



OMEGA 4

COMMERCIAL MULTI-STATION



WEIGHT RATIO CHART

STATION	RATIO	WEIGHT	RESISTANCE
Pec Fly	.75/1	10 Lbs.	7.5 Lbs.
Chest Press	1.25/1	10 Lbs.	12.5 Lbs.
Leg Ext/Curl	1/1	10 Lbs.	10 Lbs.
High Pulley	1/1	10 Lbs.	10 Lbs.
Ab Crunch	1/1	10 Lbs.	10 Lbs.
Mid Row	1/1	10 Lbs.	10 Lbs.
Low Pulley	1/1	10 Lbs.	10 Lbs.
Leg Press	2/1	10 Lbs.	20 Lbs.

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.

CHEST PRESS

1. ADJUST SEAT POSITION SO HANDLES ARE ALIGNED WITH MIDDLE OF CHEST.
2. WITH BACK FIRMLY AGAINST BACK PAD, PRESS FOOT ADVANCE LEVER AWAY FROM BODY. GRASP HANDLES OF PRESS ARM. PRESS ARM AWAY FROM BODY.



PEC FLY

1. ADJUST SEAT SO ELBOWS ARE ABOVE CHEST PRESS ARM. USING PULL PIN AT THE TOP OF EACH ARM, ADJUST ARMS FOR DESIRED PRE-STRETCH/START POSITION.
2. WITH BACK FIRMLY AGAINST BACK PAD, GRASP TWO PEC FLY HANDLES AND EXTEND ARMS KEEPING A SLIGHT BEND IN ELBOWS. SLOWLY PUSH HANDLES TOWARD CENTER OF BODY.



CORE ROTATION

1. ATTACH SINGLE HANDLE TO HIGH PULLEY. GRASP HANDLE AND LOWER TO SHOULDER HEIGHT.
2. PUSH HANDLE DOWN AND ACROSS BODY TO OPPOSITE SIDE WAIST WHILE ROTATING CORE.



AB CRUNCH

1. ADJUST BACK PAD FOR DESIRED PRE-STRETCH/START POSITION. PLACE AB STRAP OVER YOUR SHOULDERS AND GRASP HANDLES.
2. WITH YOUR BACK AGAINST THE PAD, IN A CRUNCHING MOTION, PIVOT YOUR UPPER BODY FORWARD.



LAT PULL

1. ADJUST SEAT POSITION SO LEGS FIT SNUGLY UNDER HOLD-DOWN ROLLERS.
2. TAKE LAT BAR OFF HOLDER AND GRIP BOTH ENDS. WHILE SEATED, PULL BAR DOWN TO TOP OF CHEST. (KEEP BACK STRAIGHT DURING EXERCISE).



MID ROW

1. ADJUST SEAT POSITION SO HANDLES ON ROW ARM ARE ALIGNED WITH MIDDLE TO LOWER PART OF CHEST. ADJUST CHEST SUPPORT PAD FOR DESIRED PRE-STRETCH/START POSITION.
2. GRASP HANDLES OF ROW ARM. WITH CHEST FIRMLY AGAINST SUPPORT PAD, PULL MID ROW ARM TOWARDS BODY.



UPRIGHT ROW

1. GRIP BAR WITH PALMS FACING DOWN AND A SHOULDER'S WIDTH APART.
2. PULL BAR UP UNTIL IT IS JUST UNDER YOUR CHIN (ARM SHOULD BE PARALLEL TO FLOOR IN TOP POSITION).



SHOULDER SHRUG

1. GRIP BAR WITH PALMS FACING DOWN AND A SHOULDER'S WIDTH APART.
2. KEEPING A SLIGHT BEND IN ELBOWS, RAISE SHOULDERS UNTIL MUSCLES ARE FULLY CONTRACTED.



BICEP CURL

1. GRIP BAR WITH PALMS FACING UPWARD AND HANDS A SHOULDER'S WIDTH APART.
2. WITH ELBOWS TIGHT TO YOUR BODY, CURL BAR UP UNTIL BICEPS ARE FULLY CONTRACTED.



TRICEP EXTENSION

1. TAKE BAR OFF HOLDER AND GRIP WITH PALMS FACING DOWN AND HANDS A SHOULDER'S WIDTH APART.
2. WITH ELBOWS TIGHT TO BODY, PUSH BAR DOWN UNTIL TRICEPS ARE FULLY CONTRACTED.



LEG EXTENSION

1. ADJUST TOP ROLLER TO HIGH POSITION. FLIP TWO SHORT ROLLERS FORWARD. ADJUST BACK PAD TO SUPPORT BACK WHILE ALIGNING YOUR KNEES WITH PIVOT POINT OF ARM. WITH LOWER ROLLER PAD IN FRONT OF ANKLES, USE PULL PIN ON ARM TO ADJUST DESIRED PRE-STRETCH/START POSITION.
2. LIFT AND STRAIGHTEN LEGS KEEPING A SLIGHT BEND IN KNEES. SLOWLY RETURN TO START POSTION NEVER RELEASING TENSION FROM MUSCLE.



LEG CURL

1. FLIP TWO SHORT ROLLERS TO REAR POSITION. ADJUST BACK PAD TO SUPPORT BACK WHILE ALIGNING KNEES WITH PIVOT POINT OF ARM. WITH BOTTOM ROLLER PAD BEHIND ANKLES, USE PULL PIN ON ARM TO ADJUST FOR DESIRED PRE-STRETCH/START POSITION KEEPING A SLIGHT BEND IN KNEES. LOWER TOP ROLLER TO FIT SNUGLY ON TOP OF SHINS.
2. CURL LEGS DOWNWARD UNTIL HAMSTRINGS ARE FULLY CONTRACTED.



STANDING INNER/OUTER THIGH

1. WRAP ANKLE STRAP AROUND ANKLE AND HOOK TO LOW PULLEY CABLE.
2. OUTER THIGH: KICK LEG AWAY FROM BODY.
3. INNER THIGH: KICK LEG ACROSS BODY.



GLUTE KICK

1. WRAP ANKLE STRAP AROUND ANKLE AND HOOK TO LOW PULLEY CABLE.
2. KICK LEG BACK (KEEPING A SLIGHT BEND IN KNEE) UNTIL GLUTE MUSCLE IS FULLY CONTRACTED.



LEG PRESS

1. USING PULL PIN BEHIND BACK PAD, ADJUST SEAT FOR DESIRED PRE-STRETCH/START POSITION.
2. PLANT FEET FIRMLY ON FOOTPLATE AND BACK FIRMLY AGAINST BACK PAD. PUSH FOOTPLATE AWAY FROM BODY (DO NOT LOCK KNEES).



CALF RAISE

1. USING PULL PIN BEHIND BACK PAD, ADJUST SEAT FOR DESIRED PRE-STRETCH/START POSITION.
2. PLANT BALLS OF FEET FIRMLY AT BOTTOM OF FOOTPLATE AND BACK FIRMLY AGAINST BACK PAD. PUSH FOOTPLATE AWAY FROM BODY KEEPING A SLIGHT BEND IN KNEES. PRESS BALLS OF FEET FORWARD UNTIL CALF MUSCLES ARE FULLY CONTRACTED.



CHEST

BACK

ARMS

LEGS

ABS

SHOULDERS

LEGS