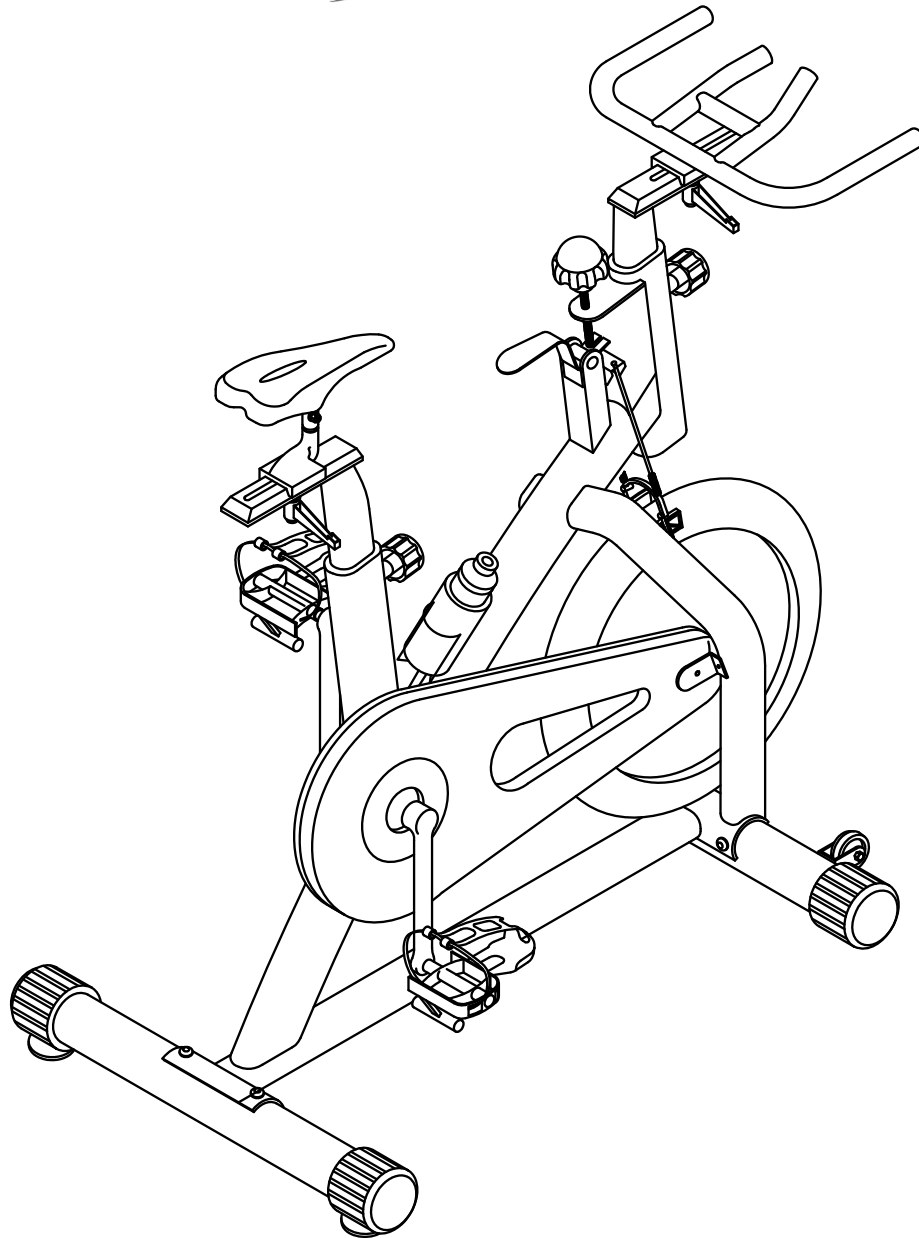


BEST *BF* FITNESS
EQUIPMENT



v. 112408

BF10
OWNER'S MANUAL

BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFSB10. This gym is part of the Best Fitness quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning.

To maximize your use of the equipment please study this Owner's Manual thoroughly.

Unpacking the Equipment

The BFSB10 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

Be careful to assemble all components in the sequence presented in this guide.

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the BFSB10. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the BFSB10 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFSB10 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Best Fitness BFSB10.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Best Fitness replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, go to www.bestfitness.com or contact an authorized Best Fitness dealer or a Best Fitness factory-authorized service company or contact Best Fitness customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Best Fitness
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

SAFETY GUIDELINES

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.**
- 4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

ASSEMBLY INSTRUCTIONS

Assembly of the BFSB10 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

PROFESSIONAL INSTALLERS ARE HIGHLY RECOMMENDED!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the BFSB10 using the illustrations only, important safety notes and other tips are included in the text.

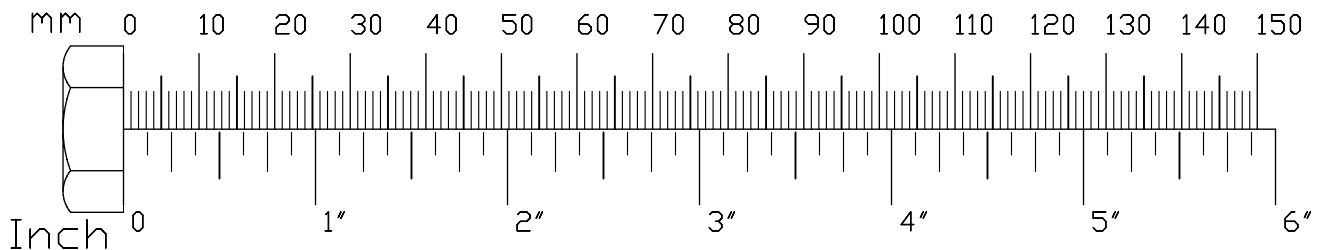
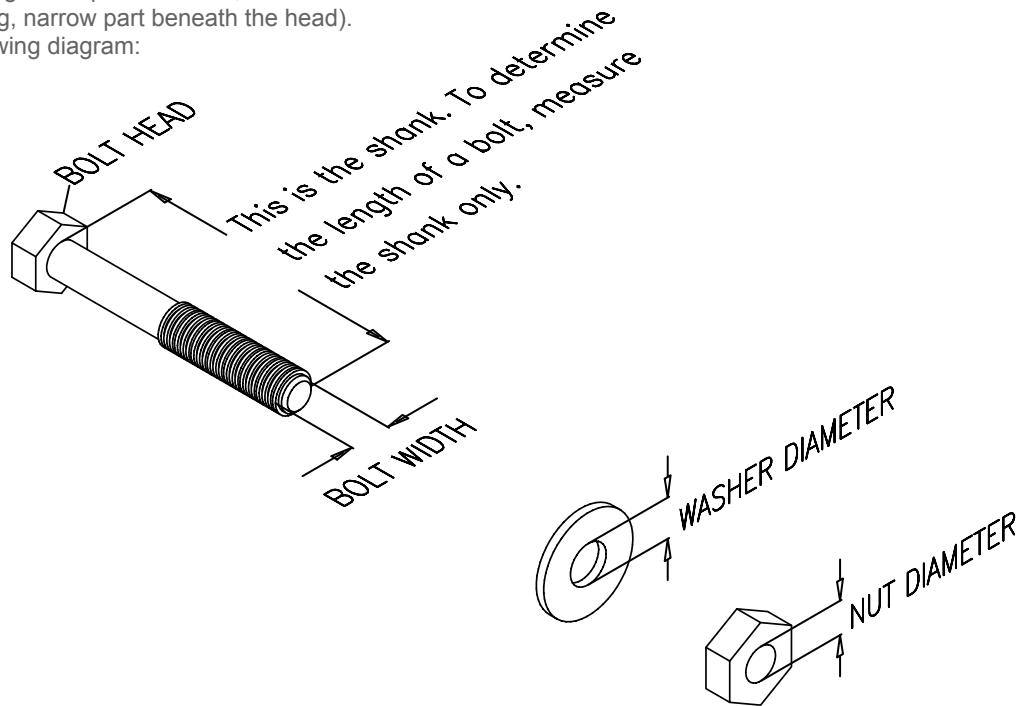
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

Do not fully tighten bolts until instructed to do so.

Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



STEP**1**

Be careful to assemble all components in the sequence they are presented.

Some components may be pre-assembled.

- A. Slide Rear Foot Bar (46) onto Main Frame (1) and connect using:
Two 49 (washers)
Two 50 (bolts)

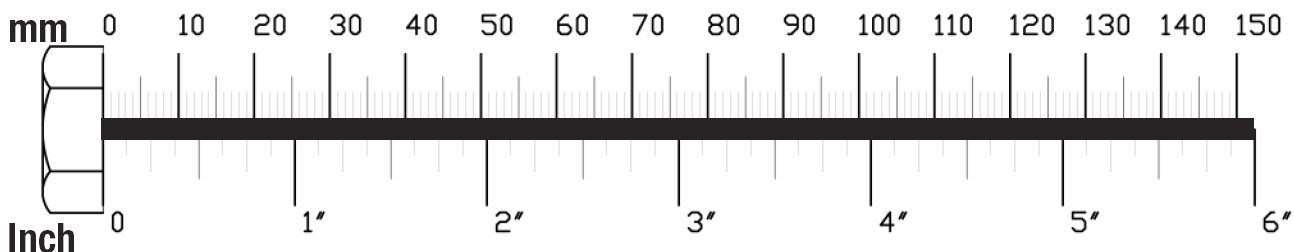
Use the provided Allen Wrench (63) at this time.

- B. Slide Front Bar (51) onto the Main Frame (1) and connect using:
Two 49 (washers)
Two 50 (bolts)

Use the provided Allen Wrench (63) at this time.

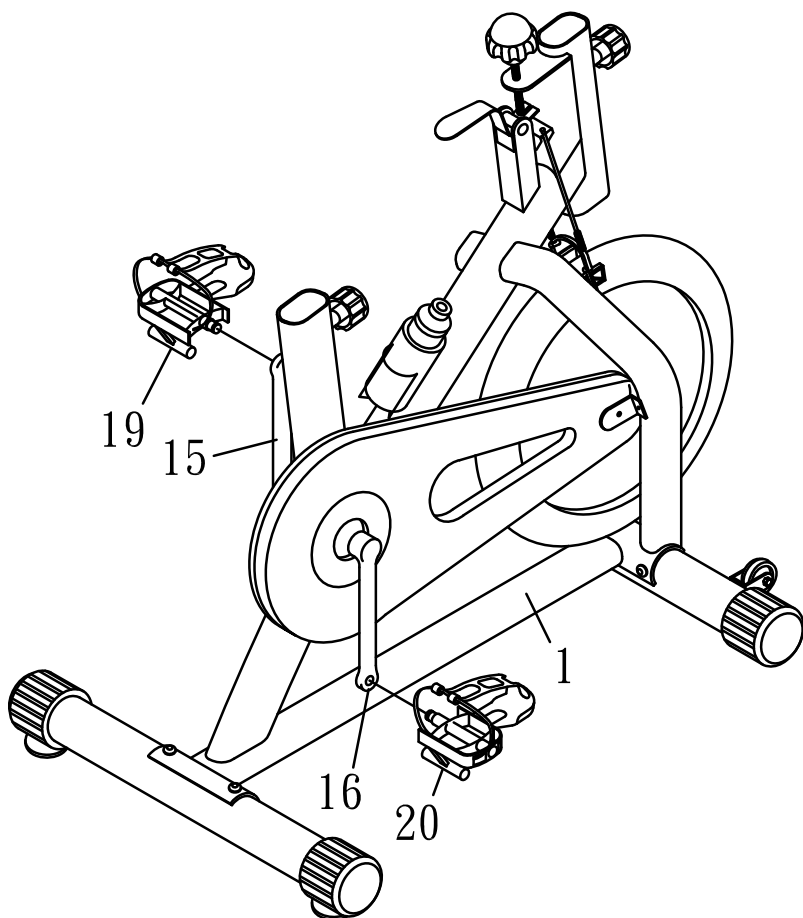
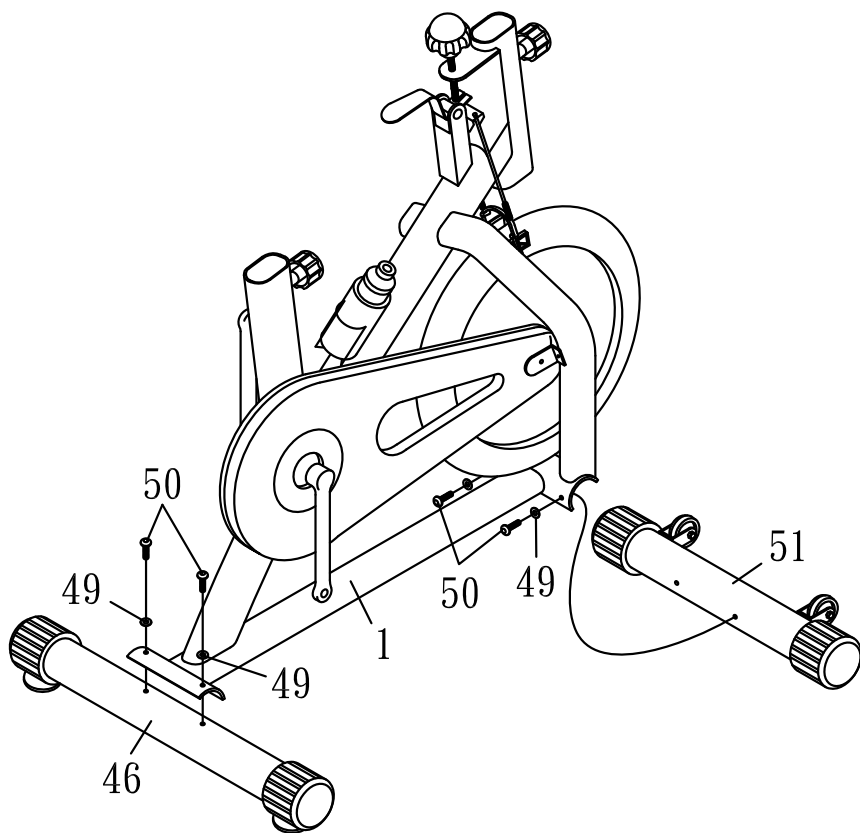
- C. Thread the Left Pedal (19) to the left of the Left Crank (15).
Thread the Right Pedal (20) to the right of the Right Crank (16).

Use the provided Spanner Wrench (64) at this time.



STEP

1



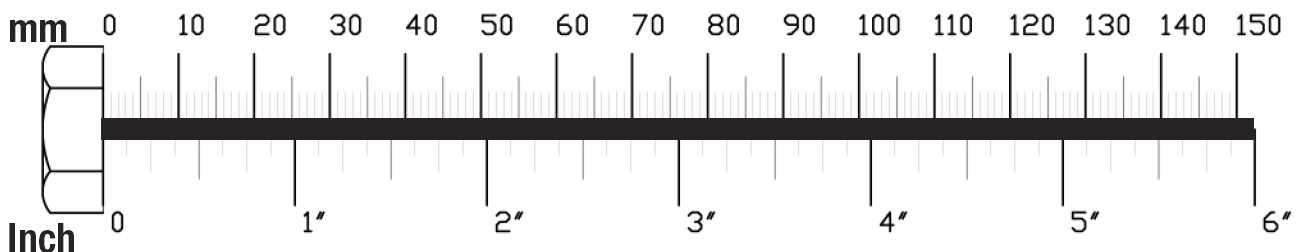
STEP**2****Be careful to assemble all components in the sequence they are presented.**

Some components may be pre-assembled.

- A. Insert Seat Post (56) into the tube on Main Frame (1) with knob (33) positioned as shown in the diagram.
Hand tighten only at this time.
- B. Slide Seat (60) onto Adjustable Seat Frame (59) and position the assembly onto Seat Post (56) and secure using:
One 57 (washer)
One 58 (lock knob)

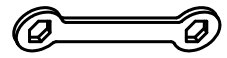
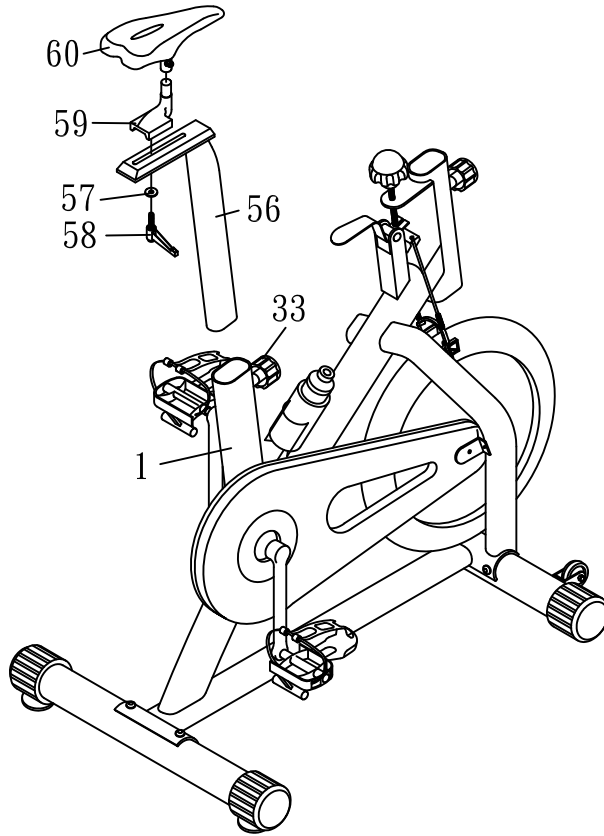
Use the provided Spanner Wrench (65) at this time to completely tighten the assembly.

- C. Insert Handle Post (61) into Main Frame (1) as shown in the diagram. Secure assembly using Knob (33).
- D. Slide Handle Bar (62) onto the top of Handle Post (61) and secure using:
One 57 (washer)
One 58 (lock knob)

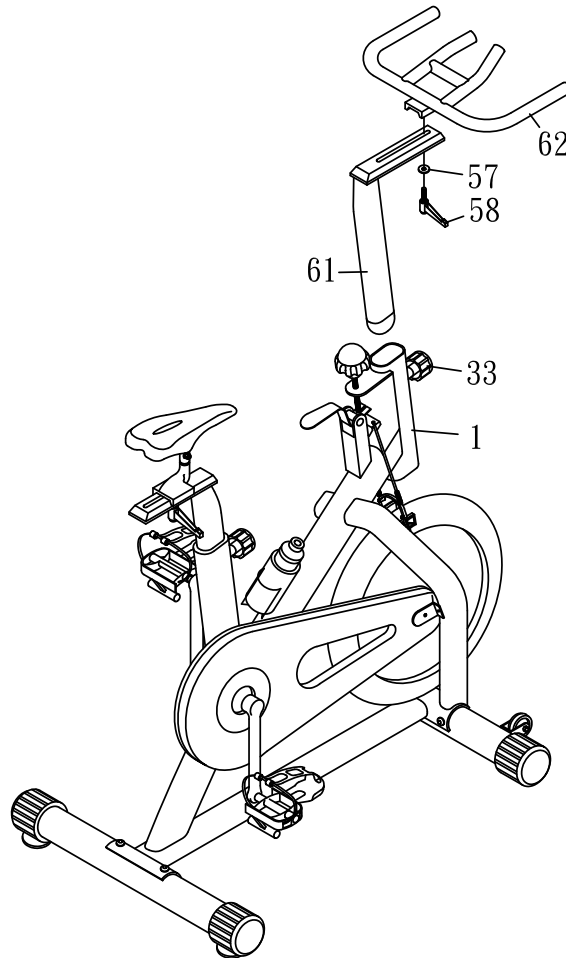


STEP

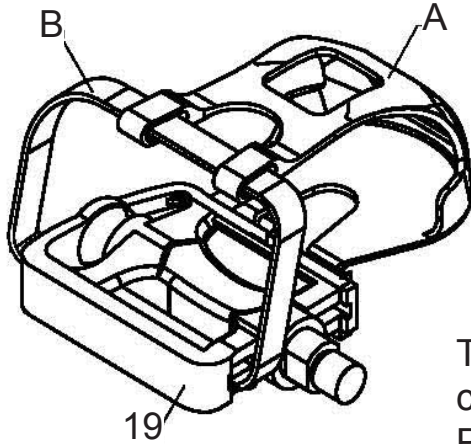
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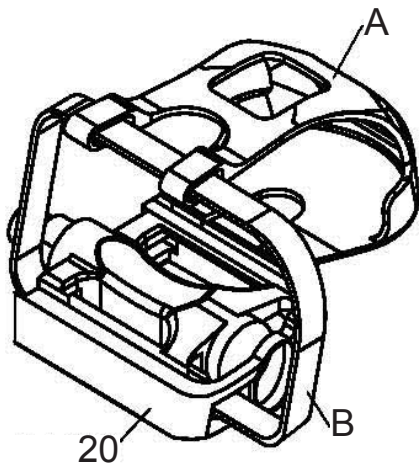
65



PEDAL STRAP ASSEMBLY



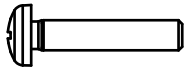
To complete the left pedal assembly, connect Pedal Foot Cover (A) to Left Pedal (19) with two Screws (C). Slide Pedal Strap (B) through Pedal Foot Cover (A) and Left Pedal (19).



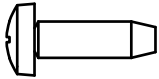
To complete the right pedal assembly, connect Pedal Foot Cover (A) to Right Pedal (20) with two Screws (C). Slide Pedal Strap (B) through Pedal Foot Cover (A) and Right Pedal (20).

HARDWARE

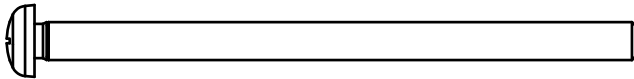
(Actual Size Shown)



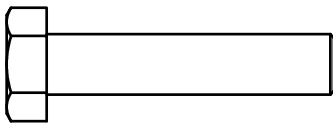
(5) M4X20L Screw QTY.3



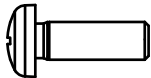
(14) M5X10L Self Tapping Screw QTY.4



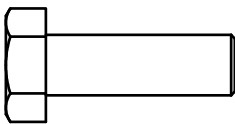
(27) M6X80L Screw QTY.2



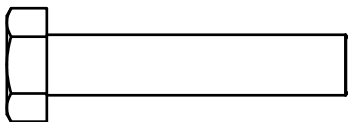
(41) M8X38L Bolt QTY.1



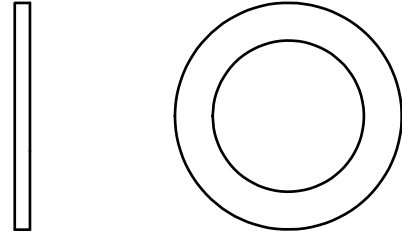
(45) M5X15L Screw QTY.2



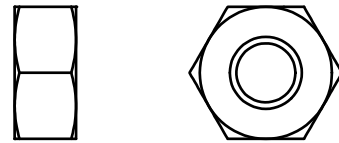
(50) M8X25L Bolt QTY.4



(54) M8X40L Bolt QTY.2



(9) Ø30XØ20X2t Washer QTY.1



(10) M20(Ø29X8t) Nut QTY.1



(13) Ø16XØ6X1.5t Washer QTY.1



(17) M8 Nut QTY.2



(23) M3(Ø17X5t) Hex Head Nut QTY.2



(26) M3(Ø15X11t) Lock Nut QTY.2



(28) Ø13XØ6X1t Washer QTY.2

HARDWARE

(Actual Size Shown)



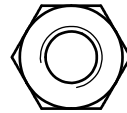
(29) M6(Ø10X5t) Nylon Nut QTY.2



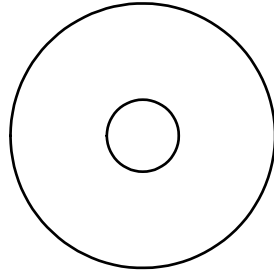
(40) M6(Ø10X6t) Nylon Nut QTY.2



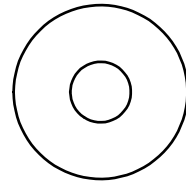
(31) M6(Ø10X6t) Nylon Nut QTY.2



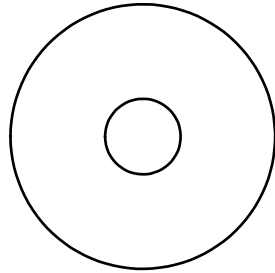
(42) M8X13L Nylon Nut QTY.1



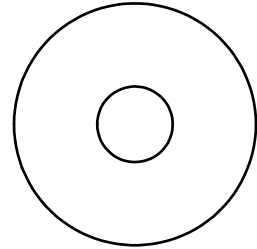
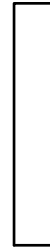
(35) Ø35XØ3/8"X1.5t Steel Washer QTY.1



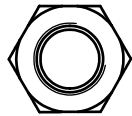
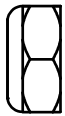
(49) Ø23XØ8X2t Washer QTY.4



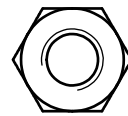
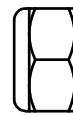
(36) Ø35XØ10X5t Nylon Washer QTY.1



(57) Ø32XØ10X5t Washer QTY.2



(39) 3/8"(Ø14X7t) Nut QTY.1



(55) M8X13L Nylon Nut QTY.2

mm 0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150



Inch 0

1"

2"

3"

4"

5"

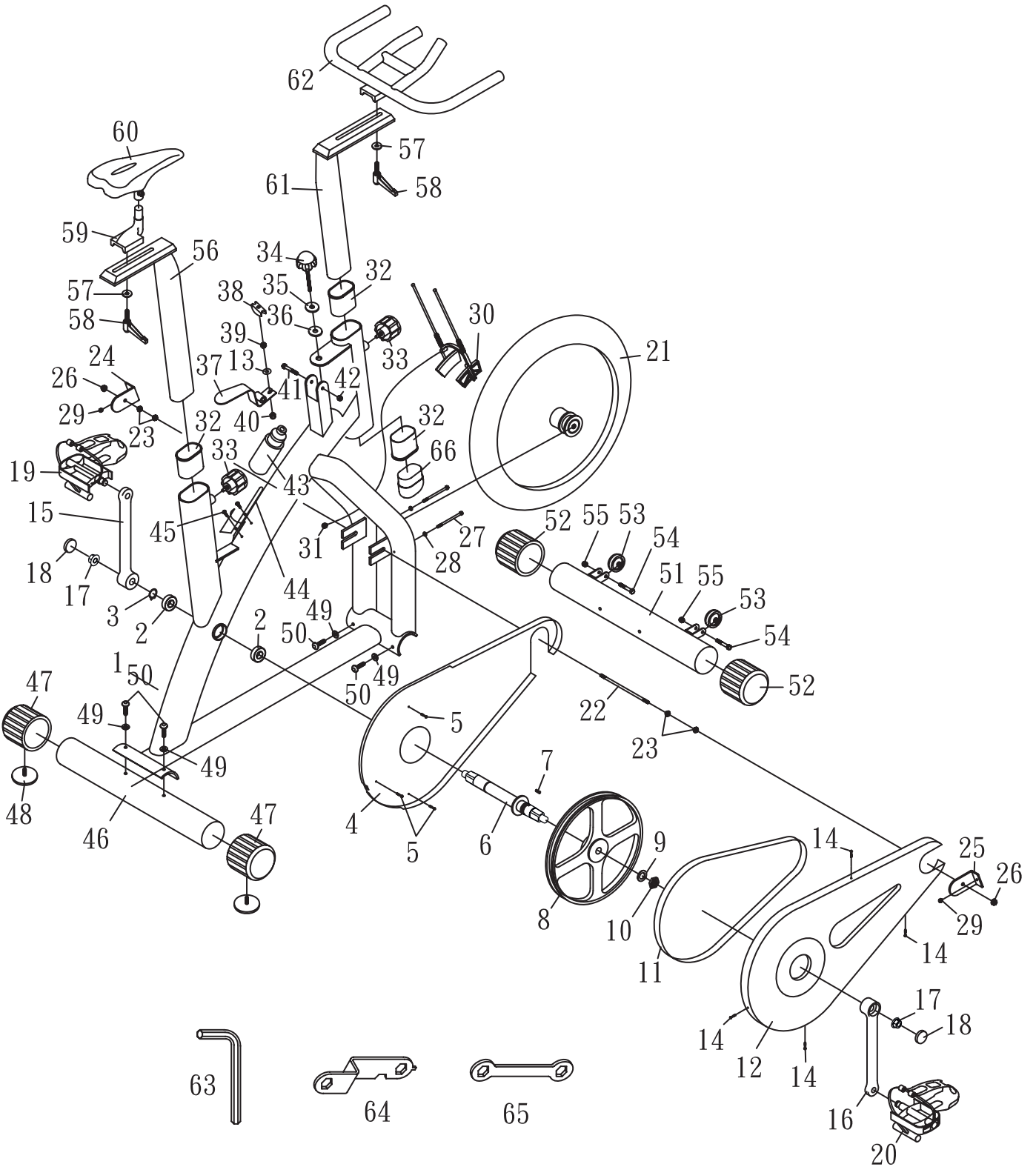
6"

HARDWARE LIST

PART#	DESCRIPTION	QTY	PART#	DESCRIPTION	QTY
1	Main Frame	1	36	Φ10xΦ35x5t Nylon Washer	1
2	Bearing	2	37	Stopper Bar	1
3	Ring	1	38	Bracket	1
4	M4x20L Inner Belt Cover	1	39	Φ14x7t Nut	1
5	M4x20L Screw	3	40	M6 (Φ10x6t) Nylon Nut	1
6	Rod	1	41	M8x38L Bolt	1
7	Pin	1	42	M8x13L Nylon Nut	1
8	Belt Wheel	1	43	Water Bottle	1
9	Φ30xΦ20x2t Washer	1	44	Bottle Rack	1
10	M20 (Φ29x8t) Nut	1	45	M5x15L Screw	2
11	Belt Wheel	1	46	Rear Foot Bar	1
12	M5x25L Outer Belt Cover	1	47	Rear End cap	2
13	Φ16xΦ6x1.5t Washer	1	48	Adjustable Pad	2
14	M5x10L Tapping Screw	4	49	Φ23xΦ8x2t Washer	4
15	Left Crank	1	50	M8x25L Bolt	4
16	Right Crank	1	51	Front Foot Bar	1
17	M8 Nut	2	52	Round End Cap	2
18	Cap	2	53	Wheel	2
19	Left Pedal	1	54	M8x40L Bolt	2
20	Right Pedal	1	55	M8x13L Nylon Nut	2
21	Flywheel	1	56	Seat Post	1
22	Safety Rod	1	57	Φ32xΦ10x5t Washer	2
23	Φ17x5t Hex Head Nut	4	58	M10x30 Lock Knob	2
24	Left Bracket	1	59	Seat Adjustable	1
25	Right Bracket	1	60	Seat	1
26	Lock Nut	2	61	Handle Post	1
27	M6x80L Screw	2	62	Handle Bar	1
28	Φ13xΦ6x1t Washer	2	63	Allen Wrench	1
29	M6 (Φ10x5t) Nylon Nut	2	64	Spanner	1
30	Stopper Set	1	65	Spanner	1
31	M6 (Φ10x6t) Nylon Nut	1	66	End Cap	1
32	Plug	3			
33	5/8"x20L Knob	2	A	Pedal Foot Cover	2
34	Adjustable Knob	1	B	Pedal Strap	2
35	Φ35x1.5t Steel Washer	1			

Part numbers are required when ordering parts.

EXPLODED VIEW DIAGRAM



1900 S. Des Plaines Ave.
Forest Park, IL 60130
1 (800) 556-3113
Hours: M-F 8:30 - 5:00 CST

