

### WEIGHT ASSISTED CHIN UP

**PRIMARY MUSCLE EXERCISED:** UPPER BACK  
**PULLEY POSITION:** MIDDLE (6TH HOLE FROM TOP)  
**ATTACHMENT:** PIVOTING ROLLER PADS  
**MOVEMENT:** SELECT AMOUNT OF DESIRED WEIGHT (BOTH STACKS SHOULD BE EQUAL). ATTACH PIVOTING ROLLERS TO CABLE ENDS. GRASP UPPER HANDLES. PLACE BOTTOM OF KNEES ON PIVOTING ROLLERS. RAISE AND LOWER BODY.



CHIN UP

### CHEST PRESS

**PRIMARY MUSCLE EXERCISED:** CHEST  
**PULLEY POSITION:** MIDDLE  
**ATTACHMENT:** STRAP HANDLE  
**MOVEMENT:** LOWER BENCH DOCK. PLACE WHEELS OF BENCH AGAINST BENCH DOCK. GRASP STRAP HANDLES AND PUSH AWAY FROM BODY IN DESIRED EXERCISE PATH.



### SHOULDER PRESS

**PRIMARY MUSCLE EXERCISED:** SHOULDERS  
**PULLEY POSITION:** LOW  
**ATTACHMENT:** STRAP HANDLE  
**MOVEMENT:** LOWER BENCH DOCK. PLACE WHEELS OF BENCH AGAINST BENCH DOCK. GRASP STRAP HANDLES AND PUSH UPWARDS IN DESIRED EXERCISE PATH.



### SQUAT

**PRIMARY MUSCLE EXERCISED:** LEGS  
**PULLEY POSITION:** LOW  
**ATTACHMENT:** BAR  
**MOVEMENT:** ATTACH BAR TO BOTH CABLE ENDS AT DESIRED PULLEY HEIGHT. WITH BAR ON TOP OF SHOULDERS, SQUAT AND STAND KEEPING BACK STRAIGHT AND A SLIGHT BEND IN THE KNEES.



### UPRIGHT ROW

**PRIMARY MUSCLE EXERCISED:** SHOULDERS  
**PULLEY POSITION:** LOW  
**ATTACHMENT:** BAR  
**MOVEMENT:** ATTACH BAR TO BOTH CABLE ENDS AT DESIRED PULLEY HEIGHT. GRASP BAR WITH NARROW GRIP AND PALMS FACING YOUR BODY. PULL BAR TO TOP OF CHEST AND LOWER KEEPING A SLIGHT BEND IN YOUR ELBOWS.



### CABLE CROSSOVER

**PRIMARY MUSCLE EXERCISED:** CHEST  
**PULLEY POSITION:** HIGH  
**ATTACHMENT:** STRAP HANDLE  
**MOVEMENT:** GRASP HANDLES AND BRING TOWARDS THE CENTER OF YOUR BODY IN A DOWNWARD ANGLE.



### BICEP CURL

**PRIMARY MUSCLE EXERCISED:** BICEPS  
**PULLEY POSITION:** LOW  
**ATTACHMENT:** STRAP HANDLE  
**MOVEMENT:** GRASP HANDLES WITH PALMS FACING UPWARDS. WITH YOUR ELBOWS TIGHT TO YOUR BODY, CURL UPWARDS UNTIL YOUR BICEPS ARE FULLY CONTRACTED.



### OVERHEAD TRICEP PRESS

**PRIMARY MUSCLE EXERCISED:** TRICEPS  
**PULLEY POSITION:** HIGH  
**ATTACHMENT:** STRAP HANDLE  
**MOVEMENT:** GRASP HANDLES WITH PALMS FACING AWAY FROM YOUR BODY. WITH ELBOWS AT SHOULDER HEIGHT, PRESS ARMS FORWARD UNTIL YOUR TRICEPS ARE FULLY CONTRACTED.



### INNER/OUTER THIGH

**PRIMARY MUSCLE EXERCISED:** THIGHS  
**PULLEY POSITION:** LOW  
**ATTACHMENT:** ANKLE STRAP  
**MOVEMENT:** WRAP ANKLE STRAP AROUND ANKLE AND HOOK TO LOW PULLEY. OUTER THIGH: KICK LEG AWAY FROM YOUR BODY. INNER THIGH: KICK LEG ACROSS YOUR BODY.



### HANGING KNEE RAISES

**PRIMARY MUSCLE EXERCISED:** ABDOMINALS  
**MOVEMENT:** GRASP UPPER HANDLES. RAISE KNEES UNTIL ABDOMINALS ARE FULLY CONTRACTED. LOWER KNEES NEVER RELEASING TENSION FROM THE MUSCLES AND REPEAT.



### CHEST STRETCH

**PRIMARY MUSCLE STRETCHED:** CHEST  
**MOVEMENT:** RAISE HANDLE TO SHOULDER HEIGHT. GRASP HANDLE WITH SLIGHT BEND IN ELBOW. TWIST BODY UNTIL CHEST MUSCLE IS FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



### UPPER BACK STRETCH

**PRIMARY MUSCLE STRETCHED:** UPPER BACK  
**MOVEMENT:** GRASP UPPER HANDLES AND SLOWLY LOWER BODY UNTIL UPPER BACK IS FULLY STRETCHED.



### SHOULDER STRETCH

**PRIMARY MUSCLE STRETCHED:** SHOULDER  
**MOVEMENT:** RAISE HANDLE TO SHOULDER HEIGHT. GRASP HANDLE WITH ARM ACROSS YOUR BODY AND A SLIGHT BEND IN YOUR ELBOW. TWIST BODY UNTIL SHOULDER MUSCLE IS FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



### HAMSTRING/LOWER BACK STRETCH

**PRIMARY MUSCLE STRETCHED:** HAMSTRING  
**MOVEMENT:** GRASP HANDLES AND PLACE ANKLE ON TOP OF ROLLER. LEAN BACK UNTIL HAMSTRING IS FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



### QUAD STRETCH

**PRIMARY MUSCLE STRETCHED:** QUADRICEPS  
**MOVEMENT:** GRASP HANDLES AND PLACE HEEL ON BLACK FOOT PLATE. LEAN BACK UNTIL QUADRICEP IS FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



### HIP/GLUTE STRETCH

**PRIMARY MUSCLE STRETCHED:** HIPS/GLUTES  
**MOVEMENT:** GRASP HANDLES AND PLACE ANKLE OVER OPPOSING KNEE. LOWER BODY UNTIL HIPS AND GLUTES ARE FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



### CALF STRETCH

**PRIMARY MUSCLE STRETCHED:** CALVES  
**MOVEMENT:** GRASP HANDLES AND PLACE FOOT ON ANGLED FOOT PLATE. LEAN BODY FORWARD UNTIL CALF MUSCLE IS FULLY STRETCHED. REPEAT FOR OTHER SIDE OF BODY.



LOWER BODY STRETCHING

UPPER BODY STRETCHING

STANDING FREE CABLE

BENCH

BAR



## 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 MACHINE. 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 MACHINE.
- 6) IF YOU HAVE ANY QUESTIONS ON PROPER USE OR MAINTENANCE OF THIS MACHINE, DO NOT HESITATE TO CALL YOUR LOCAL BATCA FITNESS SYSTEMS DISTRIBUTOR OR

 **BATCA FITNESS SYSTEMS**  
 (919) 255-1233  
 www.batcafitness.com

## MAINTENANCE

- CABLES** CHECK AND ADJUST CABLE TENSION REGULARLY.
- GUIDE RODS** CLEAN AND LUBRICATE WEIGHT STACK GUIDE RODS REGULARLY. USE TEFLON OR SILICON BASED LUBRICANTS (DO NOT USE OIL BASED LUBRICANTS).
- UPHOLSTERY** CLEAN REGULARLY USING MILD SOAP AND WATER WITH A SOFT CLOTH.
- HARDWARE** CHECK AND TIGHTEN ANY LOOSE FASTENERS ON A REGULAR BASIS.