

Revision 1

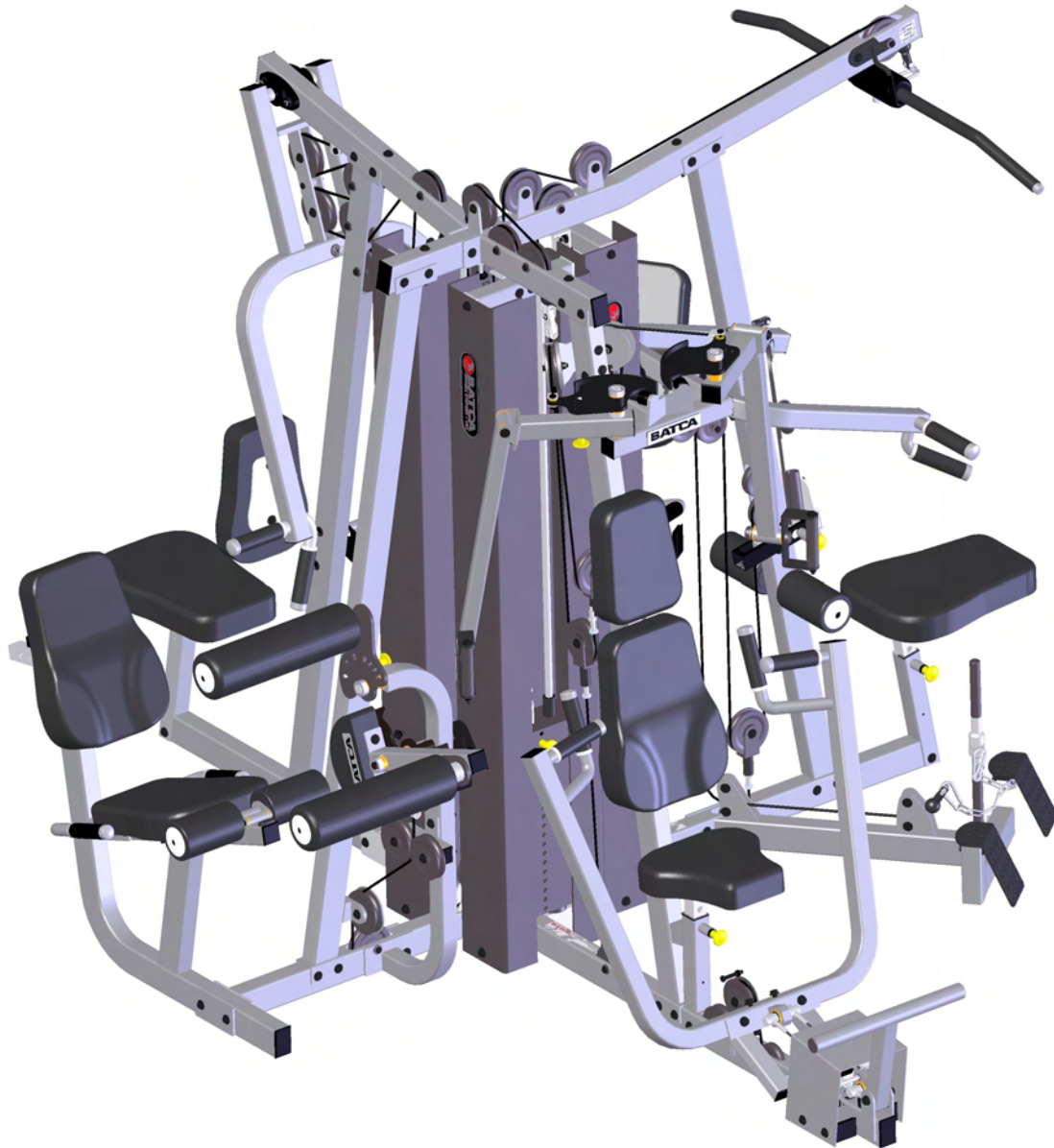
September 2005



BATCA
fitness systems · usa

X3

Owner's Manual



Record Serial Number Here

Date of Purchase

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

Instructions

Congratulations on the purchase of your new Batca X3. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality multi-station gyms and to package these gyms in such a way to avoid any damage during shipping.

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

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

Warning

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

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

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

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

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Main Frame Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
1	BFM-10206	Chest Base	1	1
2	BFM-10120	Low Row	1	3
3	BFM-10117	Shoulder Base	1	1
4	BFM-10349	Mid Row Base	1	1
5	BFM-10119	Leg Ext/Curl Base	1	1
6	BFM-50163	Anti-Deflection Plate	1	3
7	BFM-50150	Anti-Deflection Plate	1	4
8	BFM-10112	Chest Pole	1	1
9	BFM-10108	Leg Ext/Curl Pole	1	1
10	BFM-10127	Shoulder Pole	1	1
11	BFM-10352	Mid Row Pole	1	1
12	BFM-10350	Mid Row Top	1	1
13	BFM-10113	Bent Top	1	1
14	BFM-10114	Chest Top	1	1
15	BFM-10130	Bar Catch Left	1	4
16	BFM-10131	Bar Catch Right	1	4
17	BFM-50256	10lb Weight Plate	57	N/A
18	BFM-50504	5lb Weight Plate	12*	N/A
19	BFM-10299	10lb Top Plate	3	N/A
20	BFM-10348	5lb Top Plate	3*	N/A
21	BFM-50258	Weight Stack Shaft	3	N/A
22	BFM-50260	Guide Rod	6	5
23	BFM-10107	Guide Rod Holder	3	4
24	BFM-10322	Back Adjustment	1	4
25	BFM-10323	Mid Row Arm	1	4
26	BFM-10325	Chrome Pad Adjustment	1	4
27	BFM-10105	Shoulder Arm	1	3
28	BFM-10118	Back Adjustment	1	3
29	BFM-10104	Chrome Pad Adjustment	1	3
30	BFM-10153	Chrome Pad Adjustment	2	1
31	BFM-50247	5/8" Spacer	2	3
32	BFM-10121	Low Row Diamond Plate	2	3
33	BFM-10126	Pec Top	1	4
34	BFM-50345	Pulley Cover	3	4
35	BFL-50127	Pec Pulley Holder	1	4
36	BFM-10125	Upper Pec Arm Right	1	4
37	BFM-10124	Upper Pec Arm Left	1	4
38	BFM-10148	Pec Cam Right	1	4

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	BOX
39	BFM-10147	Pec Cam Left	1	4
40	BFM-50261	Axle	4	3
41	BFM-10103	Lower Pec Arm	2	4
42	BFL-50115	Bent Plate	2	4
43	BFM-50240	Cold Roll	2	4
44	BFM-10101	Chest Pivot	1	4
45	BFM-50246	Spacer 3/16"	2	4
46	BFM-50262	Chrome Cable Pivot	2	4
47	BFM-50263	1/2 in. Cold Roll	1	4
48	BFM-10132	Foot Assist	1	4
49	BFM-10138	Chest Press Arm	1	4
50	BFM-10146	Chest Press Pulley Holder	1	4
51	BFM-10110	Chrome Pad Adjustment	1	1
52	BFM-10128	Elbow Support	1	2
53	BFM-10136	Knee Hold Down Elbow	1	2
54	BFM-50186	Anti-Deflection Plate	1	4
55	BFM-10129	Leg Ext/Curl Pillow Holder	1	2
56	BFM-10144	Leg Ext/Curl Cam	1	2
57	BFM-10139	Leg Ext/Curl Pivot Arm	1	2
58	BFM-10145	Two Pulley Feeder	1	4
59	BFM-50267	Counter Weight	1	2
60	BFM-10143	Leg Ext/Curl Frame	1	2
61	BFM-10135	High Pivot Roller	1	2
62	BFM-10151	Low Pivot Roller	1	2
63	BFM-10141	Knee Alignment Roller	1	2
64	BFM-50222	Axle	1	3
65	BFM-10115	Left Handle	1	2
66	BFM-10116	Right Handle	1	2
67	BFM-10109	Chrome Pad Adjustment	1	2
68	BFM-10137	Foot Shroud	1	4
69	BFM-50239	Tube	2	4
70	BFM-50244	Round Tube	1	4
71	BFM-50245	Cable Connector Plate	1	3
72	BFM-10154	Free Floater	4	4
73	BFM-10134	Free Floater With Lockout	2	4
74	BFM-50456	Weight Stack Shroud w/ Logo	3	5
75	BFM-50322	Weight Stack Shroud w/o Logo	3	5
205	BFM-50651	Cable Guard Spacer	1	3

Accessories

ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX
197	BFC-10101	2 inch Chain	1	3
198	BFC-10102	12 inch Chain	1	3
199	BFC-50122	Ab Strap	1	4
200	BFC-50123	Ankle Strap	1	4
201	BFC-50125	Lat Bar	1	1
202	BFC-50126	Short Bar	1	4
203	BFC-50127	Magnetic Weight Stack Pin	3	4

Upholstery

ITEM NO.	PART NO.	DESCRIPTION	QTY	BOX
189	BFU-10117	Large Bottom Pad	3	1
190	BFU-10118	Bottom Pad	1	3
191	BFU-10119	Head Pad	1	3
192	BFU-10120	Back Pad With Lumbar	3	1
193	BFU-10121	7" Upholstery Roller	4	3
194	BFU-10122	Large Upholstery Roller	2	3
195	BFU-10124	Mid Row Chest Pad	1	3
196	BFU-10125	Lat Bar Pad	1	1

Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
99	BFH-50101	1" Flanged Bushing	26
100	BFH-50102	5/8" Flanged Bushing	4
101	BFH-50110	Molded Grip	16
102	BFH-50111	1" Plastic Cap	3
103	BFH-50112	Screw Cap Cover	4
104	BFH-50113	Screw Cap Washer	4
105	BFH-50114	1 1/2" Round Inner Plastic Cap	2
106	BFH-50118	HCS 3/8"-16 X 1" P5	2
107	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	12
108	BFH-50120	HCS 3/8"-16 1 1/2" P5	8
109	BFH-50121	HCS 3/8"-16 X 2" P5	10
110	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	17
111	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	23
112	BFH-50125	HCS 3/8"-16 X 3" P5	18
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	32
114	BFH-50127	HCS 3/8"-16 X 3 1/2" P5	4
115	BFH-50128	HCS 3/8"-16 X 3 3/4" P5	6
116	BFH-50129	HCS 3/8"-16 X 4" P5	9
117	BFH-50130	HCS 3/8"-16 X 4 1/4" P5	3
118	BFH-50133	HCS 3/8"-16 X 6 1/2" P5	2
120	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
120	BFH-50137	HCS 1/2"-13 X 3 1/4" (5/8" Thread)	1
123	BFH-50146	3/8" Flat Washer (Black)	239
124	BFH-50147	3/8" Lock Washer (Black)	32
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	10
126	BFH-50288	3/8"-16 Nylock Nut (Zinc)	4
127	BFH-50155	1/2"-13 Nylock (Black)	5
128	BFH-50157	3/8"-16 Nylock (Black)	127
129	BFH-50165	1" Snap Ring	4
130	BFH-50166	1/2" Snap Ring	2
131	BFH-50171	Side Mounted Flange Bearing	4
132	BFH-50172	Pillow Block Bearing	2
133	BFH-50173	3 1/2" Pulley	9
134	BFH-50174	4 1/2" Pulley	30
135	BFH-50175	Sleeve Insert	10
136	BFH-50188	Snap Hook	4
137	BFH-50190	Rubber Donut	6
138	BFH-50192	200lb Weight Stack Decals	3
139	BFH-50197	Small Logo	3
140	BFH-50198	Large Logo	2
141	BFH-50199	Rubber Grommit	6
142	BFH-50200	Rubber Bumper	2
143	BFH-50201	1/2" Pulley Spacer	31

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
144	BFH-50202	3/4" Pulley Spacer	7
145	BFH-50210	Gas Spring	3
146	BFH-50211	2" Square Plastic Cap	18
147	BFH-50212	2" x 3" Plastic Cap	16
148	BFH-50213	1 1/2" x 2" Plastic Cap	2
149	BFH-50214	1 3/4" Square Plastic Cap	3
150	BFH-50215	1 1/2" Square Plastic Cap	13
151	BFH-50220	Threaded Collar	5
152	BFH-50298	HCS 3/8" - 16 x 8 3/4" P5	2
153	BFH-50222	Rubber Bumper	2
154	BFH-50227	Cable Strap	7
155	BFH-50234	6 1/2" Spring	2
156	BFH-50235	Foot Plate Grip	1
157	BFH-50236	Foam Grip	2
158	BFH-50237	Flat Leveler	2
159	BFH-50238	Pin	5
160	BFH-50239	Snap Ring	5
161	BFH-50240	Bar Catch Rubber Sleeve	2
162	BFH-50242	3/8 Fender Washer	2
164	BFH-50245	FHSCS 5/16"-18 X 1"	2
165	BFH-50246	Anti-Skid Material	5
166	BFH-50247	3/8"-16 Thin Nylock (Zinc)	2
167	BFH-50248	Cable Pivot Bushing	6
169	BFH-50250	1 1/4" Shoulder Bolt	4
170	BFH-50251	1/2" Flat Washer (Black)	10
171	BFH-50622	Roller End Cap	6
172	BFH-50253	Beveled Leveler	4
173	BFH-50254	HCS 3/8"-16 x 3/4" P5	12
174	BFH-50256	1/2"-13 Jam Nut (Zinc)	8
175	BFH-50257	Warning Label	3
176	BFH-50258	175lb Weight Stack Decals	*3
177	BFH-50259	Black Wrinkle Touch Up Paint	1
178	BFH-50262	Silicon Gel Pack	6
179	BFH-50263	Pull Pin T-Handle	N/A
180	BFH-50267	5/16"-18 Nylock (Black)	4
181	BFH-50269	Warning Decal (Do Not Hang)	N/A
182	BFH-50273	X3 Exercise Chart	1
183	BFH-50278	Silver Wrinkle Touch Up Paint	1
184	BFH-50280	1" Round Inner Plastic Cap	10
185	BFH-50297	1" Bronze Bushing x 1/2" L	4
186	BFM-50157	1/2" Short Pull Pin Assembly	N/A
187	BFM-50177	3/8" Long Pull Pin Assembly	N/A
188	BFM-50207	1/2" Long Pull Pin Assembly	N/A
204	BFH-50221	3" Plastic Washer	4
205	BFH-50620	BHSCS 3/8"-16 x 1" P5	6

Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
87	CAB-10101	Lat Pull to Weight Stack Cable	1
88	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
89	CAB-11003	Mid Row Lockout to Weight Stack Cable	1
90	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
91	CAB-10106	Pec Cam to Pec Cam Cable	1
92	CAB-11012	Free Floater to Plate Cable	1

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
93	CAB-11007	Chest Lockout to Free Floater Cable	1
94	CAB-10102	Ab to Low Pulley Cable	1
95	CAB-10105	Lockout Free Floater to Free Floater Cable	1
97	CAB-10401	Foot Assist Cable	2
98	CAB-11011	Mid Row Lockout to Weight Stack Cable	1

Leg Press Components

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
7	BFM-50150	Anti-Deflection Plate	1
65	BFM-10115	Left Handle	1
66	BFM-10116	Right Handle	1
76	BFM-10351	Leg Press Frame	1
77	BFM-10140	Leg Press Pivot	1
78	BFM-50248	5/8" Spacer	2
79	BFM-10152	Bushing Holder	2
80	BFM-50252	Four Bar	2
81	BFM-10102	Foot Plate Pivot	1
82	BFM-50139	Spacer Tube	2
83	BFL-50128	Foot Plate	1
84	BFM-50316	Plate	1
85	BFM-50270	Handle	1
86	BFM-10106	Chrome Pad Adjustment	1

Leg Press Hardware

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
107	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
109	BFH-50121	HCS 3/8"-16 x 2 P5	1
110	BFH-50122	HCS 3/8"-16 X 2 1/4" P5	2
111	BFH-50124	HCS 3/8"-16 X 2 3/4" P5	4
112	BFH-50125	HCS 3/8"-16 X 3" P5	6
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	6
121	BFH-50144	FHSCS 3/8"-16 X 1"	2
122	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
123	BFH-50146	3/8" Flat Washer (Black)	37
124	BFH-50147	3/8" Lock Washer (Black)	4
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
128	BFH-50157	3/8"-16 Nylock (Black)	24
132	BFH-50172	Pillow Block Bearing	2
134	BFH-50174	4 1/2" Pulley	6
143	BFH-50201	1/2" Pulley Spacer	8
168	BFH-50249	1/2" Shoulder Bolt (3/8"-16x50mm)	4
169	BFH-50250	1 1/4" Shoulder Bolt	1
170	BFH-50251	1/2" Flat Washer Black	4
172	BFH-50253	Beveled Leveler	1
174	BFH-50256	1/2"-13 Jam Nut (Zinc)	1
180	BFH-50267	5/16"-18 Nylock (Black)	1

Cables

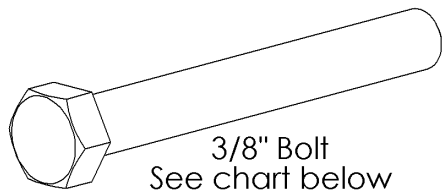
ITEM NO.	PART NUMBER	DESCRIPTION	QTY
96	CAB-11010	Leg Press Lockout to Free Floater Cable	1

Upholstery

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

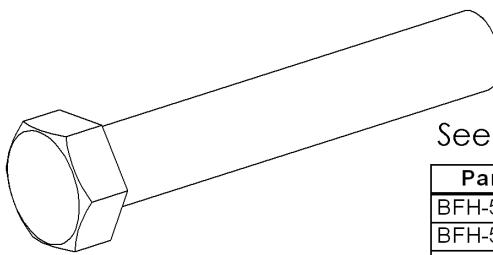
Tools Required

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



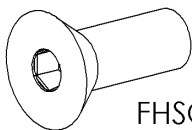
3/8" Bolt
See chart below

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"

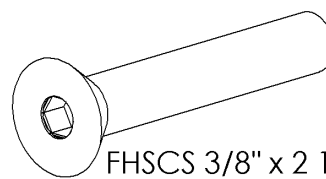


1/2" Bolt
See chart below.

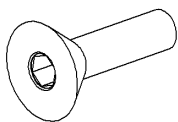
Part #	Size
BFH-50135	1/2" x 2 3/4"
BFH-50136	1/2" x 3"
BFH-50137	1/2" x 3 1/4"
BFH-50138	1/2" x 3 1/2"
BFH-50139	1/2" x 4 1/4"
BFH-50140	1/2" x 4 1/2"
BFH-50141	1/2" x 5 1/2"



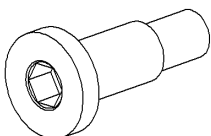
FHSCS 3/8" x 1"
BFH-50144



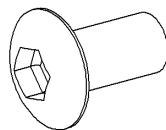
FHSCS 3/8" x 2 1/4"
BFH-50145



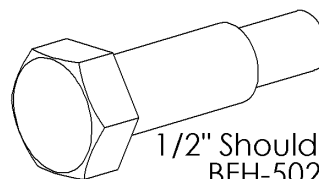
FHSCS 5/16" x 1"
BFH-50245



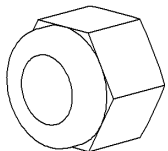
1 1/4" Shoulder Bolt
BFH-50250



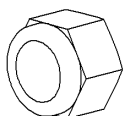
BHSCS 3/8" x 1"
BFH-50620



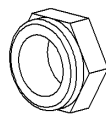
1/2" Shoulder Bolt
BFH-50249



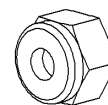
1/2" Nylock
BFH-50155



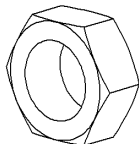
3/8" Nylock
BFH-50157



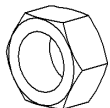
3/8" Thin Nylock
BFH-50247



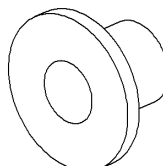
5/16" Nylock
BFH-50267



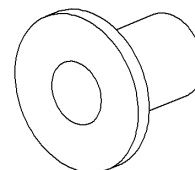
1/2" Jam Nut
BFH-50256



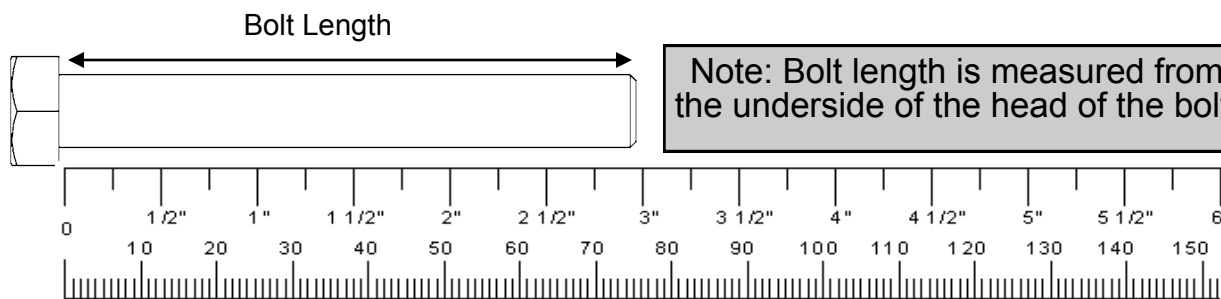
3/8" Jam Nut
BFH-50149

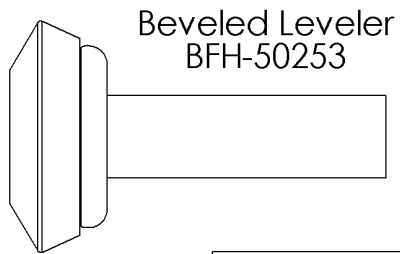


1/2" Pulley Spacer
BFH-50201

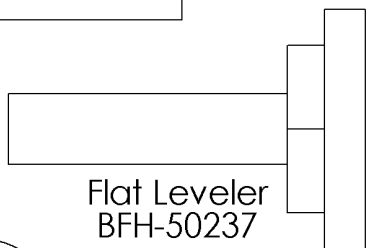


3/4" Pulley Spacer
BFH-50202

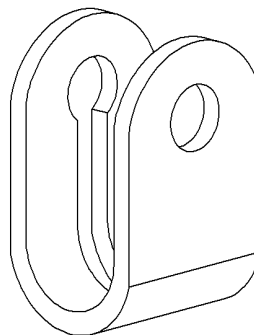




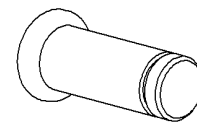
Beveled Leveler
BFH-50253



Flat Leveler
BFH-50237



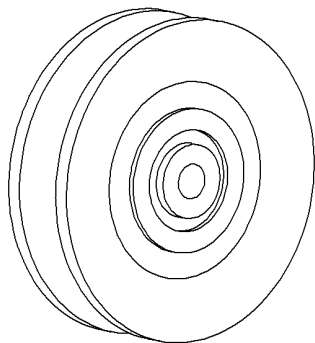
Cable Strap
BFH-50227



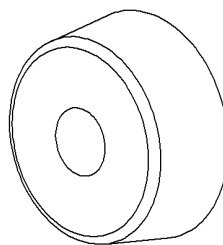
Pin
BFH-50238



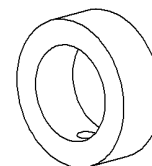
Snap Ring
BFH-50239



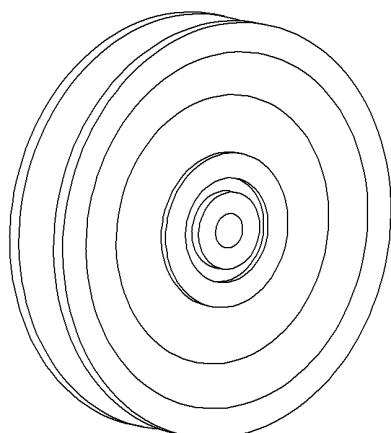
3 1/2" Pulley
BFH-50173



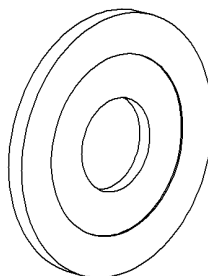
Rubber Donut
BFM-50529



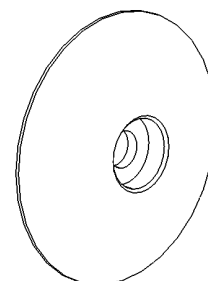
Threaded Collar
BFH-50220



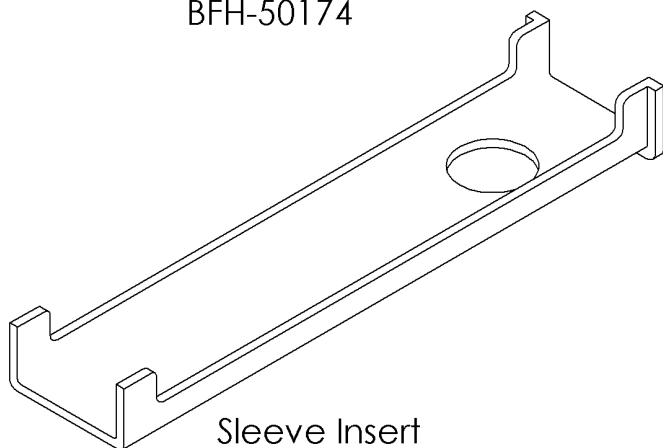
4 1/2" Pulley
BFH-50174



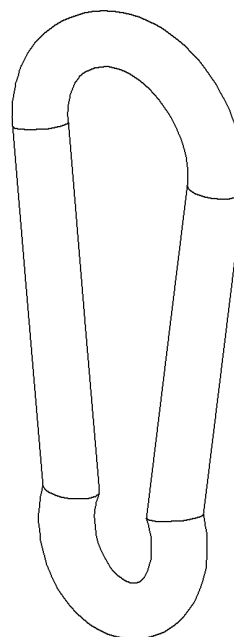
3" Plastic Washer
BFH-50221



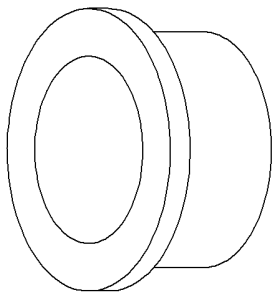
Roller End Cap
BFH-50622



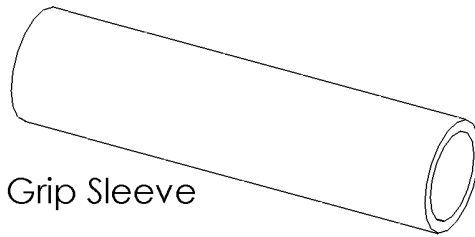
Sleeve Insert
BFH-50175



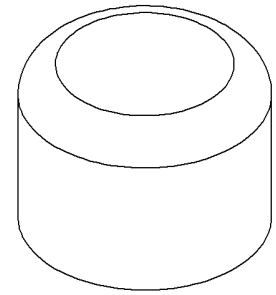
Snap Hook
BFH-50188



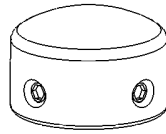
1" Bronze Bushing
BFH-50101



Grip Sleeve



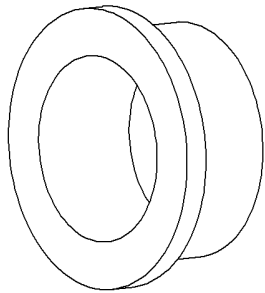
1" Outer Plastic Cap
BFH-50111



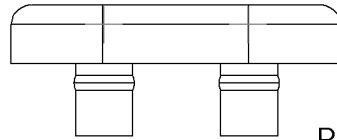
Grip Cap



Grip Collar

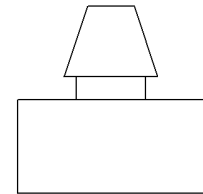


1" Bronze Bushing x 1/2 L
BFH-50297

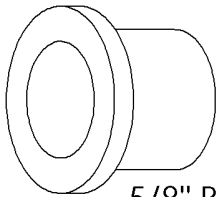


BFH-50222

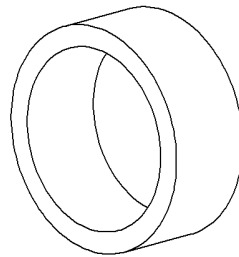
Rubber Bumpers



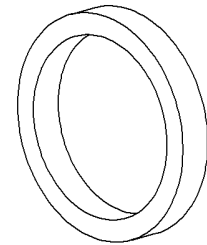
BFH-50200



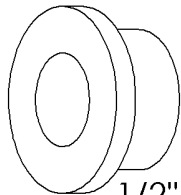
5/8" Bronze Bushing
BFH-50102



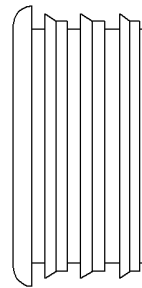
5/8" Spacer
BFM-50247



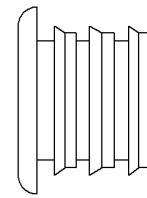
3/16" Spacer
BFM-50246



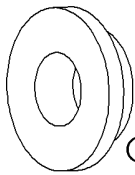
1/2" Bronze Bushing
BFH-50103



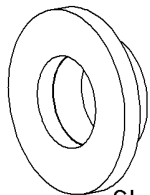
1 1/2" Inner Plastic Cap
BFH-50114



1" Inner Plastic Cap
BFH-50280



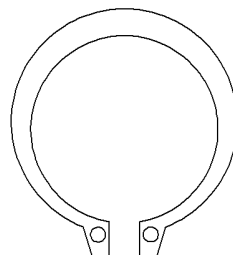
Cable Pivot Bushing
BFH-50248



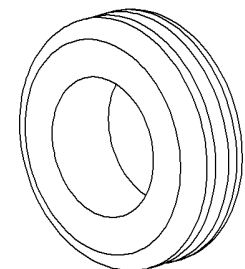
Short 1/2" Bushing
BFH-50244



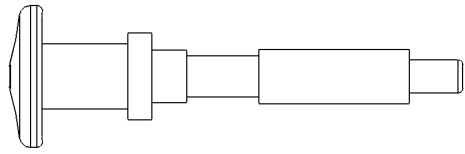
1/2" Snap Ring
BFH-50166



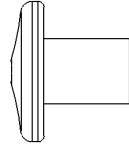
1" Snap Ring
BFH-50165



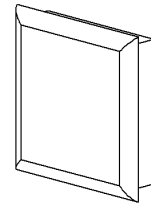
Rubber Grommet
BFH-50199



3/8" Long Pull Pin
BFM-51176

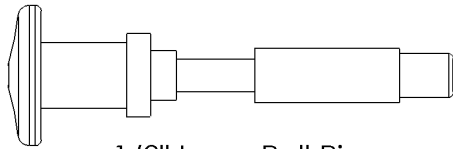


Pull Pin Handle
BFM-51181

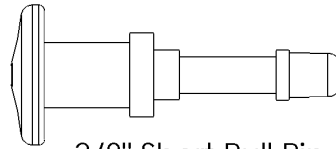


Plastic Cap

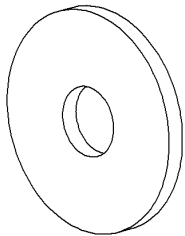
Part #	Size
BFH-50211	2" x 2"
BFH-50212	2" x 3"
BFH-50213	1 1/2" x 2"
BFH-50214	1 3/4" x 1 3/4"
BFH-50215	1 1/2" x 1 1/2"



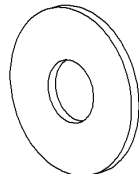
1/2" Long Pull Pin
BFM-51172



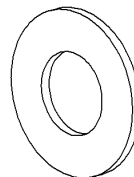
3/8" Short Pull Pin
BFM-51175



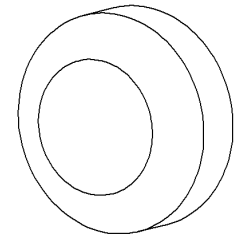
3/8" Fender Washer
BFH-50242



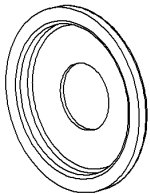
3/8" Flat Washer
BFH-50146



1/2" Flat Washer
BFH-50251



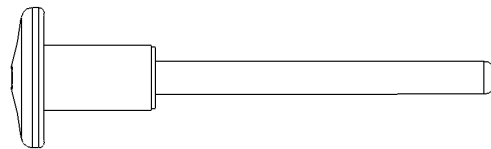
Screw Cap Cover
BFH-50112



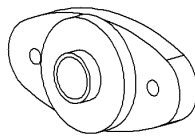
Screw Cap Washer
BFH-50113



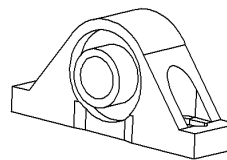
3/8" Lock Washer
BFH-50147



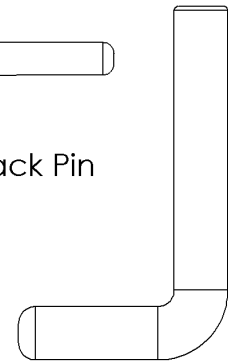
Magnetic Weight Stack Pin
BFM-51173



Side Mounted
Flange Bearing
BFH-50171



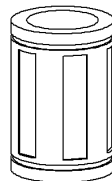
Pillow Block Bearing
BFH-50172



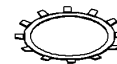
Bar Catch Rubber
Sleeve
BFH-50240

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

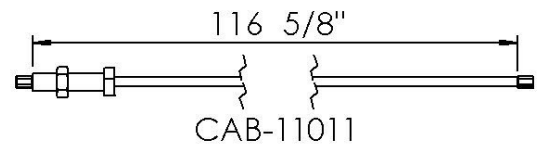
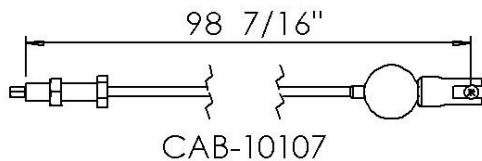
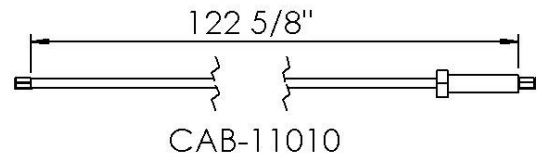
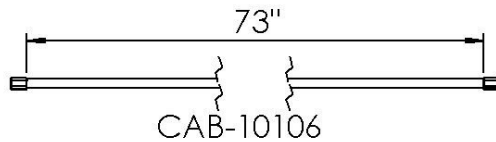
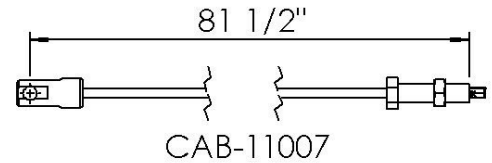
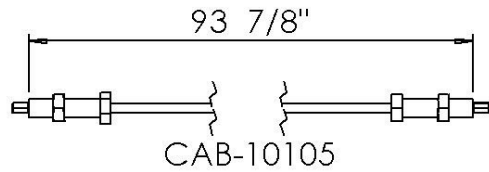
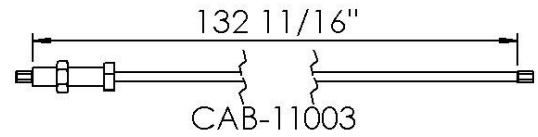
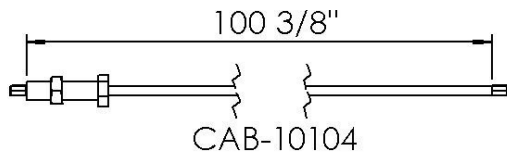
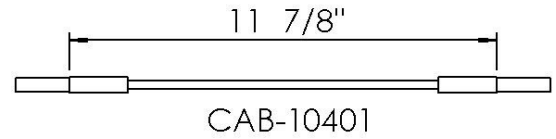
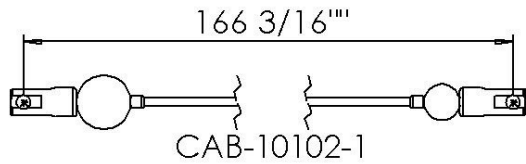
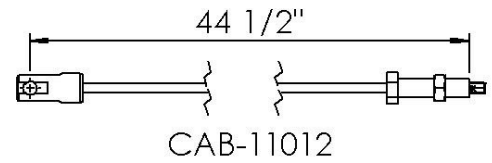
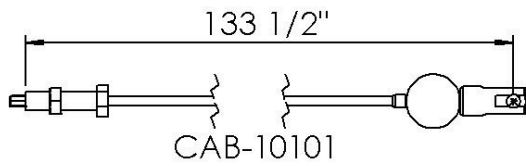


Linear Bearing
BFH-50627



Bearing Retaining
Clip
BFH-50628

Cable Comparison Chart



Cables

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
87	CAB-10101	Lat Pull to Weight Stack Cable	1
88	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
89	CAB-11003	Mid Row Lockout to Weight Stack Cable	1
90	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
91	CAB-10106	Pec Cam to Pec Cam Cable	1
92	CAB-11012	Free Floater to Plate Cable	1
93	CAB-11007	Chest Lockout to Free Floater Cable	1
94	CAB-10102-1	Ab to Low Pulley Cable	1
95	CAB-10105	Lockout Free Floater to Free Floater Cable	1
96	CAB-11010	Leg Press Lockout to Free Floater Cable	1
97	CAB-10401	Foot Assist Cable	2
98	CAB-11011	Mid Row Lockout to Weight Stack Cable	1



PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

- **Set** the Chest Base in a location close to the gym's final position. (See Layout Diagram on the back cover of this manual). Keep in mind that you should allow at least 18"-24" as working room around the unit.
- **Record** your serial number on the front of this assembly instructions and keep for your records. The serial number can be found on the back side of the Leg Ext/Curl Base, as seen below in Figure 1A.

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

- **Hand Tighten** all hardware for Steps 1-3.

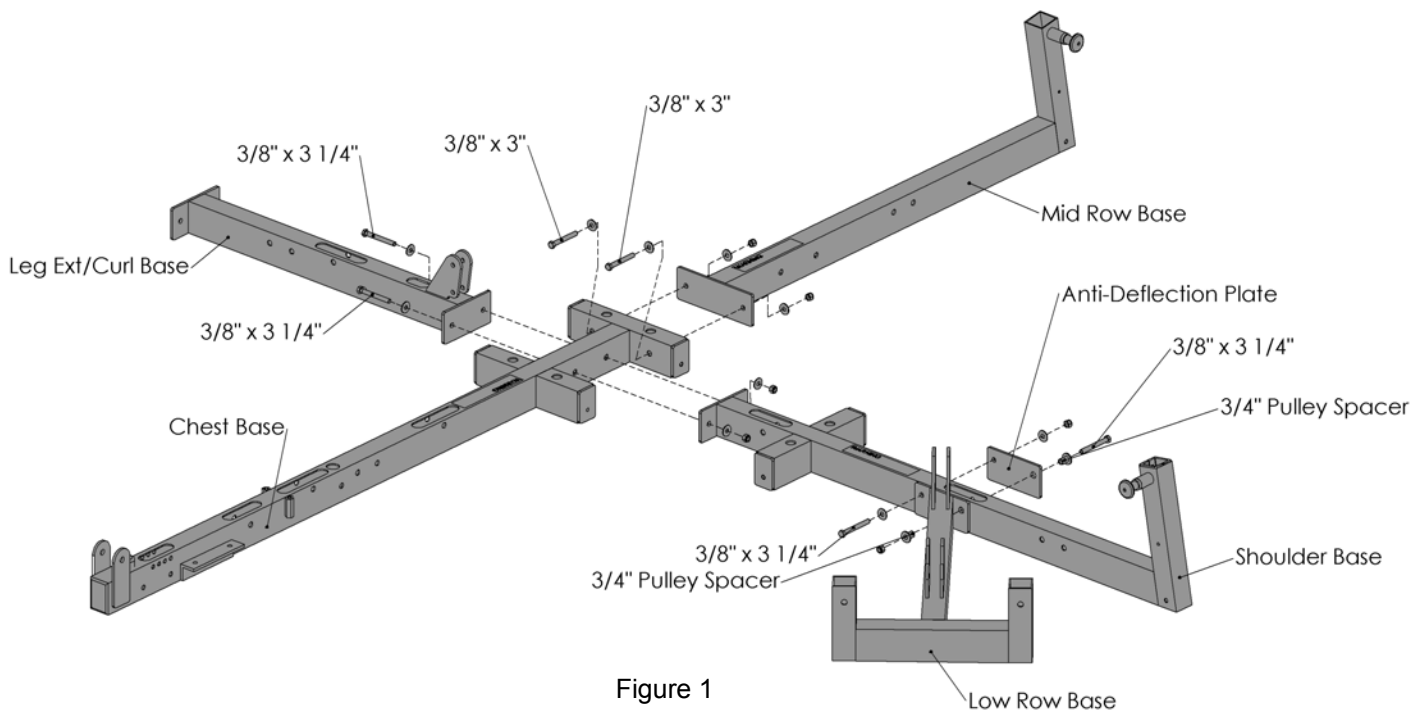


Figure 1

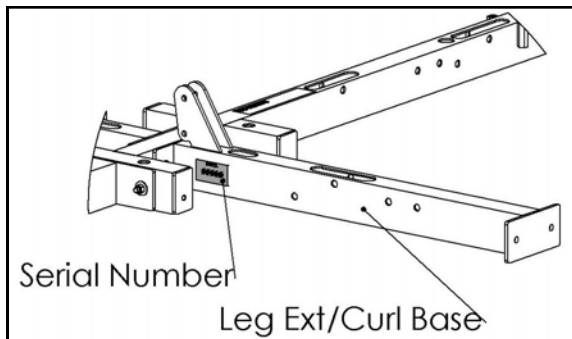


Figure 1A

Item #	Part #	Description	Qty
1	BFM-10206	Chest Base	1
2	BFM-10120	Low Row	1
3	BFM-10117	Shoulder Base	1
4	BFM-10349	Mid Row Base	1
5	BFM-10119	Leg Ext/Curl Base	1
6	BFM-50163	Anti-Deflection Plate	1
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
113	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	10
128	BFH-50157	3/8"-16 Nylock (Black)	6
144	BFH-50202	3/4" Pulley Spacer	2

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

Step 2:

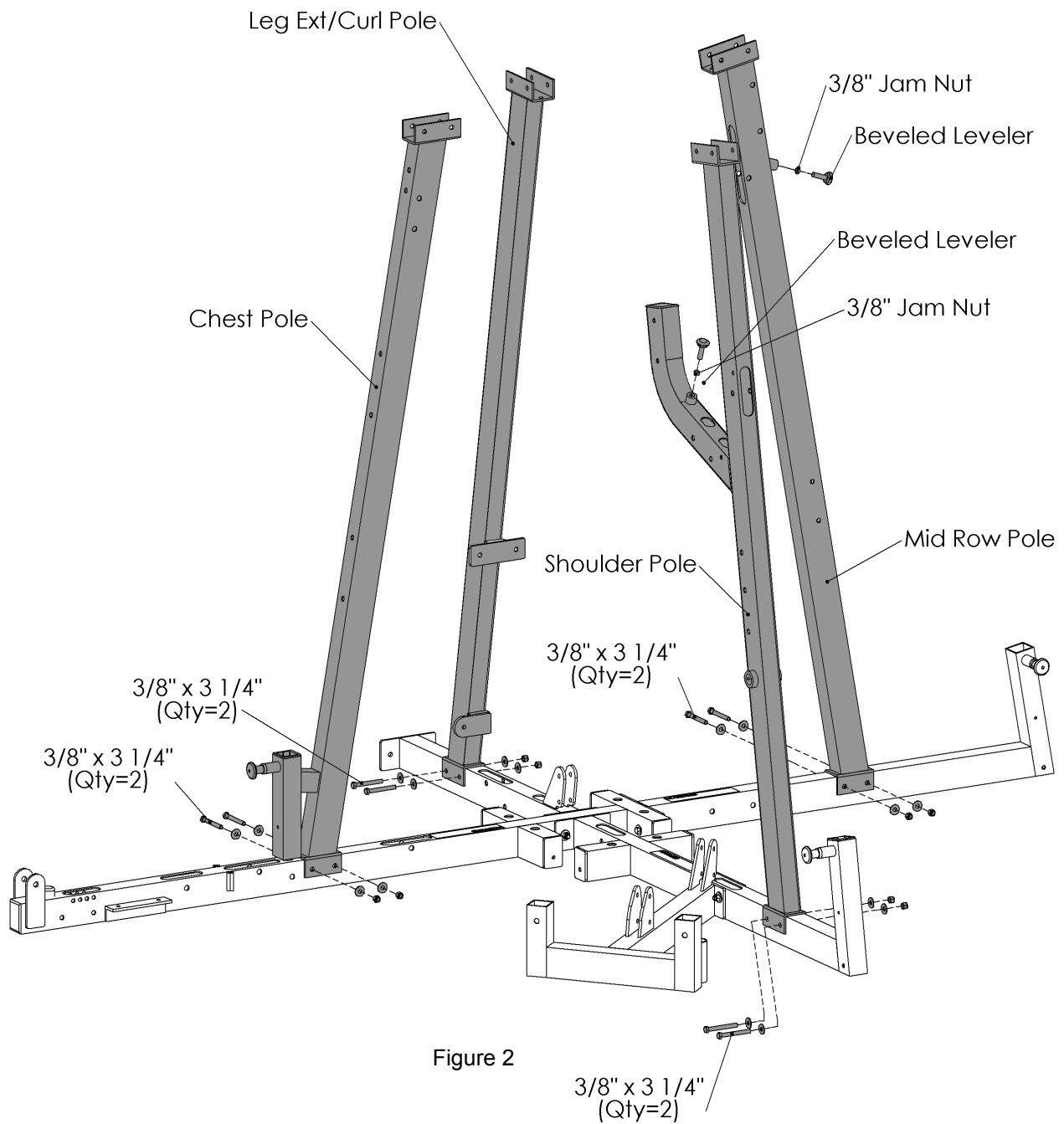


Figure 2

Item #	Part #	Description	Qty
8	BFM-10112	Chest Pole	1
9	BFM-10108	Leg Ext/Curl Pole	1
10	BFM-10127	Shoulder Pole	1
11	BFM-10352	Mid Row Pole	1
113	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	8
123	BFH-50146	3/8" Flat Washer (Black)	16
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
128	BFH-50157	3/8"-16 Nylock (Black)	8
172	BFH-50253	Beveled Leveler	2

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

Step 3:

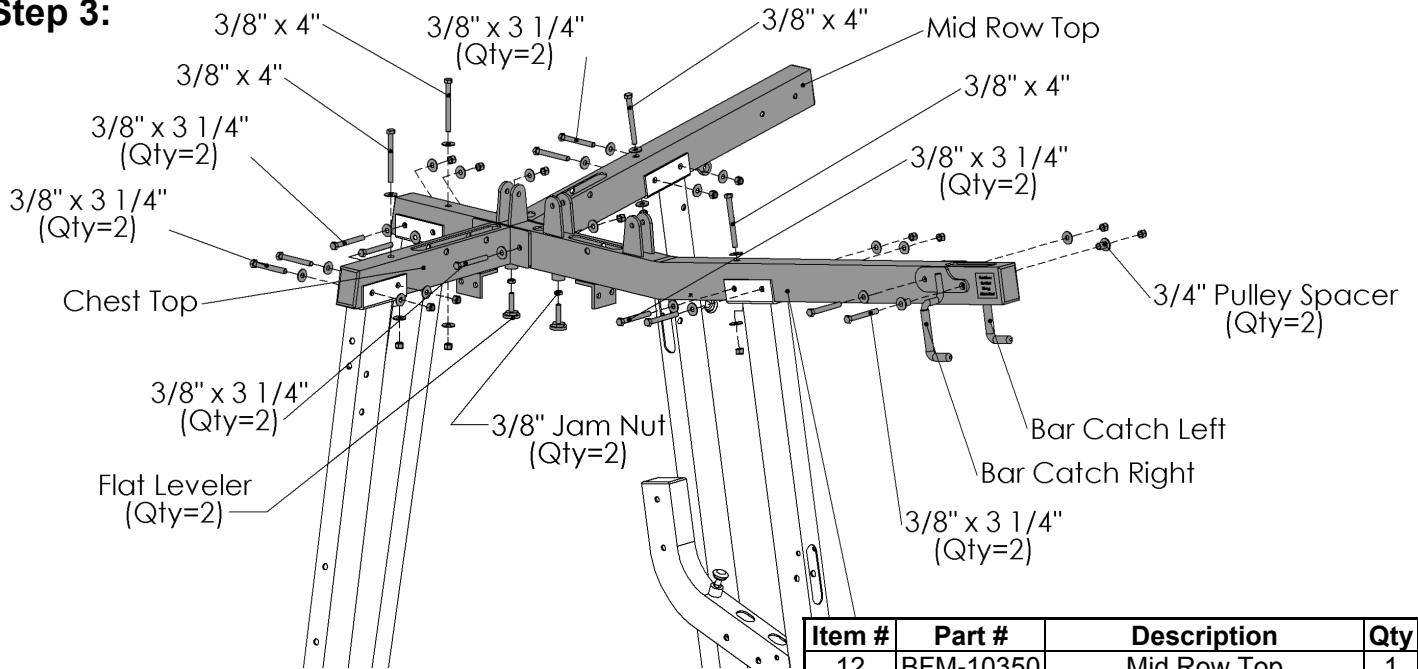


Figure 3

Item #	Part #	Description	Qty
12	BFM-10350	Mid Row Top	1
13	BFM-10113	Bent Top	1
14	BFM-10114	Chest Top	1
15	BFM-10130	Bar Catch Left	1
16	BFM-10131	Bar Catch Right	1
113	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	12
116	BFH-50129	HCS 3/8"-16 x 4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	30
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
128	BFH-50157	3/8"-16 Nylock (Black)	16
144	BFH-50202	3/4" Pulley Spacer	2
158	BFH-50237	Flat Leveler	2

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

Step 4:

- **Snug** Tighten all loose hardware.
- **Align** the Chest Pole, the Leg Ext/Curl Pole, the Mid-Row Pole, and the Shoulder Pole so that they each are plumb and standing up vertically as shown in Figure 4.
- **Wrench Tighten** all hardware thus far as found in Steps 1-3, starting from the top of the gym and working to the bottom.

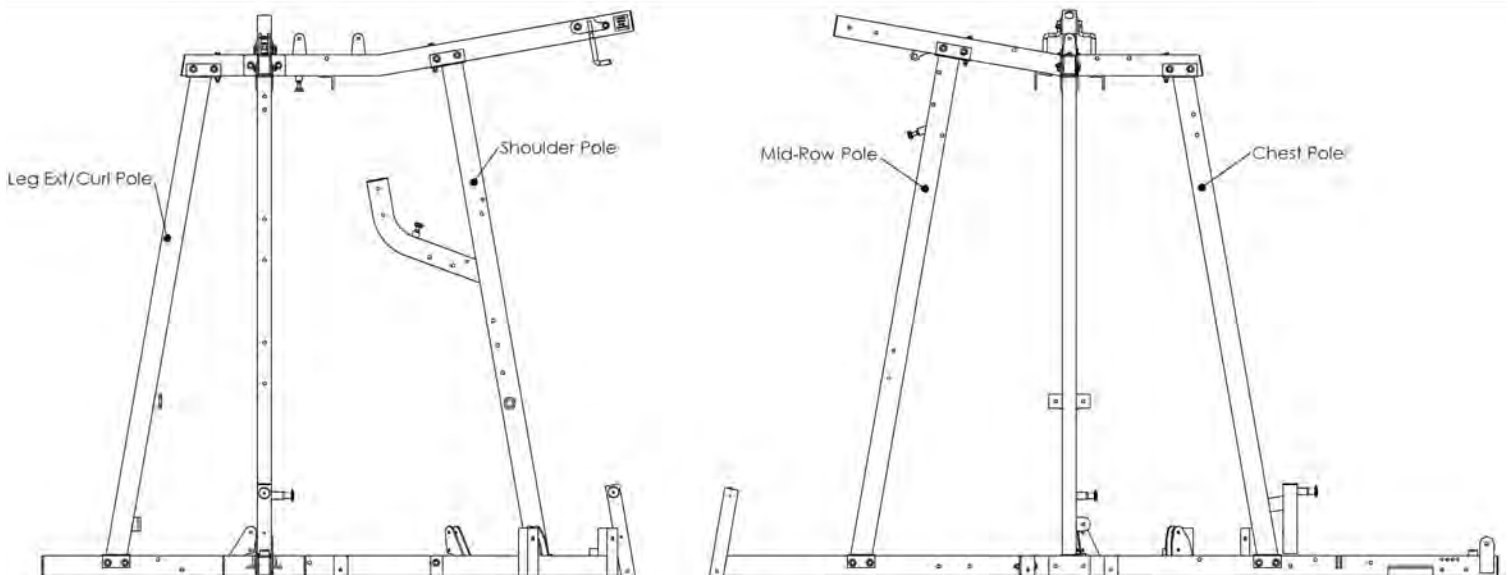


Figure 4

Step 5:

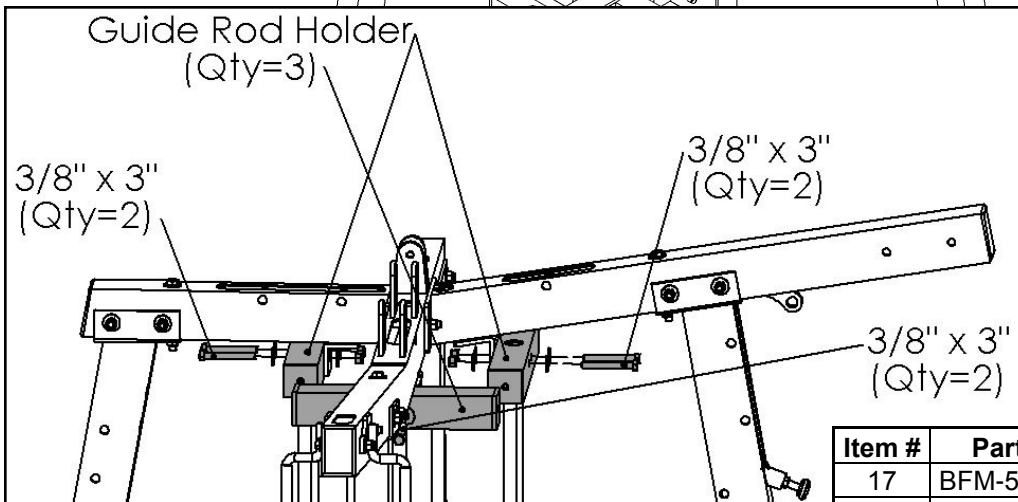
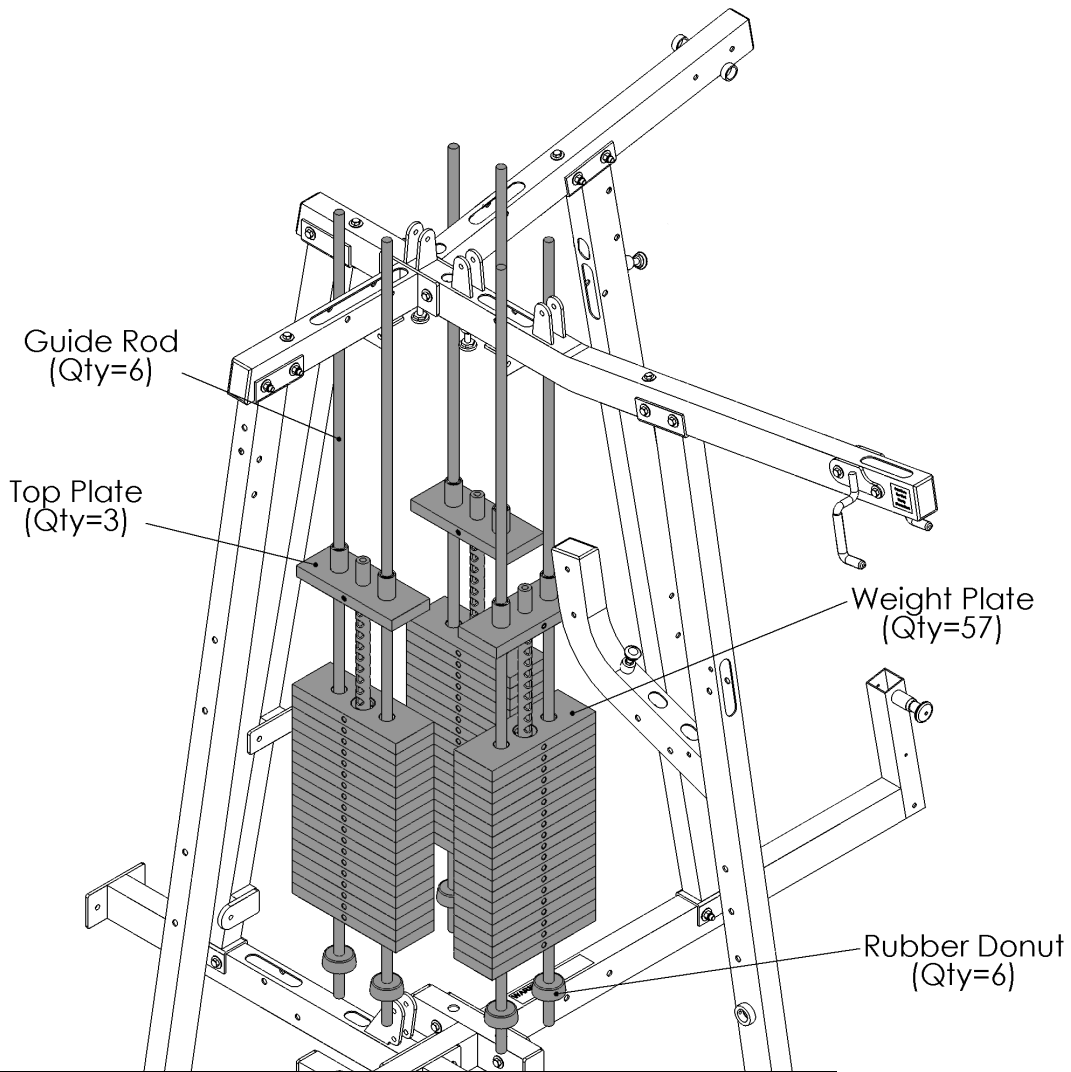


Figure 5A

Figure 5

Item #	Part #	Description	Qty
17	BFM-50256	10lb Weight Plate	57
18	BFM-50504	5lb Weight Plate	12*
19	BFM-10299	10lb Top Plate	3
20	BFM-10348	5lb Top Plate	3*
21	BFM-50258	Weight Stack Shaft	3
22	BFM-50260	Guide Rod	6
23	BFM-10107	Guide Rod Holder	3
112	BFH-50125	HCS 3/8"-16 x 3" P5	6
123	BFH-50146	3/8" Flat Washer (Black)	12
128	BFH-50157	3/8"-16 Nylock (Black)	6
137	BFH-50190	Rubber Donut	6

* Optional Medical Weight Stack

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

Step 6:

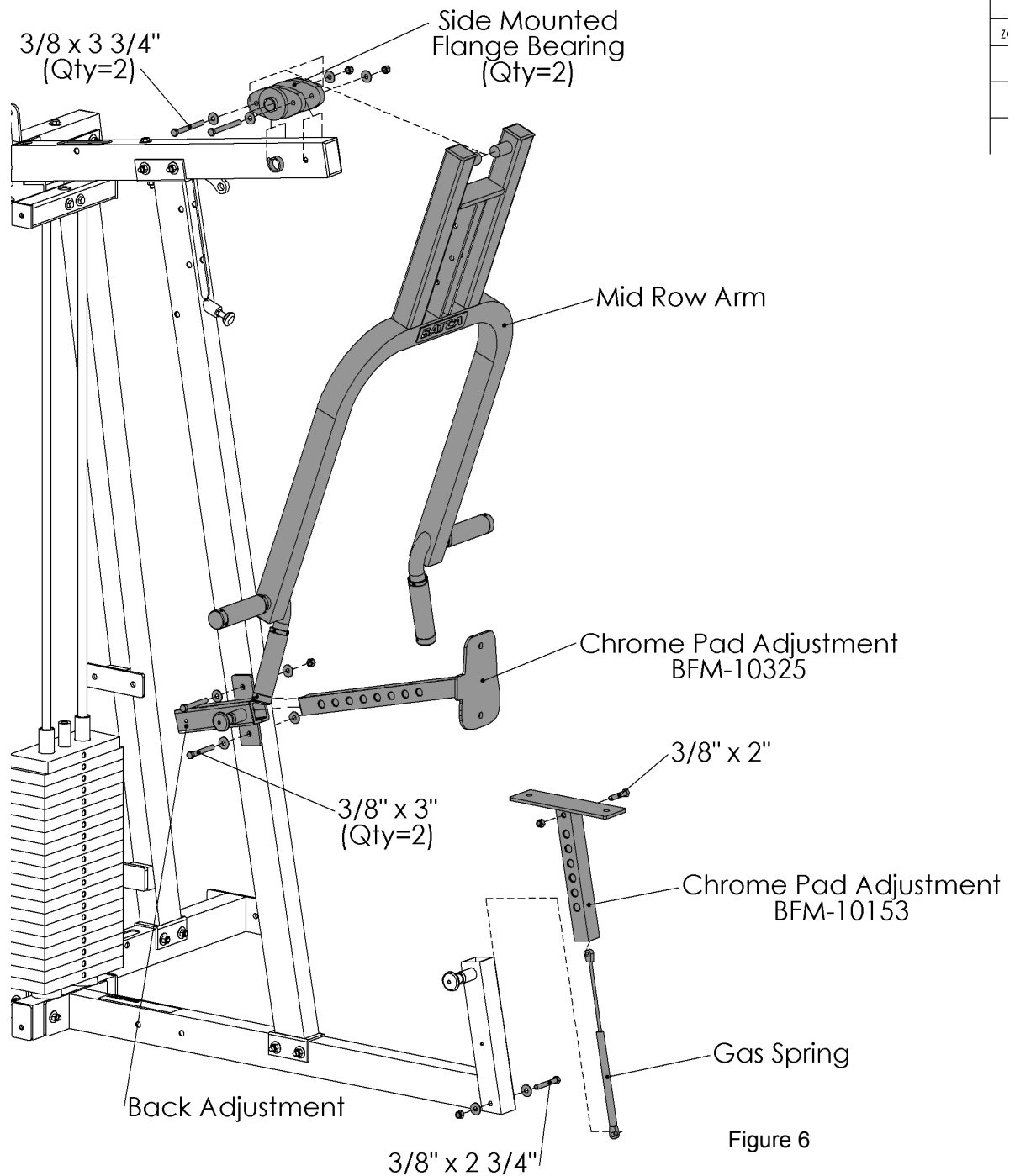
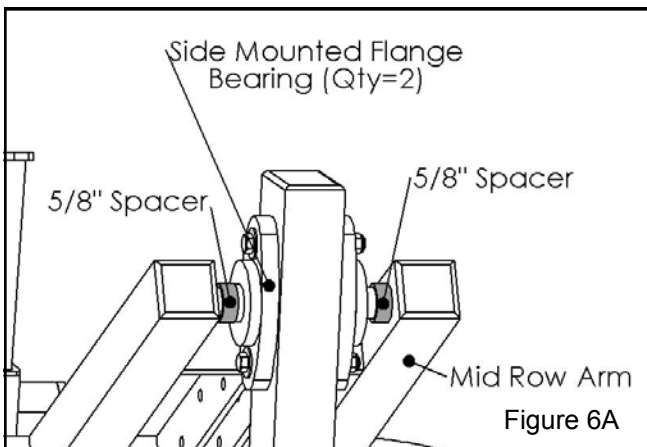


Figure 6



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

Item #	Part #	Description	Qty
24	BFM-10322	Back Adjustment	1
25	BFM-10323	Mid Row Arm	1
26	BFM-10325	Chrome Pad Adjustment	1
30	BFM-10153	Chrome Pad Adjustment	1
31	BFM-50247	5/8" Spacer	2
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
115	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	10
128	BFH-50157	3/8"-16 Nylock (Black)	6
131	BFH-50171	Side Mounted Flange Bearing	2
145	BFH-50210	Gas Spring	1

Step 7:

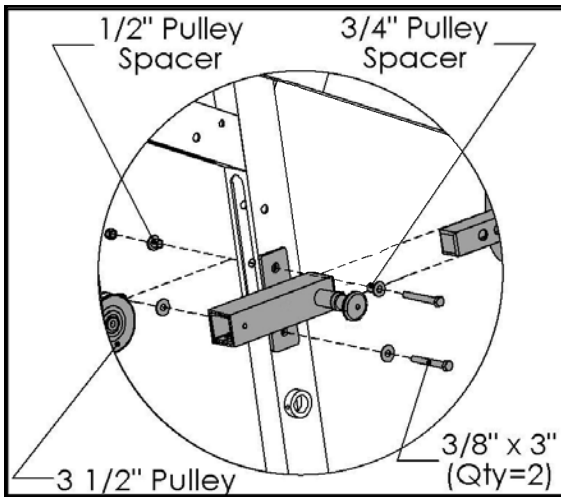


Figure 7A

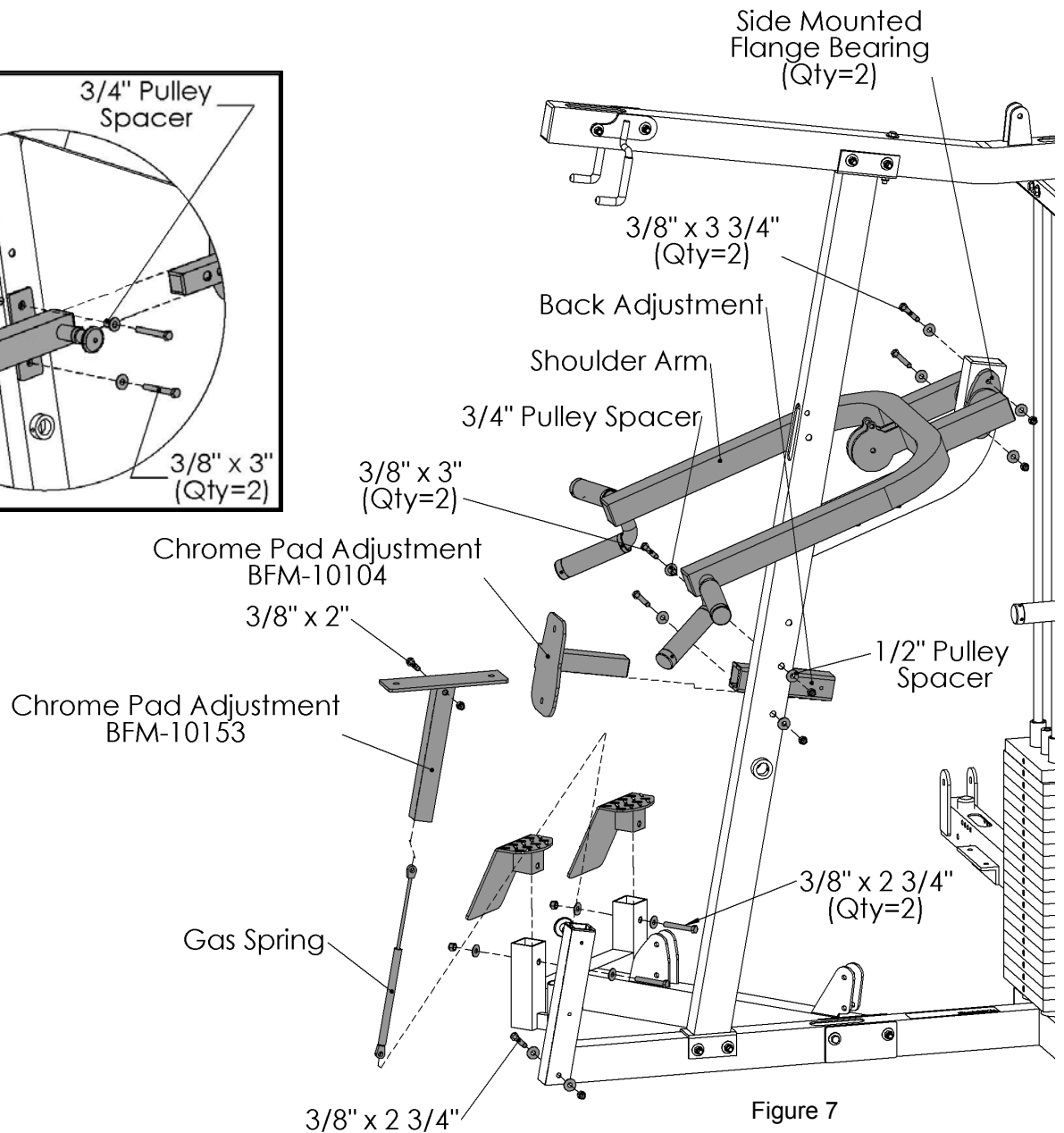


Figure 7

Item #	Part #	Description	Qty
27	BFM-10105	Shoulder Arm	1
28	BFM-10118	Back Adjustment	1
29	BFM-10104	Chrome Pad Adjustment	1
30	BFM-10153	Chrome Pad Adjustment	1
31	BFM-50247	5/8" Spacer	2
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	3
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
115	BFH-50128	HCS 3/8"-16 x 3 3/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	12
128	BFH-50157	3/8"-16 Nylock (Black)	8
131	BFH-50171	Side Mounted Flange Bearing	2
133	BFH-50173	3 1/2" Pulley	1
143	BFH-50201	1/2" Pulley Spacer	1
144	BFH-50202	3/4" Pulley Spacer	1
145	BFH-50210	Gas Spring	1

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

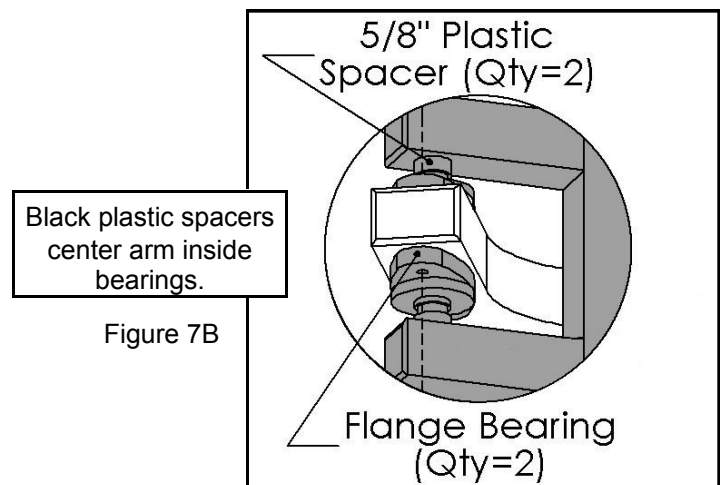


Figure 7B

Step 8:



Note: The Pec Pulley Holder can very easily be put on upside down. Note that the notch represents the top, as shown in Figure 8A.

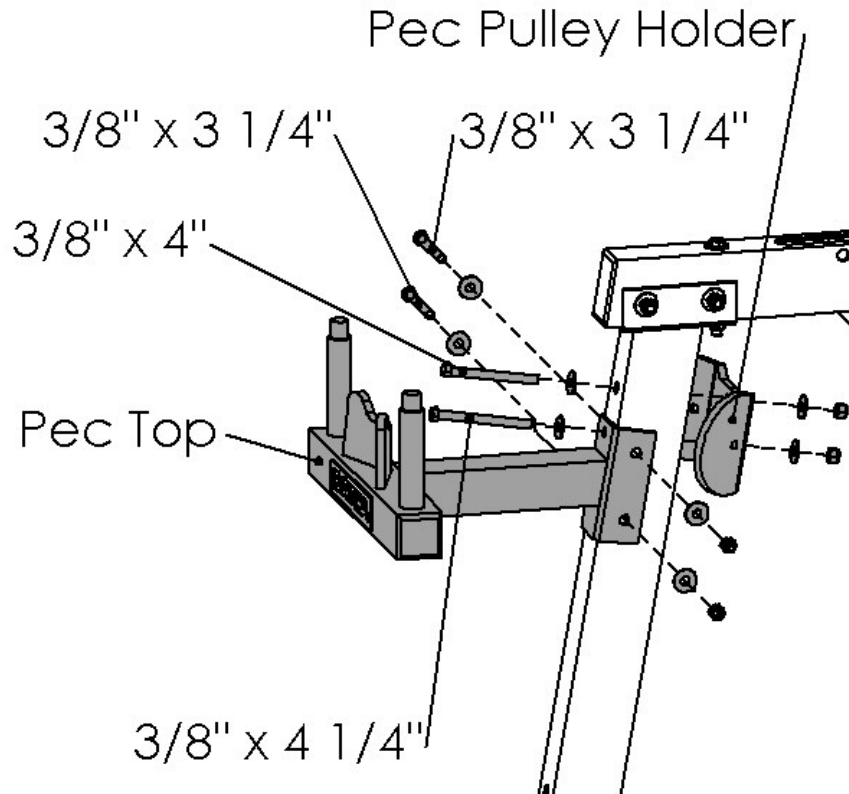


Figure 8

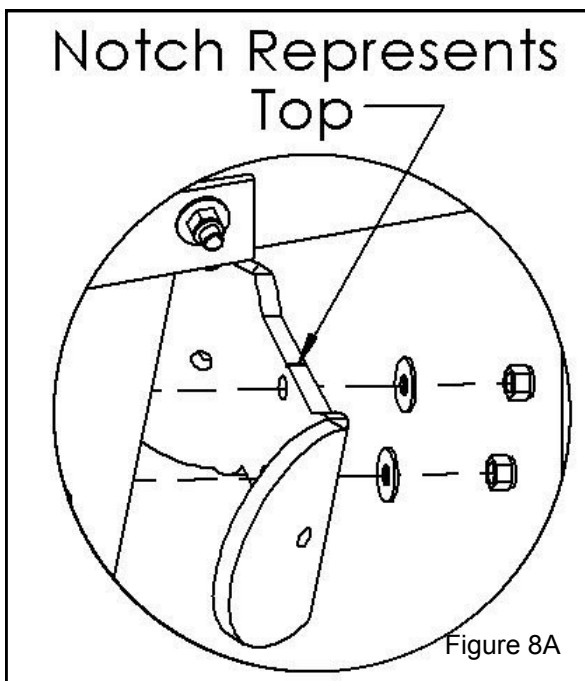


Figure 8A

Item #	Part #	Description	Qty
33	BFM-10126	Pec Top	1
35	BFL-50127	Pec Pulley Holder	1
113	BFH-50126	HCS 3/8"-16 x 3 1/4" P5	2
116	BFH-50129	HCS 3/8"-16 x 4" P5	1
117	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	1
123	BFH-50146	3/8" Flat Washer (Black)	8
128	BFH-50157	3/8"-16 Nylock (Black)	4

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

Step 9:

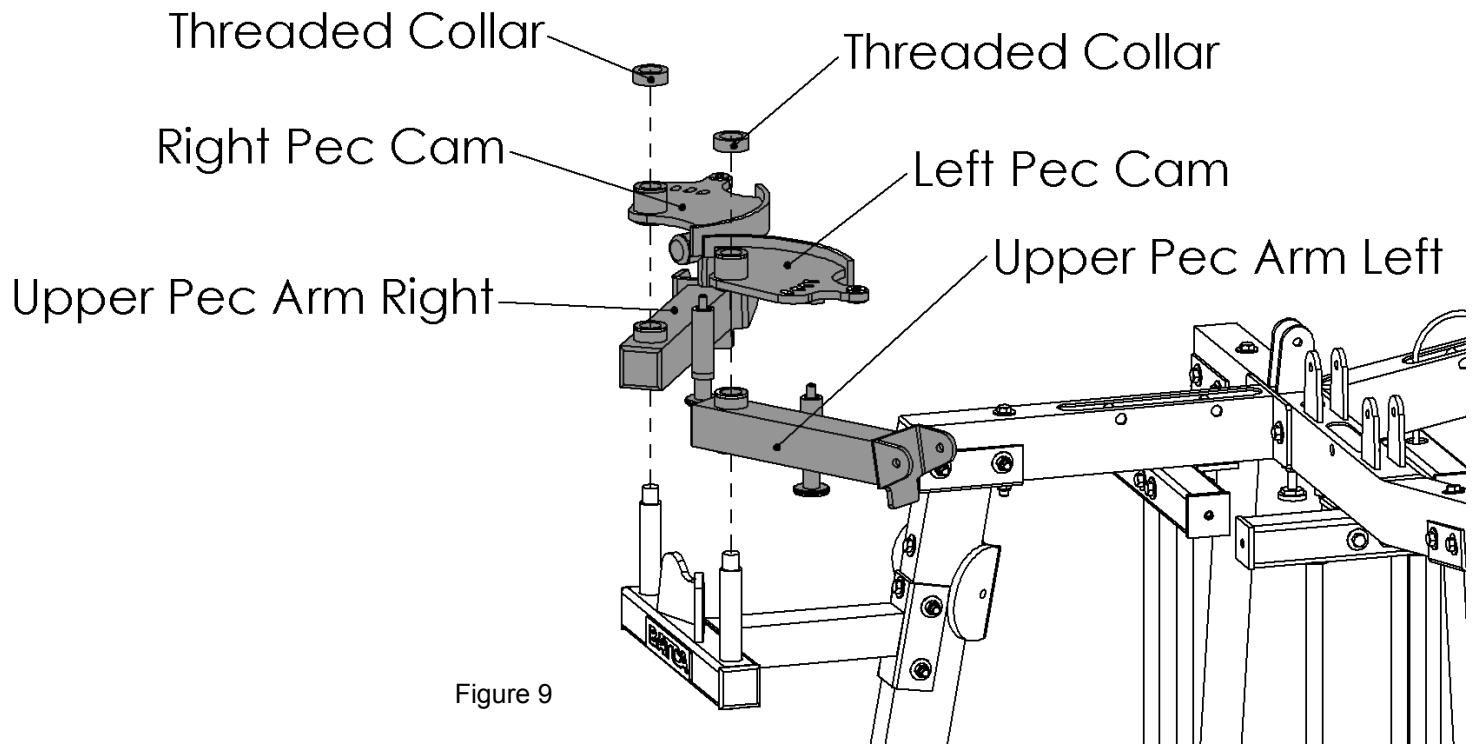


Figure 9

Item #	Part #	Description	Qty
36	BFM-10125	Upper Pec Arm Right	1
37	BFM-10124	Upper Pec Arm Left	1
38	BFM-10148	Pec Cam Right	1
39	BFM-10147	Pec Cam Left	1
151	BFH-50220	Threaded Collar	2

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

Step 10:

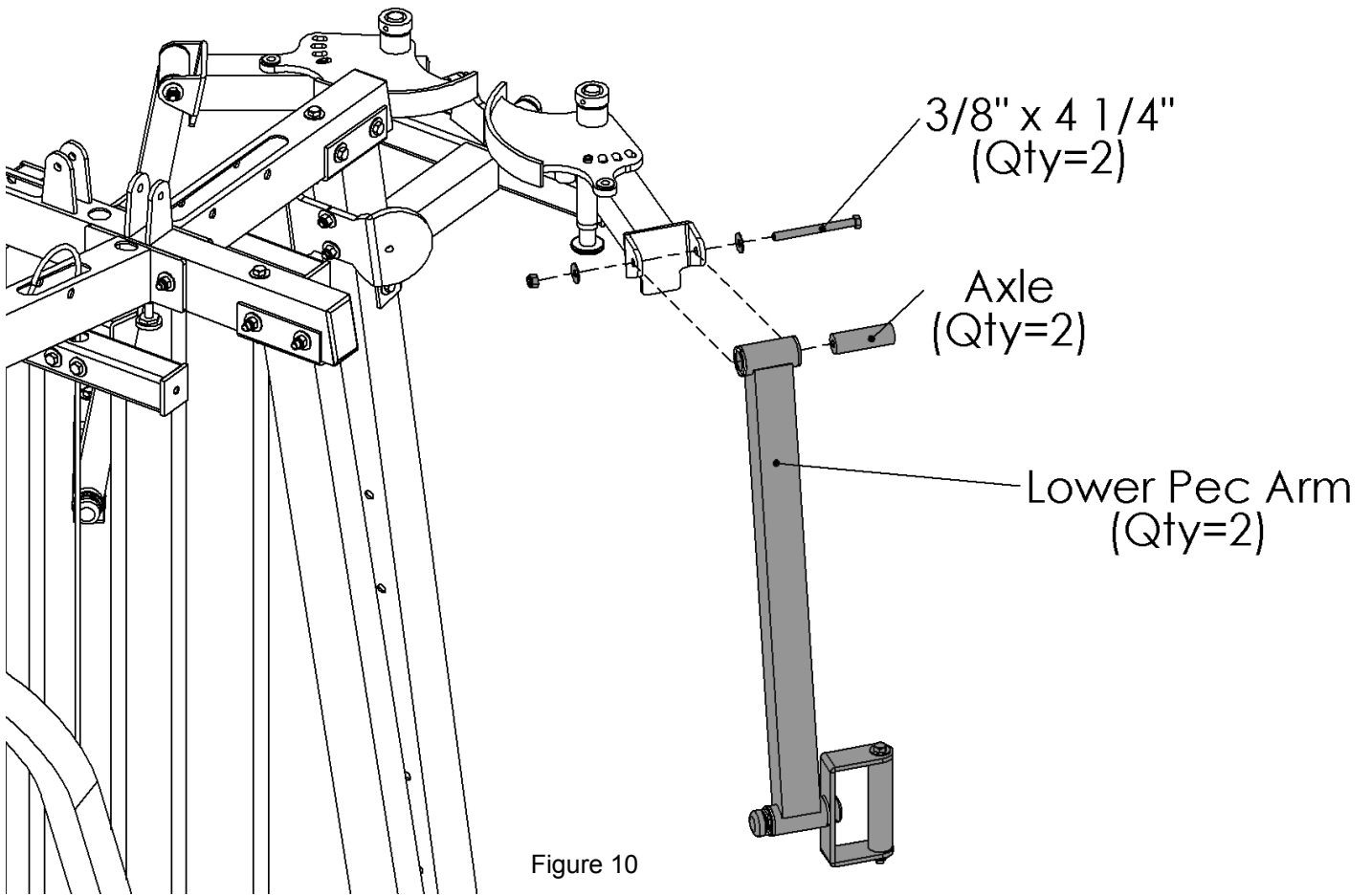


Figure 10

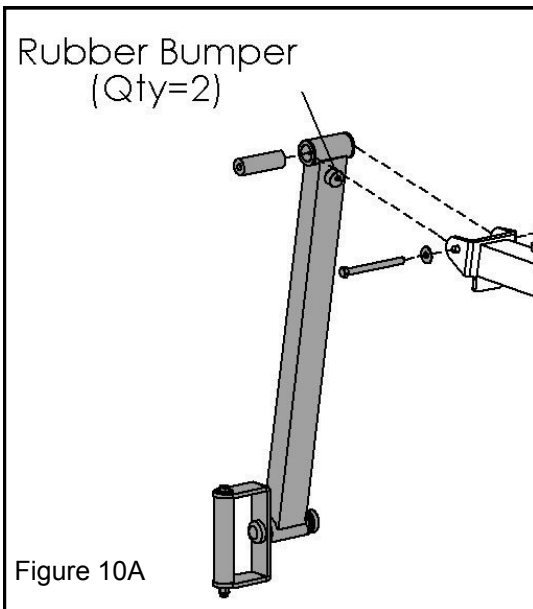


Figure 10A

Note: Rubber Bumper should be on inside and face towards the Upper Pec Arms.

Item #	Part #	Description	Qty
40	BFM-50261	Axle	2
41	BFM-10103	Lower Pec Arm	2
117	BFH-50130	HCS 3/8"-16 x 4 1/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	4
128	BFH-50157	3/8"-16 Nylock (Black)	2
142	BFH-50200	Rubber Bumper	2

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

Step 11:



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

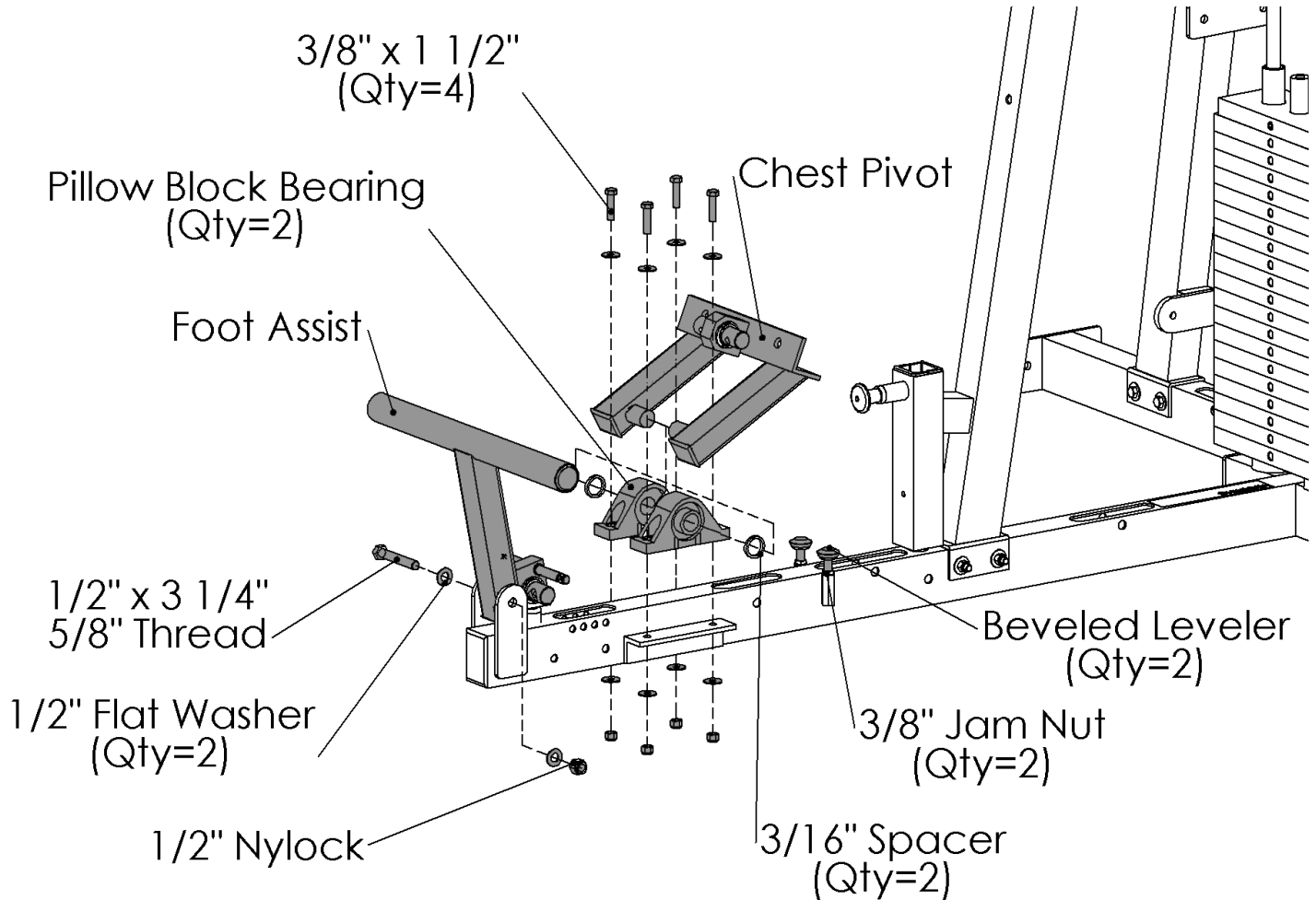


Figure 11

Black plastic spacers
center arm inside bearings.

Item #	Part #	Description	Qty
44	BFM-10101	Chest Pivot	1
45	BFM-50246	Spacer 3/16"	2
48	BFM-10132	Foot Assist	1
108	BFH-50120	HCS 3/8"-16 1 1/2" P5	4
120	BFH-50137	HCS 1/2"-13 X 3 1/4" (5/8" Thread)	1
123	BFH-50146	3/8" Flat Washer (Black)	8
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	2
127	BFH-50155	1/2"-13 Nylock (Black)	1
128	BFH-50157	3/8"-16 Nylock (Black)	4
132	BFH-50172	Pillow Block Bearing	2
170	BFH-50251	1/2" Flat Washer Black	2
172	BFH-50253	Beveled Leveler	2

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

Step 12:

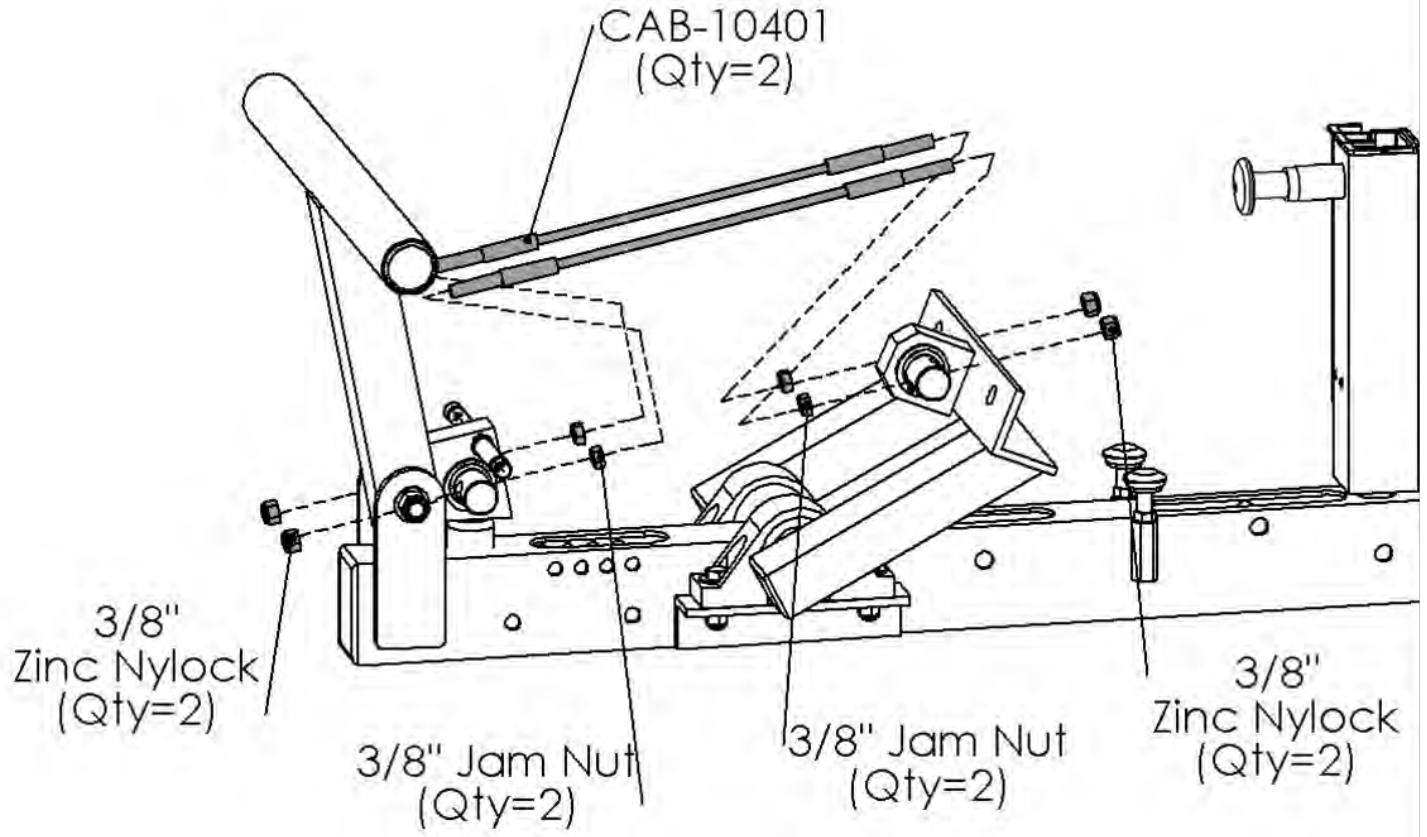


Figure 12

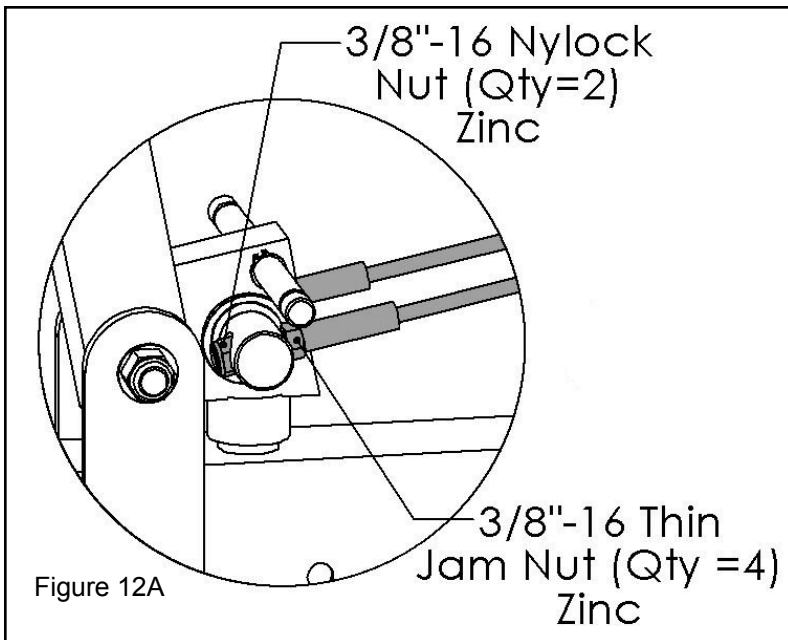
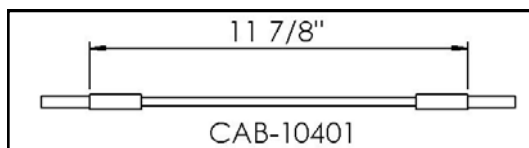


Figure 12A



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

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

Step 13:



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

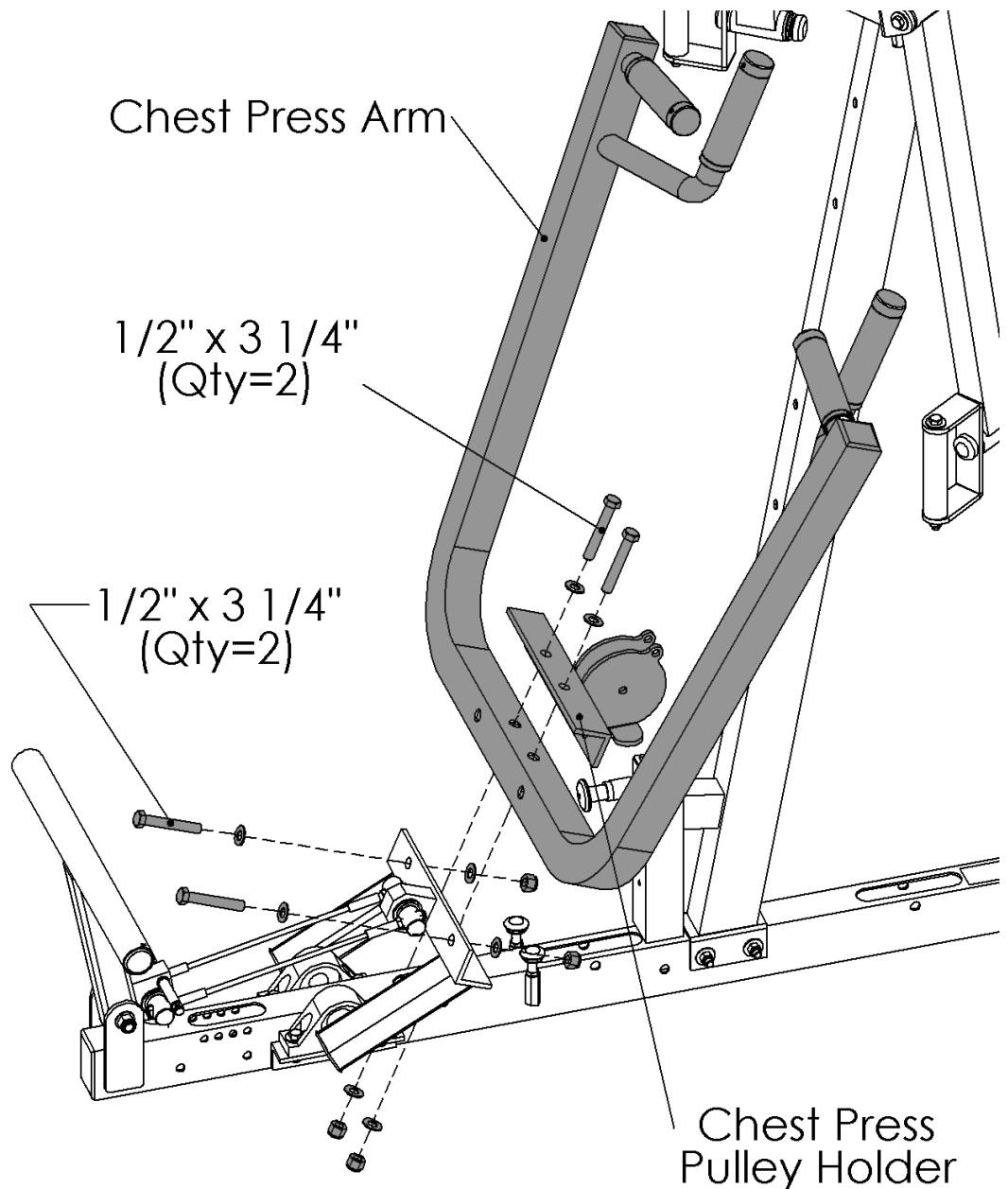


Figure 13

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.**

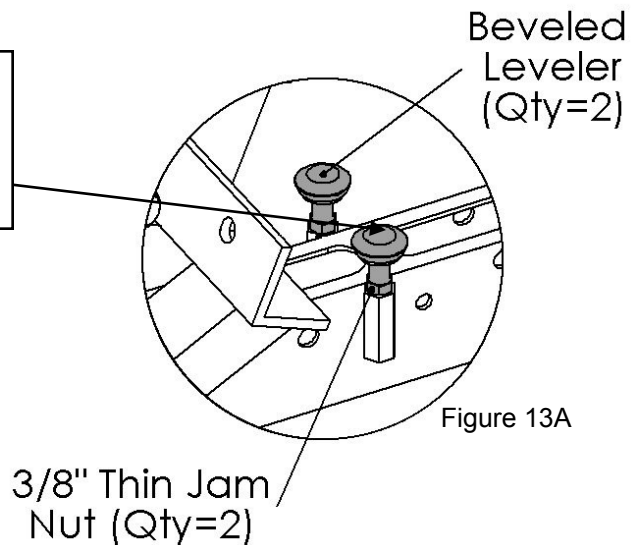
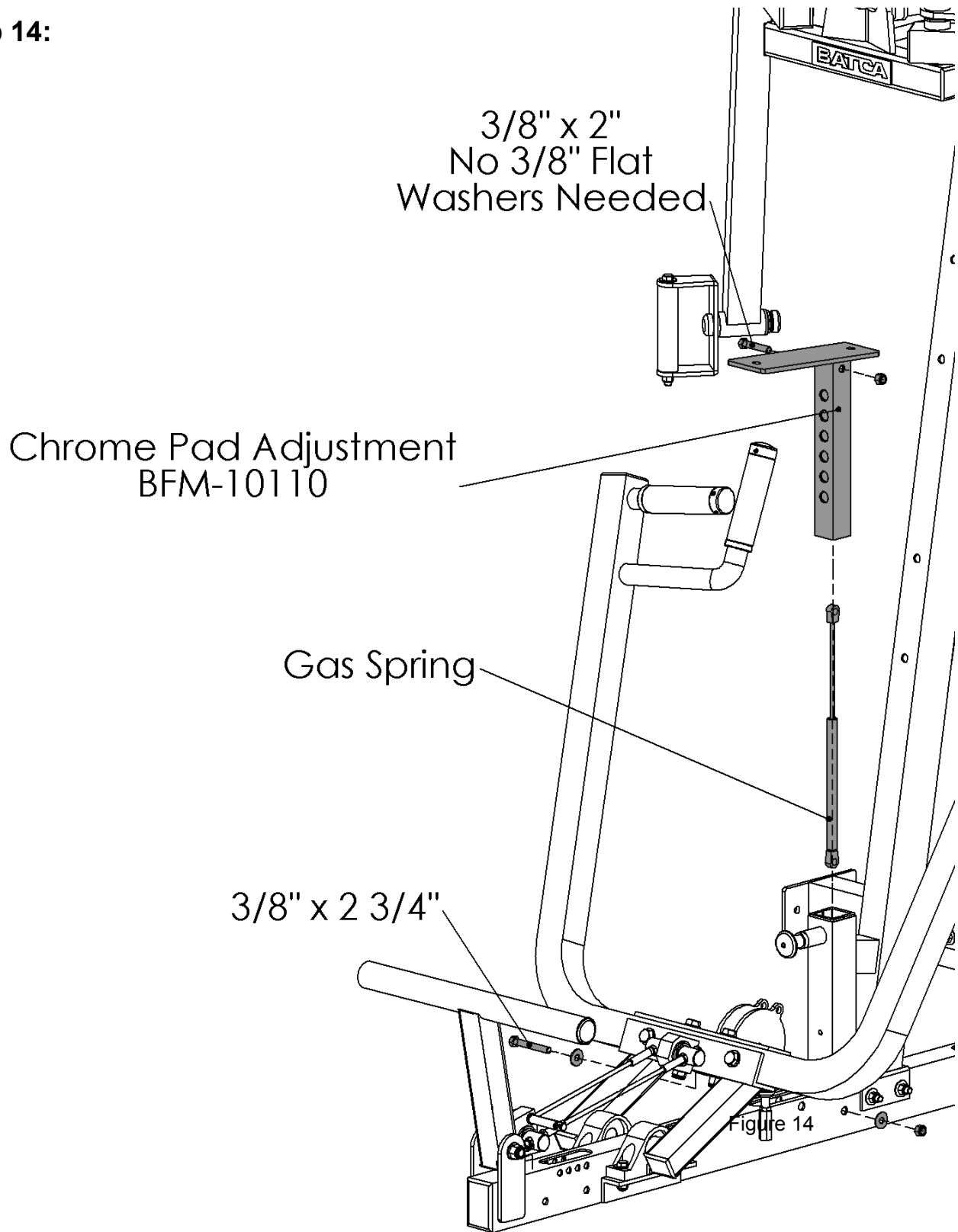


Figure 13A

Item #	Part #	Description	Qty
49	BFM-10138	Chest Press Arm	1
50	BFM-10146	Chest Press Pulley Holder	1
120	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	4
127	BFH-50155	1/2"-13 Nylock (Black)	4
170	BFH-50251	1/2" Flat Washer (Black)	8

Step 14:

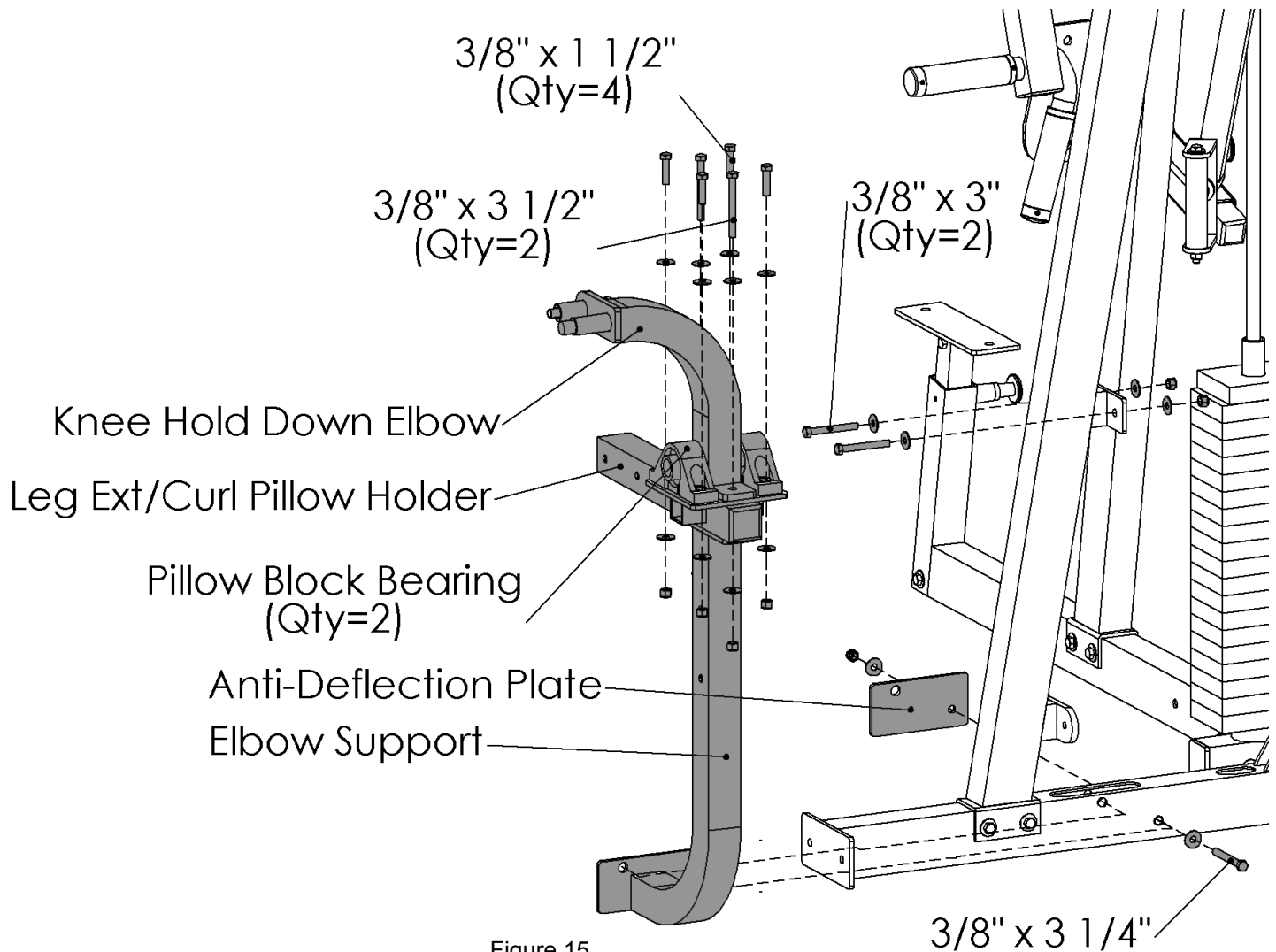


Item #	Part #	Description	Qty
51	BFM-10110	Chrome Pad Adjustment	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
123	BFH-50146	3/8" Flat Washer (Black)	2
128	BFH-50157	3/8"-16 Nylock (Black)	2
145	BFH-50210	Gas Spring	1

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

Step 15:

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



Item #	Part #	Description	Qty
52	BFM-10128	Elbow Support	1
53	BFM-10136	Knee Hold Down Elbow	1
54	BFM-50186	Anti-Deflection Plate	1
55	BFM-10129	Leg Ext/Curl Pillow Holder	1
108	BFH-50120	HCS 3/8"-16 1 1/2" P5	4
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
113	BFH-50137	HCS 1/2"-13 X 3 1/4" P5	1
114	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	18
128	BFH-50157	3/8"-16 Nylock (Black)	9

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

Step 16:



Note: It is very important that the threaded shaft of the Leg Ext/Curl Cam be lined up parallel to the Leg Ext/Curl Base. It is also very important that the inside face of the Leg Ext/Curl Cam [the side facing away from you in Fig 16] is $2 \frac{5}{16}$ " from the face of the Elbow Support as seen in Figure 16A.

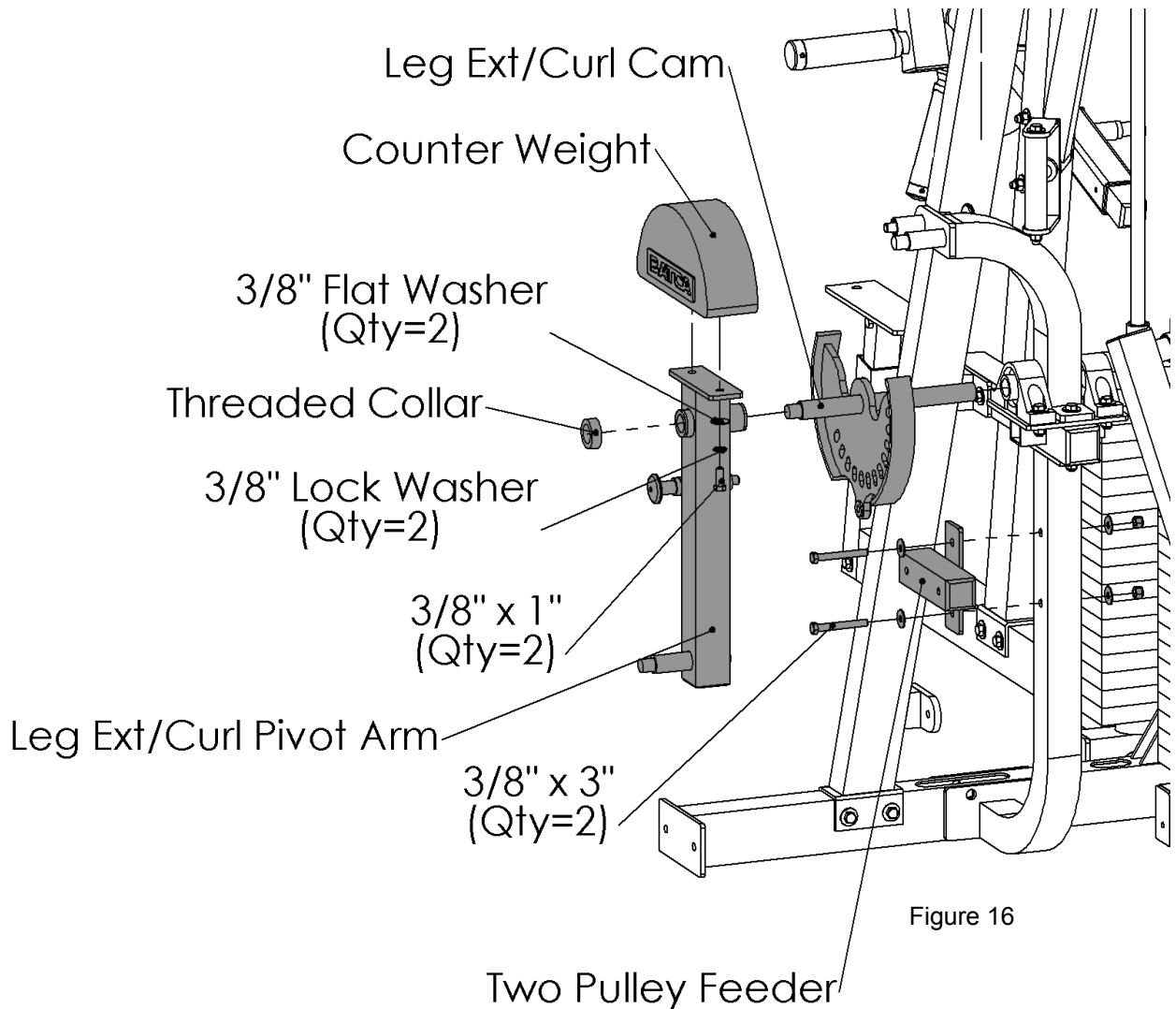


Figure 16

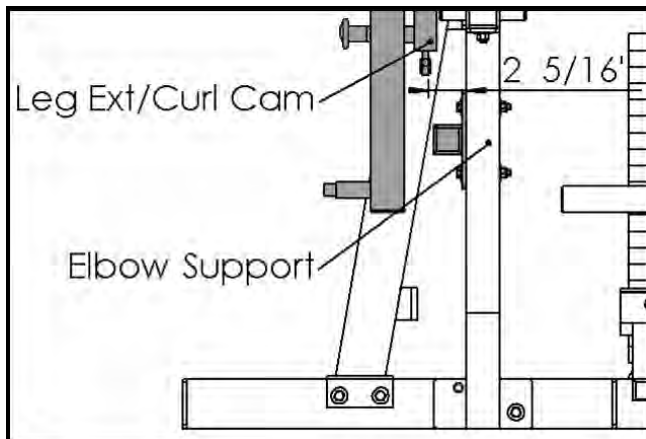


Figure 16A

Item #	Part #	Description	Qty
56	BFM-10144	Leg Ext/Curl Cam	1
57	BFM-10139	Leg Ext/Curl Pivot Arm	1
58	BFM-10145	Two Pulley Feeder	1
59	BFM-50267	Counter Weight	1
106	BFH-50118	HCS 3/8"-16 1" P5	2
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	6
124	BFH-50147	3/8" Lock Washer (Black)	2
128	BFH-50157	3/8"-16 Nylock (Black)	2

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

Step 17:

- Check Alignment** of the High Pivot Roller, the Low Pivot roller and the leg Ext/Curl Base to make sure each is parallel with one another. If some adjustment is needed, loosen the Pillow Block Bearings and the Knee Hold Down Elbow attached in Step 15 and align parallel with each other. Wrench Tighten all bolts which were

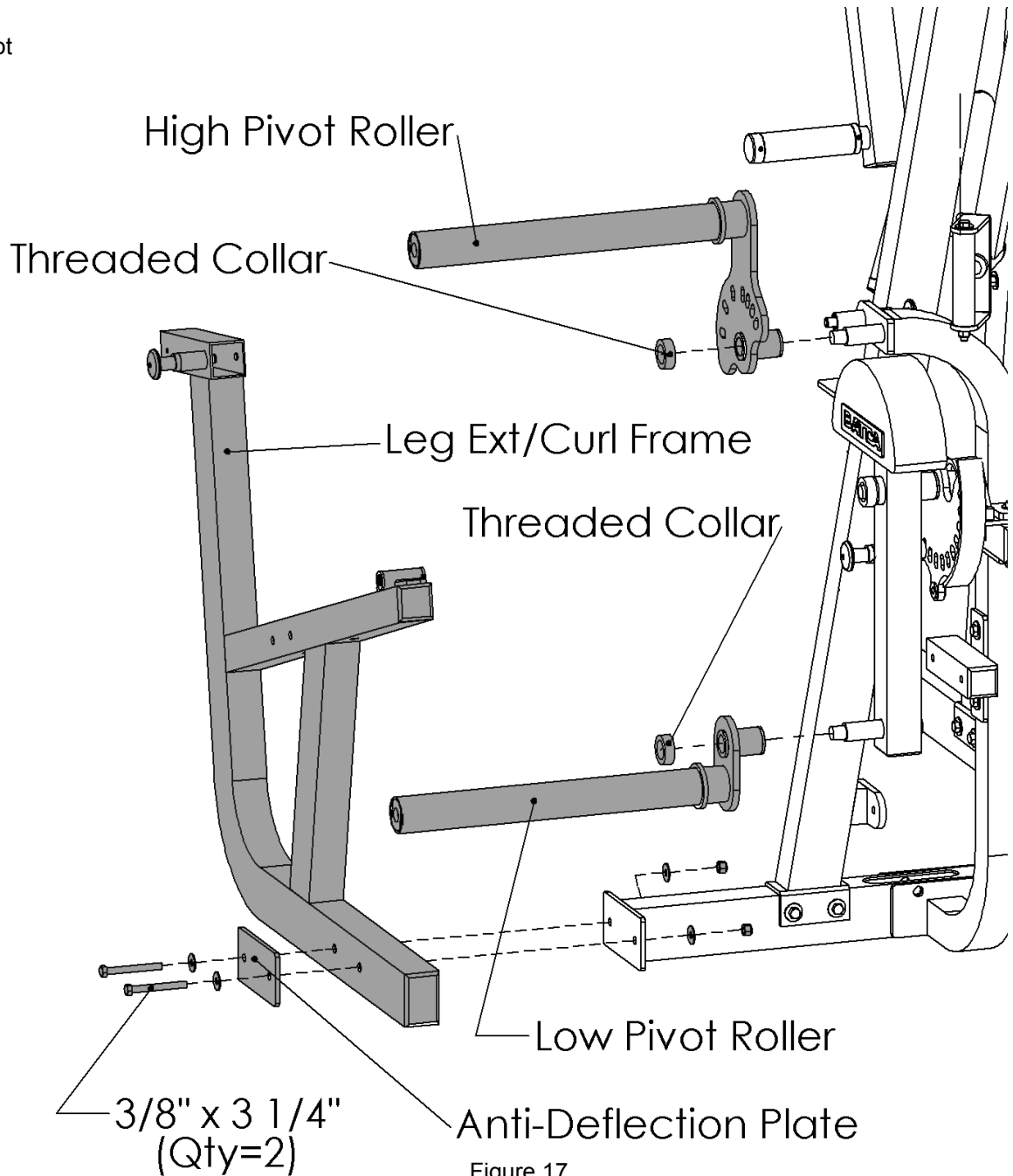


Figure 17

Item #	Part #	Description	Qty
7	BFM-50150	Anti-Deflection Plate	1
60	BFM-10143	Leg Ext/Curl Frame	1
61	BFM-10135	High Pivot Roller	1
62	BFM-10151	Low Pivot Roller	1
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
123	BFH-50146	3/8" Flat Washer Black	4
128	BFH-50157	3/8"-16 Nylock (Black)	2
151	BFH-50220	Threaded Collar	2

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

Step 18:

**Chrome Pad Adjustment
BFM-10109**

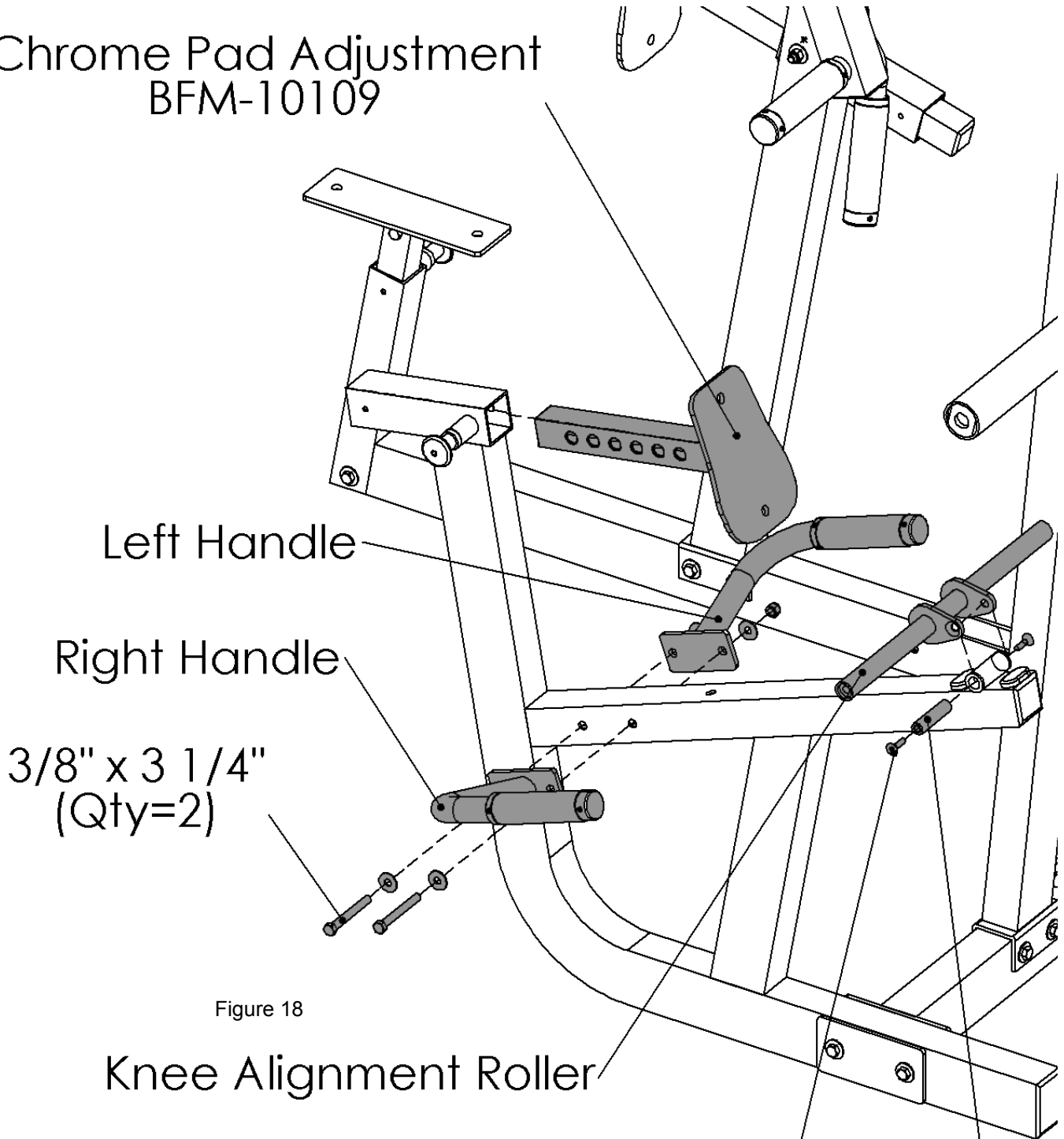


Figure 18

Knee Alignment Roller

Item #	Part #	Description	Qty
63	BFM-10141	Knee Alignment Roller	1
64	BFM-50222	Axle	1
65	BFM-10115	Left Handle	1
66	BFM-10116	Right Handle	1
67	BFM-10109	Chrome Pad Adjustment	1
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	4
128	BFH-50157	3/8"-16 Nylock (Black)	2
164	BFH-50245	FHSCS 5/16"-18 x 1"	2

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

**5/16"-18 X 1"
(Qty=2)**

Axle

Step 19:

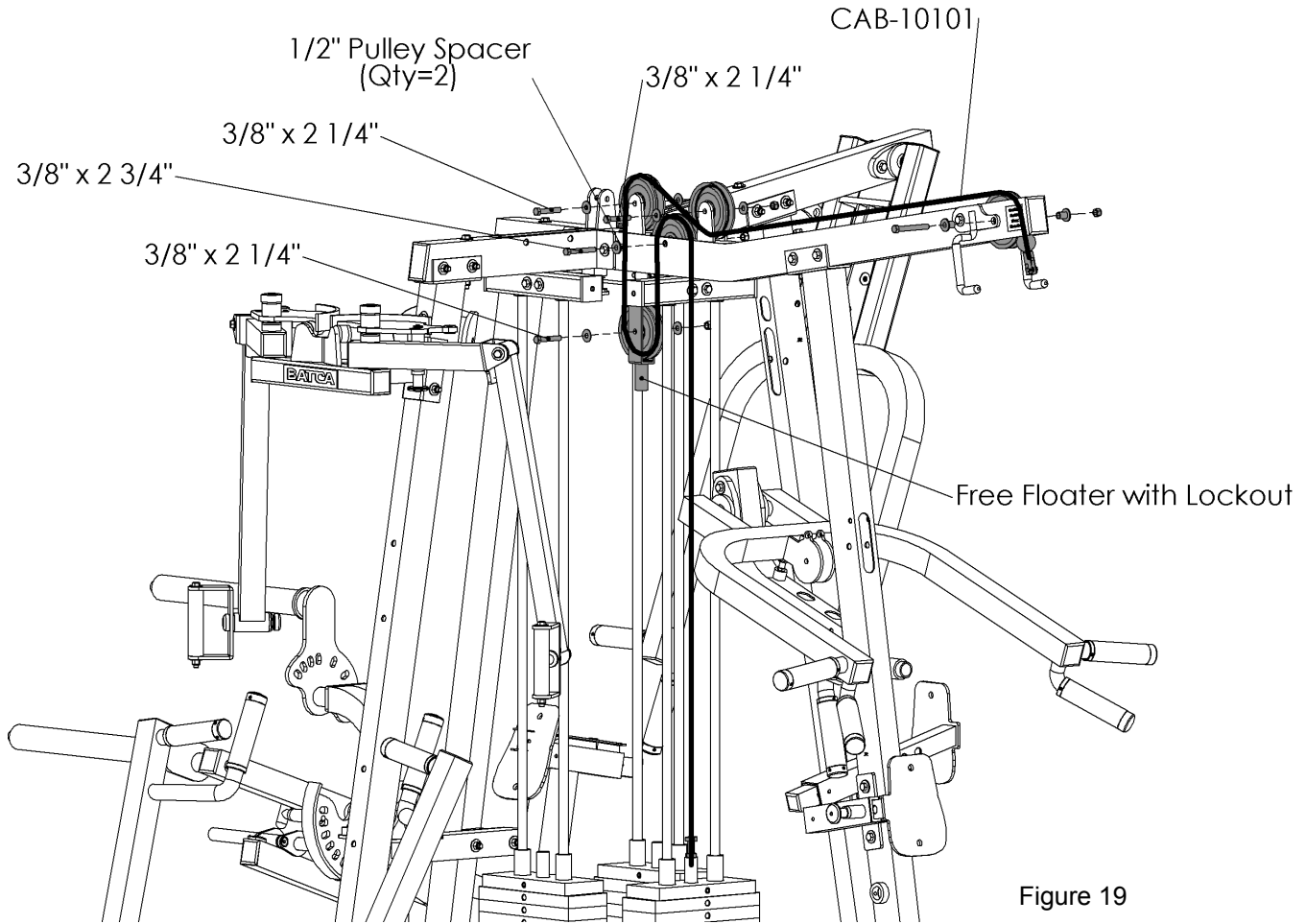


Figure 19

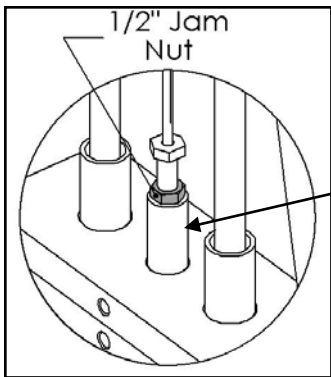


Figure 19A

Fine adjustments to the cable tension can be made here. It is very important to tighten the jam nuts after adjustments.

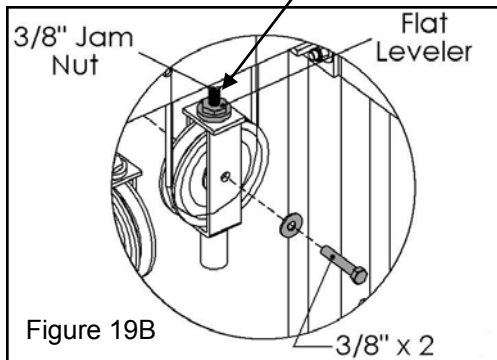
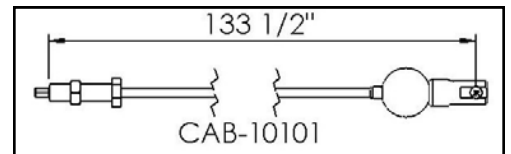


Figure 19B

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

Item #	Part #	Description	Qty
73	BFM-10134	Free Floater With Lockout	1
87	CAB-10101	Lat Pull to Weight Stack Cable	1
109	BFH-50121	HCS 3/8"x2" P5	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
123	BFH-50146	3/8" Flat Washer (Black)	6
128	BFH-50157	3/8"-16 Nylock (Black)	4
134	BFH-50174	4 1/2" Pulley	5
143	BFH-50201	1/2" Pulley Spacer	2
174	BFH-50256	1/2" Jam Nut (Zinc)	1

Step 20:

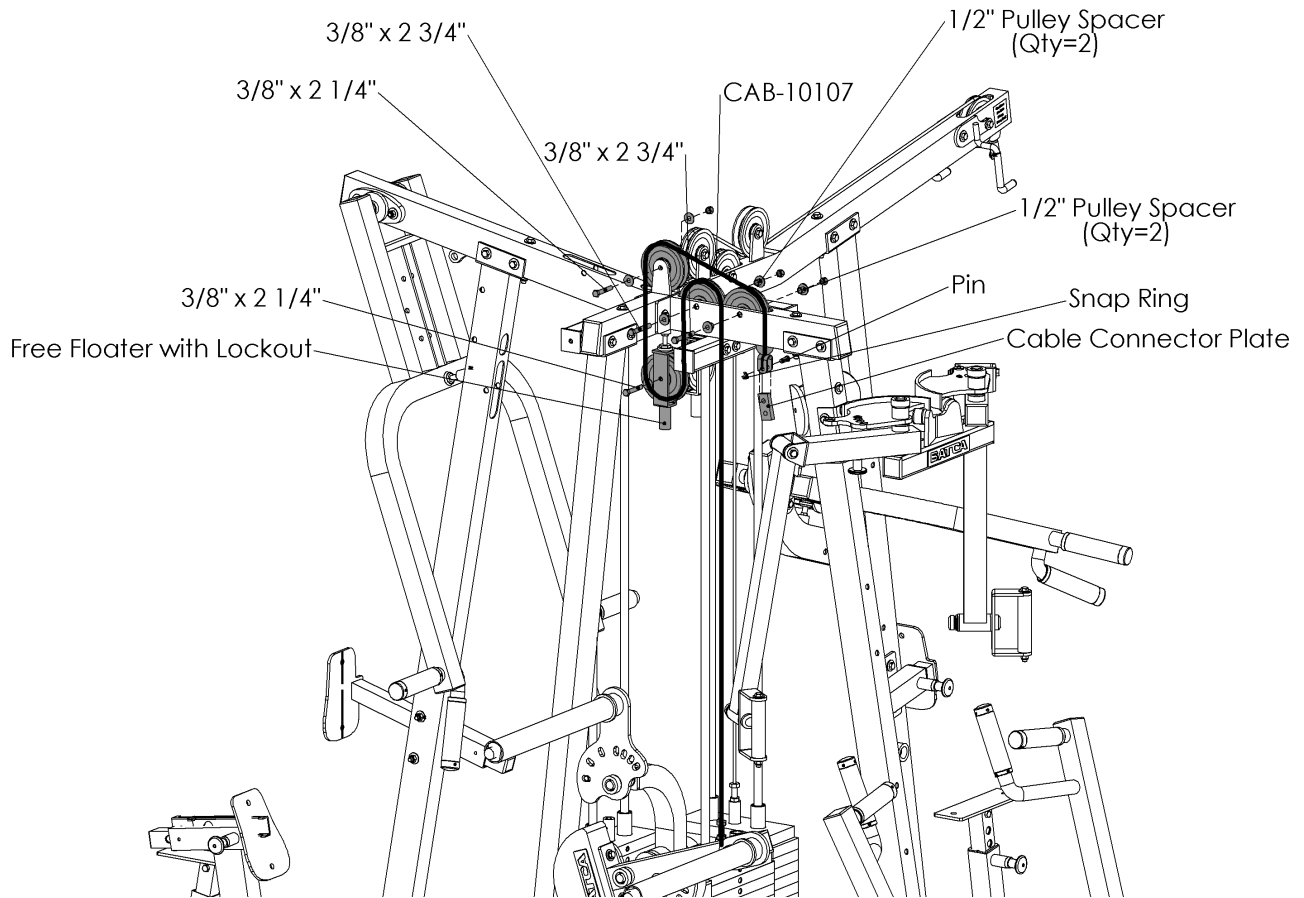
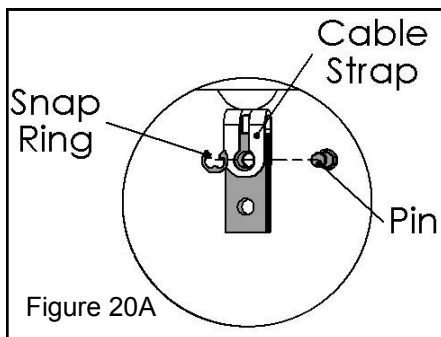
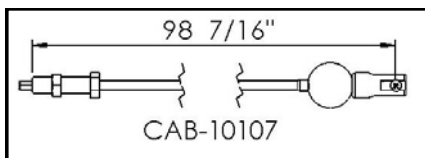


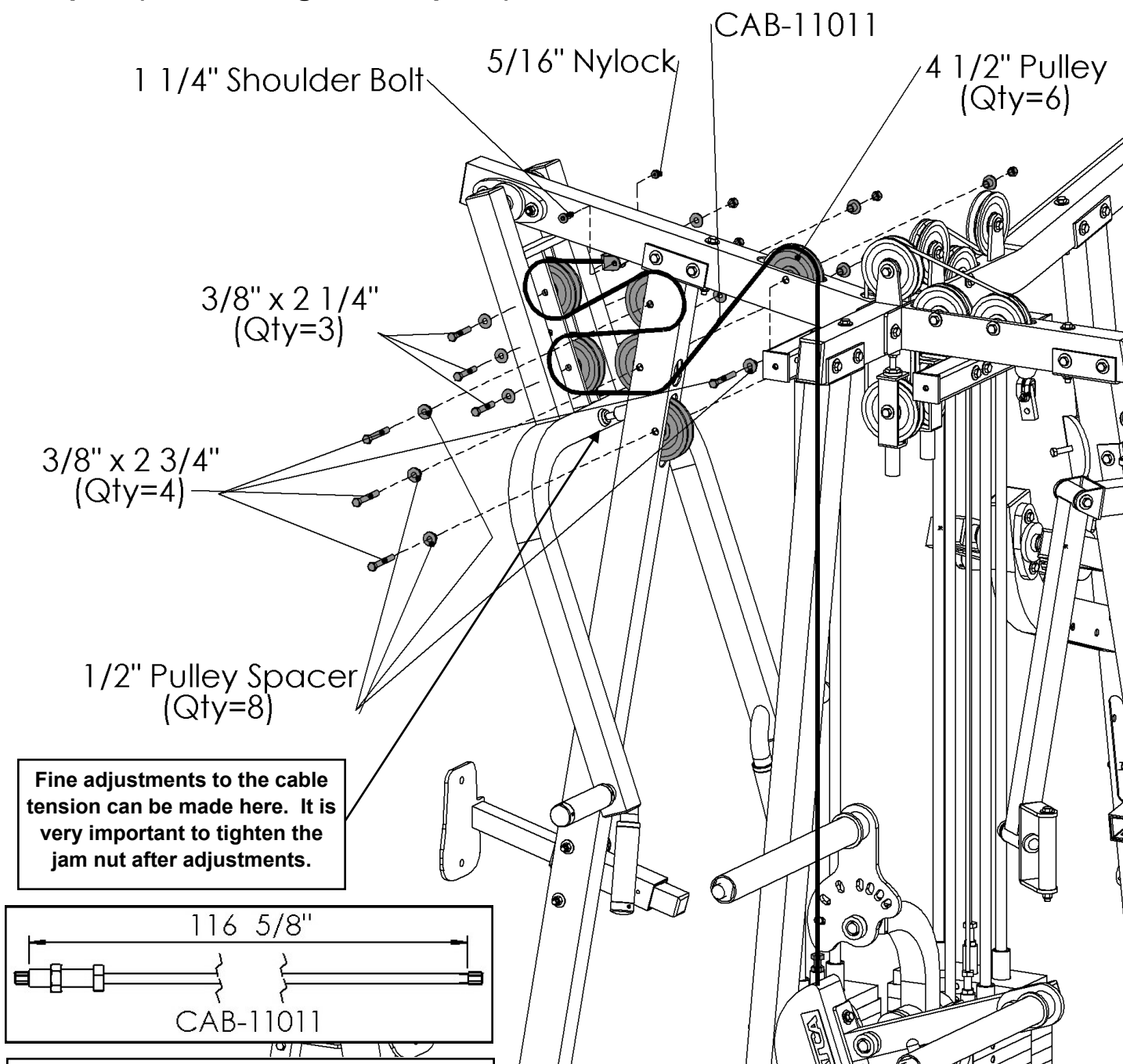
Figure 20



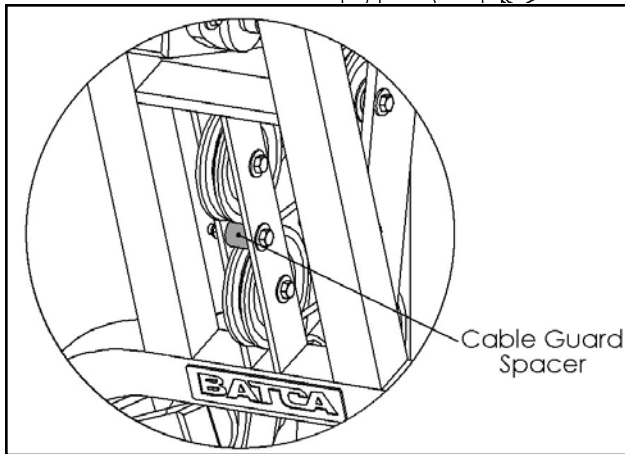
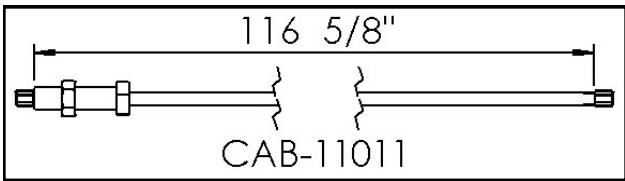
Item #	Part #	Description	Qty
71	BFM-50245	Cable Connector Plate	1
73	BFM-10134	Free Floater With Lockout	1
88	CAB-10107	Chest Top Lockout to Weight Stack Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	4
128	BFH-50157	3/8"-16 Nylock (Black)	4
134	BFH-50174	4 1/2" Pulley	4
143	BFH-50201	1/2" Pulley Spacer	4
154	BFH-50227	Cable Strap	1
159	BFH-50238	Pin	1
160	BFH-50239	Snap Ring	1
174	BFH-50256	1/2" Jam Nut (Zinc)	1

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

Step 21 (Without Leg Press Option):



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



Item #	Part #	Description	Qty
98	CAB-11011	Mid Row Lockout to Weight Stack Cable	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	6
128	BFH-50157	3/8"-16 Nylock (Black)	7
134	BFH-50174	4 1/2" Pulley	6
143	BFH-50201	1/2" Pulley Spacer	8
154	BFH-50227	Cable Strap	1
169	BFH-50250	1 1/4" Shoulder Bolt	1
174	BFH-50256	1/2" Jam Nut (Zinc)	1
180	BFH-50267	5/16"-18 Nylock (Black)	1
205	BFM-50651	Cable Guard Spacer	1

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

Step 21 (With Leg Press Option):

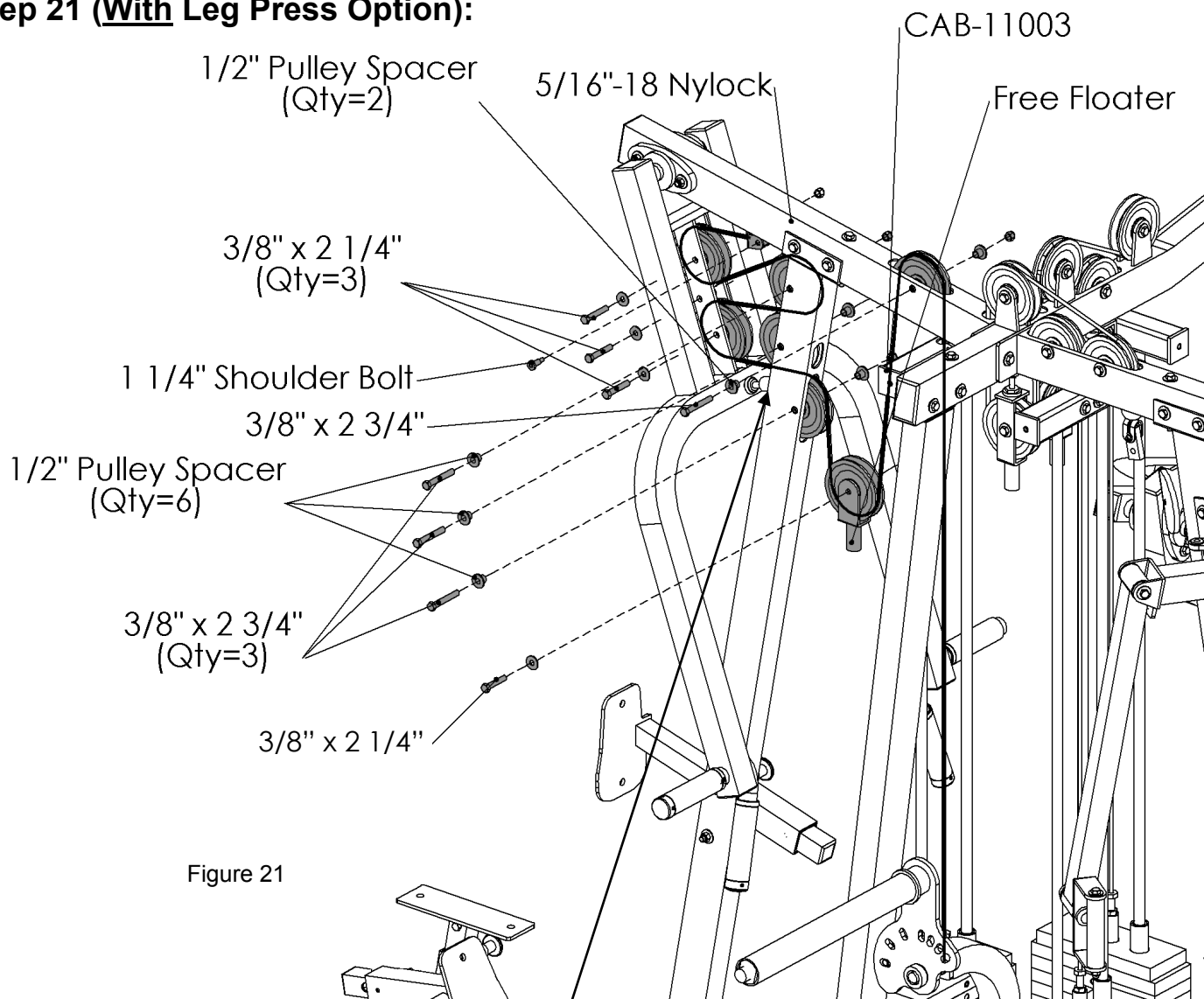
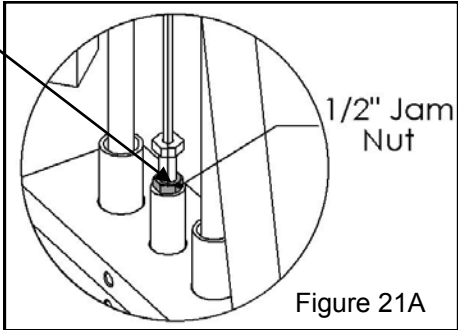
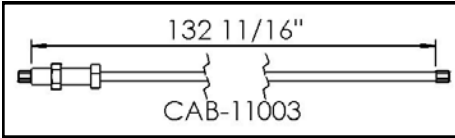


Figure 21

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



Item #	Part #	Description	Qty
72	BFM-10154	Free Floater	1
89	CAB-11003	Mid Row Lockout to Weight Stack Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	8
128	BFH-50157	3/8"-16 Nylock (Black)	8
134	BFH-50174	4 1/2" Pulley	7
143	BFH-50201	1/2" Pulley Spacer	8
154	BFH-50227	Cable Strap	1
169	BFH-50250	1 1/4" Shoulder Bolt	1
174	BFH-50256	1/2" Jam Nut (Zinc)	1
180	BFH-50267	5/16"-18 Nylock (Black)	1
205	BFM-50651	Cable Guard Spacer	1



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

Step 22:

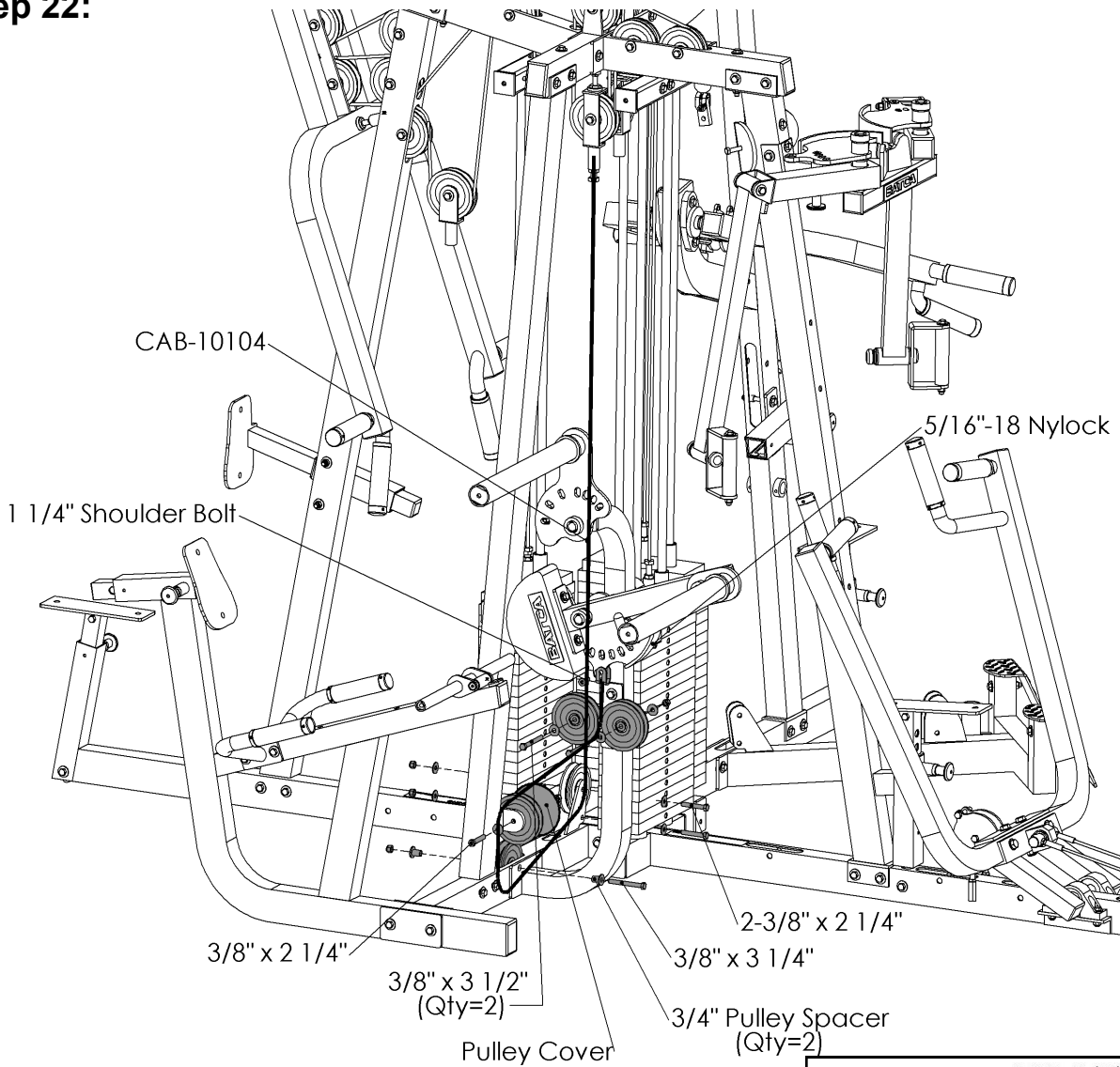
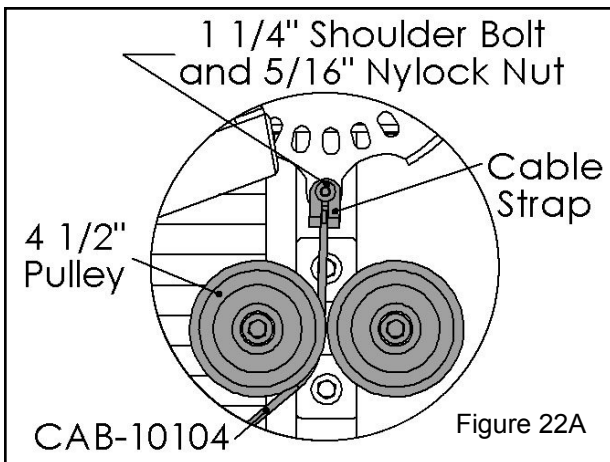
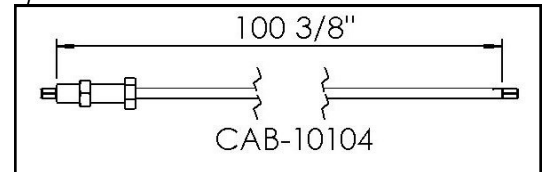


Figure 22



Item #	Part #	Description	Qty
34	BFM-50345	Pulley Cover	1
90	CAB-10104	Leg Ext/Curl Cam to Free Floater Cable	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	3
113	BFH-50126	HCS 3/8"-13 X 3 1/4" P5	1
114	BFH-50127	HCS 3/8"-16 x 3 1/2" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	10
128	BFH-50157	3/8"-16 Nylock (Black)	6
134	BFH-50174	4 1/2" Pulley	5
144	BFH-50202	3/4" Pulley Spacer	2
154	BFH-50227	Cable Strap	1
169	BFH-50250	1 1/4" Shoulder Bolt	1
174	BFH-50256	1/2" Jam Nut (Zinc)	1
180	BFH-50267	5/16"-18 Nylock (Black)	1

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

Step 23:



Note: There should be a 3/8" Flat Washer between the 4 1/2" Pulley and the Pec Pulley Holder as shown in Figure 23B. Leaving off this washer may cause the pulley to rub the Pec Pulley Holder.

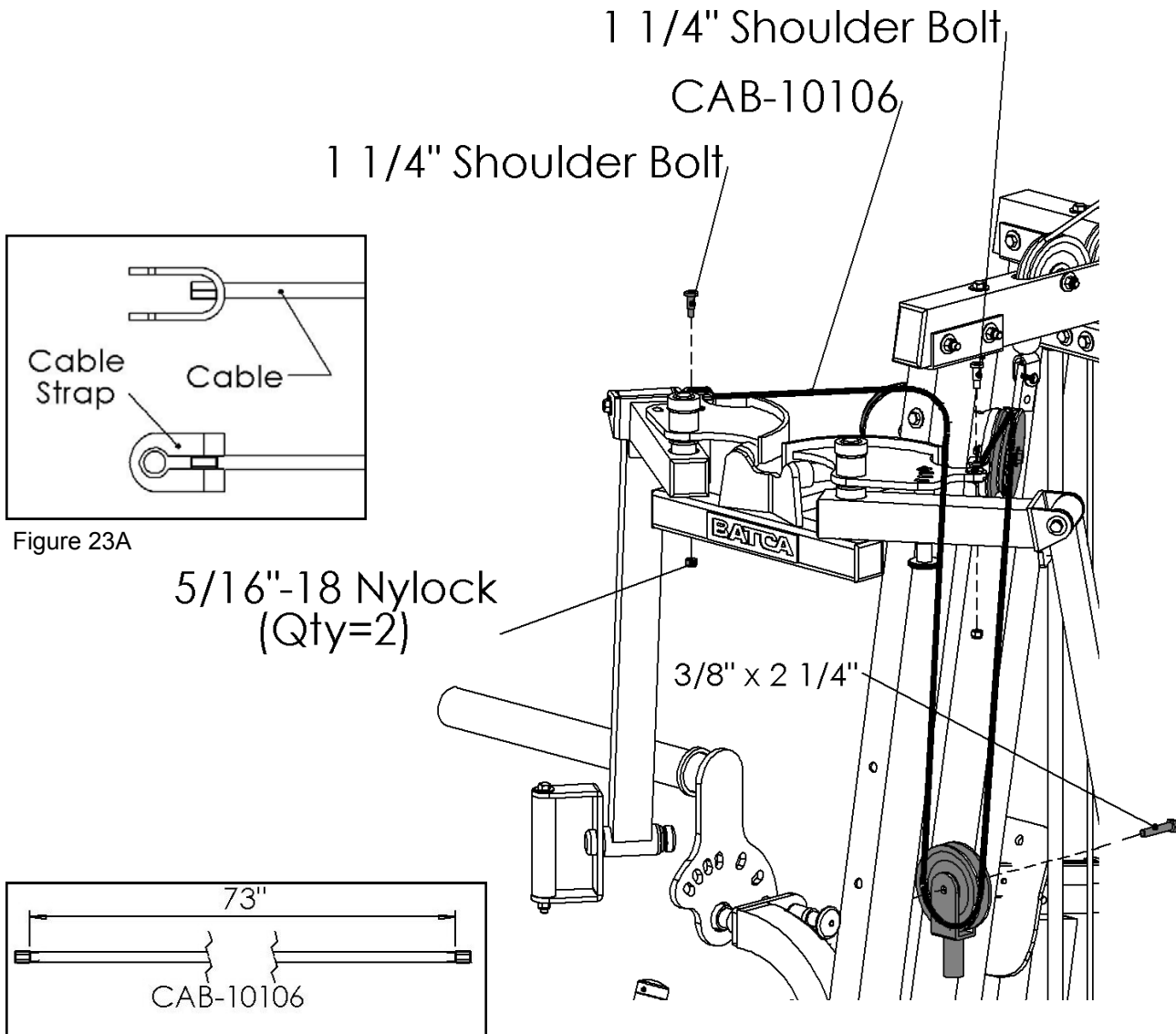


Figure 23A

Figure 23

Item #	Part #	Description	Qty
34	BFM-50345	Pulley Cover	2
72	BFM-10154	Free Floater	1
91	CAB-10106	Pec Cam to Pec Cam Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	8
128	BFH-50157	3/8"-16 Nylock (Black)	3
134	BFH-50174	4 1/2" Pulley	3
154	BFH-50227	Cable Strap	2
169	BFH-50250	1 1/4" Shoulder Bolt	2
180	BFH-50267	5/16"-18 Nylock (Black)	2

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

Step 24:

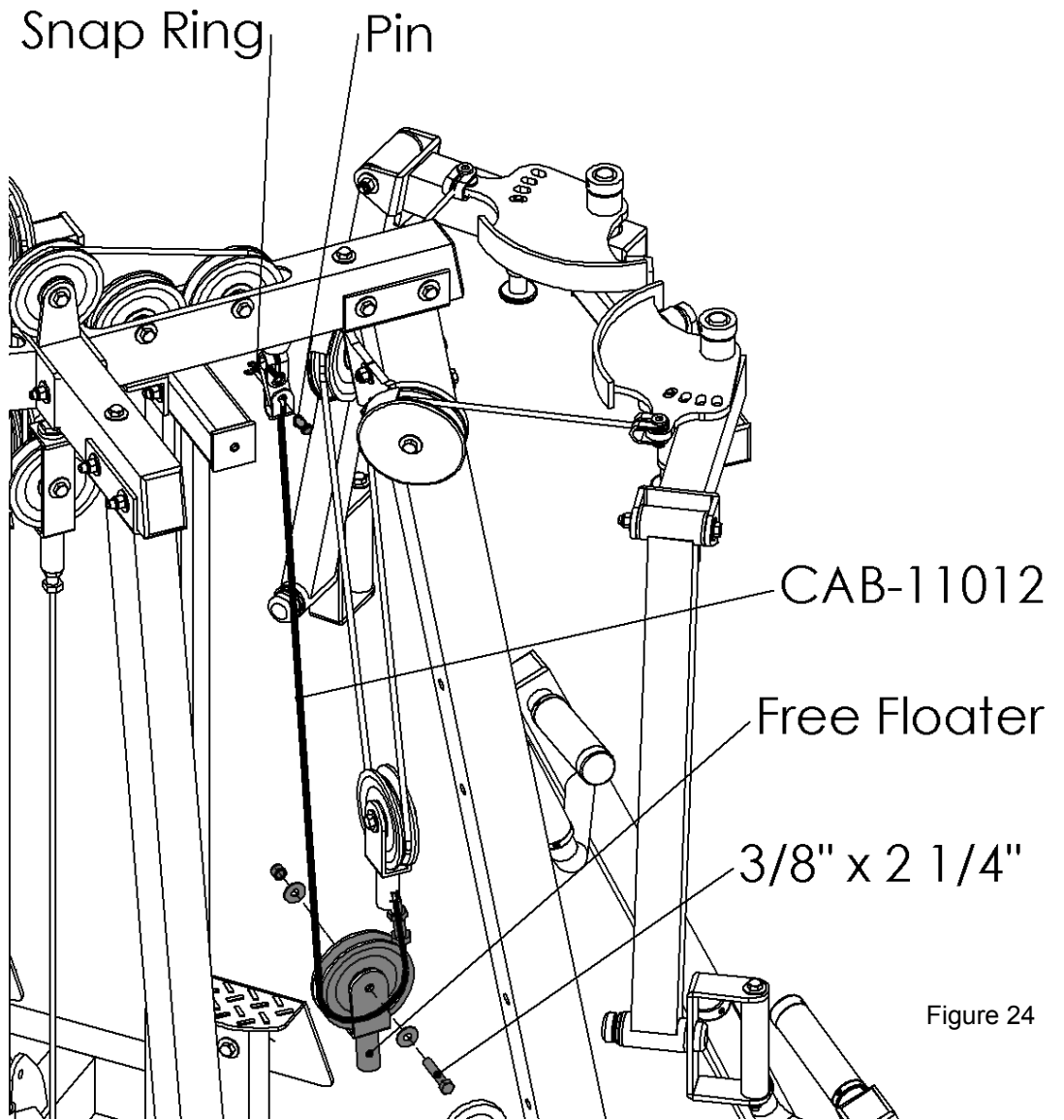


Figure 24

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

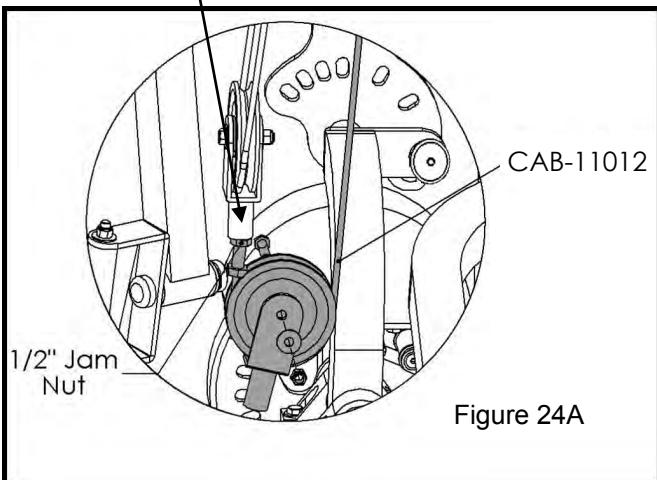
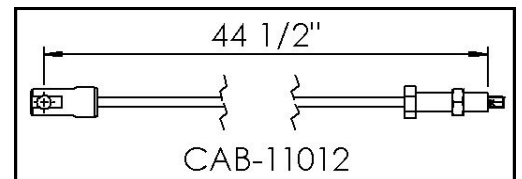


Figure 24A



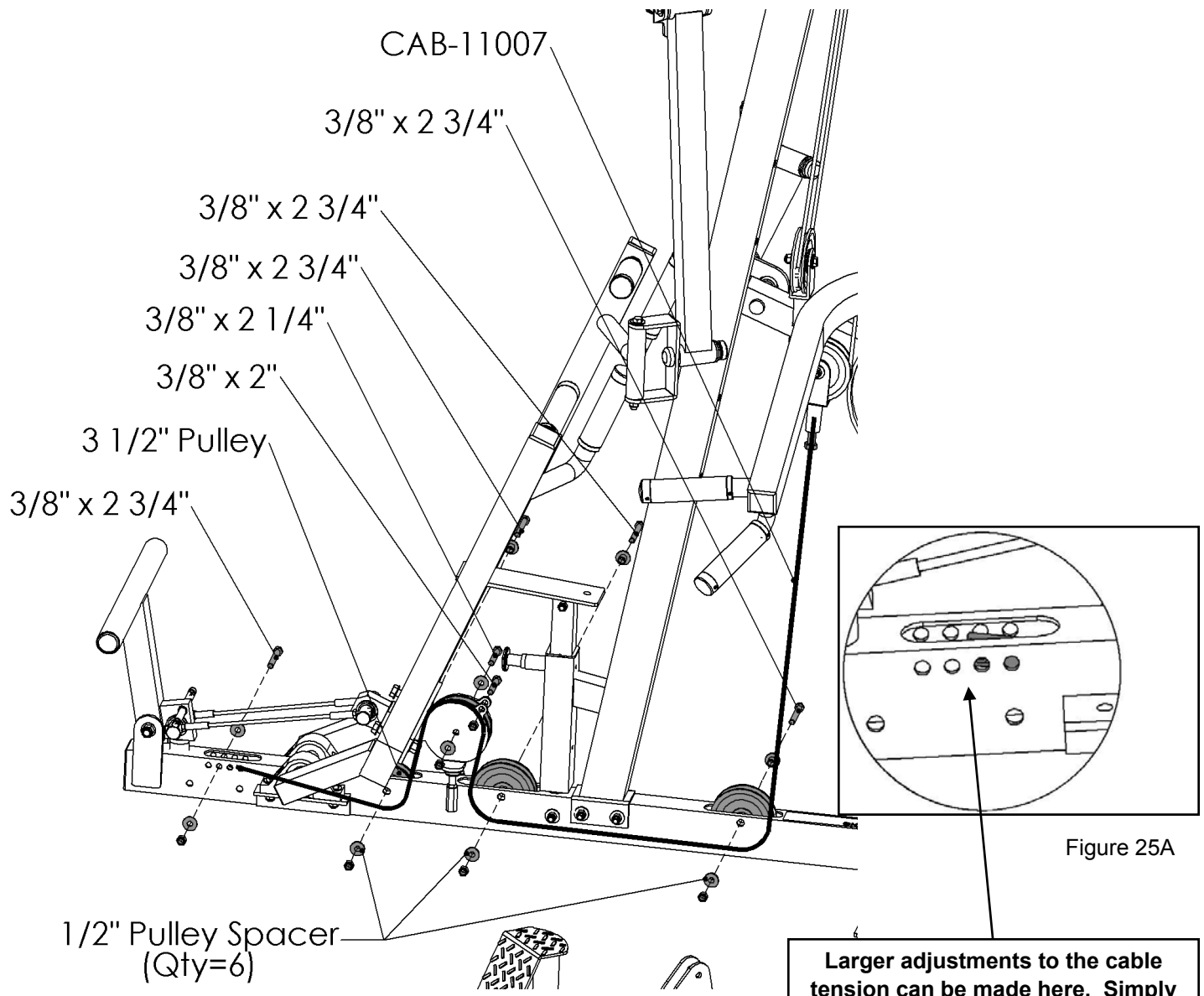
Item #	Part #	Description	Qty
72	BFM-10154	Free Floater	1
92	CAB-11012	Free Floater to Plate Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
123	BFH-50146	3/8" Flat Washer Black	2
128	BFH-50157	3/8"-16 Nylock (Black)	1
134	BFH-50174	4 1/2" Pulley	1
154	BFH-50227	Cable Strap	1
159	BFH-50238	Pin	1
160	BFH-50239	Snap Ring	1
174	BFH-50256	1/2" Jam Nut (Zinc)	1

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

Step 25:



Note: Make sure the CAB-11007 Cable is routed UNDER the HCS 3/8"-16 x 2 3/4" bolt inside the Chest Base. Do NOT route this cable over this bolt. Routing this cable over this bolt will cause the cable to fray and/or break, damage the bolt(s), and hinder overall performance of the gym. Incorrect routing of the cable will also void your warranty.

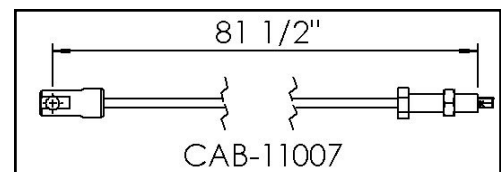


Larger adjustments to the cable tension can be made here. Simply move bolt and cable to the next hole as needed.

Figure 25

Item #	Part #	Description	Qty
93	CAB-11007	Chest Lockout to Free Floater Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	1
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	4
128	BFH-50157	3/8"-16 Nylock (Black)	6
133	BFH-50173	3 1/2" Pulley	1
134	BFH-50174	4 1/2" Pulley	3
143	BFH-50201	1/2" Pulley Spacer	6
174	BFH-50256	1/2" Jam Nut (Zinc)	1

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



Step 26

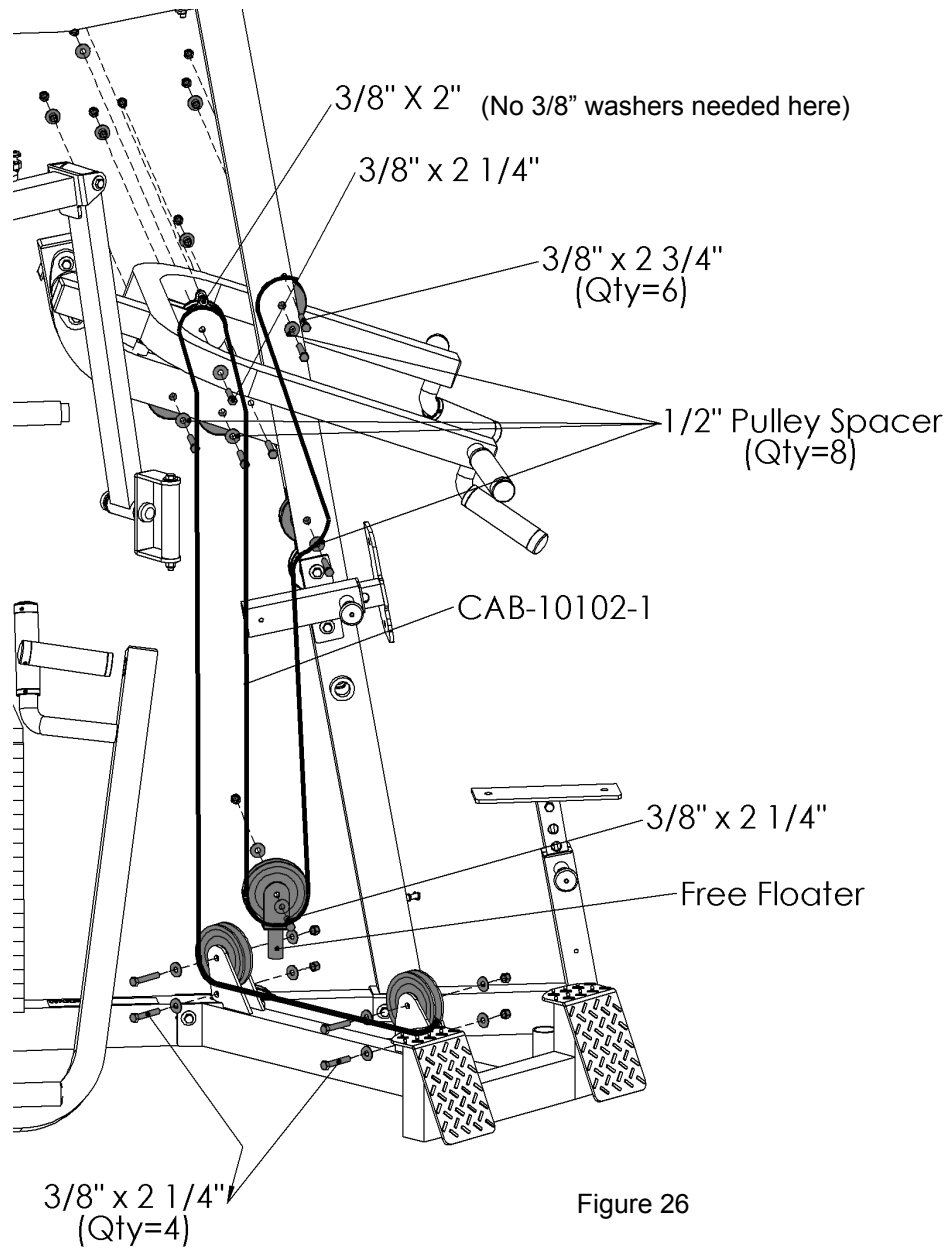
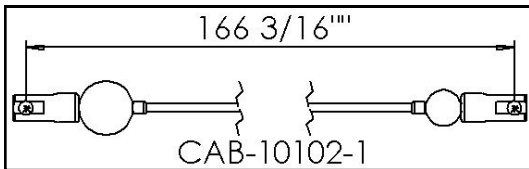


Figure 26



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

Item #	Part #	Description	Qty
72	BFM-10154	Free Floater	1
94	CAB-10102-1	Low to Ab Pulley Cable	1
109	BFH-50121	HCS 3/8"-16 x 2" P5	2
110	BFH-50122	HCS 3/8"-16 x 2 1/4" P5	5
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	6
123	BFH-50146	3/8" Flat Washer (Black)	16
128	BFH-50157	3/8"-16 Nylock (Black)	13
133	BFH-50173	3 1/2" Pulley	5
134	BFH-50174	4 1/2" Pulley	3
143	BFH-50201	1/2" Pulley Spacer	8

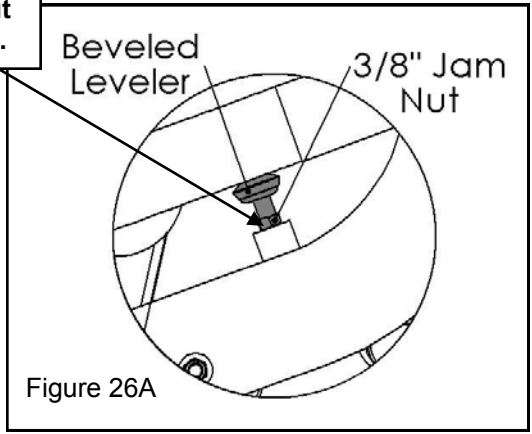


Figure 26A

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

Step 27:

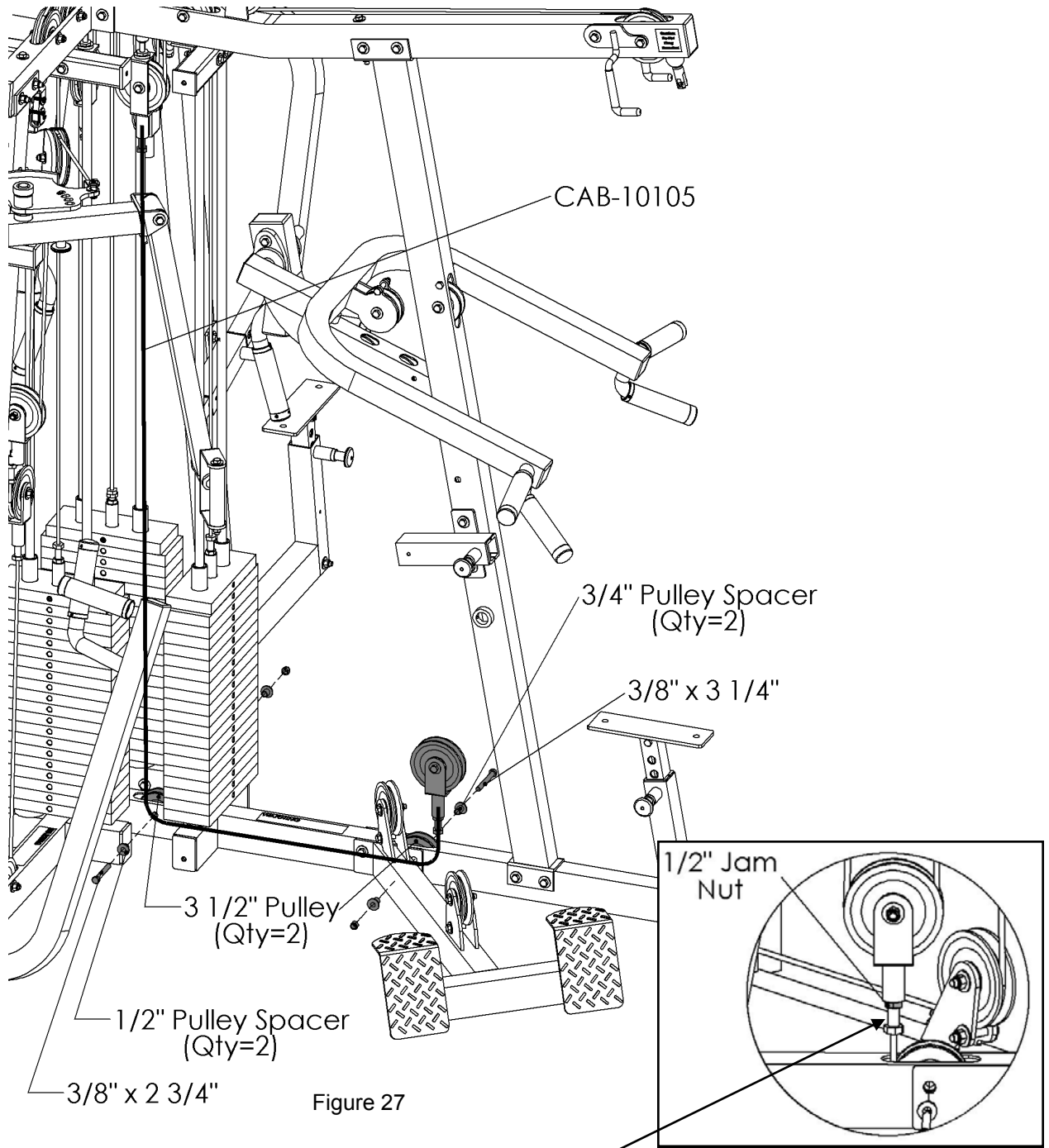


Figure 27

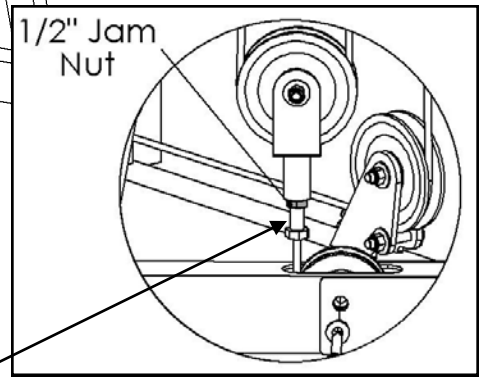
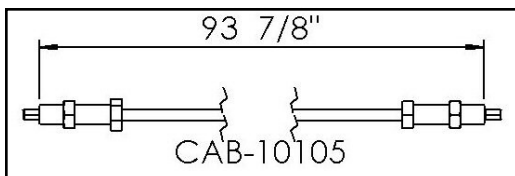


Figure 27A

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



Item #	Part #	Description	Qty
95	CAB-10105	Free Floater to Free Floater Cable	1
111	BFH-50124	HCS 3/8"-16 x 2 3/4" P5	1
128	BFH-50157	3/8"-16 Nylock (Black)	2
133	BFH-50173	3 1/2" Pulley	2
143	BFH-50201	1/2" Pulley Spacer	2
174	BFH-50256	1/2" Jam Nut (Zinc)	2

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

Step 28:

As a helpful hint, if you have purchased the Leg Press Option, you may skip to Steps 32-35 before assembling Steps 29-31.

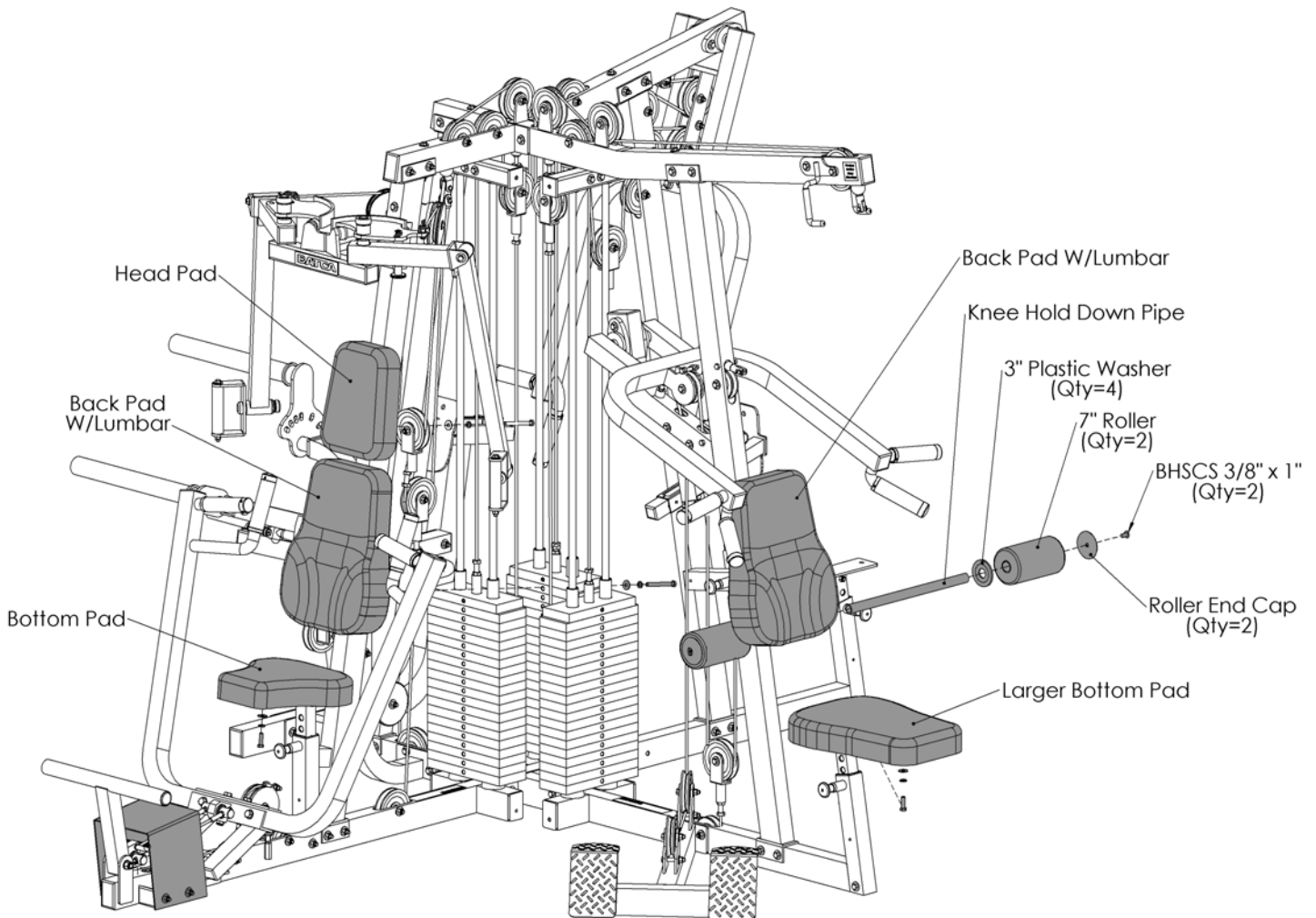


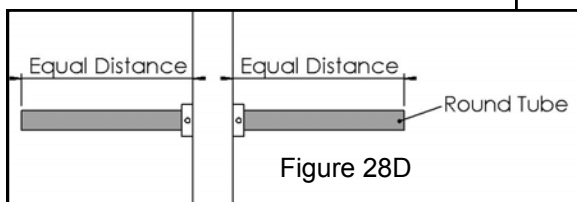
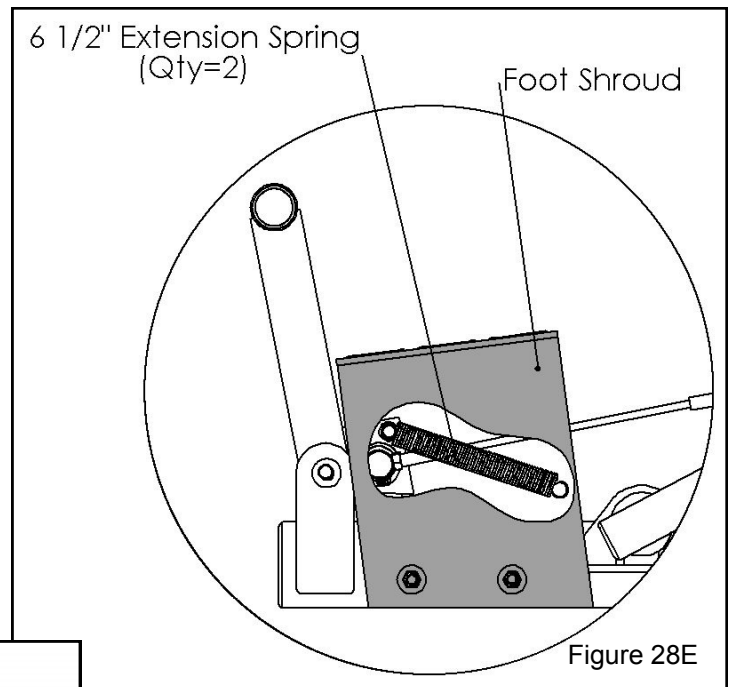
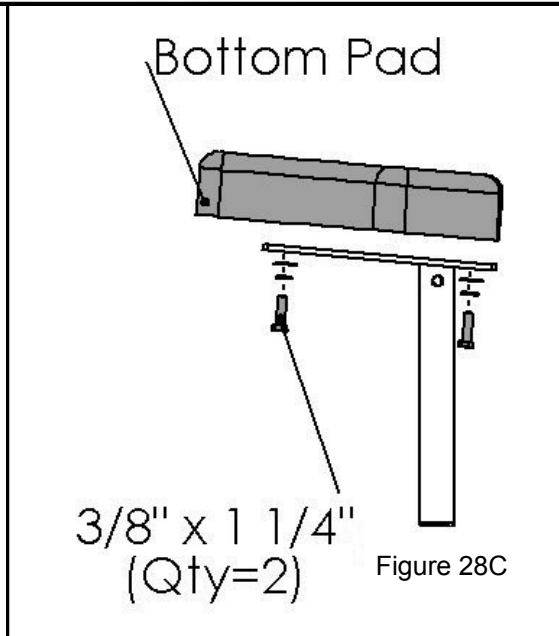
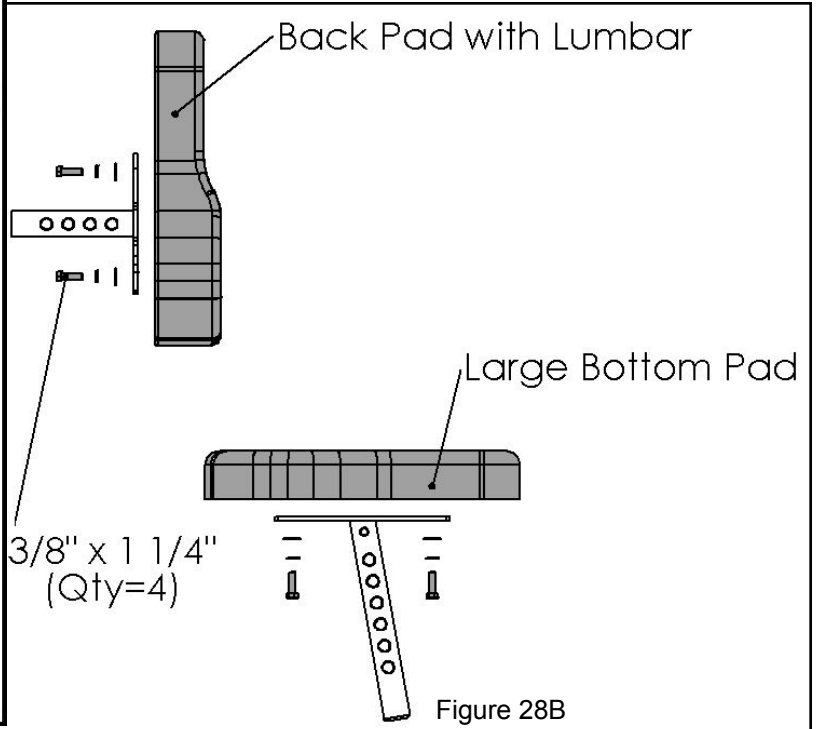
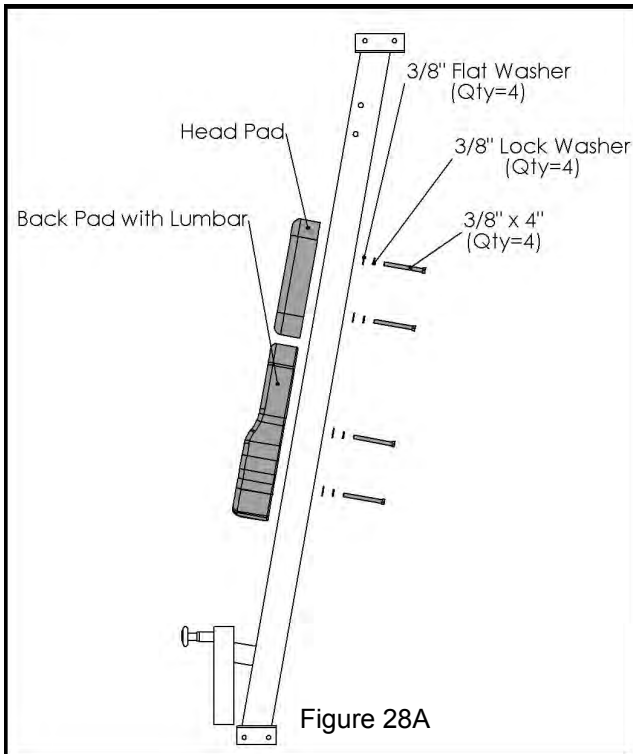
Figure 28

Item #	Part #	Description	Qty
68	BFM-10137	Foot Shroud	1
70	BFM-50244	Knee Hold Down Pipe	1
107	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	6
116	BFH-50129	HCS 3/8"-16 x 4" P5	4
123	BFH-50146	3/8" Flat Washer (Black)	14
124	BFH-50147	3/8" Lock Washer (Black)	10
128	BFH-50157	3/8"-16 Nylock (Black)	2
152	BFH-50298	HCS 3/8"-16 x 8 3/4" P5	2
155	BFH-50234	6 1/2" Spring	2
171	BFH-50622	Roller End Cap	2
189	BFU-10117	Large Bottom Pad	1
190	BFU-10118	Bottom Pad	1
191	BFU-10119	Head Pad	1
192	BFU-10120	Back Pad With Lumbar	2
193	BFU-10121	7" Upholstery Roller	2
204	BFH-50221	3" Plastic Washer	2
205	BFH-50620	BHSCS 3/8"-16 x 1" P5	2

Step 28 Continued:



Note: It is very important that the Foot Shroud is positioned just as Figure 28E below shows. The shorter end must be positioned towards the Foot Assist and the taller end toward the Chest Press Arm. If improperly installed the Foot Assist Cables will rub the Foot Shroud during use and can cause damage and harm. Incorrect installation will void your warranty.



Step 29:



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

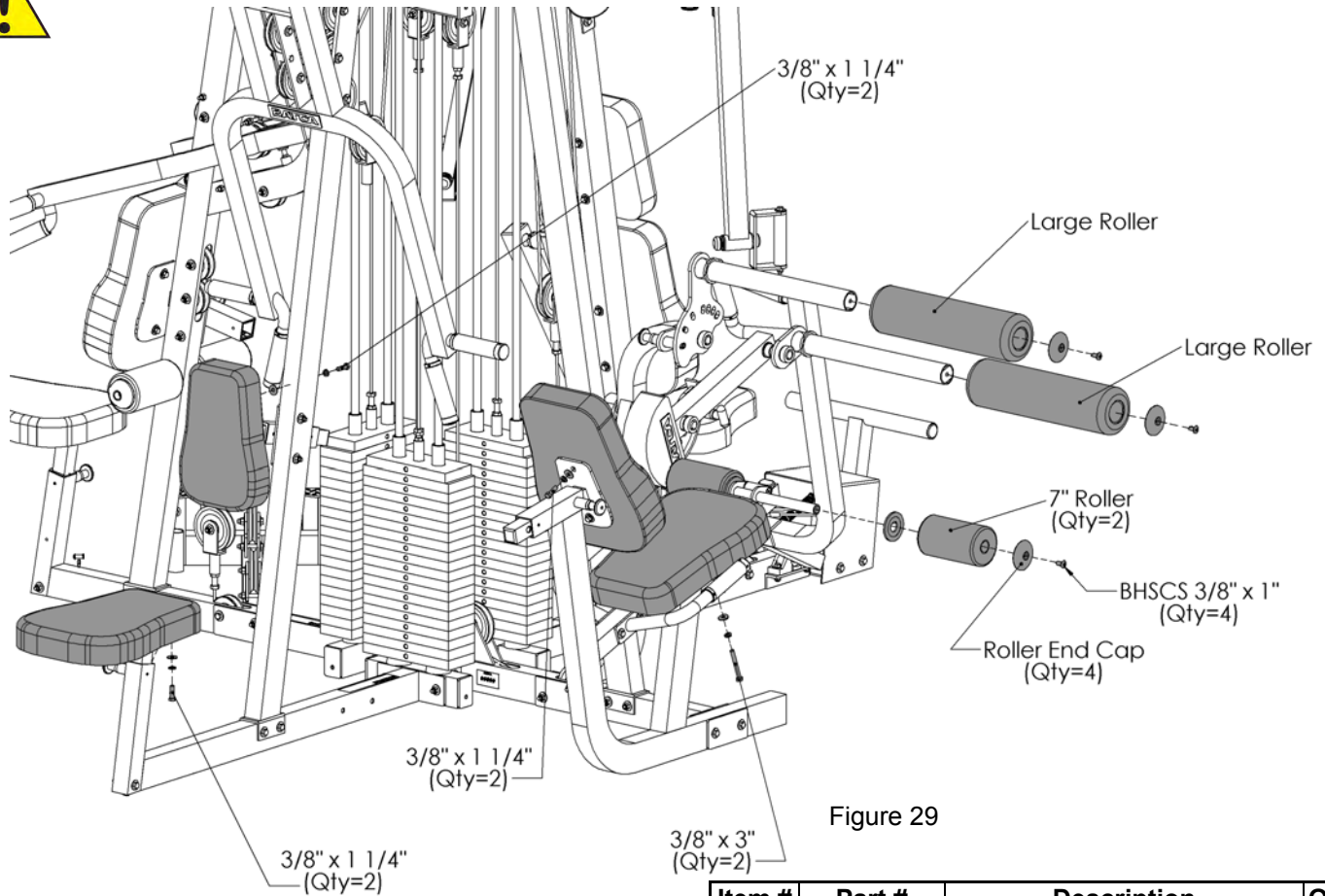


Figure 29

Item #	Part #	Description	Qty
107	BFH-50119	HCS 3/8"-16 x 1 1/4" P5	6
112	BFH-50125	HCS 3/8"-16 x 3" P5	2
123	BFH-50146	3/8" Flat Washer Black	8
124	BFH-50147	3/8" Lock Washer (Black)	8
171	BFH-50622	Roller End Cap	4
189	BFU-10117	Large Bottom Pad	2
192	BFU-10120	Back Pad With Lumbar	1
193	BFU-10121	7" Upholstery Roller	2
194	BFU-10122	Large Upholstery Roller	2
195	BFU-10124	Mid Row Chest Pad	1
204	BFH-50221	3" Plastic Washer	2
205	BFH-50620	BHSCS 3/8"-16 x 1" P5	4

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

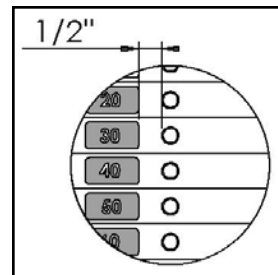
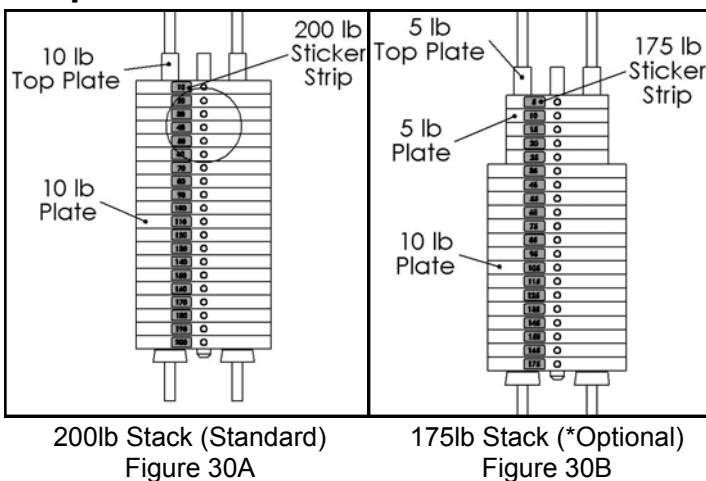


Figure 30C

Item #	Part #	Description	Qty
138	BFH-50192	200lb Weight Stack Decals	3
176	BFH-50258	175lb Weight Stack Decals	3*

Step 30:



200lb Stack (Standard)
Figure 30A

175lb Stack (*Optional)
Figure 30B

Step 31:

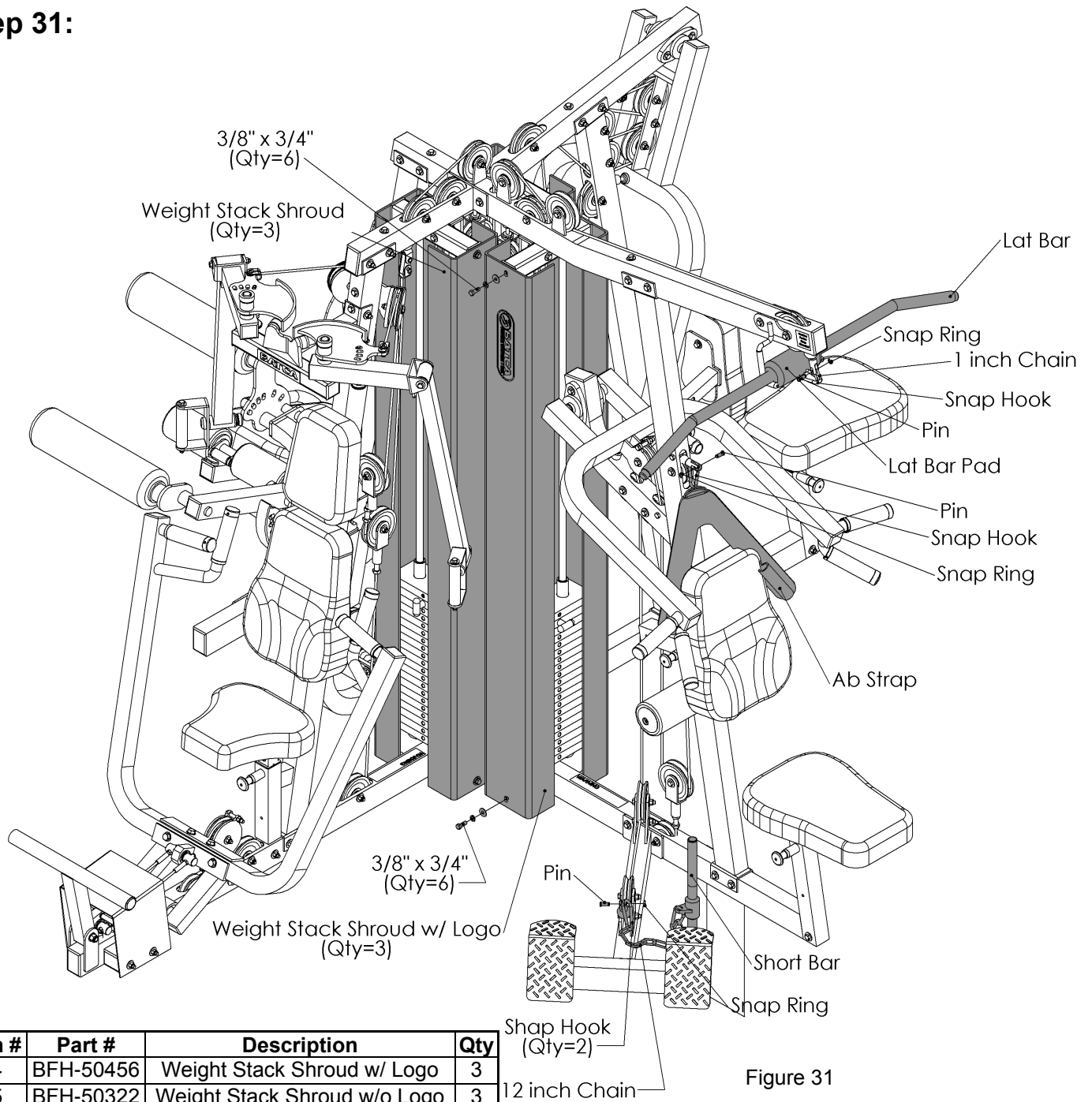


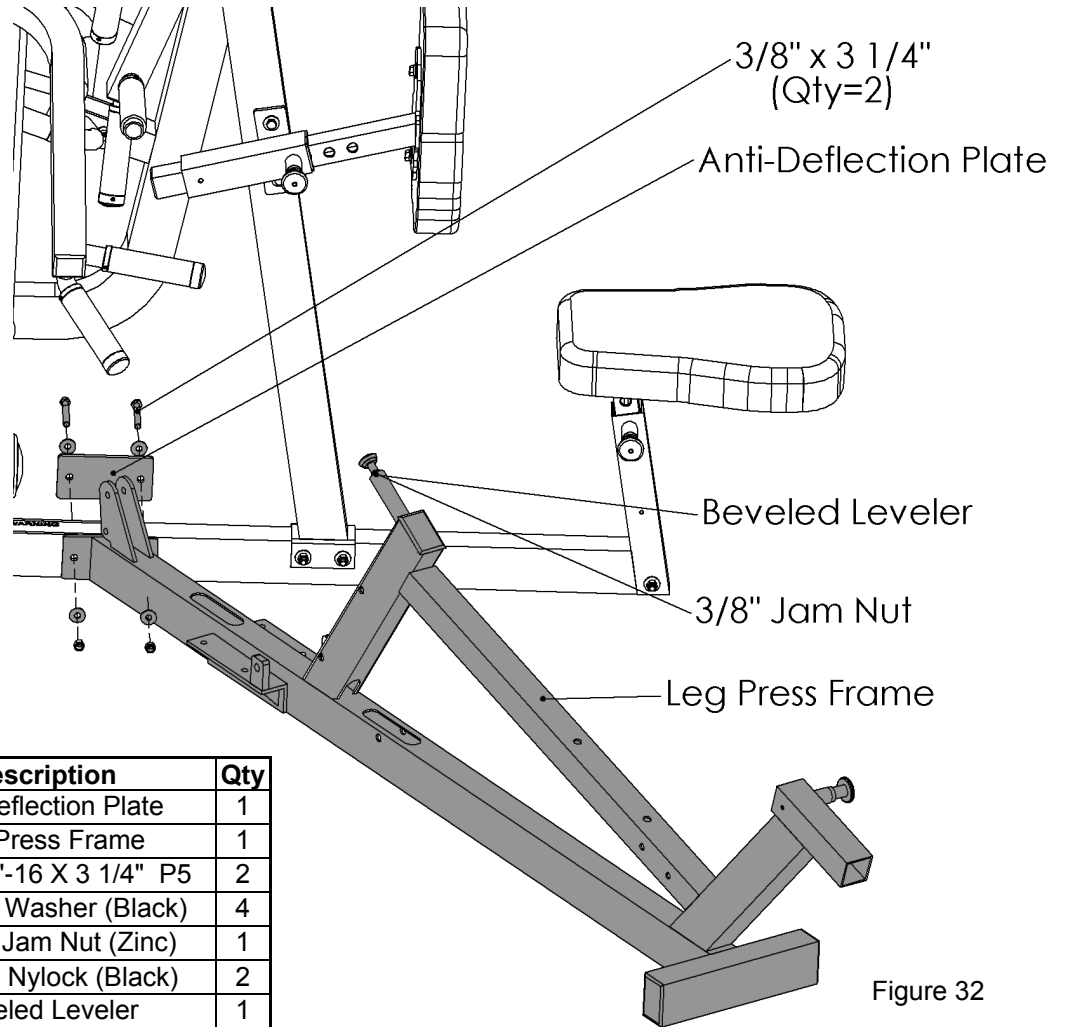
Figure 31

Item #	Part #	Description	Qty
74	BFH-50456	Weight Stack Shroud w/ Logo	3
75	BFH-50322	Weight Stack Shroud w/o Logo	3
123	BFH-50146	3/8" Flat Washer Black	12
124	BFH-50147	3/8" Lock Washer (Black)	12
136	BFH-50188	Snap Hook	4
159	BFH-50238	Pin	3
160	BFH-50239	Snap Ring	3
173	BFH-50254	HCS 3/8"-16 x 3/4" P5	12
196	BFU-10125	Lat Bar Pad	1
197	BFC-10101	1 inch Chain	1
198	BFC-10102	12 inch Chain	1
199	BFC-50122	Ab Strap	1
200	BFC-50123	Ankle Strap	1
201	BFC-50125	Lat Bar	1
202	BFC-50126	Short Bar	1
203	BFC-50127	Magnetic Weight Stack Pin	3

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

Leg Press Option

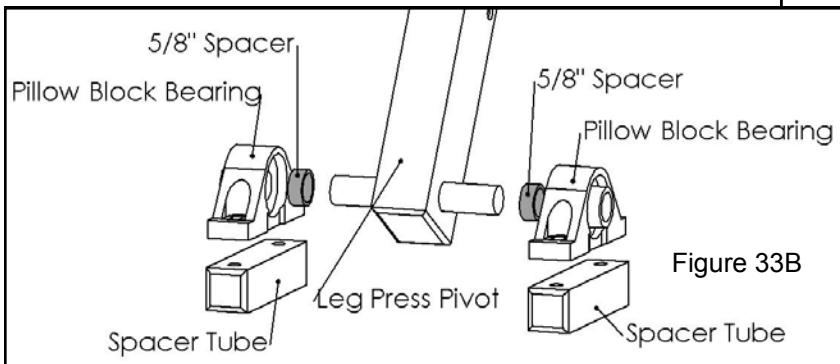
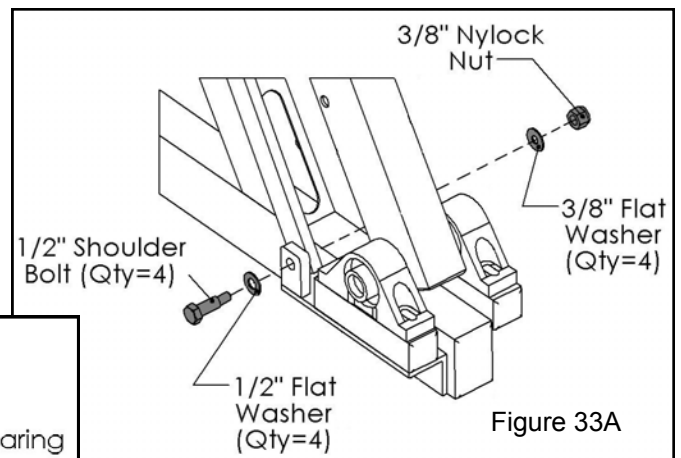
Step 32:



Item #	Part #	Description	Qty
7	BFM-50150	Anti-Deflection Plate	1
76	BFM-10351	Leg Press Frame	1
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	4
125	BFH-50149	3/8"-16 Jam Nut (Zinc)	1
128	BFH-50157	3/8"-16 Nylock (Black)	2
172	BFH-50253	Beveled Leveler	1

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

Step 33:



Step 33 Continued:

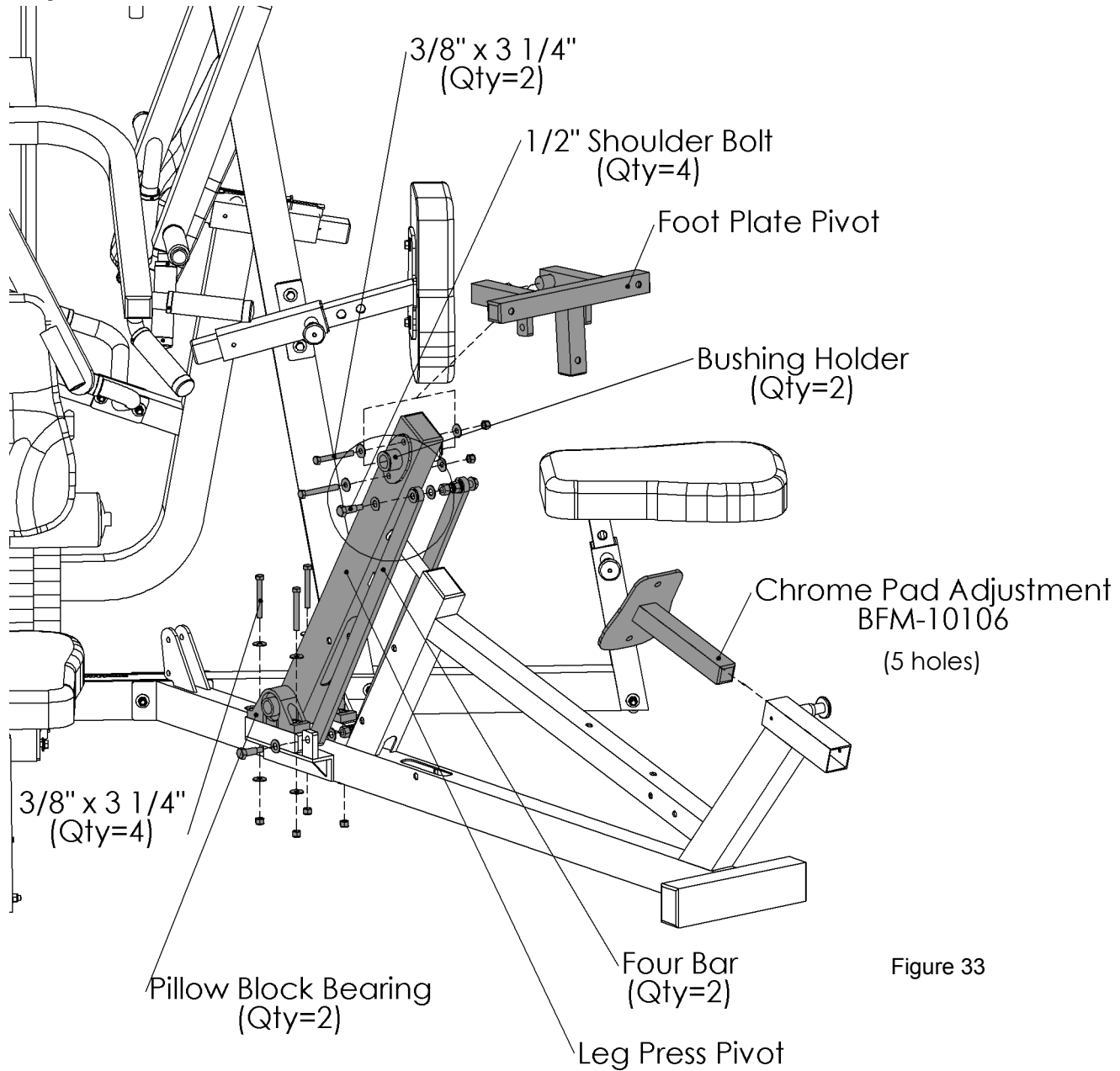


Figure 33

Item #	Part #	Description	Qty
77	BFM-10140	Leg Press Pivot	1
78	BFM-50247	5/8" Spacer	2
79	BFM-10152	Bushing Holder	2
80	BFM-50252	Four Bar	2
81	BFM-10102	Foot Plate Pivot	1
82	BFM-50139	Spacer Tube	2
86	BFM-10106	Chrome Pad Adjustment	1
112	BFH-50125	HCS 3/8"-16 X 3" P5	4
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
123	BFH-50146	3/8" Flat Washer (Black)	16
128	BFH-50157	3/8"-16 Nylock (Black)	10
132	BFH-50172	Pillow Block Bearing	2
168	BFH-50249	1/2" Shoulder Bolt (3/8"-16x50mm)	4
170	BFH-50251	1/2" Flat Washer Black	4

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

Step 34:

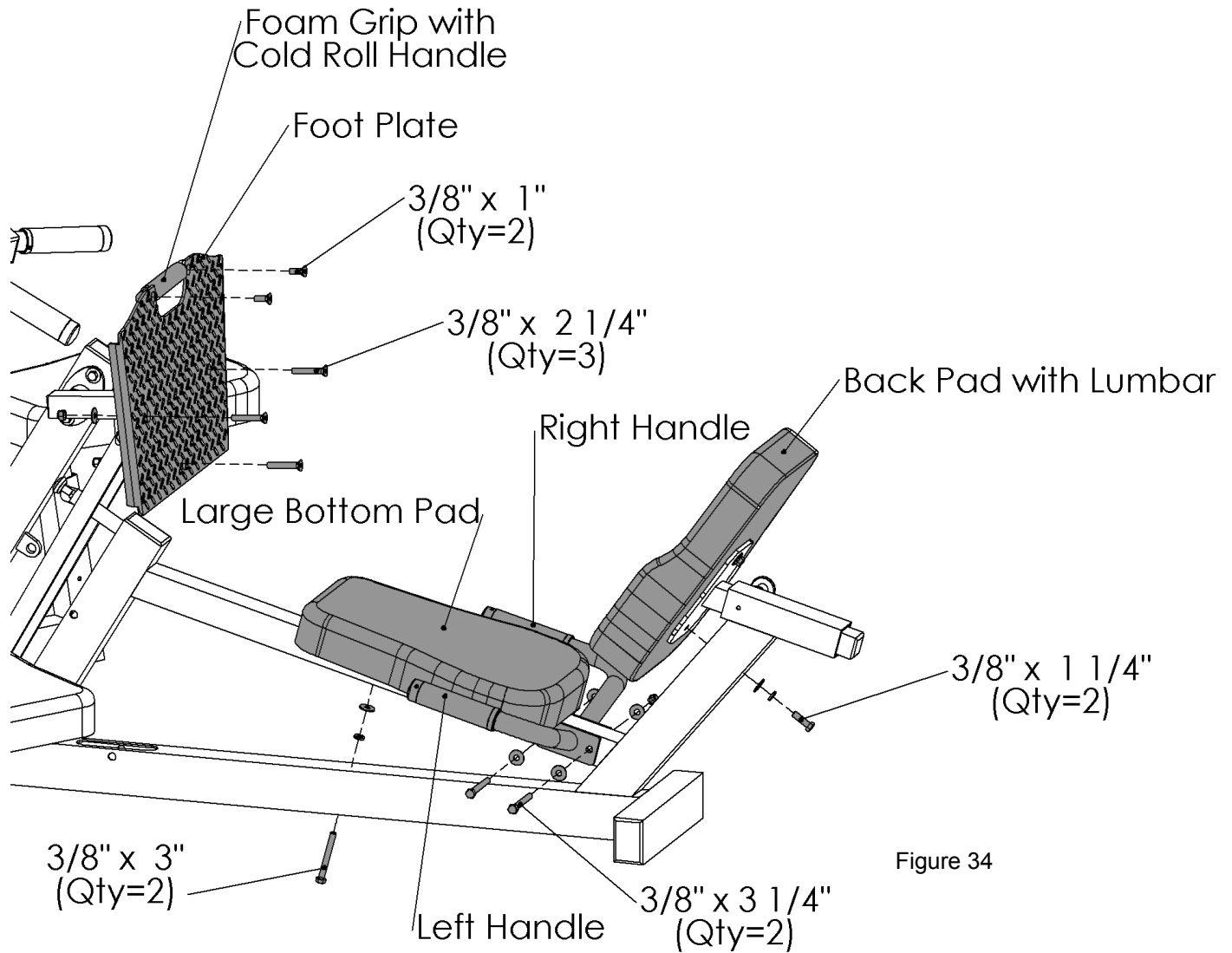


Figure 34

Item #	Part #	Description	Qty
65	BFM-10115	Left Handle	1
66	BFM-10116	Right Handle	1
83	BFL-50128	Foot Plate	1
85	BFM-50270	Handle	1
107	BFH-50119	HCS 3/8"-16 X 1 1/4" P5	2
112	BFH-50125	HCS 3/8"-16 X 3" P5	2
113	BFH-50126	HCS 3/8"-16 X 3 1/4" P5	2
121	BFH-50144	FHSCS 3/8"-16 X 1"	2
122	BFH-50145	FHSCS 3/8"-16 X 2 1/4"	3
123	BFH-50146	3/8" Flat Washer Black	11
124	BFH-50147	3/8" Lock Washer (Black)	4
128	BFH-50157	3/8"-16 Nylock (Black)	5
189	BFU-10117	Large Bottom Pad	1
192	BFU-10120	Back Pad With Lumbar	1

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

Step 35:

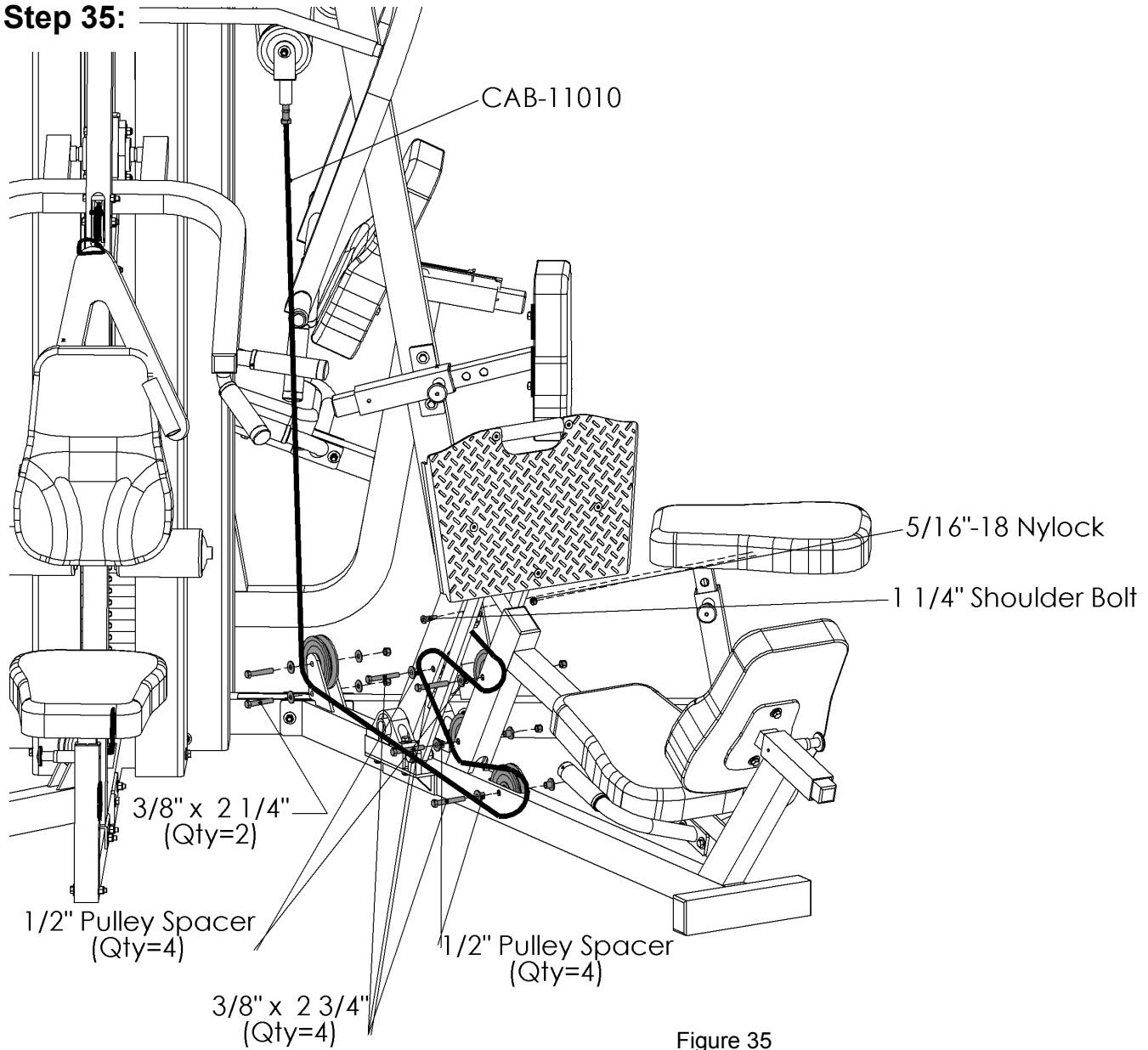
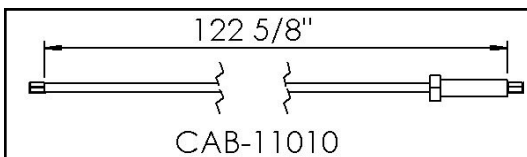


Figure 35



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

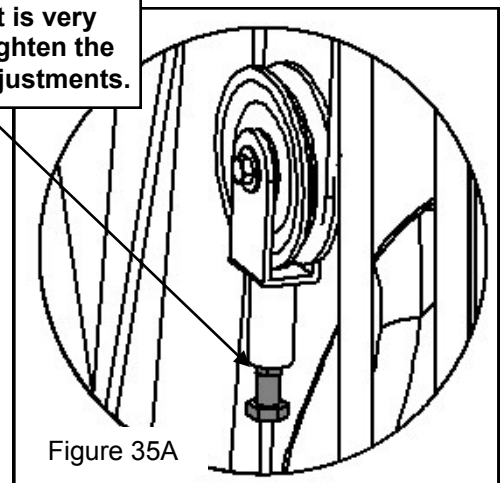


Figure 35A

Item #	Part #	Description	Qty
96	CAB-11010	Leg Press Lockout to Free Floater Cable	1
110	BFH-50122	HCS 3/8\"-16 X 2 1/4\" P5	2
111	BFH-50124	HCS 3/8\"-16 x 2 3/4\" P5	4
123	BFH-50146	3/8\" Flat Washer (Black)	4
128	BFH-50157	3/8\"-16 Nylock (Black)	6
134	BFH-50174	4 1/2\" Pulley	5
143	BFH-50201	1/2\" Pulley Spacer	8
169	BFH-50250	1 1/4\" Shoulder Bolt	1
180	BFH-50267	5/16\"-18 Nylock (Black)	1

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

Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.
- **How to Begin:** In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-8 as shown below. The numbers for this sequence can be found in the upper left corner of each of the detailed views below. Each detailed view below will refer you to the original Figure for more detailed information. Follow the detailed information found in each reference figure.

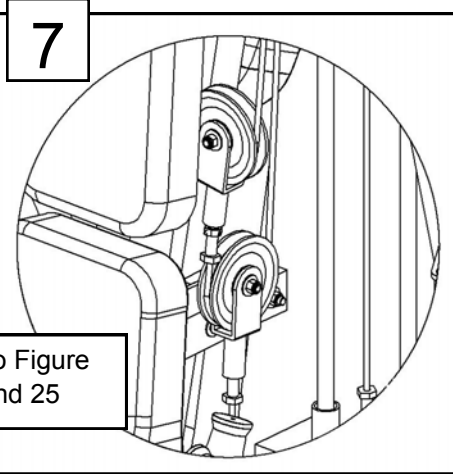


Note: All cables with threaded adjustable ends must have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 1/2" Jam Nut be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.

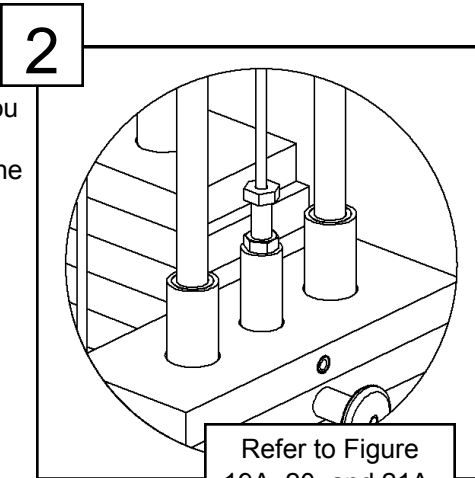


Note: All levelers (Beveled or Flat) should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.

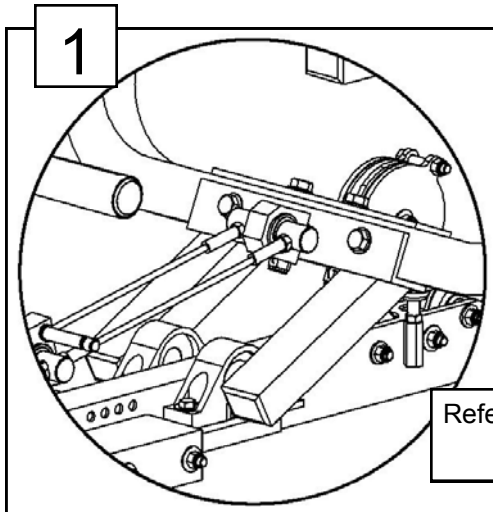
- **Note:** Adjustment 1 is strictly for adjusting the two Foot Assist Cables and should not be used for adjusting any other cables.
- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.



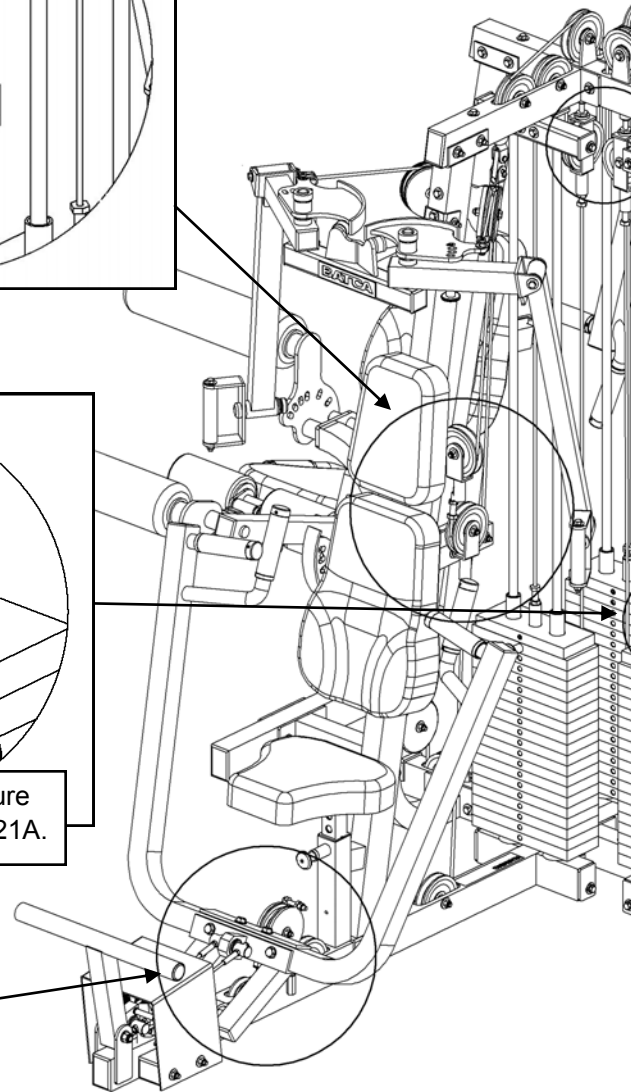
Refer to Figure 23, and 25

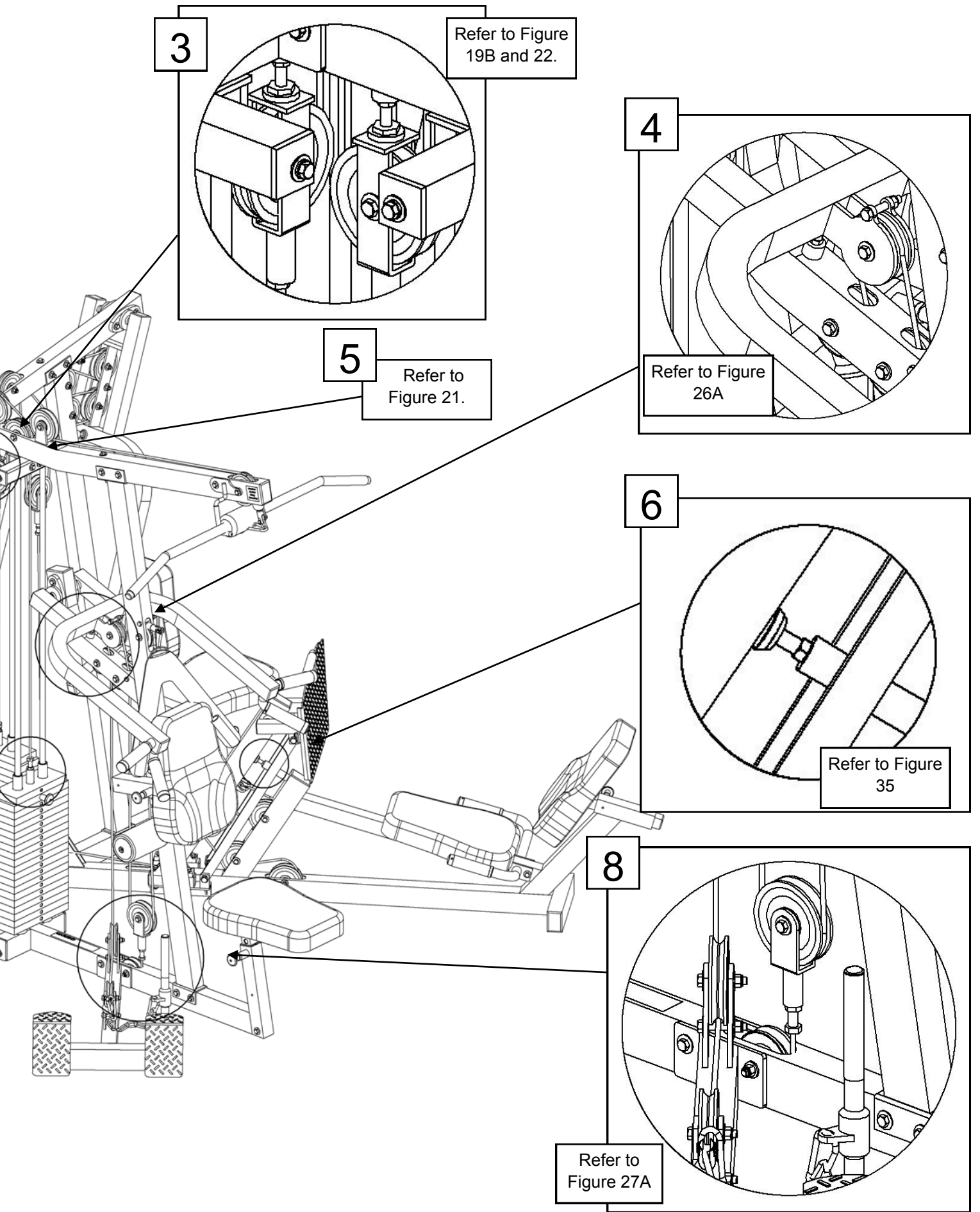


Refer to Figure 19A, 20, and 21A.



Refer to Figure 13A.





3

Refer to Figure 19B and 22.

4

Refer to Figure 26A

5

Refer to Figure 21.

6

Refer to Figure 35

8

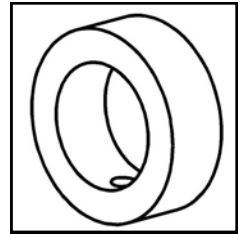
Refer to Figure 27A

Final Assembly and Troubleshooting

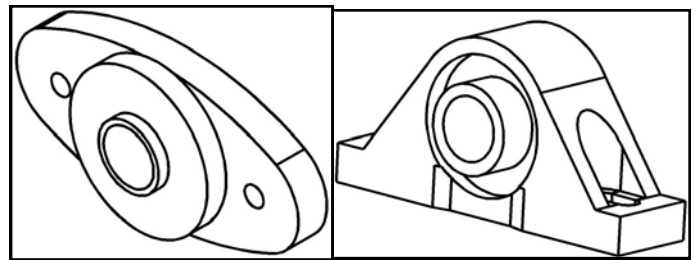
IMPORTANT - Check These Components Before Using Gym:

- **Wrench Tighten** the set screws on all Threaded Collars (140), using an allen wrench, so that the set screws tighten against the threaded shaft. Refer to Steps 9, 16, 17, and 28.

Threaded Collar
BFH-50220



- **Wrench Tighten** the two set screws on all Bearings (Pillow Block Bearings and Side Mounted Flange Bearings) with an Allen Wrench. Refer to Steps 6, 7, 11, and 33.

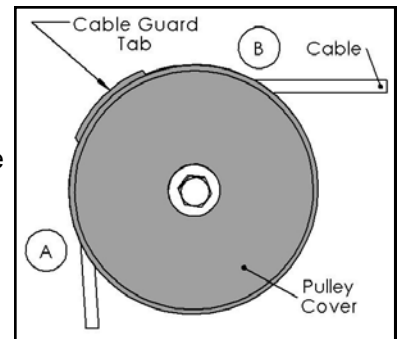


Side Mounted Flange
Bearing BFH-50171

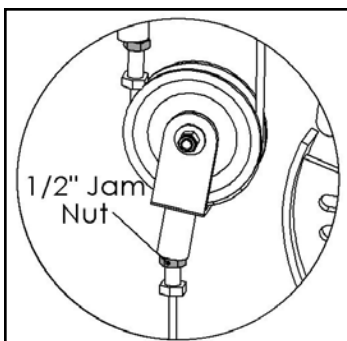
Pillow Block Bearing
BFH-50172

- **Position** the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of its track on the 4 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 4 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab. Refer to Steps 22 and 23.

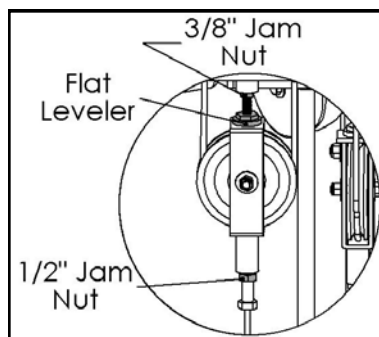
Pulley Cover
BFM-50345



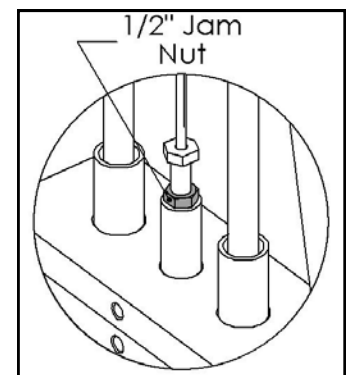
- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection. Refer to Steps 19, 20, 21, 22, 24, 25, 27, and 35. See Figures below.



Free Floater

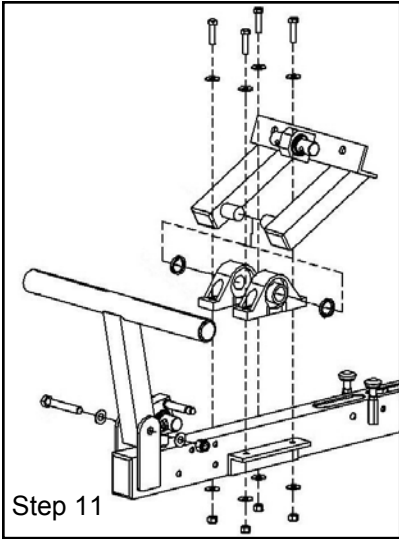


Free Floater w/ Lockout

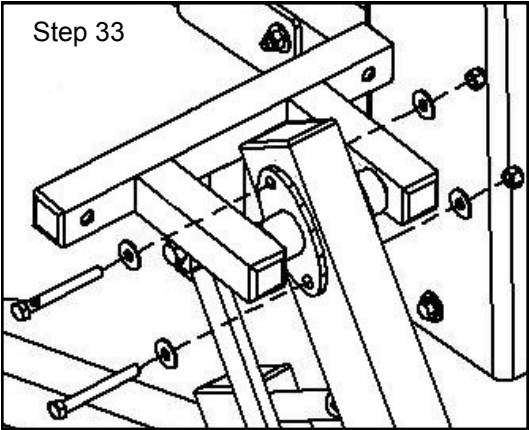
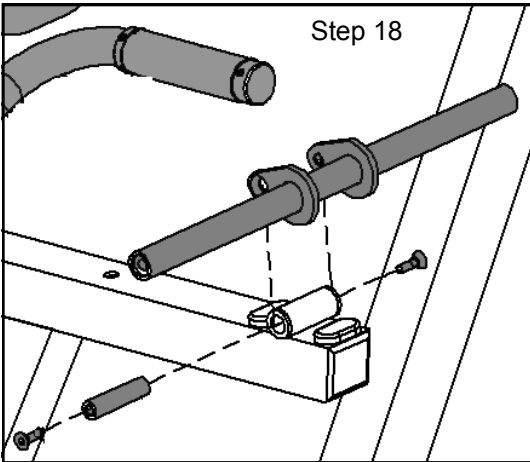
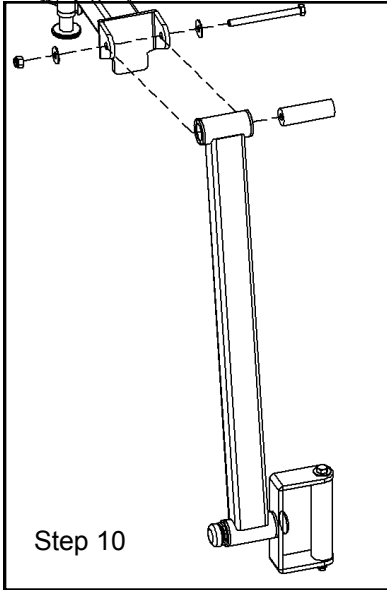


Top Plate

Final Assembly and Troubleshooting

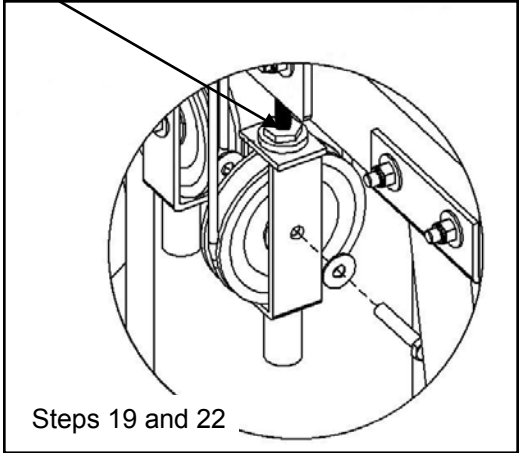
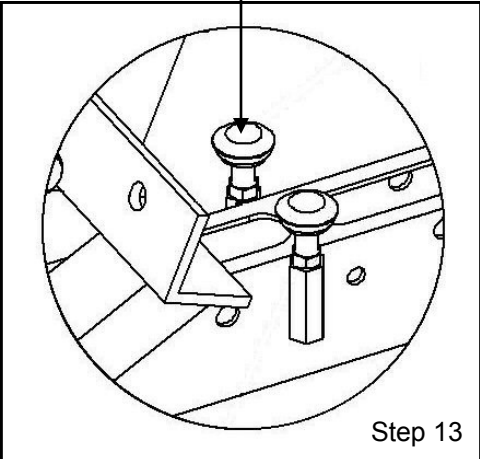
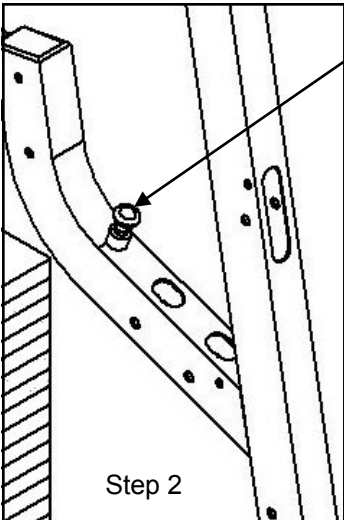


Do NOT over tighten any of the bolts in these steps. Over tightening may cause the parts to bind, causing damage and impeding your exercise.



Leg Press Option Only

All levelers must be threaded at least 1/2" into its respective part. Each must also be secured with a 3/8" Jam Nut to ensure a safe and proper connection.



Preventive Maintenance

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

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

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

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

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

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

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

	Daily		Weekly		Monthly		Quarterly		Years	
	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home
Clean										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads	X			X						
Guide Rods			X			X				
Chrome Slides			X			X				
Frame			X			X				
Inspect										
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						
Lubricate										
Guide Rods			X			X				
Bearings							As Needed			1
Replace										
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.

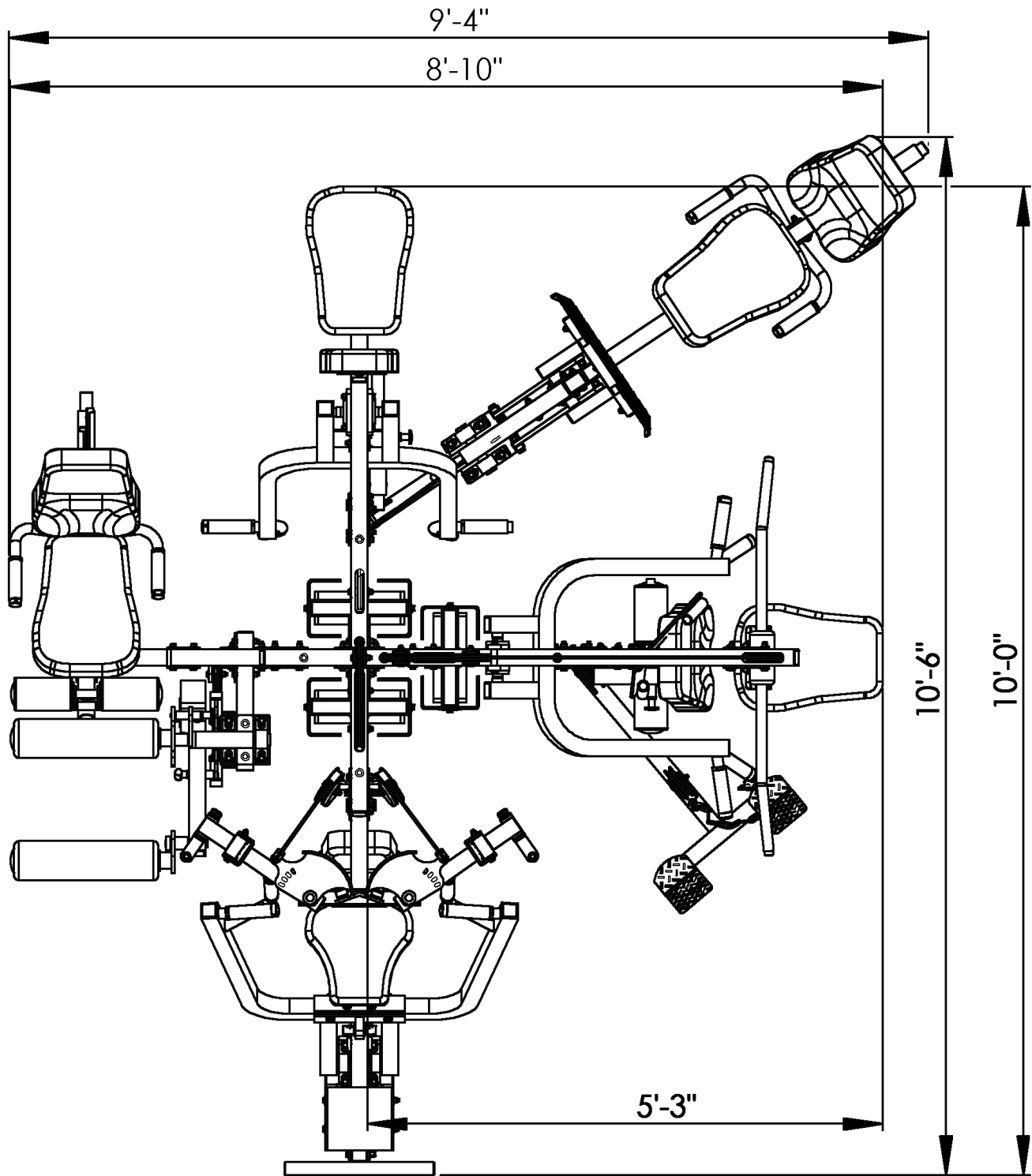
The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase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

Please keep this for your records.



Layout Diagram

The X3 without Leg Press has a layout dimension of 10'-0" (length) x 8'-10" (width) x 6'-11" (height). With the Leg Press the X3 measures 10'-6" (length) x 9'-4" (width) x 6'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.