BFE2

OWNER'S MANUAL

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INTRODUCTION

Congratulations!!

Thank you for purchasing your new Best Fitness® Elliptical.

With state-of-the-art technique, robust frame structure and superior ergonomic design, Best Fitness® Ellipticals set a new standard for excellence. Best Fitness® Ellipticals can improve your quality of life by keeping you fit and healthy, increasing your energy levels and enhancing your lifestyle.

Best Fitness® wants to ensure years of quality workouts with your new Elliptical so we recommend that you read this manual carefully and thoroughly to fully understand proper use and maintenance of this product. Retain this Owner's Manual for future reference.

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, check out the official Best Fitness® website at www.BestFitness.com or contact an authorized Best Fitness® dealer or a Best Fitness® factory-authorized service company or contact Best Fitness® Customer Tech Support 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

IMPORTANT SAFETY INFORMATION

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

• **Read all instructions before using the BFE2. 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 the 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.**

The BFE2 is designed for your enjoyment. By following these precautions and using common sense, you can have many safe and pleasurable hours of healthful exercise with your Best Fitness® BFE2.

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.

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. Breath 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.

BEFORE YOU BEGIN

The Best Fitness® is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Carefully unpack the unit in a clear area and lay the pieces on the floor near the area where you plan to use the equipment. Remove the packing material. Do not dispose of the packing material until assembly is complete and the unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location.
Be careful to assemble all components in the sequence presented in this guide.

PERSONAL SAFETY DURING ASSEMBLY

❍ 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 which will void the warranty.

❍ Assemble and operate the Best Fitness® Elliptical on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

BEFORE YOU BEGIN

Locate all hardware bags, labeled Figure 1 through Figure 9, with the exception of Figure 8. Tools have been provided to assist you with assembling the Best Fitness® If you are missing any hardware bags, please call Best Fitness® Customer Tech Support Hot Line at 1-800-556-3113.

ASSEMBLY INSTRUCTIONS

Assembly of the BFE2 takes professional installers about 1 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 BFE2 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:
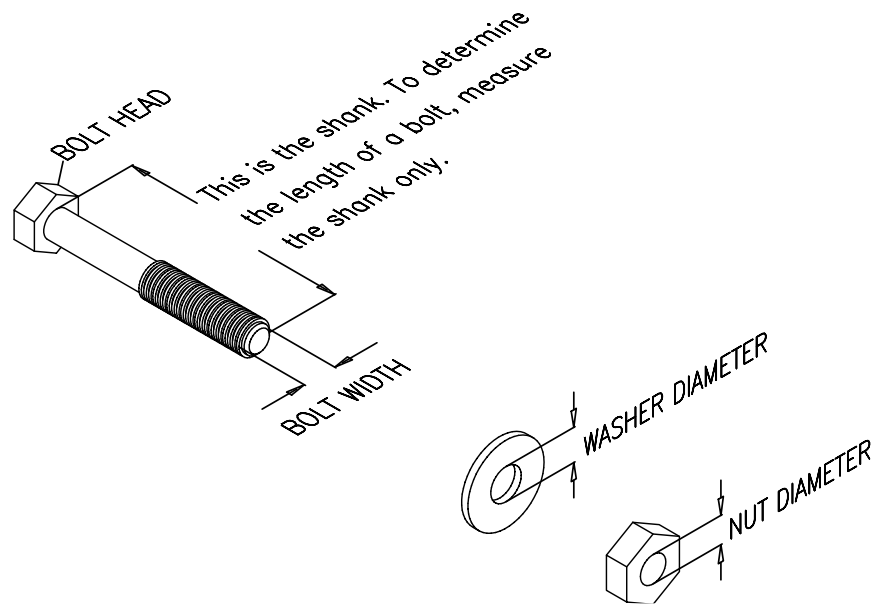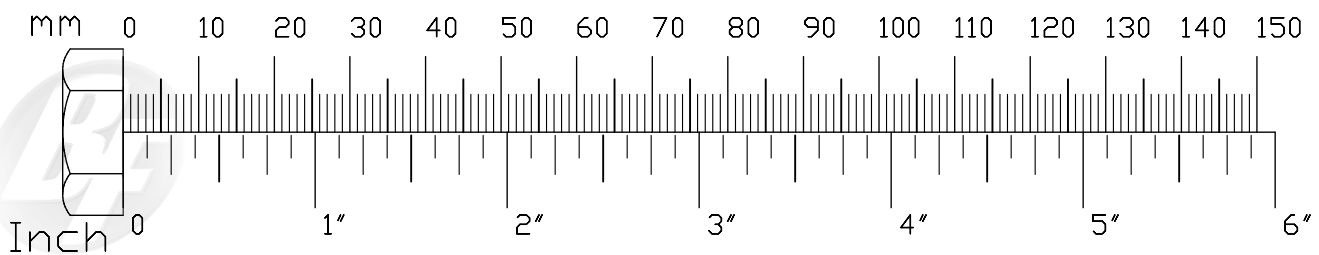

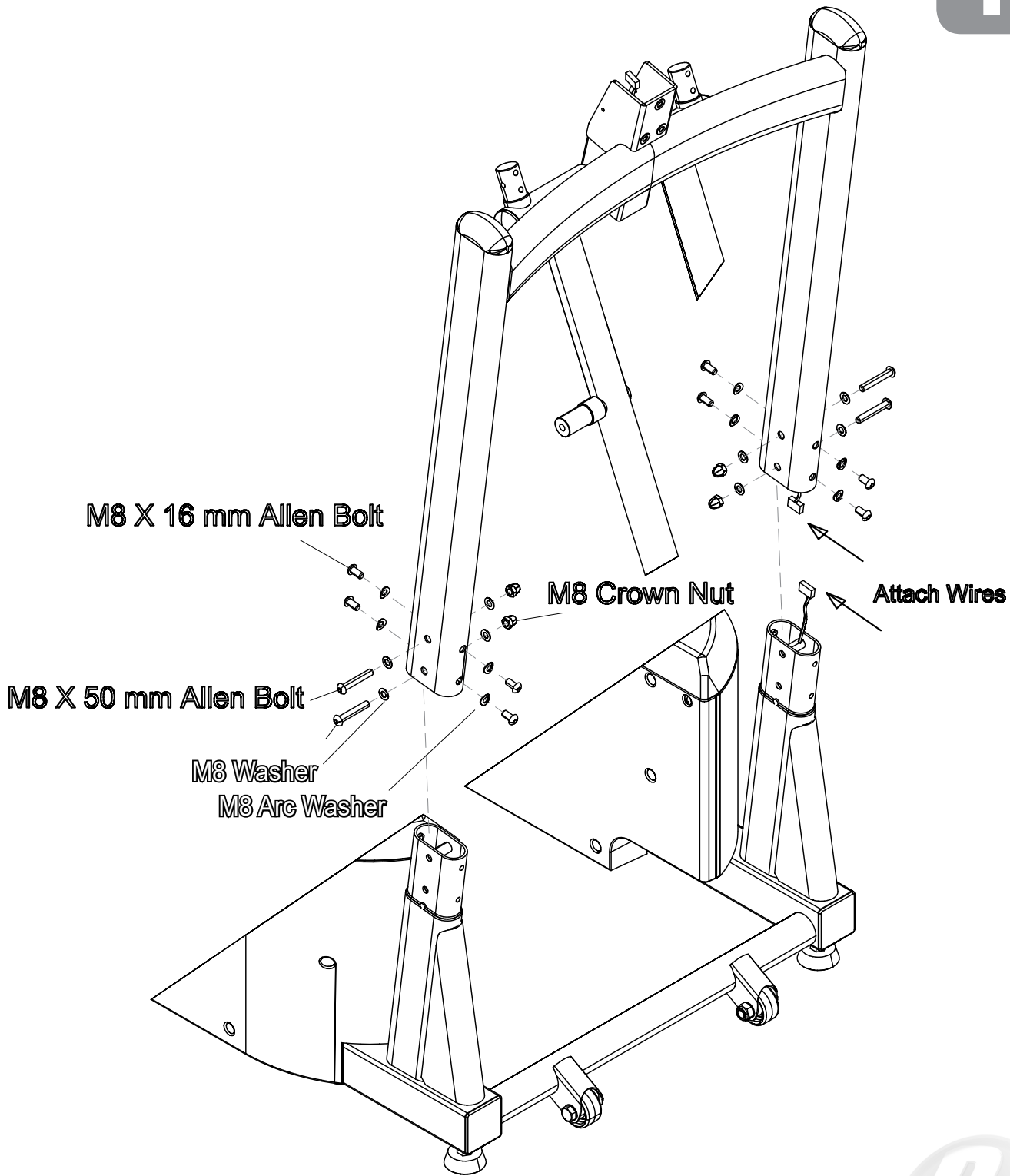**Do not fully tighten bolts until instructed to do so.**

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.

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

A. Carefully lift the Upright Frame Assembly above the front of the Base Frame.

B. Attach wire harness as shown.
   NOTE: A second person is required.

C. Slide the Upright Frame onto the Base Frame.
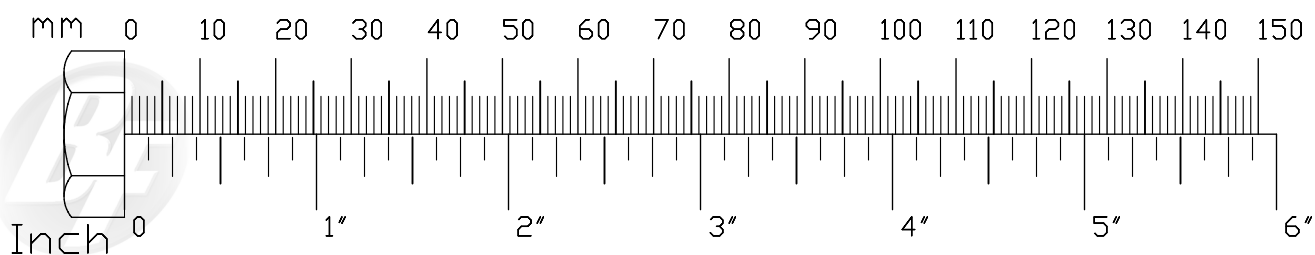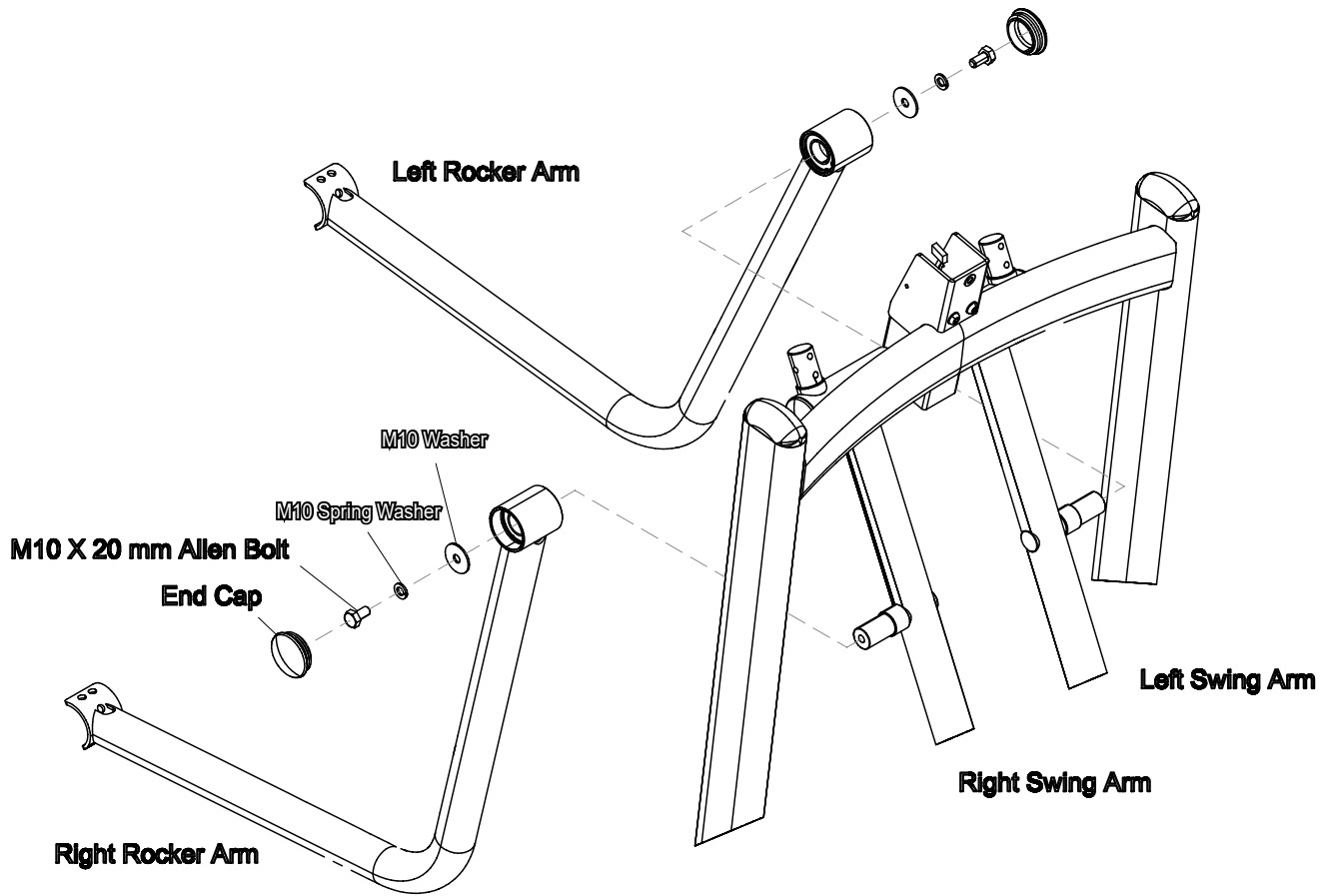
D. Insert the hardware as shown.

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"

M8 X 16 mm Allen Bolt

M8 Crown Nut

Attach Wires

M8 X 50 mm Allen Bolt

M8 Washer

M8 Arc Washer

BF

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

A.   Insert Right Rocker Arm into Right Swing Arm and install hardware as shown:

B.   Insert End Cap into Right Rocker Arm.

C.   Insert Left Rocker Arm into Left Swing Arm and install hardware as shown:

D.   Insert End Cap into Left Rocker Arm.

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"

Left Rocker Arm

M10 Washer

M10 Spring Washer

M10 X 20 mm Allen Bolt

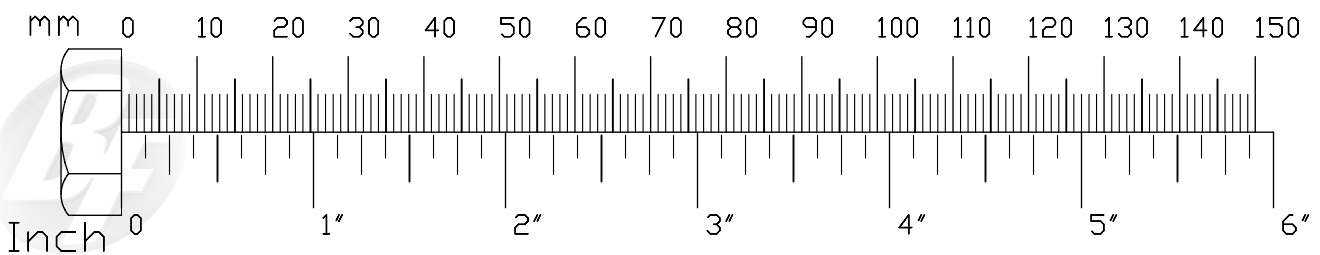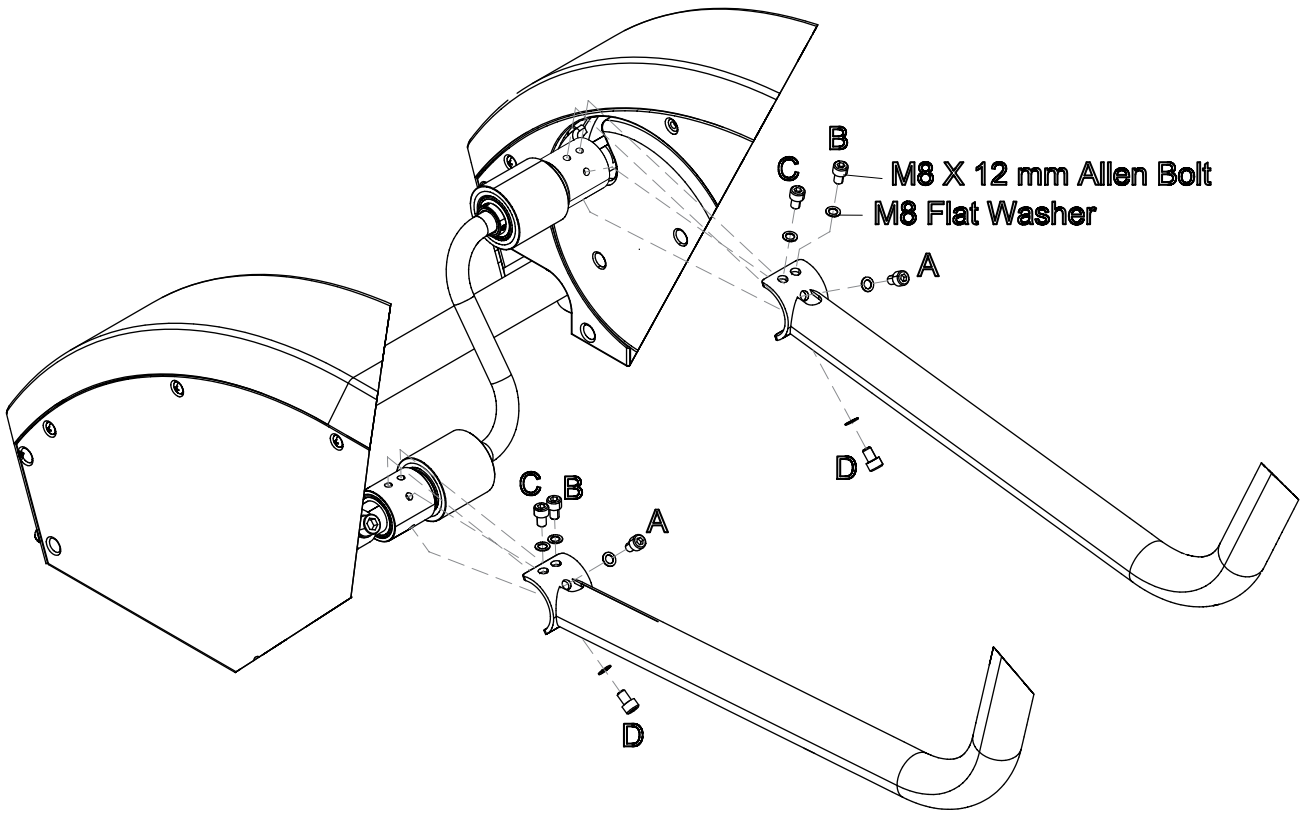End Cap

Right Rocker Arm

Left Swing Arm

Right Swing Arm

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

A.   Connect the Rocker Arms as shown.

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"

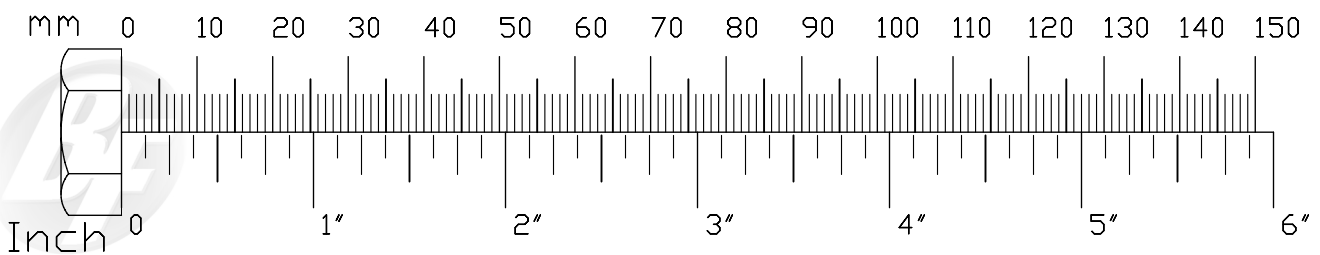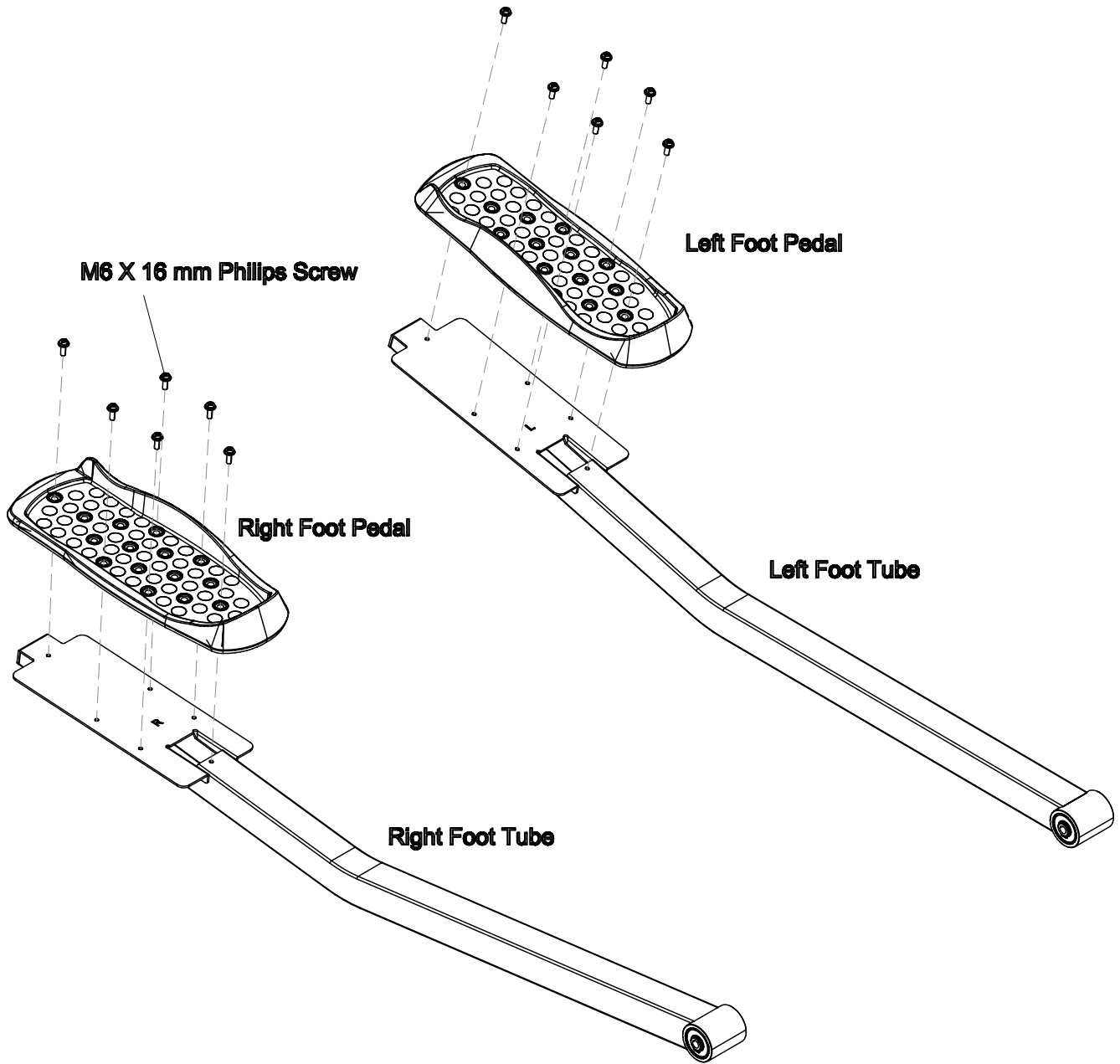B

C M8 X 12 mm Allen Bolt

M8 Flat Washer

A

D

C B

A

D

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

A.   Connect the Right Foot Pedal to the Right Foot Tube using
Six M6x16 Phillips Screw

B.   Connect the Left Foot Pedal to the Left Foot Tube using
Six M6x16 Phillips Screw

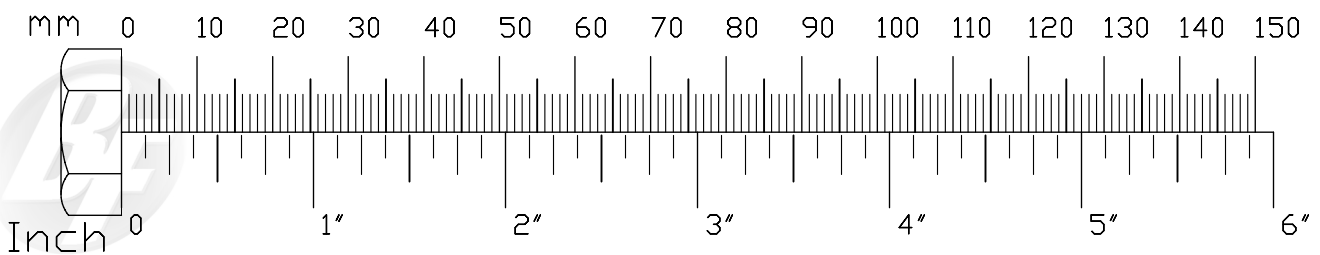mm   0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch 0   1"   2"   3"   4"   5"   6"

M6 X 16 mm Philips Screw

Left Foot Pedal

Right Foot Pedal

Left Foot Tube

Right Foot Tube

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

A.   Connect the Foot Tubes as shown.

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"

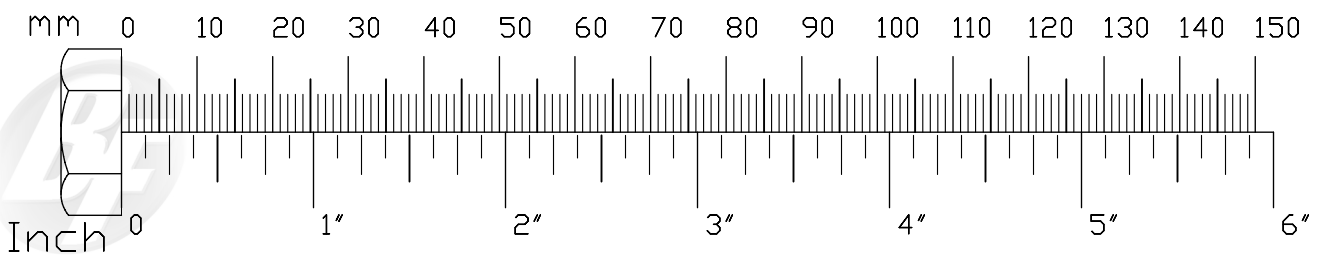M10 X 82mm hex bolt

M10 hex nut
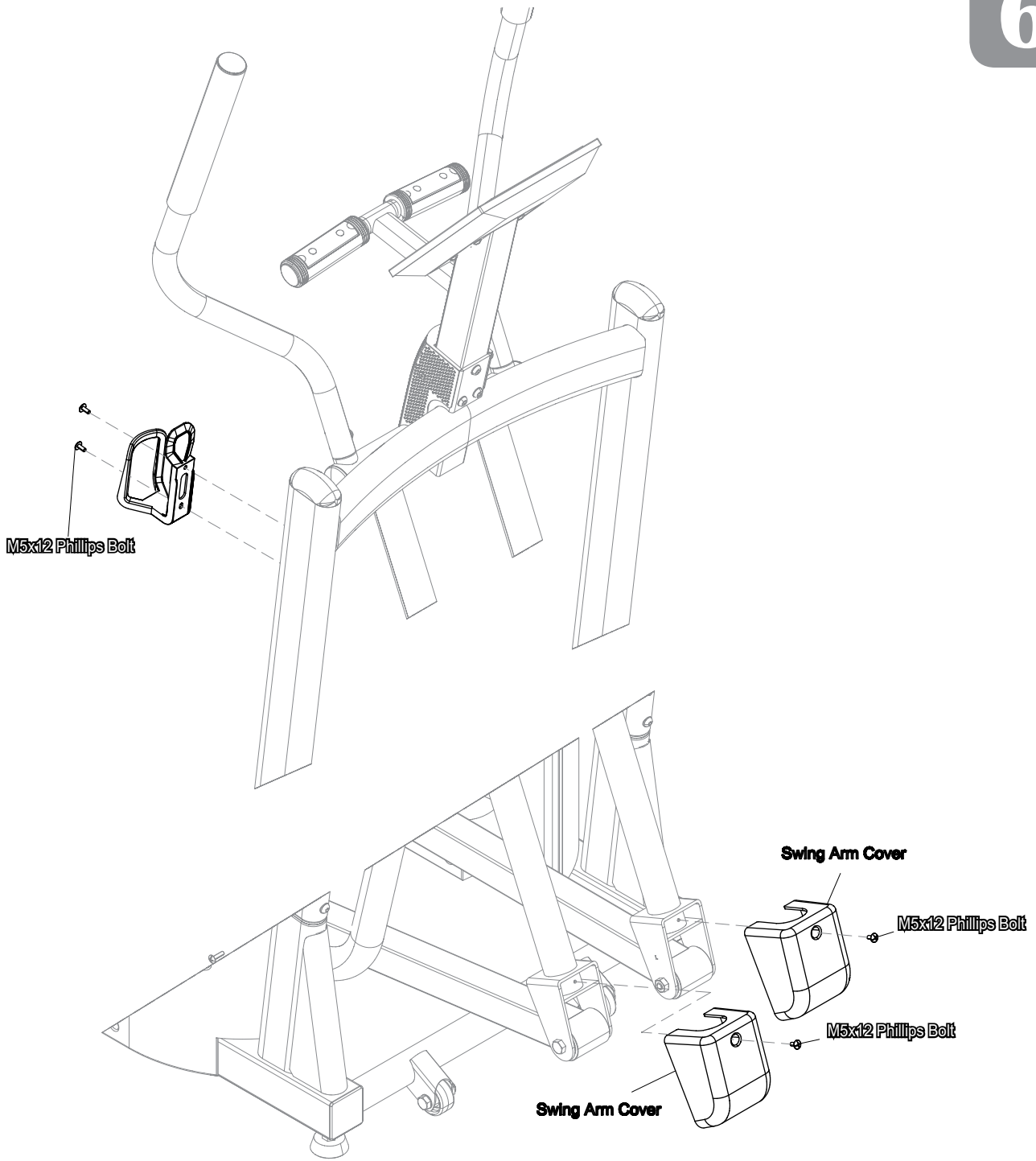
M10 hex nut

M10 X 82mm hex bolt
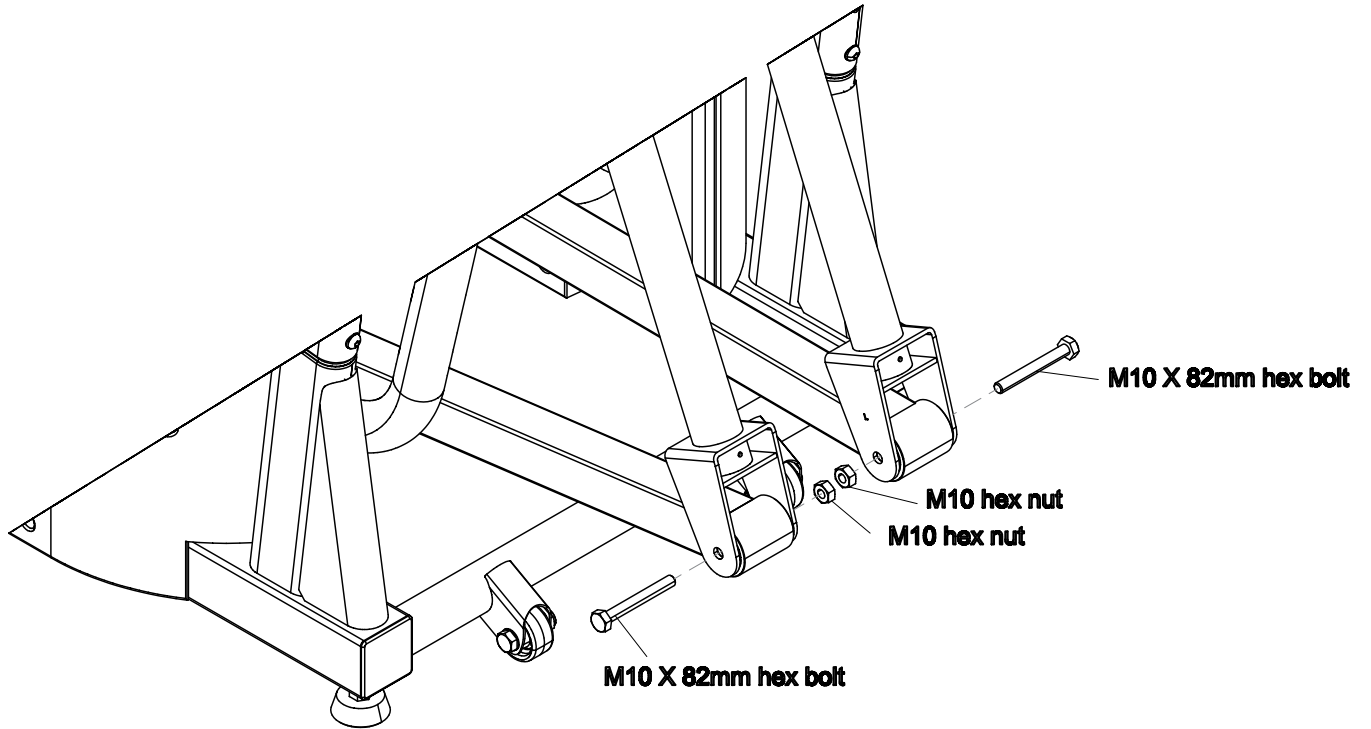
Be careful to assemble all components in the sequence they are presented.

A. Attach the Water Holder using the hardware shown.
B. Connect the Swing Arm Cover as shown using the hardware shown.

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"

M5x12 Phillips Bolt

Swing Arm Cover
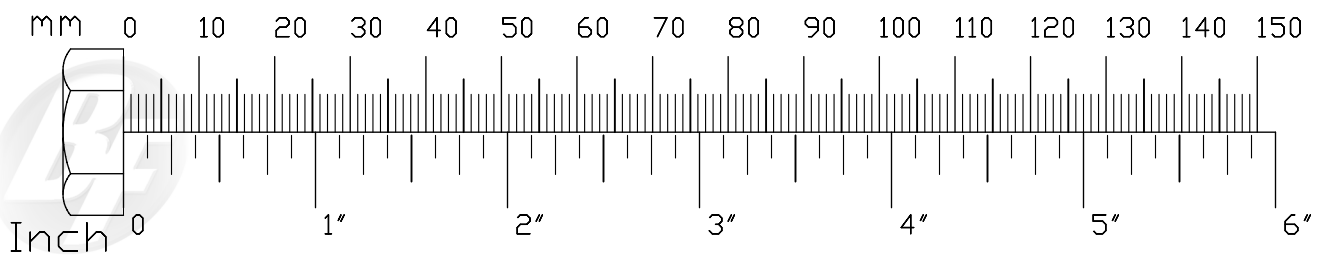
M5x12 Phillips Bolt

M5x12 Phillips Bolt

Swing Arm Cover

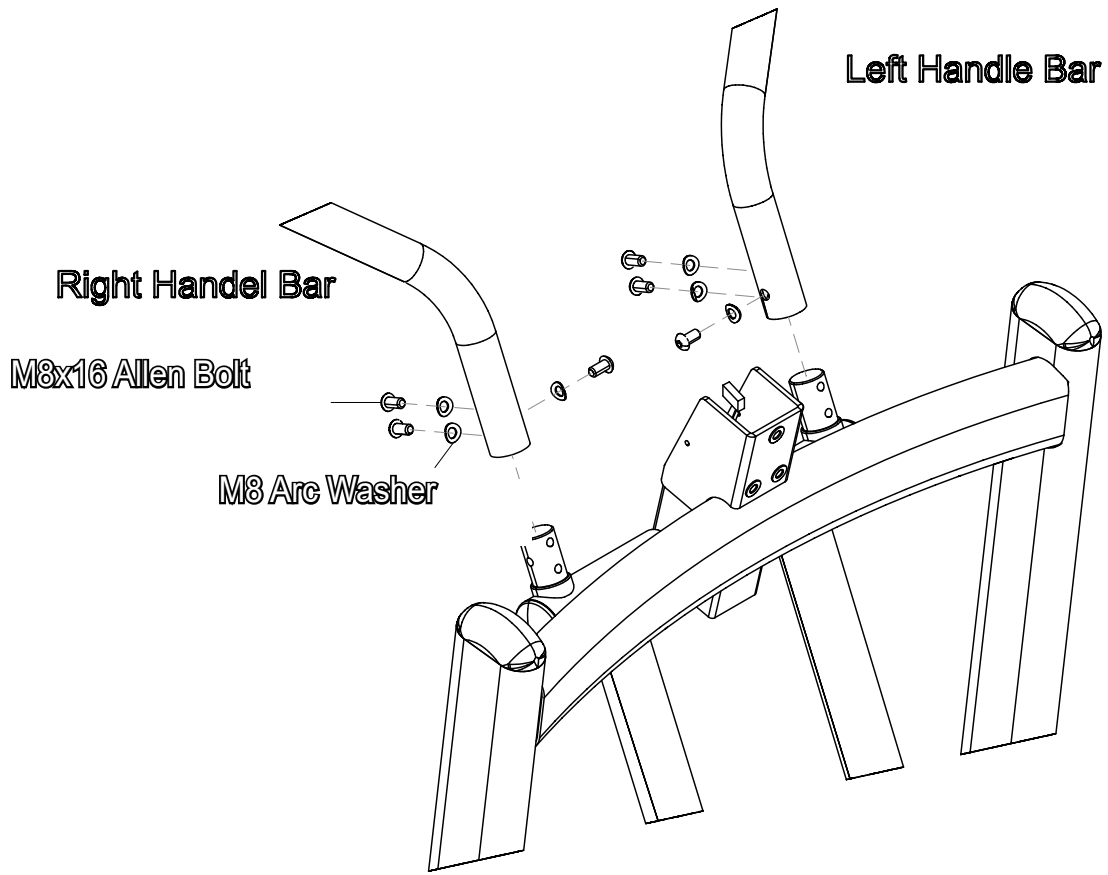**Be careful to assemble all components in the sequence they are presented.**

A.   Connect the Right Handle Bar using the hardware shown.

B.   Connect the Left Handle Bar using the hardware shown.

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"

Left Handle Bar

Right Handel Bar

M8x16 Allen Bolt

M8 Arc Washer

Be careful to assemble all components in the sequence they are presented.
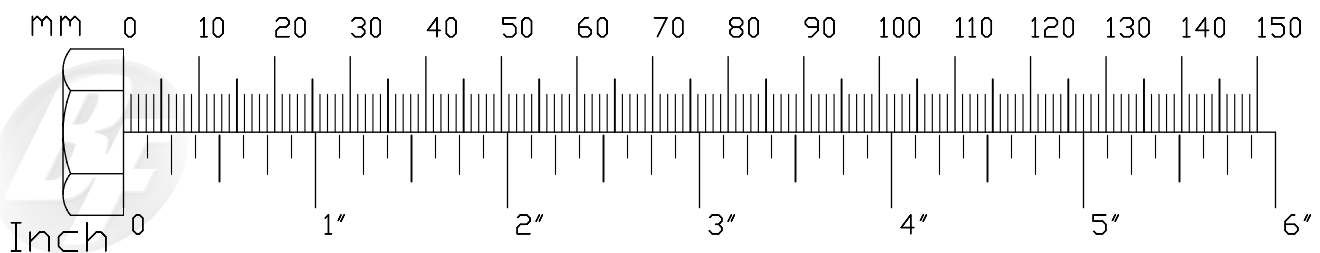
A.   Connect the harness from the Console Frame to the Main Frame then secure using:
Three M8x65 Allen Bolt
Three M8 Washer

B.   Slide the Net Cover Frame onto the Main Frame and secure using:
Two M5x8 Phillips Screw

C.   Connect the harnesses from the Console to the Console Frame then secure using:
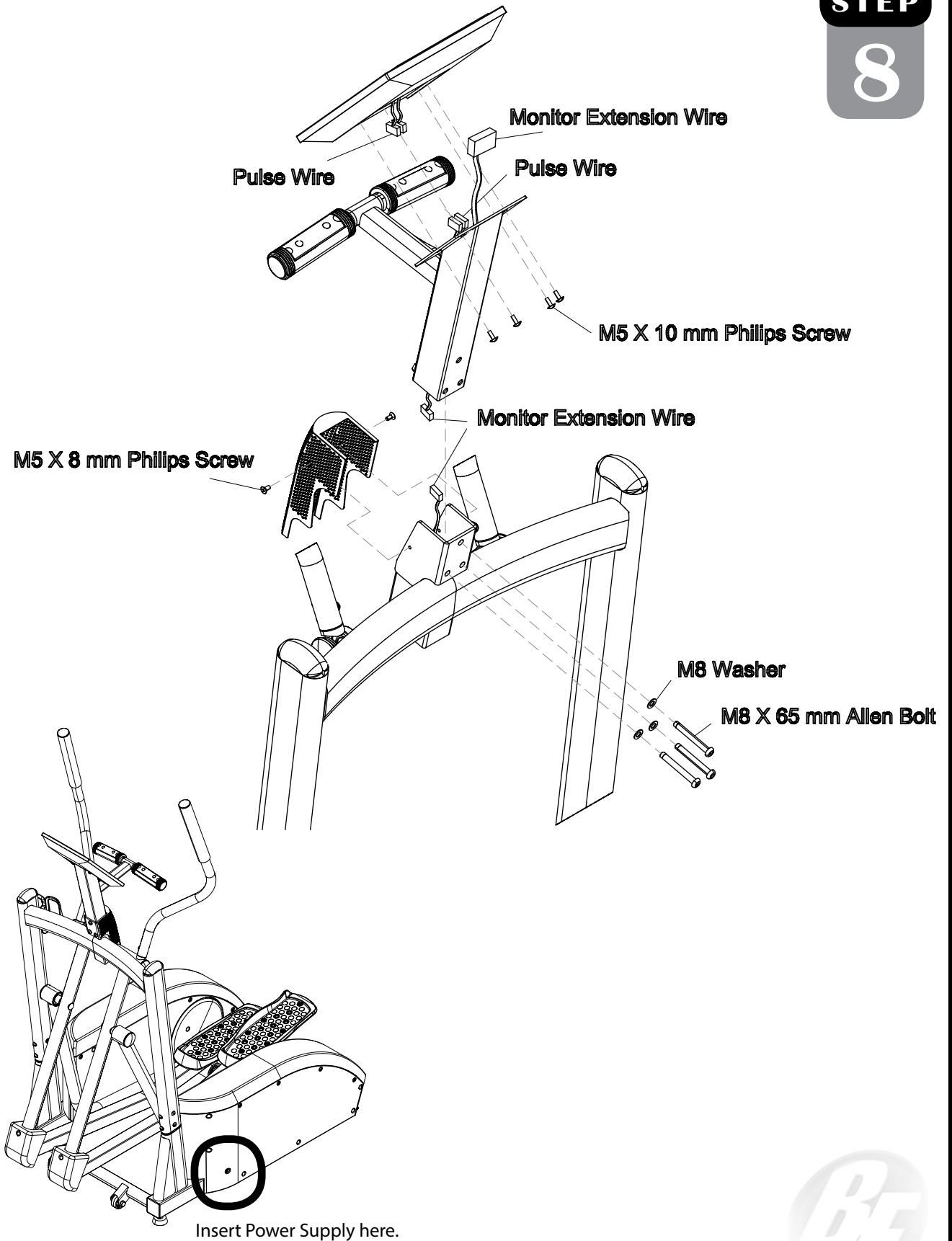**Four M5x10 Phillips Screw**

D.   Congratulations!! The installation of your new Elliptical is complete.

E.   Before powering the unit, connect the Power Supply as shown in the diagram.

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"

Monitor Extension Wire

Pulse Wire

Pulse Wire

M5 X 10 mm Philips Screw

Monitor Extension Wire

M5 X 8 mm Philips Screw

M8 Washer

M8 X 65 mm Allen Bolt

Insert Power Supply here.

CONSOLE OVERVIEW

Take a few moments to review the console layout. Below is an overview of the console buttons and their different functions.

Display Window

BEST BF FITNESS EQUIPMENT

18:12
MAN.

TIME	0:00
SPEED	0.0
DISTANCE ᴋ	00.0
CALORIES	0
PULSE	P
WATT	0

Total Reset	Reset	Recovery	Start/Stop	Mode	Down	Up
↻	←	≋	○	⣿	▽	△

Control Buttons

CONSOLE OVERVIEW

MODE

Press the MODE button to set the values for TIME, DISTANCE, CALORIES and PULSE.

RESET

The RESET button clears all preset values to zero except in user programs. Returns to the *Training Mode* screen.

START/STOP

Press the START/STOP button to either start or stop a workout.

RECOVERY

Press the RECOVERY button to test Heart Rate recovery status. See the *Recovery Mode* section for further details.

UP/DOWN

During exercise, the UP/DOWN button is used to scroll through training modes and increase or decrease function values.

TOTAL RESET

The TOTAL RESET button clears all preset values except data stored into the console's RAM memory


Console Functions

TIME: Displays approximate duration of workout from 00:00 to 99:00.
> Count up - If no Time is set, Time will count up from 00:00 to maximum 99:00 in 1 second increments.
> Count down - If Time is set, Time will count down from the user's preset time to 00:00.
> > Increment or decrement is in minutes in the range of 1:00 to 99:00.

SPEED: Displays the approximate current training speed from 0.0 to 99.9 mph.

RPM: Display approximate current training rotation per minute.

DISTANCE: Displays distance traveled during workout from 0.0 to 99.9 miles.
> Count up - If Distance is not set, Distance will count up from 0.0 to 99.9 miles in 0.1 mile increments.
> Count down - If Distance is set, Distance will count down from user's preset to 0.0.
> > Each preset can be incremented or decremented by 0.1 miles in the range of 0.0 to 99.9 miles.

CALORIES: Displays approximate calories burned during workout from 0.0 to 990.
> Count up - If Calories are not set, Calories will count up from 0 to 990 in 1 Calorie increments.
> Count down - If Calories are set, Calories will count down from the user's preset number of Calories to 0.
> > Each preset can be incremented or decremented by 10 Calories in the range of 0 to 990 Calories.

PULSE: Displays approximate current heart rate beat in beats per minute. Displays 'P' when not in use.

LOAD: Displays Load (levels of resistance) when programming.

WATT: Displays the current training wattage data. Target values range from 10 - 350.

CONSOLE OPERATION

SETTING UP THE CONSOLE

When plugging in the power cord or after having pressed the TOTAL RESET button, the DISPLAY WINDOW will reset by activating the LCD completely for 2 seconds followed by a long beep. The room temperature will display shortly.
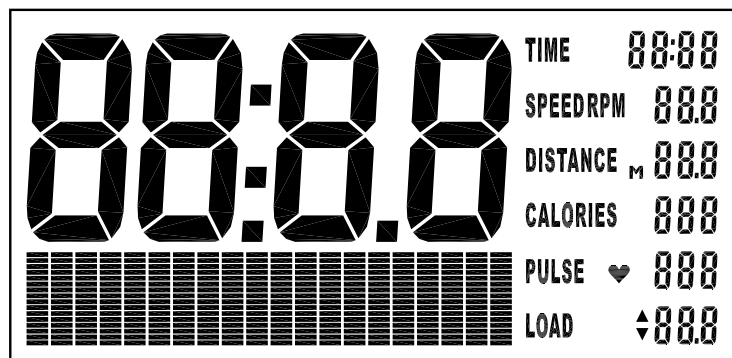
Display Window During Reset

TRAINING MODE PROGRAMS

Training Mode gives the user several exercise options that allow for a complete and custom workout. There are five *Training Modes* which include *Manual Mode*, *Program Mode*, *User Mode*, and *Watt Mode*.

In *Training Mode,* when 'MAN' is blinking on the DISPLAY WINDOW, press the UP/DOWN buttons to cycle through the options to select the desired *Training Mode* program. The *Training Modes* are displayed as MAN/PROG/USER/WATT. Press the MODE button to complete your selection . Without a selection, the DISPLAY WINDOW will enter in *Screen Saver Mode* in 4 minutes.

Training Program Overview

CONSOLE OPERATION

MANUAL MODE

To access *Manual Mode*, see the *Training Mode Programs* section. While in *Manual Mode*, press the UP/DOWN buttons to select a 'LOAD LEVEL' from 1 to 16. The preset load level is 1 and the LOAD readout is flashing on the DISPLAY WINDOW. As the 'LOAD LEVEL' increases it will be displayed onto the 'LOAD LEVEL' readout on the DISPLAY WINDOW. 'LOAD LEVEL' allows for a custom resistance level set by the user. After choosing the desired 'LOAD LEVEL', press the MODE button to confirm the setting.
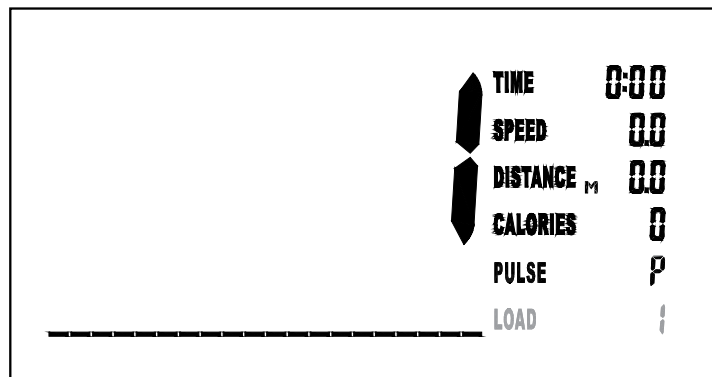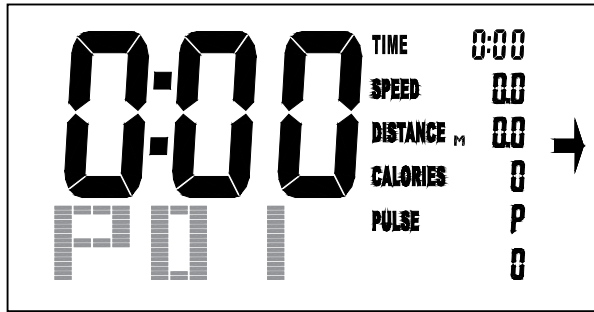

Manual Mode Display

After the desired 'LOAD LEVEL' is selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by using the UP/DOWN buttons. After choosing the desired function value, press the MODE button to confirm the setting.
Press the START/STOP button to start training. During exercise, the user selected preset values will count down. If no preset values were selected, the display values will count up. 'LOAD LEVEL' can be adjusted at any time during the workout.
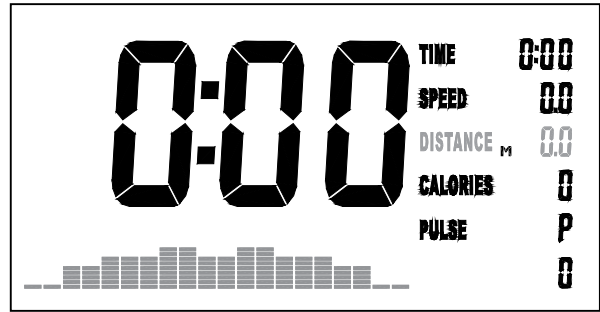
PROGRAM MODE

To access *Program Mode*, see the *Training Mode Programs* section. There are twelve programs to select from *Program Mode*. Press the UP/DOWN buttons to select programs P01-P12. The selected program will be shown on the DISPLAY WINDOW for 2 seconds and then the DISPLAY WINDOW will show the *Program Profile* accordingly. Press the MODE button to confirm the selection.

After the desired program has been selected, the preset 'LOAD LEVEL' value is set at one. The 'LOAD LEVEL' can be easily adjusted to select the starting load by pressing the UP/DOWN buttons. The 'LOAD VALUE' can be increased from 1 to 8 by pressing the UP button. The 'LOAD LEVEL' can also be adjusted during training with the selected program. Press the MODE button to confirm the selection.

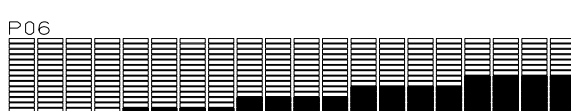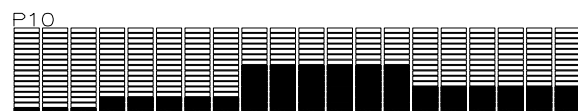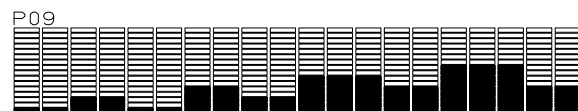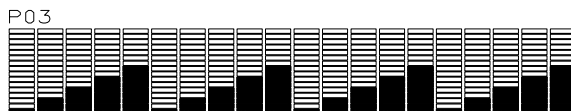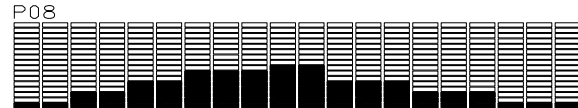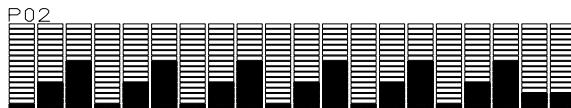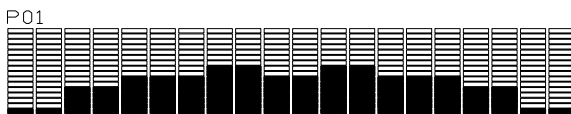# CONSOLE OPERATION

Program Display

Program Profile Display

After the desired 'LOAD LEVEL' is selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by using the UP/DOWN buttons. After choosing the desired function value, press the MODE button to confirm the setting.
Press the START/STOP button to start training. During exercise, the user selected pre-set values will count down. If no preset values were selected, the display values will count up. 'LOAD LEVEL can be adjusted at any time during the workout.

Below are the different *Program Profiles* that the user can select from. Choose a program that fits your current workout requirements.


Program Profiles

USER MODE

To access *User Mode*, see the *Training Mode Programs* section. *User Mode* allows the user access to create a workout program to tailor fit their exercise requirements. The user can adjust up to 20 workout intervals within the program as well as set customized count-down workout goals.

When *User Mode* is selected, the display will flash the first of twenty customizable workout intervals within the program as well as flash the currently active 'Load Level'. 'Load Level' in each step is adjustable from 1 to 16 using the UP/DOWN buttons. Press the MODE button to advance to the next workout interval to be set.

NOTE: THE *USER MODE* WORKOUT LEVEL PARAMETERS ARE STORED INTO THE CONSOLE'S RAM MEMORY AND REMAIN STORED IN MEMORY AFTER A 'TOTAL RESET' OR AFTER POWER TO THE SYSTEM HAS BEEN LOST.

Once the 20 workout levels have been set, press and hold the MODE button for 2 seconds to confirm the selection. Function values may be preset for TIME, DISTANCE, CALORIES, and PULSE by using the UP/DOWN buttons. After choosing the desired function value, press the MODE button to confirm the setting.

Press the START/STOP button to start training. During exercise, the user selected preset values will count down. If no preset values were selected, the display values will count up. 'LOAD LEVEL can be adjusted at any time during the workout.
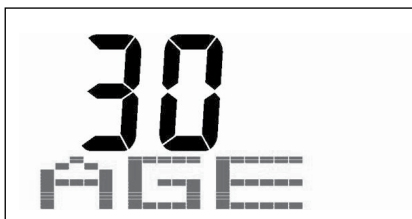
User's Age Display

CONSOLE OPERATION

Use the UP/DOWN buttons to set age.

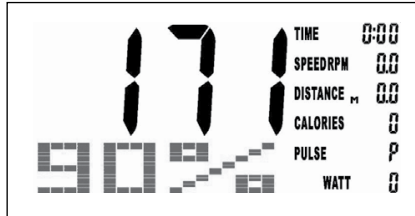Once the age has been set, press the MODE button to confirm the selection.
The display will calculate the preset Heart Rate value automatically according to the age setting entered. The display will show Heart Rate percentages of 55%, 75%, 90% and TARGET. Target allows the user to input a custom heart rate goal. Select one of the options by pressing the UP/DOWN buttons.
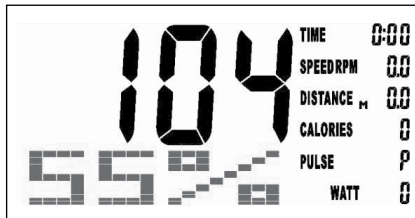
TargetHeartRateat55%ForA30YearOldUser
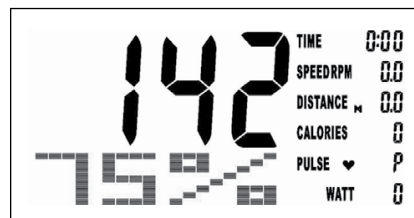
TargetHeartRateat75%ForA30YearOldUser

TargetHeartRateat90%ForA30YearOldUser

TargetHeartRateat100%ForA30YearOldUser

Once the Heart Rate percentage or the TARGET feature has been set, press the MODE button to confirm the selection. If TARGET has been selected, set the target heart rate by using the UP/DOWN buttons then confirm the selection by pressing the MODE button. Function values may be preset for TIME, DISTANCE, and CALORIES by using the UP/DOWN buttons. After choosing the desired function value, press the MODE button to confirm the setting.

Press the START/STOP button to start training. During exercise, the user selected preset values will count down. If no preset values were selected, the display values will count up.

For more information, see the section 'Monitoring Your Heart Rate'.

WATT MODE

To access *Watt Mode*, see the *Training Mode Programs* section. *Watt Mode* allows the user to output a constant power during a workout. This means that if you pedal quickly, the resistance will decrease, if you pedal slowly the resistance will increase to maintain the Watt value entered.

When *Watt Mode* is selected, the preset value of 120 (watts) is flashing. Use the UP/DOWN buttons to set the target value from (10-350). Once the wattage target has been set, press the MODE button to confirm the selection.

After the desired wattage target has been confirmed, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by using the UP/DOWN buttons. After choosing the desired function value, press the MODE button to confirm the setting. Press the START/STOP button to start training. During exercise, the user selected preset values will count down. If no preset values were selected, the display values will count up. Wattage can be adjusted at any time during the workout.

RECOVERY MODE

Recovery Mode compares the heart rates during the workout and during the *Recovery Mode* to give the user a simple and straightforward method to judge physical fitness. Exercise for at least 10 minutes while holding on to the heart rate contact grips for the entire workout. When ready to enter recovery mode, press the RECOVERY button, then keep holding on to the heart rate contact grips . The RECOVERY button can only be used at the end of an exercise. The console's TIME readout will measure the user's recovery heart rate for 60 seconds in a count down mode while the remaining display functions remain inactive. A readout with the recovery rate calculation will appear in the DISPLAY WINDOW. After the count down, the console will provide a fitness rating of F1 to F6; F1 being the best. Press the RECOVERY button again to return to the previous workout.

Recovery Mode Workout Rating

F1 = *Excellent*	F4 = *Below Average*
F2 = *Good*	F5 = *Not Good*
F3 = *Fair*	F6 = *Poor*

HEART RATE (PULSE) SENSORS

The Heart Rate or 'Pulse' in the console's DISPLAY WINDOW works in conjunction with the heart rate sensors found on the handlebars. To read your pulse place both hands firmly on the heart rate sensors. For the most accurate reading, it is important to use both hands and to temporarily stop moving. Look at the PULSE section of the DISPLAY WINDOW, when the reading is active, the small heart will begin to blink. The PULSE section of the DISPLAY WINDOW will display 'P' if there isn't a pulse reading or there is poor contact with the pulse sensors. Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the heart rate sensors. For additional information about the importance of working within certain heart rate ranges, see the section 'Monitoring Your Heart Rate'.

The heart rate information is only a reasonably accurate estimate and is not exact. Individuals with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided. Bear in mind that any of the console's calculated values are only for reference and should only be used as a reference when using the equipment.

MONITORING YOUR HEART RATE

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60% -75% percent of the Maximum Heart Rate.
The Maximum Heart Rate may be roughly calculated by subtracting the user's age from 220.

The Maximum Heart Rate and aerobic capacity naturally decreases as the user ages. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the Maximum Heart Rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See the **Fitness Safety** section.

Before beginning a workout, check the normal resting heart rate. The user can place their fingers lightly against the neck or wrist over the main artery. After finding the pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. It is recommend to take a heart rate measurement at rest, after warming up, during the workout and two minutes into cooling down after the workout, to accurately track progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone - 60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of the Maximum Heart Rate may be too strenuous unless the user is in top physical condition. Exercising below 60% of the maximum will result in minimal cardiovascular conditioning.
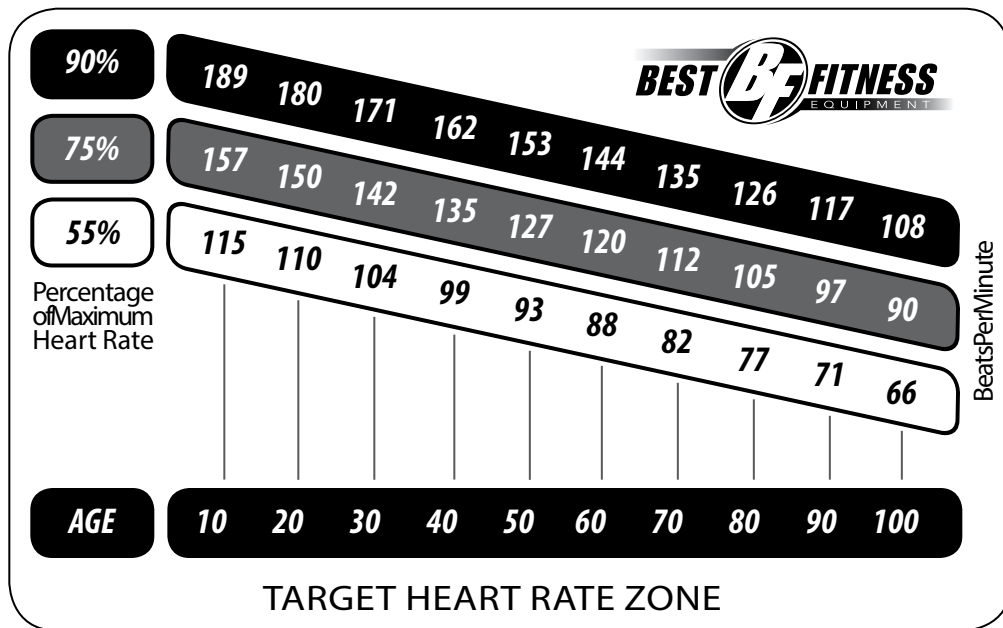
Check your pulse recovery rate
If your pulse is over 100 bpm five minutes after stopping exercising, or if it's higher than normal the morning after exercising, the user's exertion may have been too strenuous for their current fitness level. Rest and reduce the intensity next time.

MONITORING YOUR HEART RATE

FITNESS SAFETY

The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

	BEST **BF** FITNESS EQUIPMENT								
90%	189	180	171	162	153	144	135	126	117	108
75%	157	150	142	135	127	120	112	105	97	90
55%	115	110	104	99	93	88	82	77	71	66

Percentage of Maximum Heart Rate

Beats Per Minute

AGE	10	20	30	40	50	60	70	80	90	100

TARGET HEART RATE ZONE

The calculations below will assist the user to calculate a specific target heart rate.

(MHR) = *Maximum Heart Rate*
(THR) = *Target Heart Rate*

220 - Age = *Maximum Heart Rate (MHZ)*
MHZ x .60 = *60% of your Maximum Heart Rate.*
MHZ x .75 = *75% of your Maximum Heart Rate.*

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114   (Low End or 60% of MHZ)
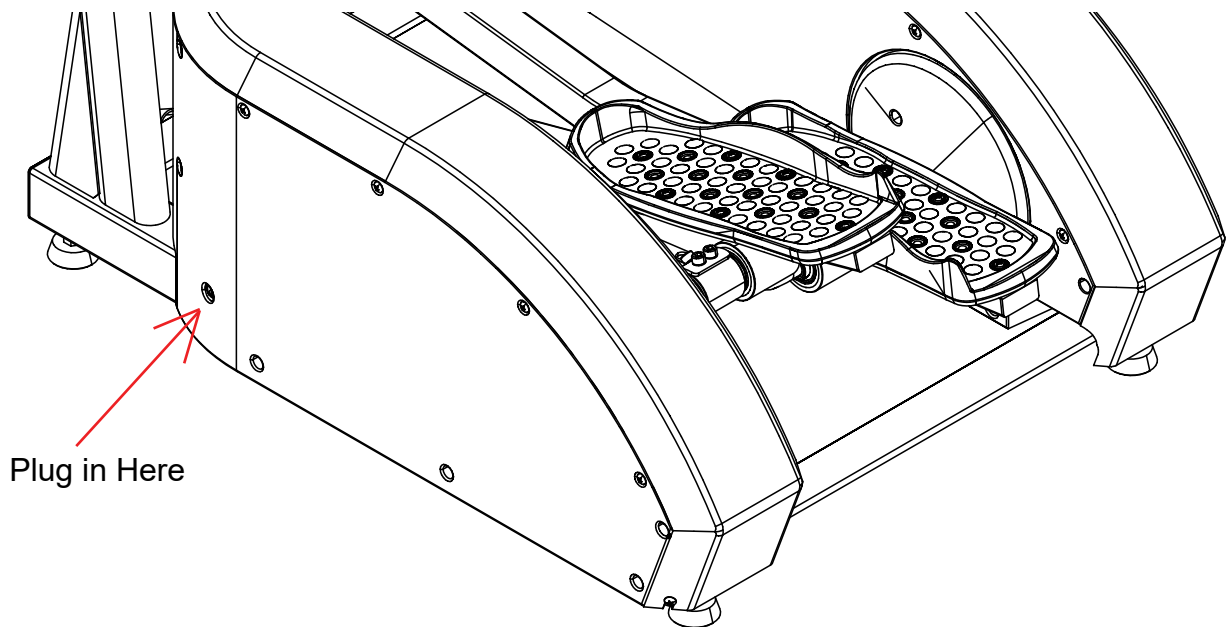190 x .75 = 142   (High End or 75% of MHZ)
30 Year-Old (THR) Target Heart Rate would be 114-142

MaximumHeartRate(MHR)Calculation

POWER INPUT LOCATION

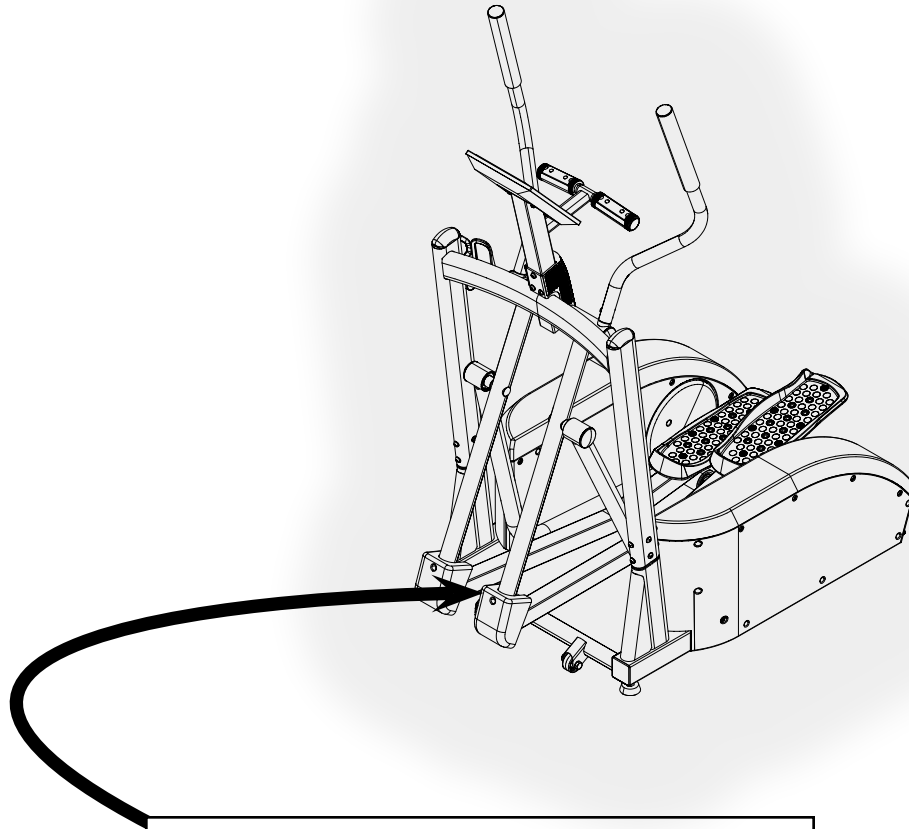The location of the power input is on the left side of the shroud. See below photo.

Plug in Here

NOTE

Serial Number is Located on the Frame

Model Name: _____BFE2_____

Purchase Date: _____

Serial Number: _____

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

Best BF **Fitness**
EQUIPMENT

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