

# BEST FITNESS

With value at top of mind, the Body-Solid Best Fitness product line is ideal for entry-level home users looking to bring their workouts home. Featuring cardio pieces, free weight machines, free weight rack systems/benches as well as home gyms, Best Fitness has something for everybody.



## BFUB1 UPRIGHT BIKE

- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- Transport wheels
- 41"L x 20"W x 55"H, 72 lbs.



## BFRB1 RECUMBENT BIKE

- Eight levels of magnetic resistance
- Five panel feedback LCD display
- Contact HR readout
- Transport wheels
- 51"L x 25"W x 40"H, 67 lbs.



## BFSB5 INDOOR TRAINING CYCLE

- 40 lb. flywheel
- Chain drive system
- Transport wheels
- 44"L x 20"W x 44"H, 101 lbs.



## **BFCT1** **CROSS TRAINER ELLIPTICAL**

- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- 45"L x 26"W x 66"H, 97 lbs.



## **BFE2** **CENTER DRIVE ELLIPTICAL**

- 21" natural stride
- Contact heart rate
- Close pedal spacing eliminates hip fatigue
- 5" digital display
- 48"L x 30"W x 66"H, 182 lbs.



## **BFMC10** **MOUNTAIN CLIMBER**

- Lower body stepper and upper body climber in one machine
- Easy to store / folds for storage
- Low impact workout
- 9"L x 25"W x 77"H (folded)
- 37"L x 25"W x 85"H, 49 lbs.



## **BFT25** **FOLDING TREADMILL**

- Folds for easy storage
- 0.6-10 mph speed
- 15 different incline levels
- 18x54" rubber-cushioned running surface
- 71"L x 32"W x 55"H, 163 lbs.



### **BFAB10** **AB BOARD**

- 3 starting positions (15, 20 or 25 degrees)  
No assembly required.
- 37"L x 18"W x 10"H (folded)
- 49"L x 18"W x 27"H, 23 lbs.



### **BFAB20** **SEMI-RECUMBENT AB BENCH**

- Seat angles- 45-degree start w/ 2 additional 5-degree reclining positions.
- 64"L x 22"W x 46"H, 61 lbs.



### **BFHYP10** **AB BOARD / HYPEREXTENSION**

- 3 starting positions: 15, 20 and 25 degrees.
- Folds for storage
- 37"L x 29"W x 11"H (folded)
- 50"L x 29"W x 32"H, 30 lbs.



### **BFVK10** **VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN-UP**

- Lat pull-up / chin-up station features easy step-up entry.
- 39"L x 27"W x 83"H, 69 lbs.



## BFFID10

### FLAT / INCLINE / DECLINE BENCH

- No assembly required
- 42"L x 18"W x 10"H (folded)
- 58"L x 18"W x 19"H, 34 lbs.

#### OPTIONS:

BFPL10 Preacher Curl / Leg Station



## BFFID25

### FLAT / INCLINE BENCH

- Fully assembled out of the box
- Ladder-style back pad adjustments
- Backpad angles: 0°, 15°, 30°, 45°, 60°, 80°
- Folds for easy storage (8.7" H)
- 68" L x 41" W x 58" H, 33.5 lbs.



## BFINVER10

### INVERSION TABLE

- Simple, 2-pin collapse-and-fold design that allows for fast storage in any closet.
- Fits users from 4'10" to 6' 6"
- 47"L x 30"W x 60"H, 46 lbs.



## BFOB10

### FOLDING OLYMPIC BENCH

- Adjustable uprights
- Includes leg developer
- 25"L x 42"W x 72"H (folded)
- 68"L x 42"W x 57"H, 71 lbs.



## **BFWT5** **STANDARD WEIGHT TREE**

- Three weight posts
- Designed for 1" standard weight plates
- Side Horns Length: 9"
- Top Horn Length: 6"
- 20" L x 32" W x 25" H, 20 lbs.



## **BFWT10** **OLYMPIC WEIGHT TREE**

- Six 9" Olympic size weight horns
- Two Olympic bar holders
- Perfect for Olympic bumper plates and traditional Olympic plates
- 24"L x 25"W x 53"H, 40 lbs.



## **BFDR10** **DUMBBELL RACK**

- Keep workout areas clean and organized
- Three-tier dumbbell rack
- Holds 10 pairs of hex dumbbells (5-50 lbs.)
- 41.7" L x 22.8" W x 30" H, 46 lbs.



## **BFFT10** **FUNCTIONAL TRAINER**

- Integrated chinning bar allows for pull-ups
- Adjustable swiveling pulleys
- Two nylon cable handles included
- Includes a single 190 lb. weight stack
- 55"L x 61"W x 84"H, 309 lbs.



## **BFPR100** **POWER RACK**

- Includes bar catches and safeties
- 46"L x 47"W x 83"H, 107 lbs.

### **OPTIONS:**

BFLA100 Lat Attachment

DR100 Dip Bar Attachment



## **BFCCO10** **CABLE CROSSOVER**

- No cable change design
- 180-degree swiveling pulleys
- Nylon bushings & chrome guide rods
- Sturdy frame construction
- 37" L x 110" W x 83" H, 102 lbs.



## **BFMG20** **SPORTSMAN GYM**

- Bench Press and Pec Fly Station
- High and Low Pulley Station
- Leg Extension and Curl Station
- Lat Bar and Low Row Bar Included
- 150lb weight stack
- 64"L x 47"W x 78"H, 276 lbs.



## **BFMG30** **MULTI-STATION GYM**

- Multi-Press and Pec Fly Station
- High and Low Pulley Station
- Ab / Mid-Pulley Station
- Leg Extension and Curl Station
- Lat Bar and Low Row Bar Included
- 145lb weight stack
- 72"L x 47"W x 83"H, 337 lbs.



## **BFSM250** **SMITH MACHINE**

- Lift safely without a spotter
- 20 lockout points
- Solid-steel knurled Olympic barbell
- Weight Capacity: 300 lbs.
- 50"L x 66"W x 79"H, 114 lbs.



## **BFLA250** **LAT ATTACHMENT**

- Add workout variety to BFSM250 Smith Machine
- High and low pulley with a no-cable change design
- Includes lat bar and low row bar
- Weight Capacity: 200 lbs.
- Dimensions: 59"L x 66"W x 82"H, 52 lbs.