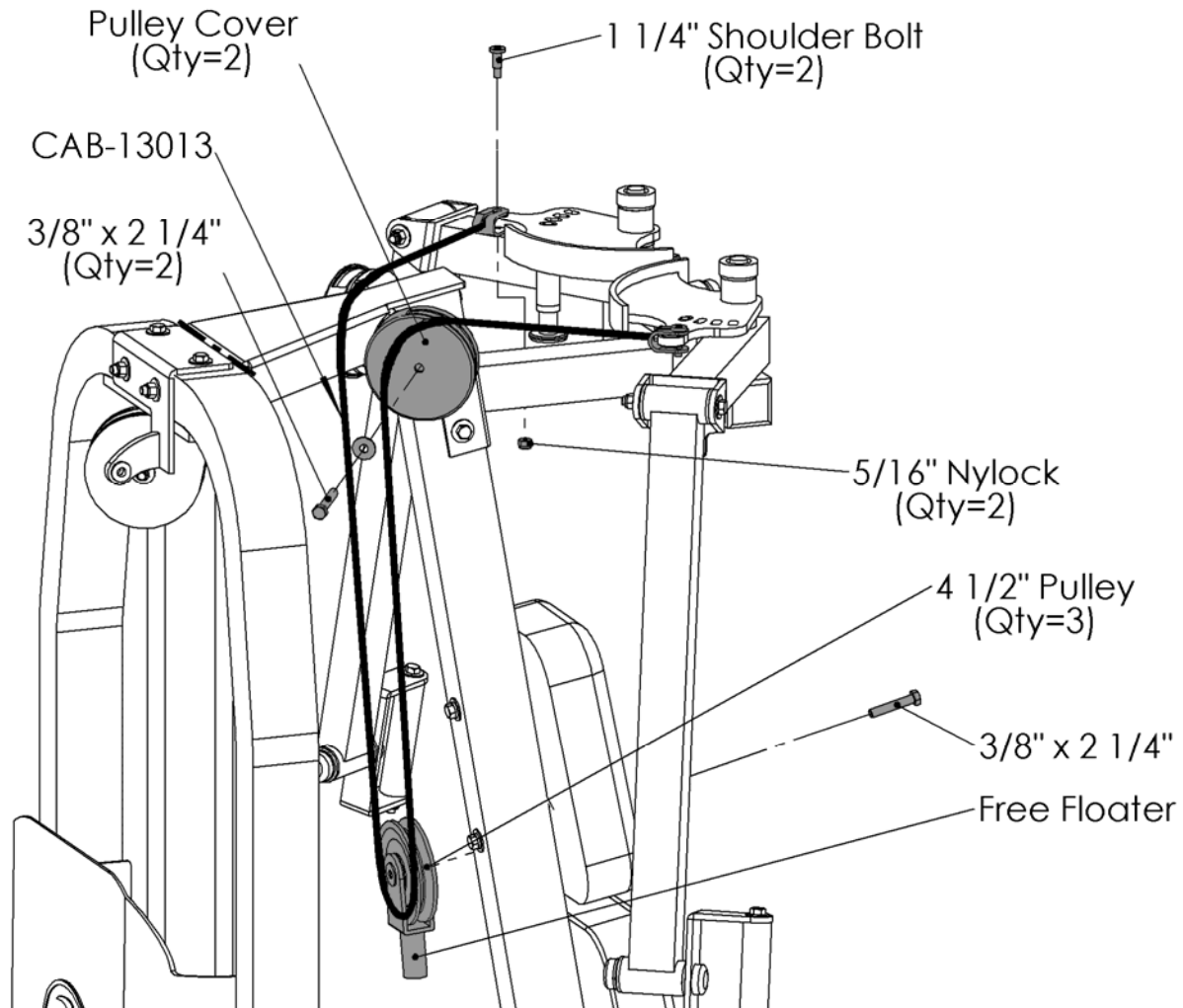


Figure 10

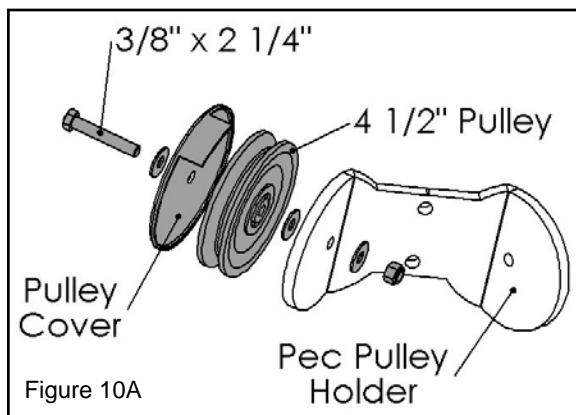
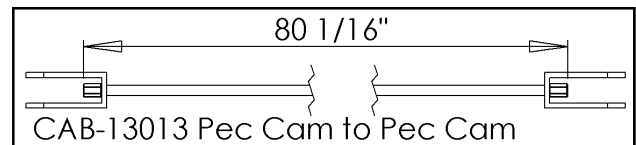
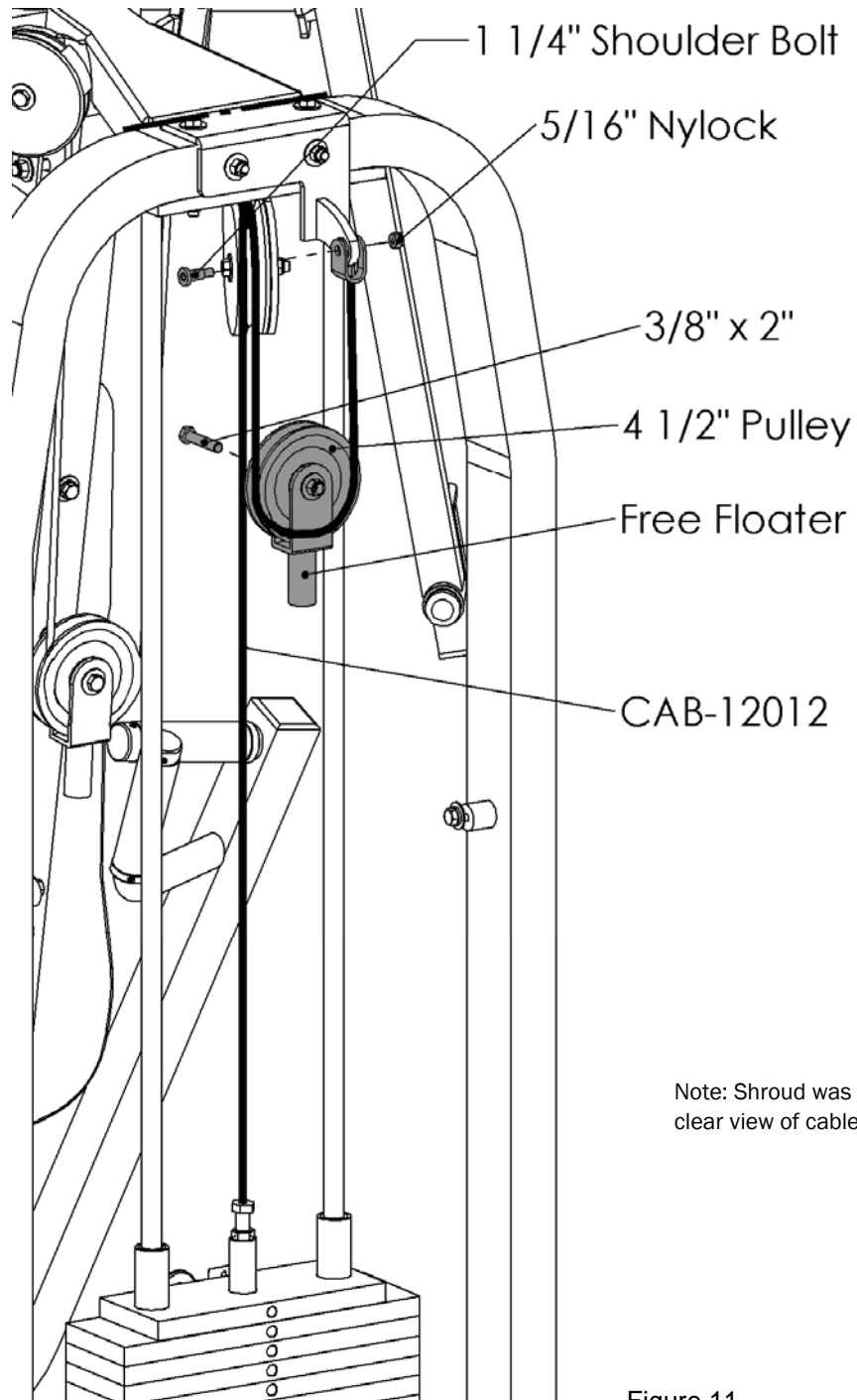


Figure 10A

Item #	Part #	Description	Qty.
30	BFH-50174	4 1/2" Pulley	3
35	BFM-10133	Free Floater	1
37	BFM-50345	Pulley Cover	2
46	BFH-50146	3/8" Flat Washer (Black)	8
50	BFH-50157	3/8"-16 Nylock (Black)	3
60	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
77	BFH-50267	5/16"-18 Nylock (Black)	2
78	BFH-50250	1 1/4" Shoulder Bolt	2
79	CAB-13013	Pec Cam to Pec Cam Cable	1

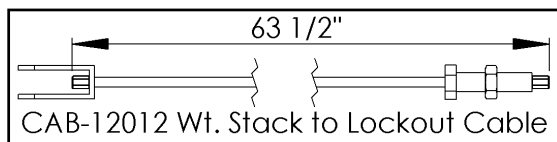
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

**Step 11:**



Note: Shroud was removed from drawing for clear view of cable.

Figure 11



Item #	Part #	Description	Qty.
30	BFH-50174	4 1/2" Pulley	1
35	BFM-10133	Free Floater	1
46	BFH-50146	3/8" Flat Washer (Black)	2
50	BFH-50157	3/8"-16 Nylock (Black)	1
60	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	1
75	CAB-12012	Wt. Stack to Lockout Cable	1
77	BFH-50267	5/16"-18 Nylock (Black)	1
78	BFH-50250	1 1/4" Shoulder Bolt	1

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

## Step 12:

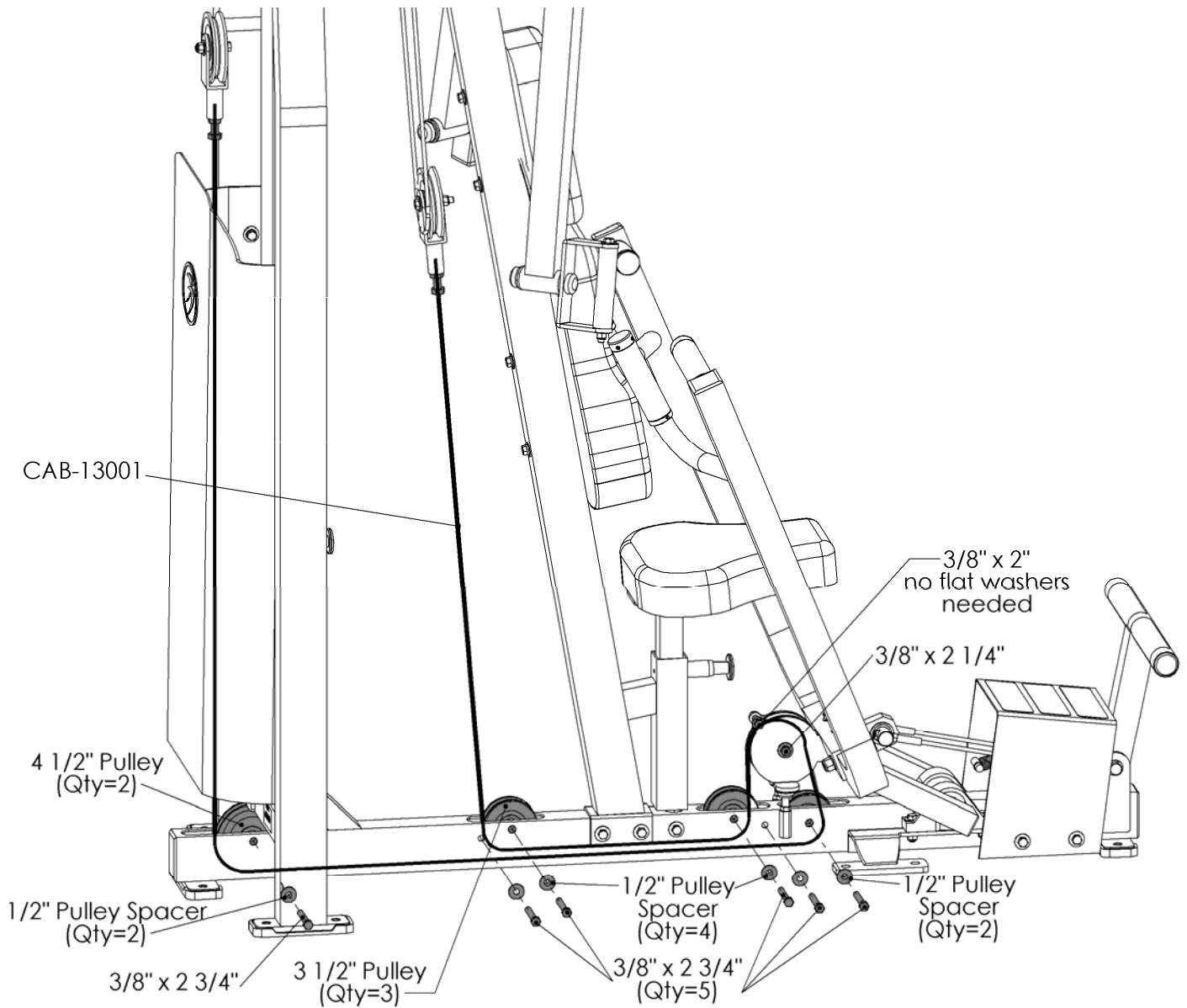
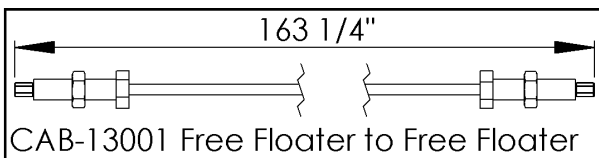


Figure 12

**Note: Cable MUST route under all bolts in bottom tube as Figure 12 shows above. Failure to route cable properly will void your warranty.**

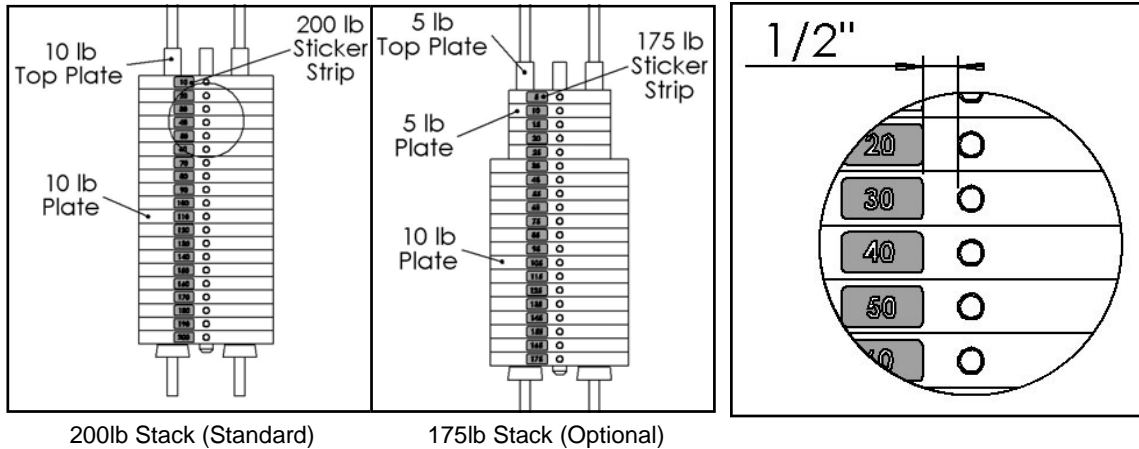


Item #	Part #	Description	Qty.
30	BFH-50174	4 1/2" Pulley	2
31	BFH-50173	3 1/2" Pulley	3
46	BFH-50146	3/8" Flat Washer (Black)	6
47	BFH-50201	1/2" Pulley Spacer	8
50	BFH-50157	3/8"-16 Nylock (Black)	8
53	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	6
60	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
61	BFH-50121	HCS 3/8"-16 x 2" P5	1
80	CAB-13001	Free Floater to Free Floater Cable	1

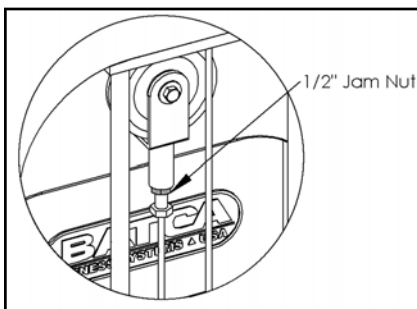
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

# Final Assembly and Troubleshooting

## Weight Stack Decals:

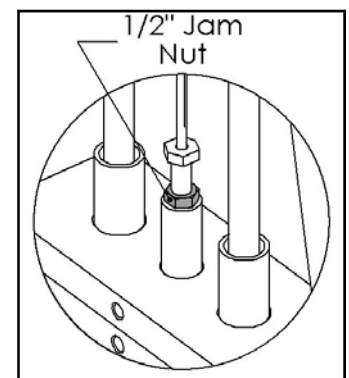


## IMPORTANT - Check These Components Before Using Gym:

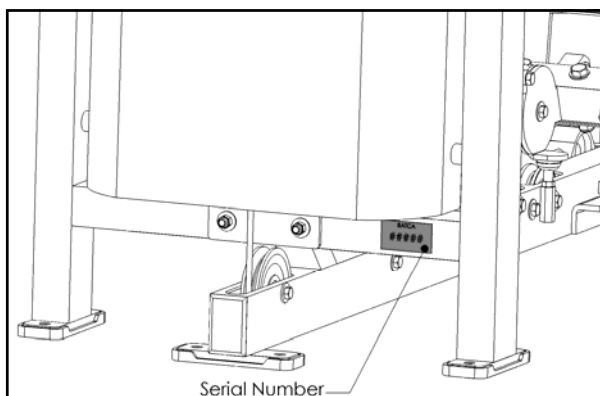


Free Floater

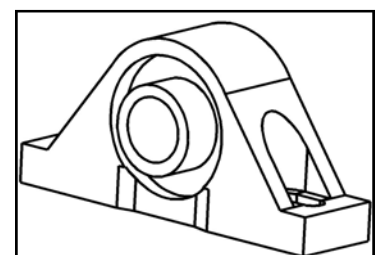
- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection.



Top Plate



- **Wrench Tighten** the two set screws on all Pillow Block Bearings with an Allen Wrench.



Pillow Block Bearing  
BFH-50172

- **Record** your serial number on the front of this manual and keep for your records. The serial number can be found on the backside of the cage as seen in the figure above.

## Guide Rod Lubrication:

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

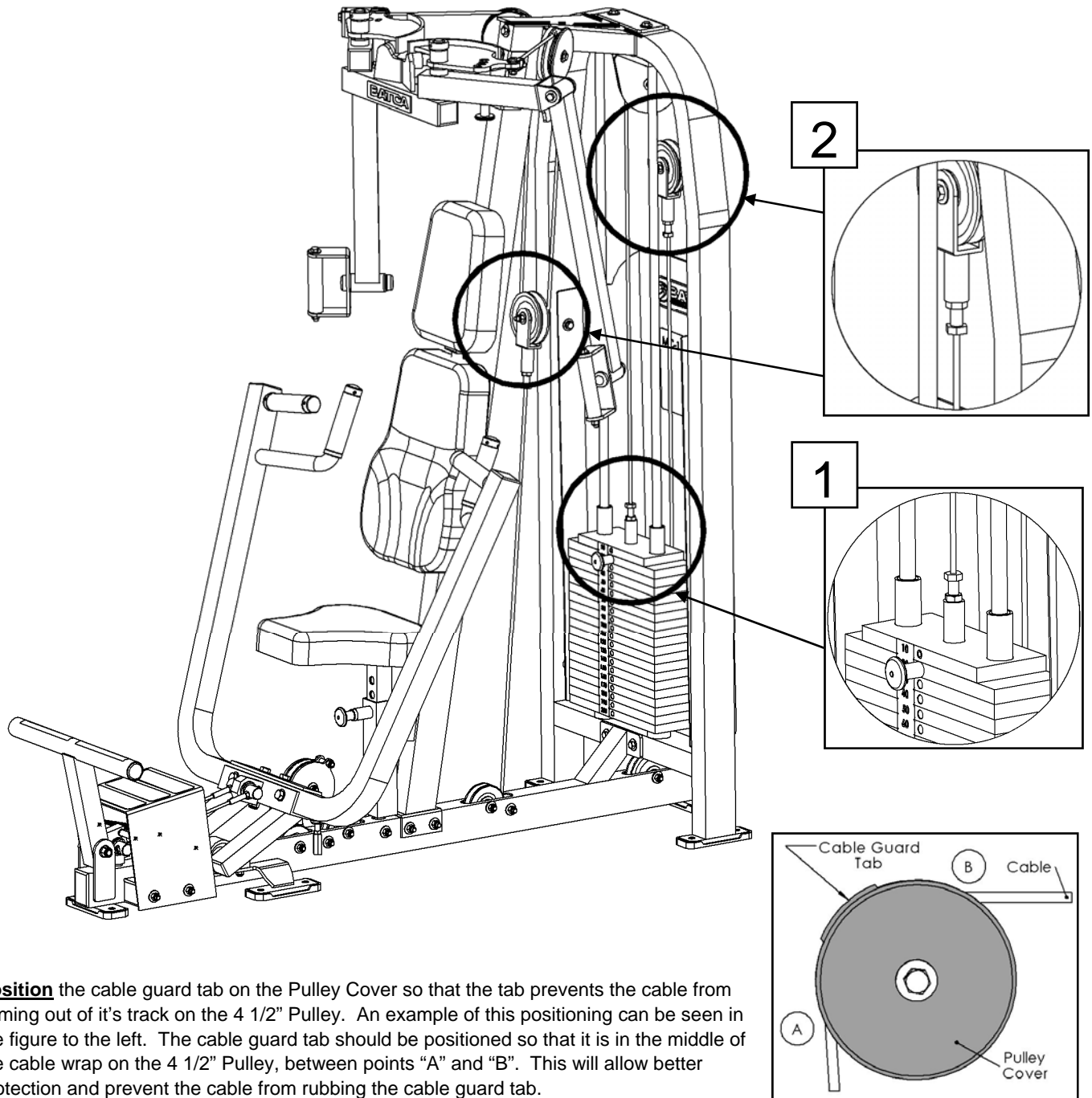
# Cable Adjustments

- **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.



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

# Preventive Maintenance

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

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

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

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated regularly. Use general purpose bearing grease and follow the schedule below.

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

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

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

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

# Limited Lifetime Warranty

## ***What is covered***

### For Residential Use:

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

### For Commercial Use:

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

## ***What is not covered***

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

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

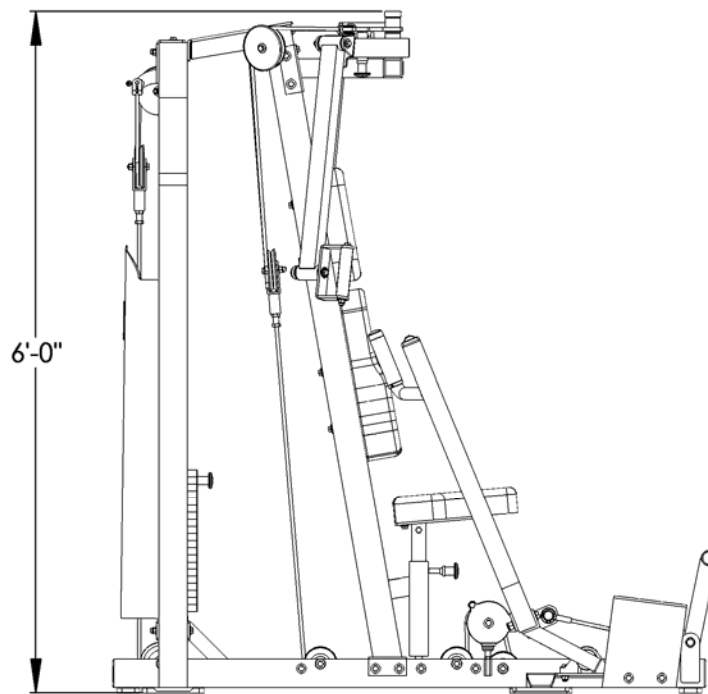
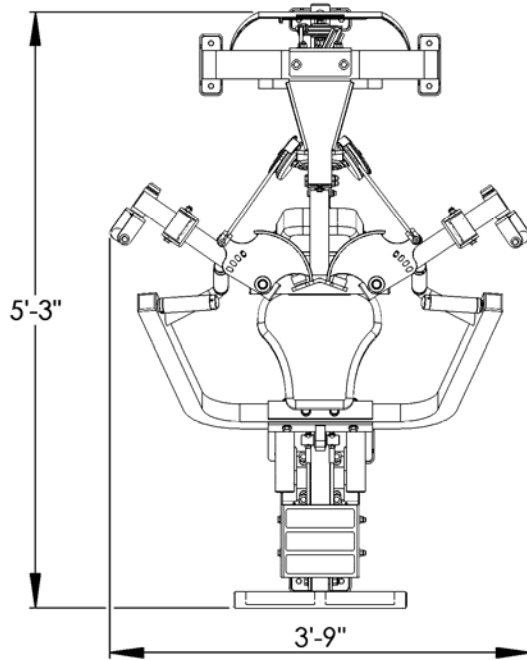
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

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

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

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

Please keep this for your records.



## Layout Diagram

The C-1 has a layout dimension of 3'-9" (width) x 5'-3" (length) x 6'-0" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.