

BEST FITNESS MULTI-STATION GYM

BFMG20

The BFMG20 is a complete gym in one compact, affordable machine. The padded pressing arms follow the natural arc of a free weight bench press and pectoral dumbbell fly. Features 2200 lb. test nylon coated aircraft quality cables and fiberglass pulleys with ball bearing movement on solid axle rotation.

Dimensions: 78"H x 64"L x 47"W

Exercises

Bench press

Pectoral fly

Front/back lat pull-down

Tricep pressdown/tricep extension

Leg extension/leg curl

Low Pulley Station: curls, seated row, shrugs, oblique bends, upright rows, bent over rows, adduction, abduction, front/side deltoid raises

Includes

150 lb. weight stack

Wide grip lat bar, low row bar



BEST FITNESS FUNCTIONAL TRAINER

BFFT10

The BFFT10 brings affordable functional training to customers of all exercise levels. The BFFT10 features adjustable pulleys which swivel 180 degrees providing a wide variety of starting positions. The 190lb weight stack is challenging for most users. The no cable change design allows you to go from exercise to exercise quickly. Two adjustable nylon cable handles are included with the unit.

- Smaller Functional Trainer Footprint
- 19 vertical pulley adjustments
- Single 190lb weight stack
- Integrated Straight Chinning Bar
- Best Fitness In home warranty, 3 years on frame, 1 year on parts

Dimensions: 83.5"H x 55"L x 61"W

