

# **BFRB1**

## **OWNER'S MANUAL**

# TABLE OF CONTENTS

I.	BEFORE YOU BEGIN.....	3
II.	IMPORTANT SAFETY INSTRUCTIONS.....	4
III.	FEATURES.....	5
IV.	DIMENSIONS.....	6
V.	ASSEMBLY INSTRUCTIONS.....	8 – 27
VI.	SETTING UP YOUR BFRB1.....	28 – 29
VII.	CONSOLE FEATURES.....	30
VIII.	CONSOLE DISPLAY FEATURES.....	31
IX.	CONSOLE OPERATION.....	32 – 37
X.	EXERCISE TIPS AND GUIDELINES.....	38 – 39
XI.	TROUBLESHOOTING.....	40
XII.	SERVICING THE BFRB1.....	41
XIII.	HARDWARE PACK LIST.....	42 – 44
XIV.	PART LIST.....	45 – 47
XV.	EXPLODED VIEW DIAGRAM.....	48 – 49
XVI.	NOTES.....	50 – 51



*www.BestFitness.com*

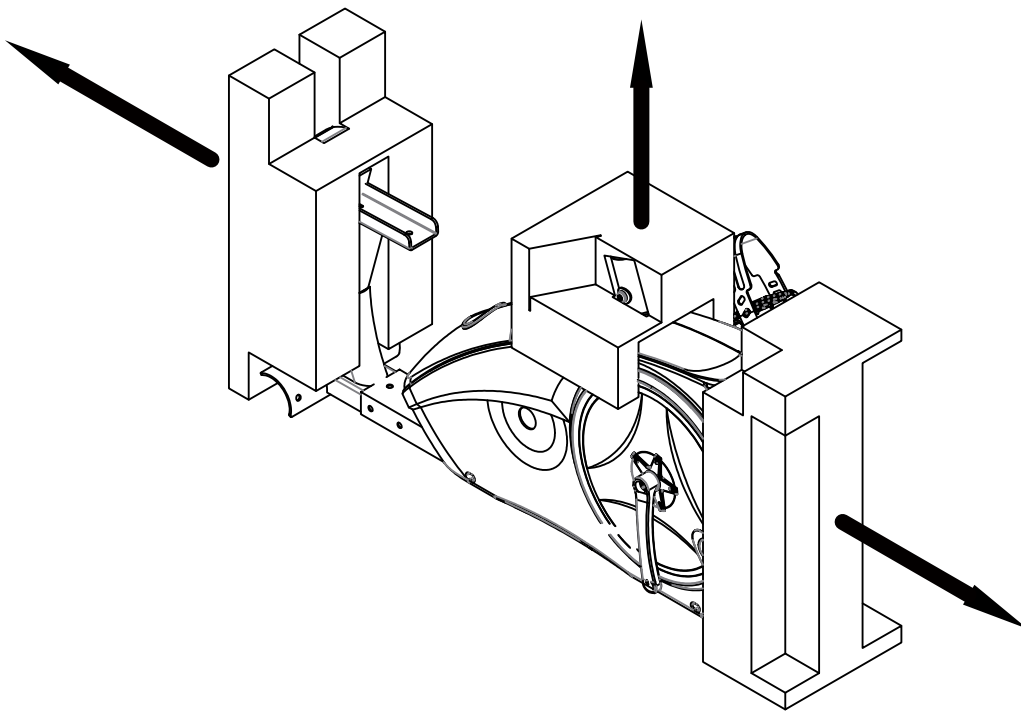
# BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness Recumbent Bike BFRB1.  
To maximize your use of the equipment please study this Owner's Manual thoroughly.

---

## Unpacking the Equipment

The BFRB1 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.



Best Fitness Equipment continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Best Fitness Equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Best Fitness Equipment representative, or the Service Department at Best Fitness Equipment in Forest Park, Illinois.

Any Questions?  
Call (800) 556-3113

# 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 BFRB1. 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 before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

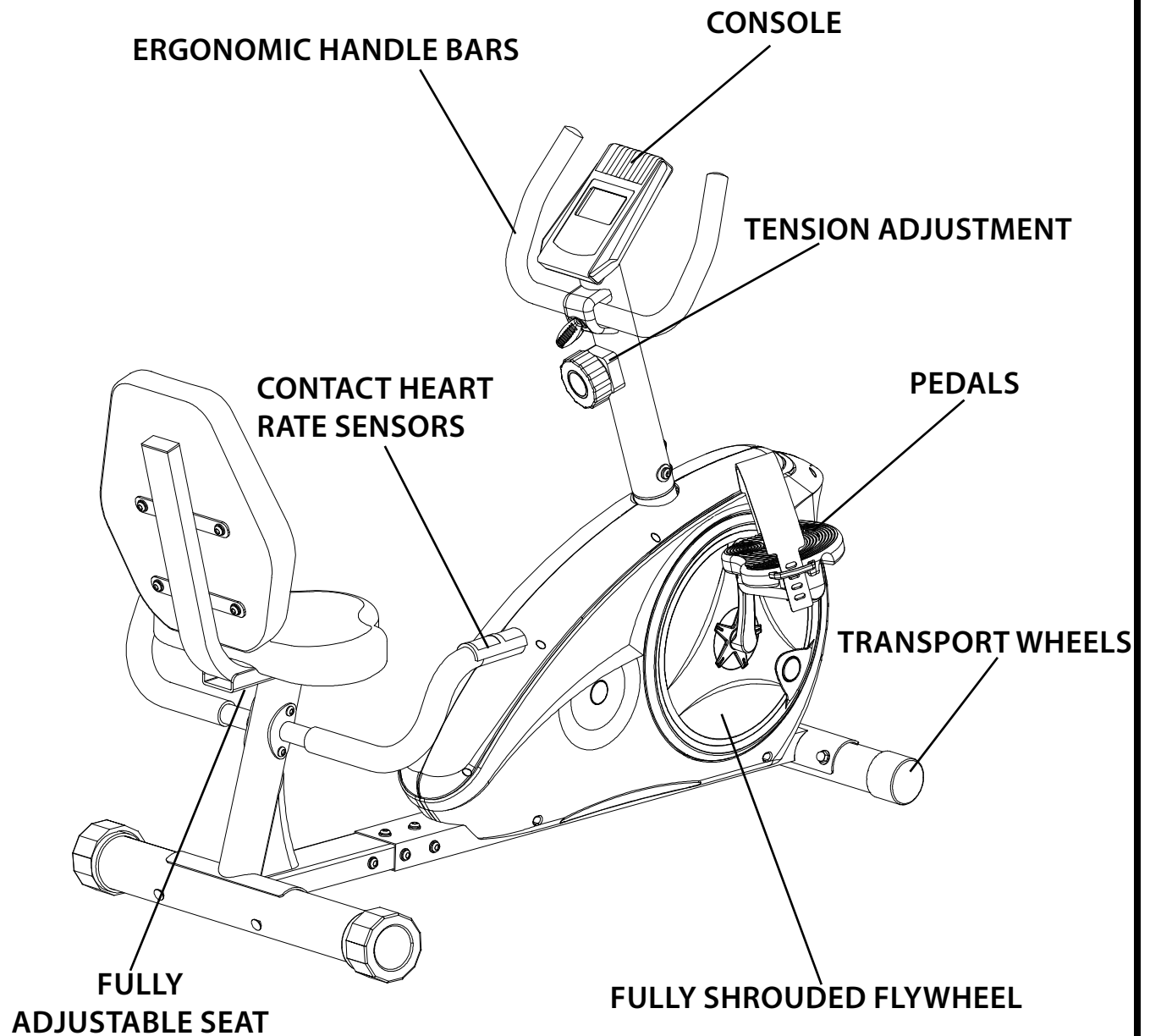
## **PERSONAL SAFETY DURING ASSEMBLY**

- 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 BFRB1 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFRB1 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 BFRB1.

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.

# FEATURES

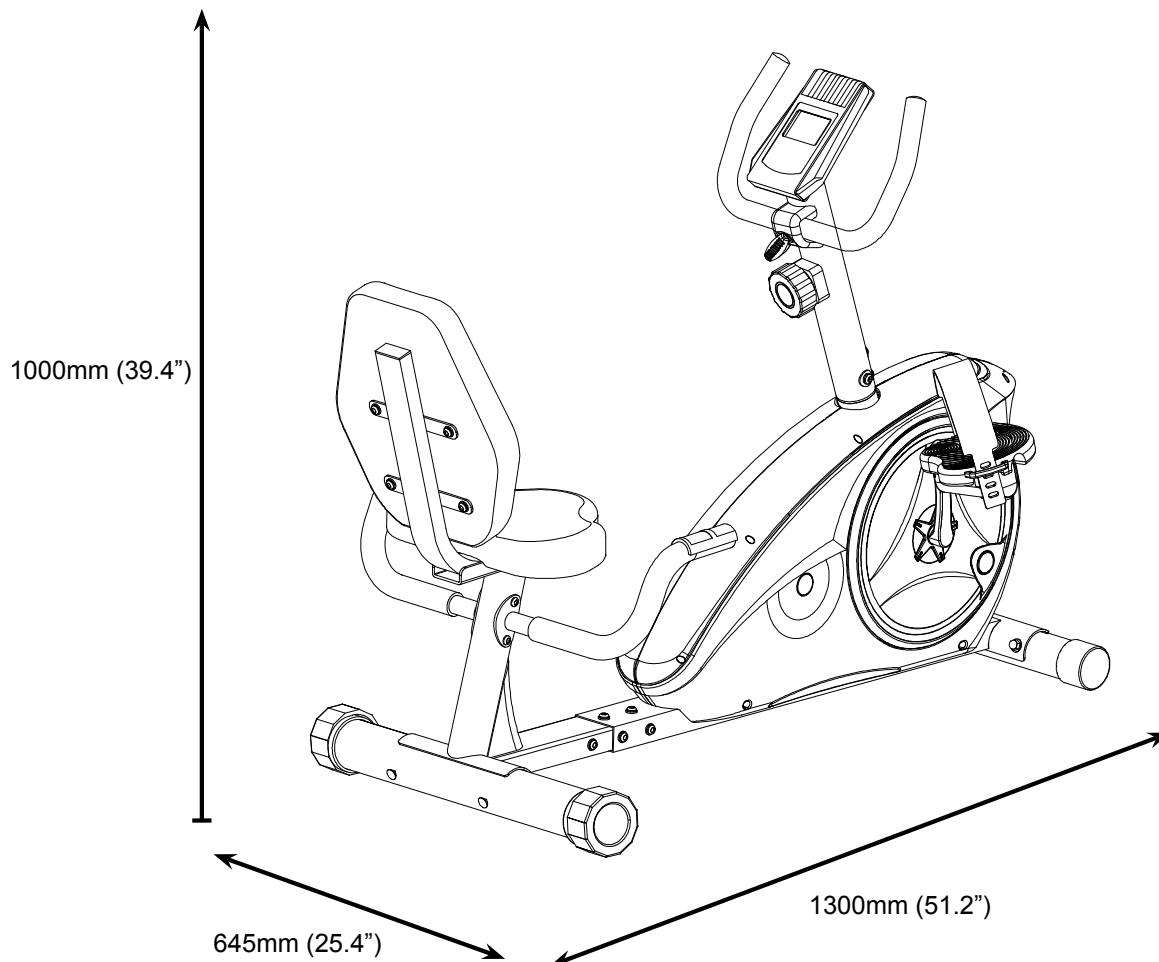


# DIMENSIONS

The room layout diagram below will help you decide the best placement for your BFRB1. The dimensions of the BFRB1 are: Width 645mm (25.4") X Length 1300mm (51.2") X Height 1000mm (39.4") .

The recommended usage space is: Width 1080mm (42.5") X Length 2040mm (80.2") . The usage space needed for the BFRB1 could be more, depending on the user. The Maximum User Weight is 100kg (220lb)

---



# ASSEMBLY INSTRUCTIONS

Assembly of the BFRB1 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 BFRB1 using the illustrations only, important safety notes and other tips are included in the text.

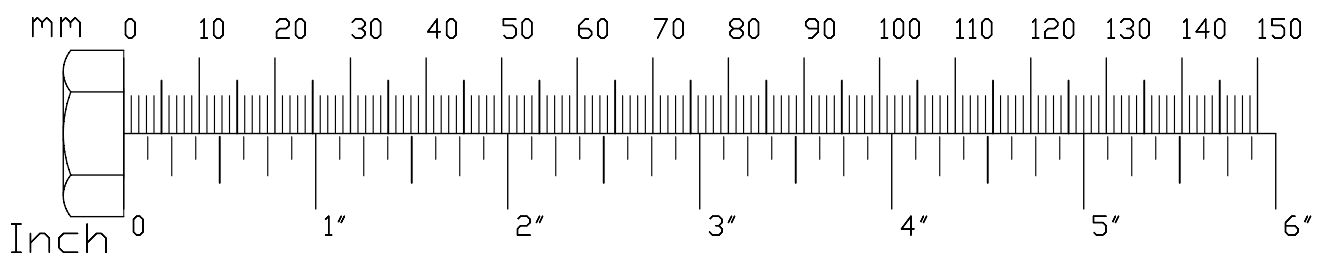
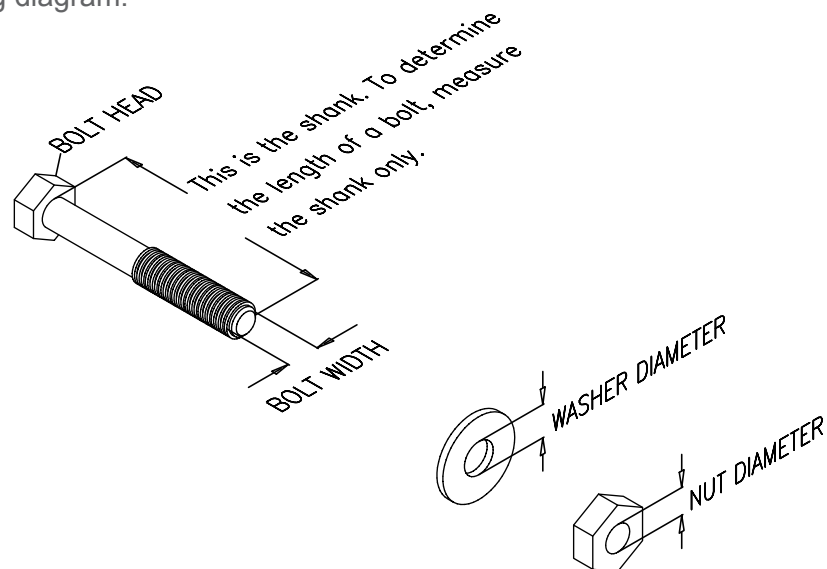
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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:

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.

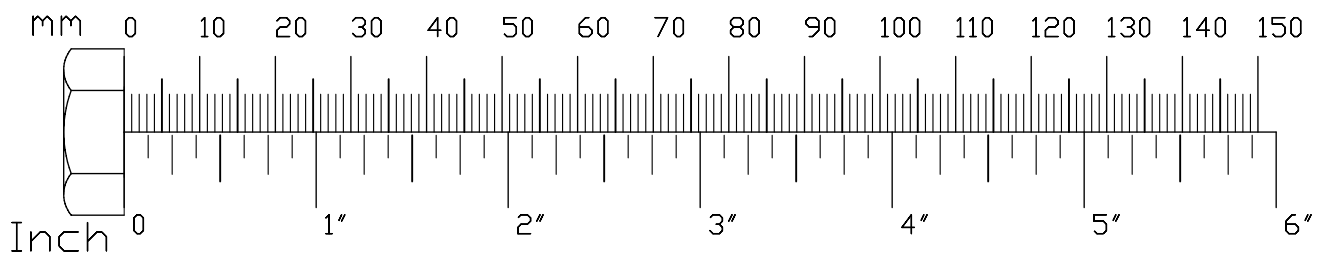
If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



**STEP****1**

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

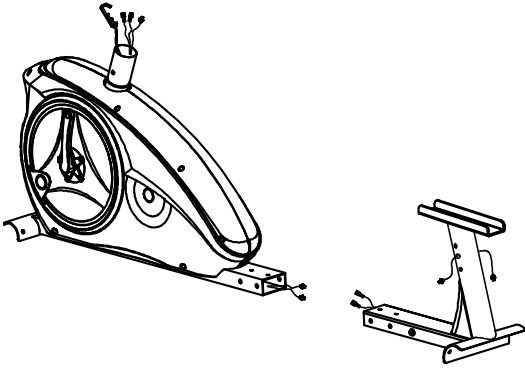
- A. Disconnect Rear Main Frame (B) from Front Main Frame (A) by loosening:  
**Two M8x15mm Button Head Cap Screws (#20)**  
**Two M8 Flat Washer(#21)**
  
- B. Fasten the two M8x15mm Button Head Cap Screws (#20) and two M8 Flat Washers (#21) back to the holes on the Rear Main Frame (B) as shown from the drawing.



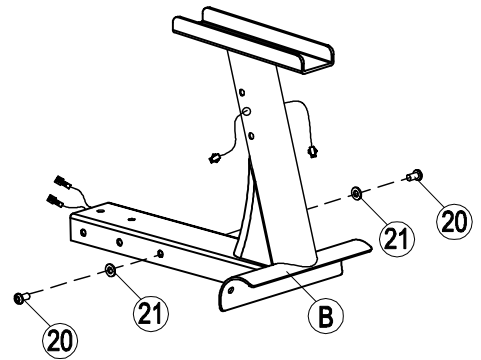
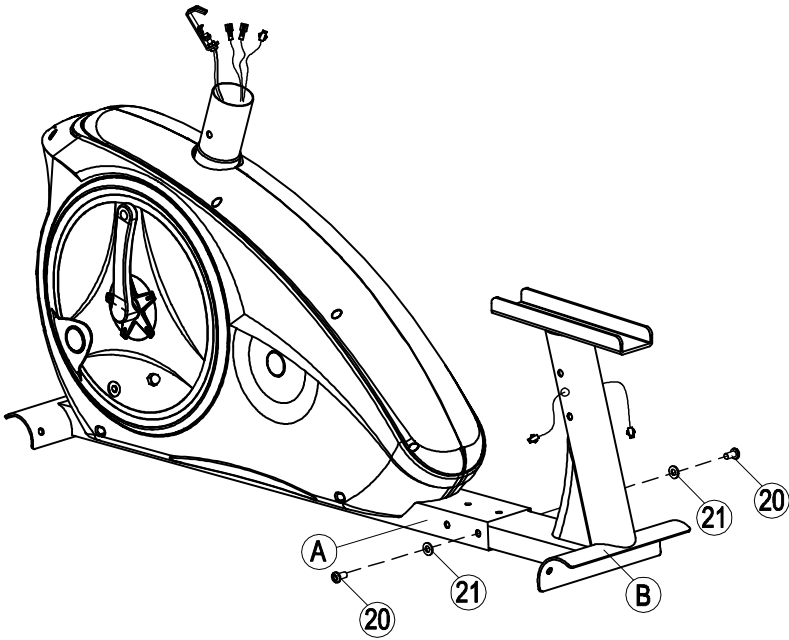


STEP

1



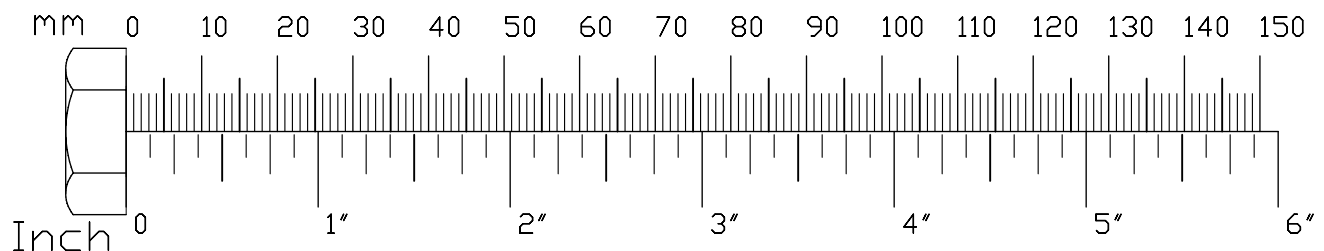
Above shows STEP 1 assembled and completed.



**STEP****2**

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

- A. Attach Front Stabilizer (C) to Front Main Frame (A) using:  
**Two M8x73mm Carriage Bolts (#33)**  
**Two M8 Curved Washers (#13)**  
**Two M8 Acorn Nuts (#6)**
  
- B. Connect Pulse Wires (#26 & #10) together.
  
- C. Attach Rear Main Frame (B) to Front Main Frame (A) using:  
**Six M8x15mm Button Head Cap Screws (#20)**  
**Six M8 Flat Washers (#21)**  
**Six M8 Lock Washers (#29)**
  
- D. Attach Rear Stabilizer (D) to Rear Main Frame (B) using:  
**Two M8x90mm Carriage Bolts (#4)**  
**Two M8 Curved Washers (#5)**  
**Two M8 Acorn Nuts (#6)**

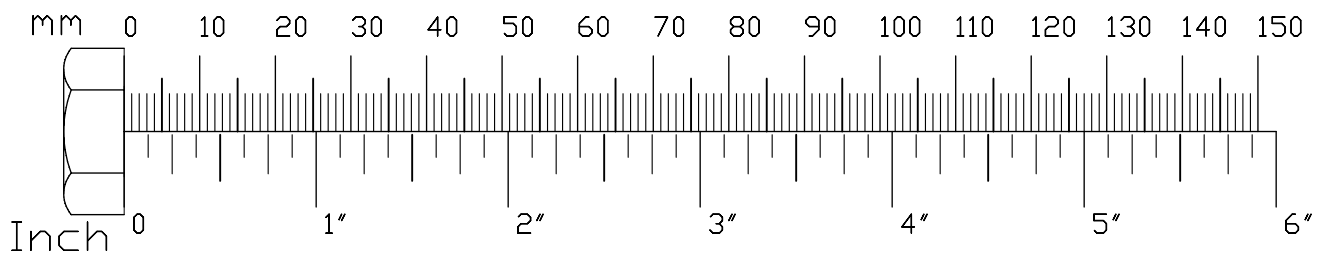




**STEP****3**

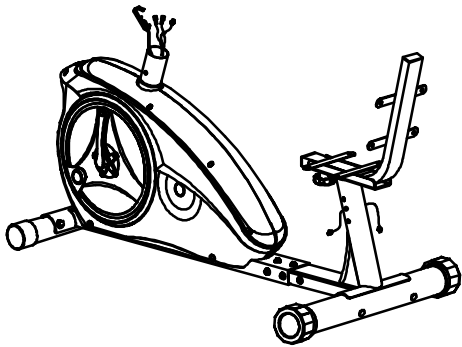
**Be careful to assemble all components in the sequence they are presented.**

- A. Put the Seat Tube (E) on the U Bracket of Rear Main Frame (B). Put the U Bracket with Bolt (#18) of Seat Tube through the hole of the Rear Main Frame (B). Secure them using:  
**One M10 Flat Washer (#17)**  
**One Seat Adjustment Knob (#16)**

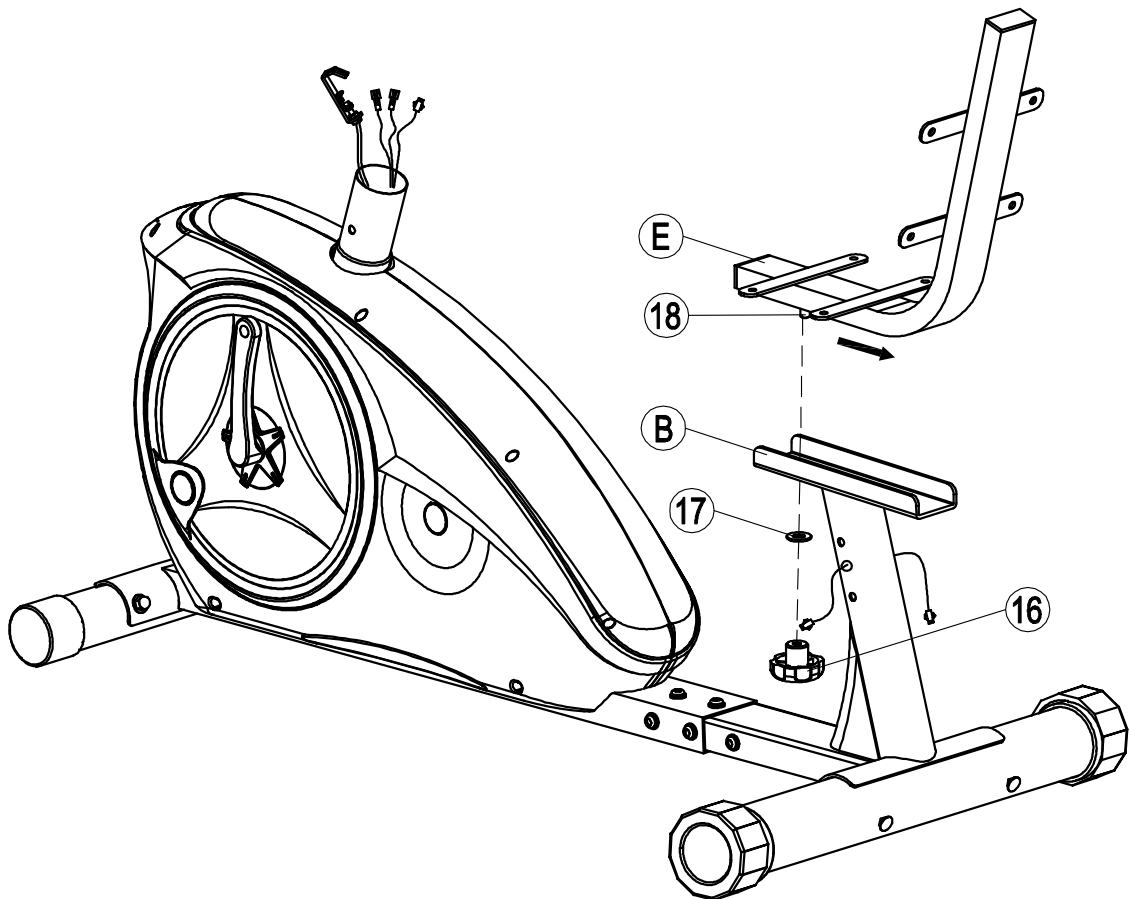


STEP

3



Above shows STEP 3 assembled and completed.

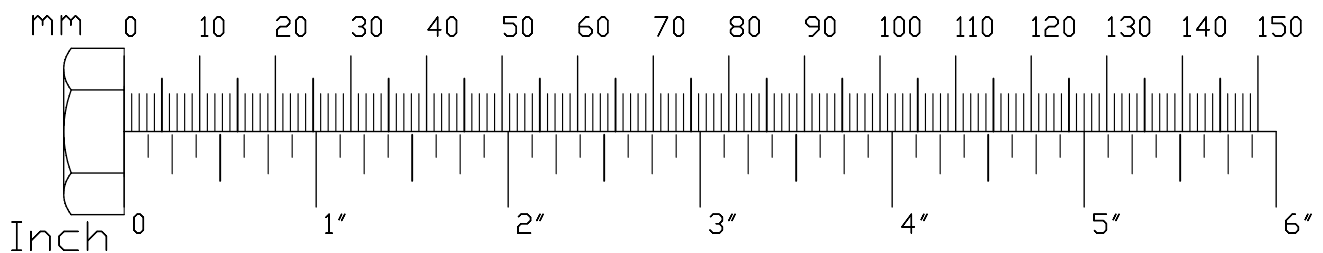


**STEP**

**4**

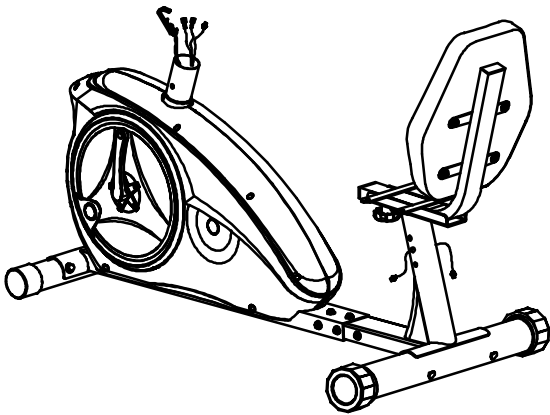
**Be careful to assemble all components in the sequence they are presented.**

- A. Attach Backrest (F) to Seat Tube (E) using:  
**Four M8x15mm Button Head Cap Screws (#20)**  
**Four M8 Flat Washers (#21)**

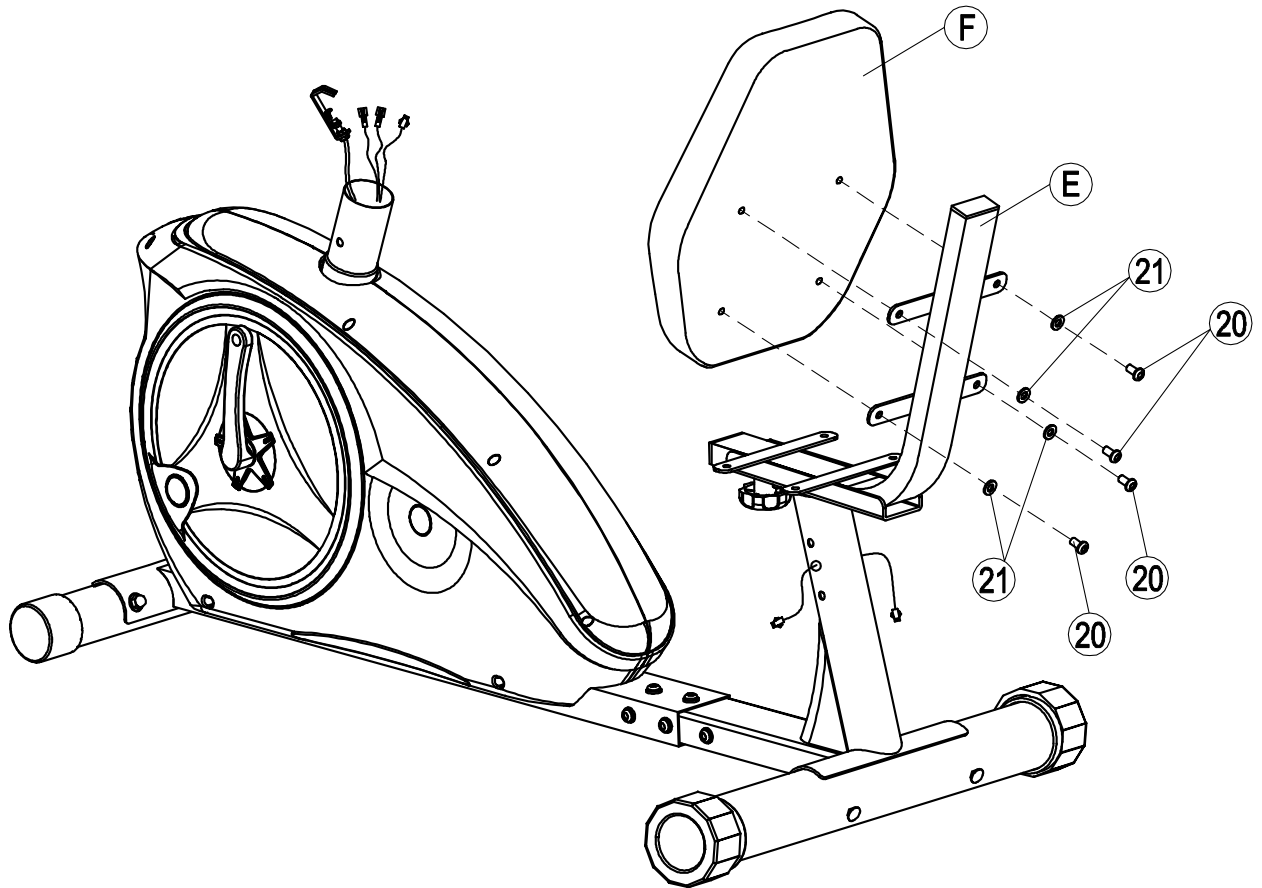


STEP

4



Above shows STEP 4 assembled and completed.

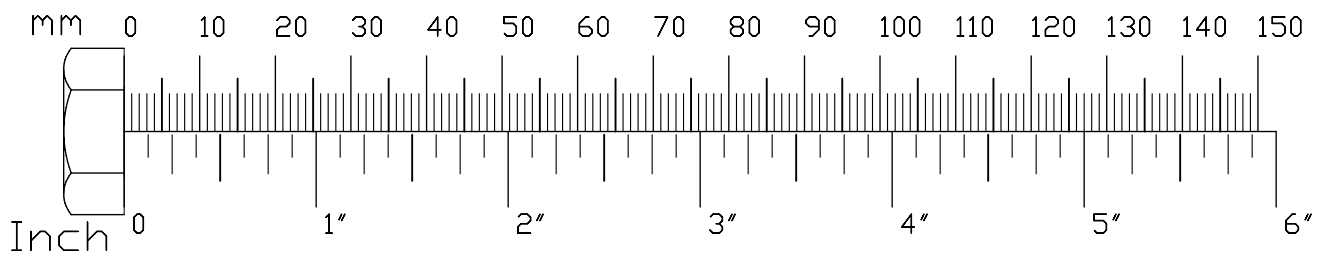


**STEP**

**5**

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

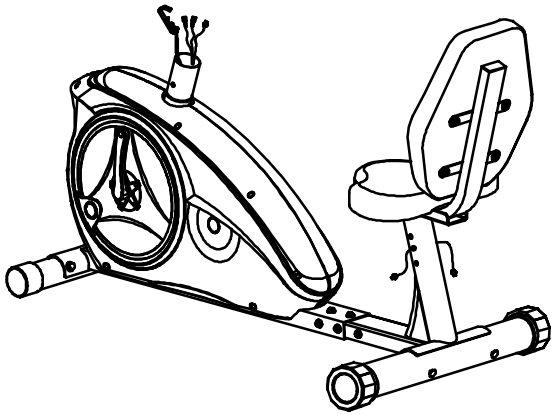
- A. Attach Seat (G) to Seat Tube (E) using:  
**Four M8x15mm Button Head Cap Screw (#20)**  
**Four M8 Flat Washer (#21)**



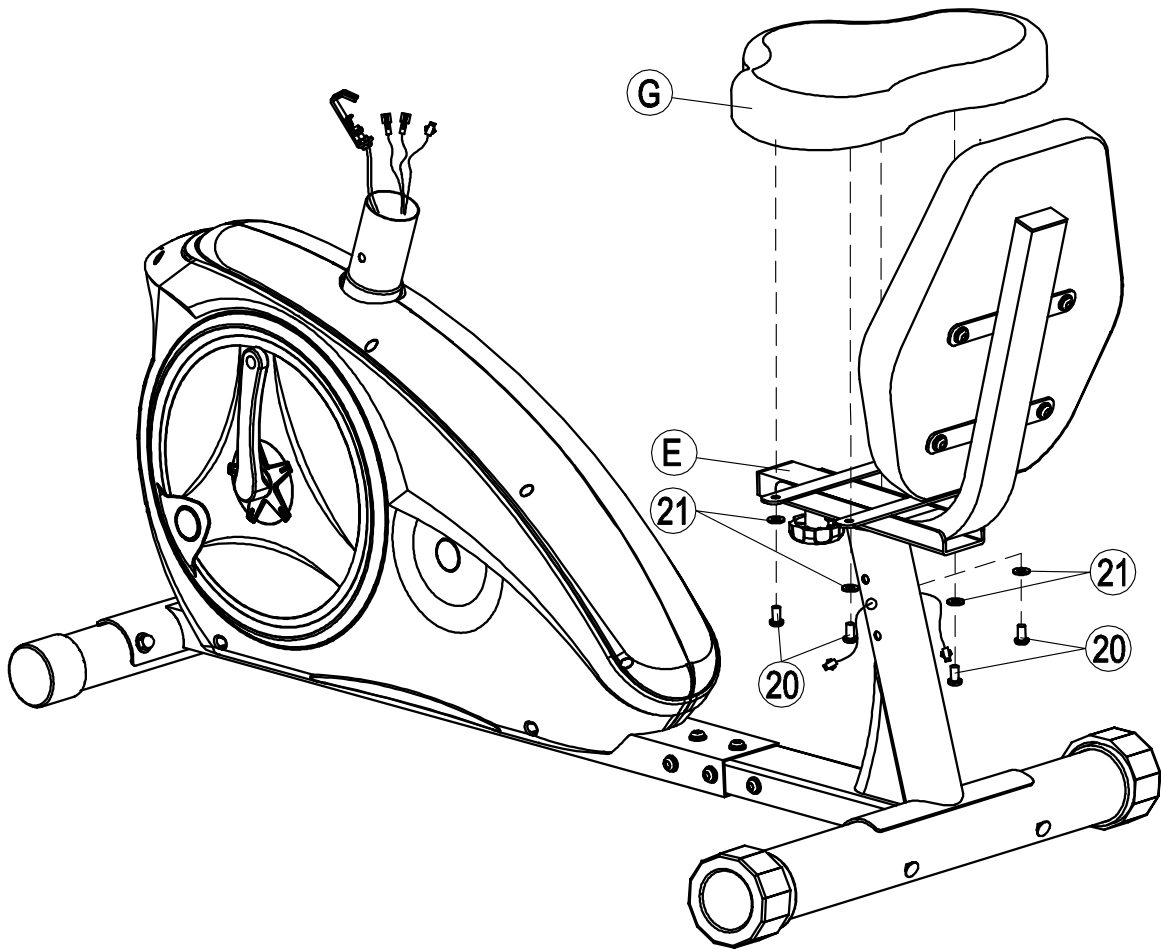


STEP

5



Above shows STEP 5 assembled and completed.



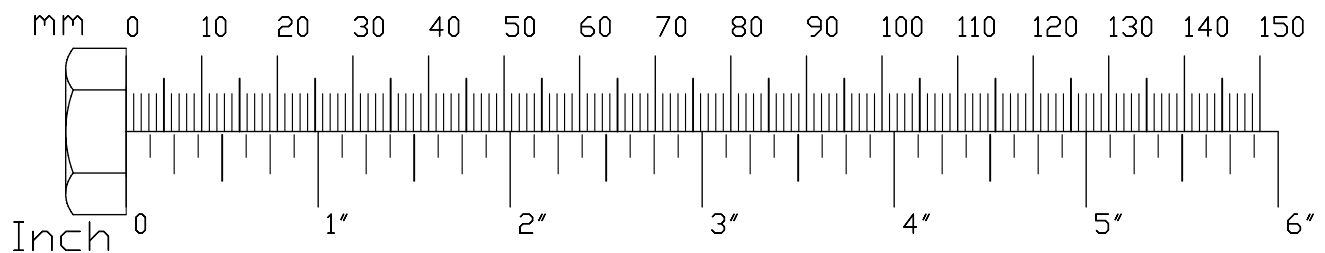
**STEP****6**

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

- A. Connect Pulse Wires (#10 & #14) together.

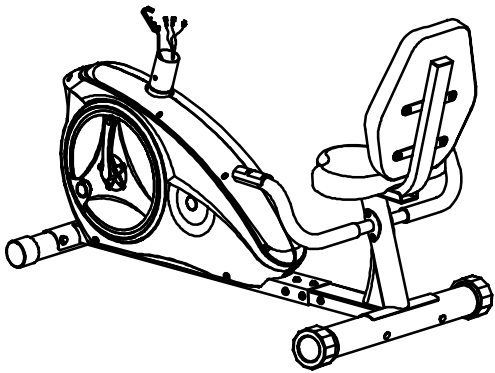
*NOTE: Carefully fit the wires back into the holes of Rear Main Frame (B)*

- B. Attach Handrails (H & J) to Rear Main Frame (B) using  
**Two M8x80mm Button Head Cap Screws (#12)**  
**Two M8 Flat Washers (#21)**  
**Two M8 Acorn Nuts (#6)**

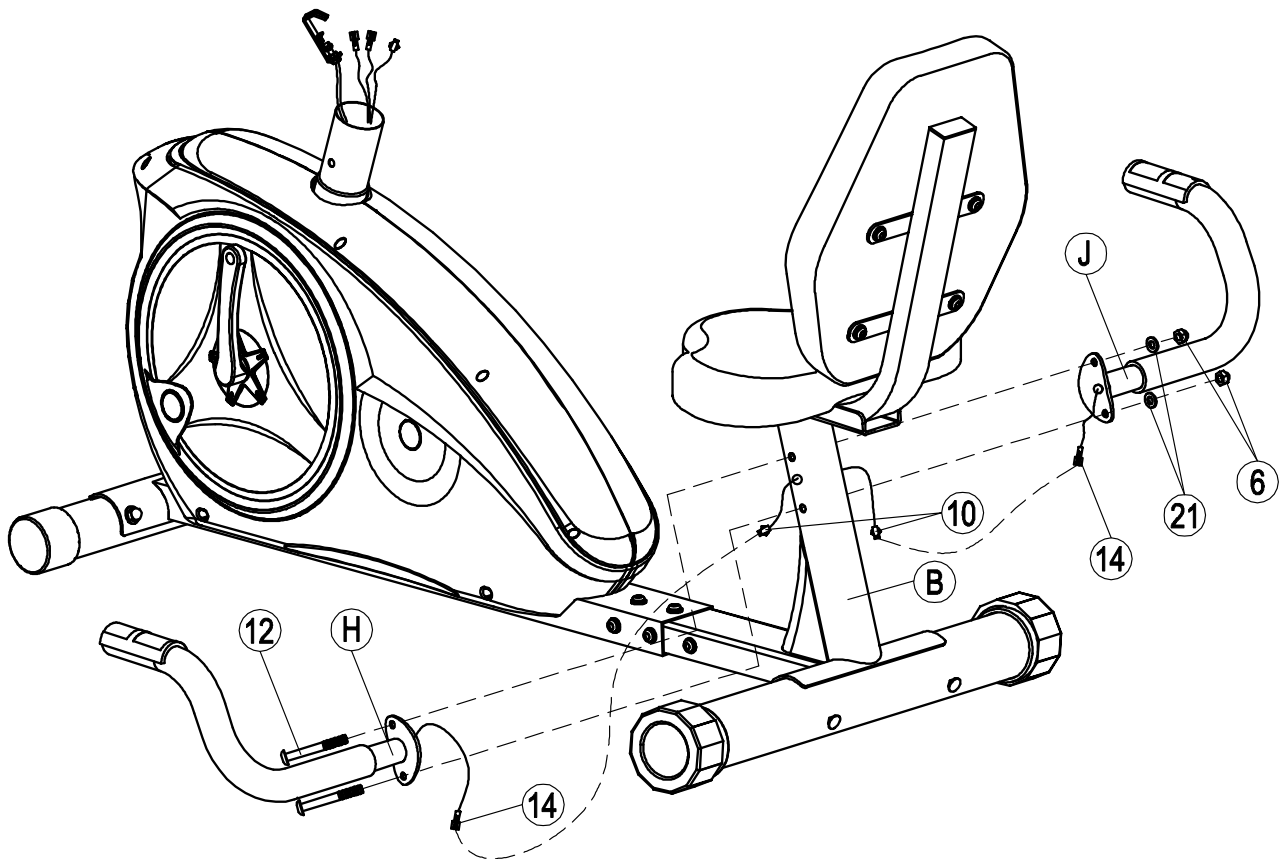


STEP

6



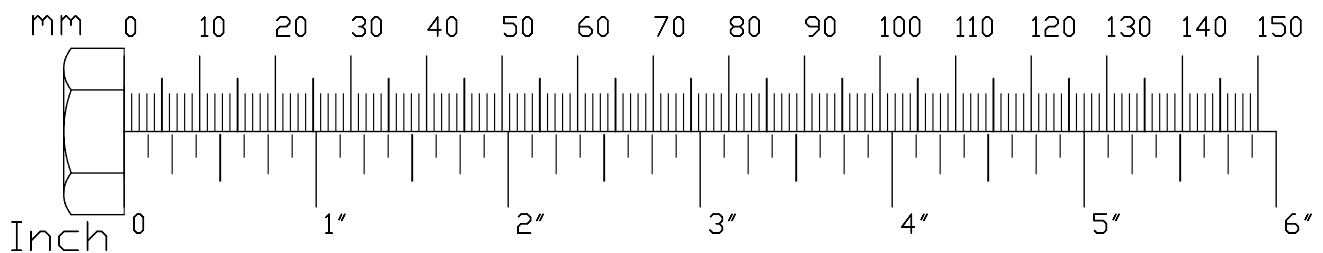
Above shows STEP 6 assembled and completed.



**STEP****7**

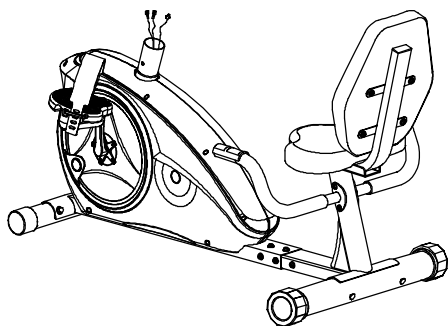
**Be careful to assemble all components in the sequence they are presented.**

- A. Connect Pedal L (L) to Crank L (34) by threading Pedal L counter-clockwise as shown.
- B. Connect Pedal R (K) to Crank R (35) by threading Pedal R clockwise as shown.

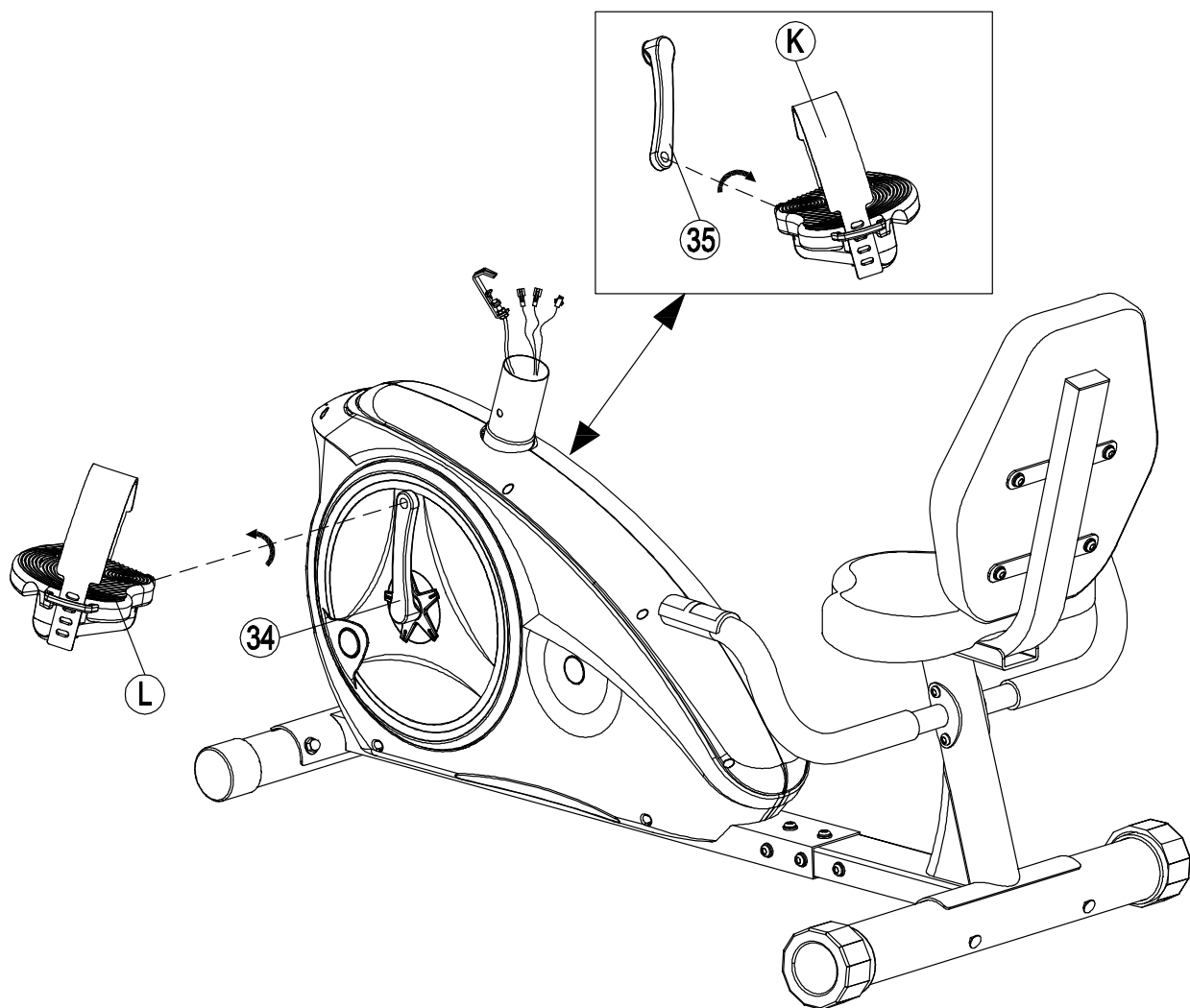


STEP

7



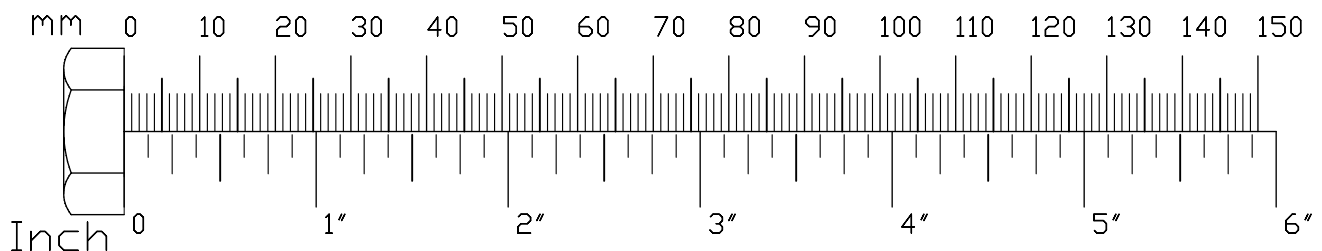
Above shows STEP 7 assembled and completed.



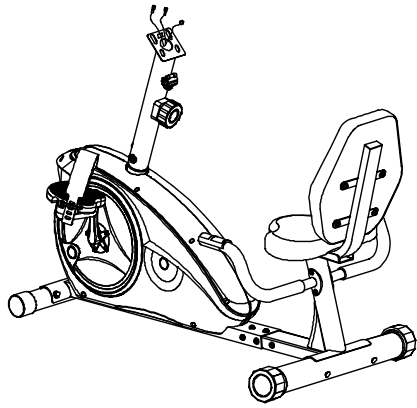
**STEP****8**

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

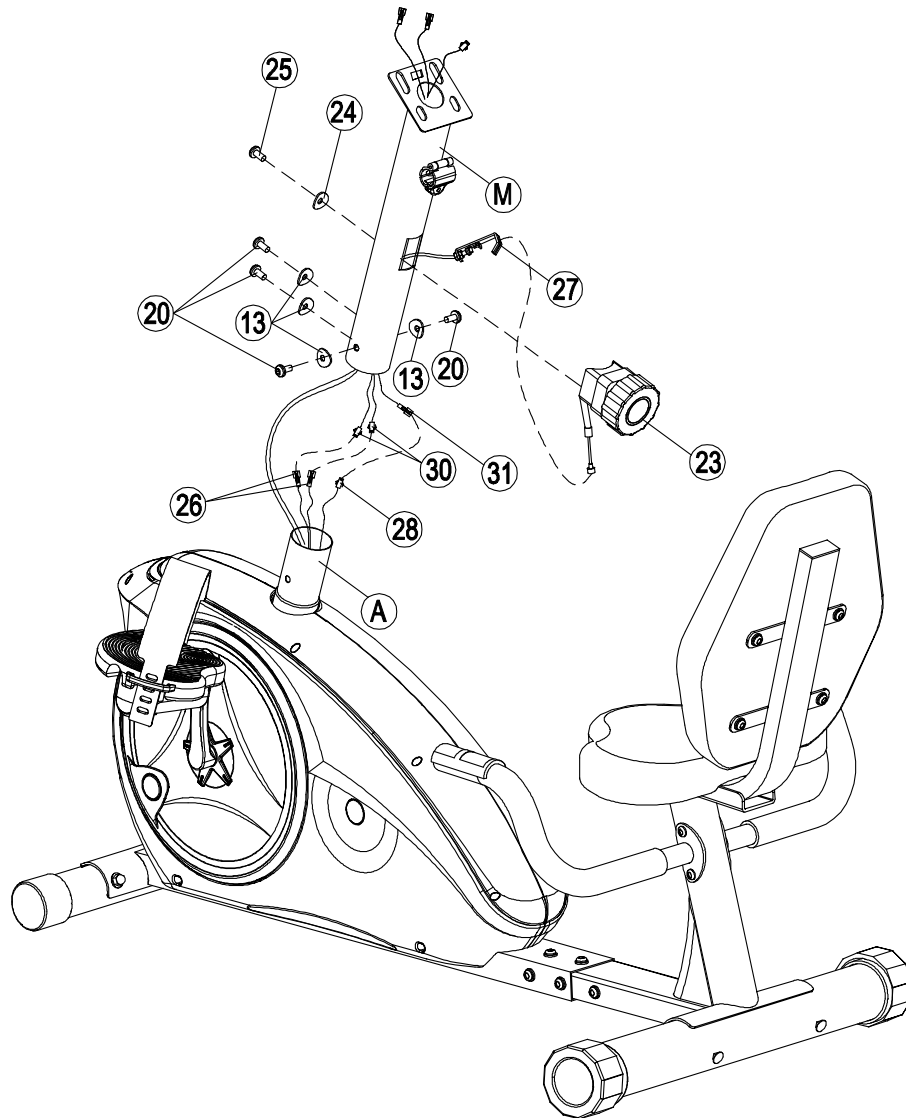
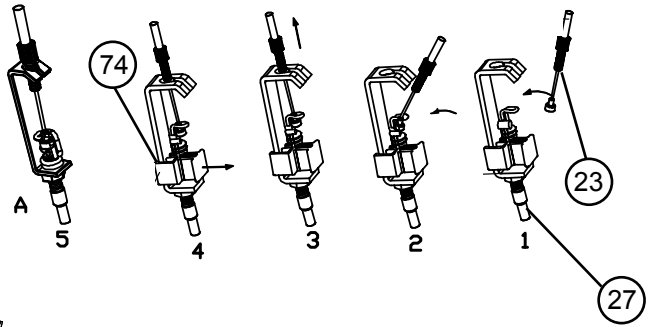
- A. Connect Pulse Wires (#26 & #30) together.
- B. Connect Sensor Wires (#28 & #31) together.
- C. Insert Tension Cable (#27) through Upright (M) and out from the opening on upright (M)
- D. Attach Tension Knob (#23) to Tension Cable (#27) as shown in Diagram 1. Push Tension knob (#23) towards Tension Cable (#27) as show in Diagram 2. Pull the Tension Cable (#27) up as shown in Diagram 3, then seat it in the slot. Pull out the Plastic Stopper (#74) as shown in Diagram 4.
- E. Secure Tension Knob (#23) to Upright (M) using:  
**One M5 Curved Washer (#24)**  
**One M5x55mm Button Head Cap Screw (#25)**
- F. Secure Upright (M) to Front Main Frame (A) using:  
**Four M8x15mm Button Head Cap Screws (#20)**  
**Four M8 Curved Washers (#13)**



**STEP**  
**8**



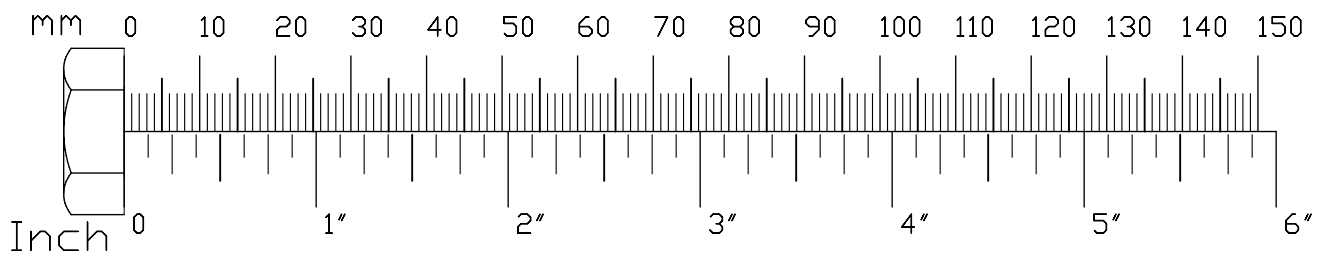
Above shows STEP 8 assembled and completed.



**STEP****9**

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

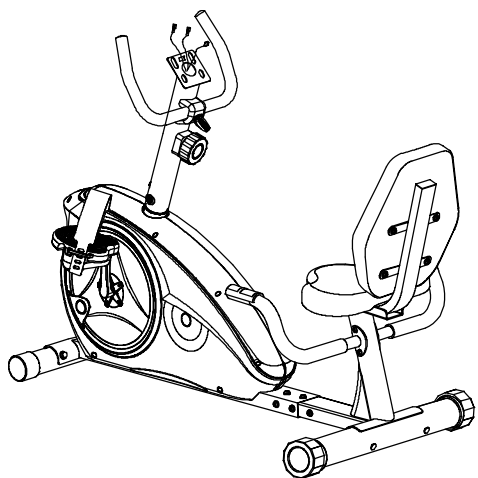
- A. Attach Handlebar (N) to Upright (M) using:  
**One Handlebar Adjustment Knob (#1)**  
**One Spacer (#2)**  
**One M8 Flat Washer (#21)**  
**One Handlebar Cover (#32)**



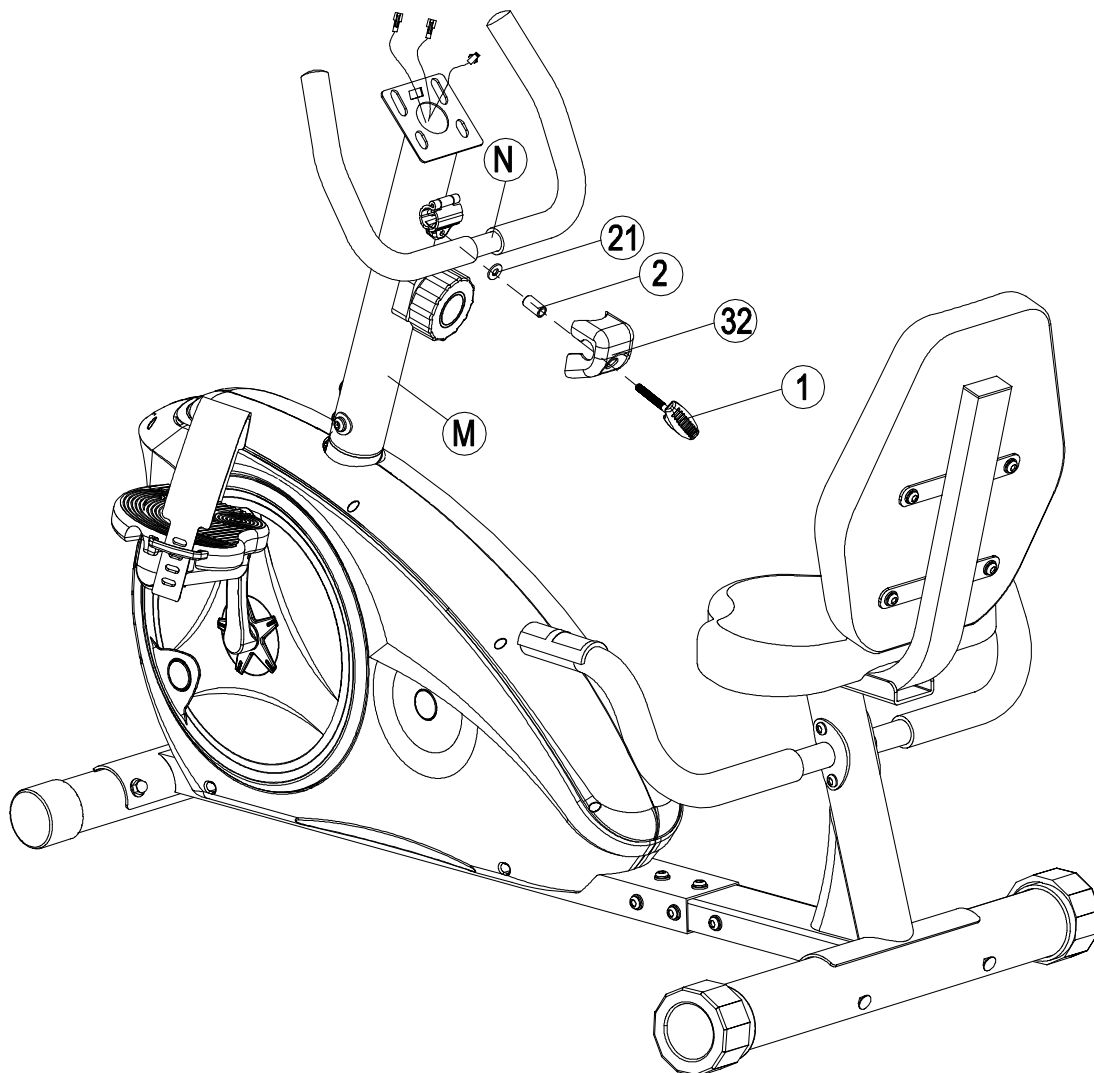


STEP

9



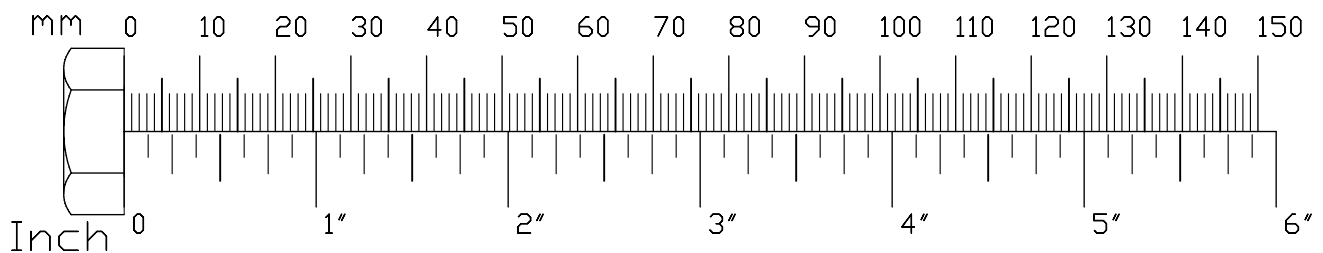
Above shows STEP 9 assembled and completed.



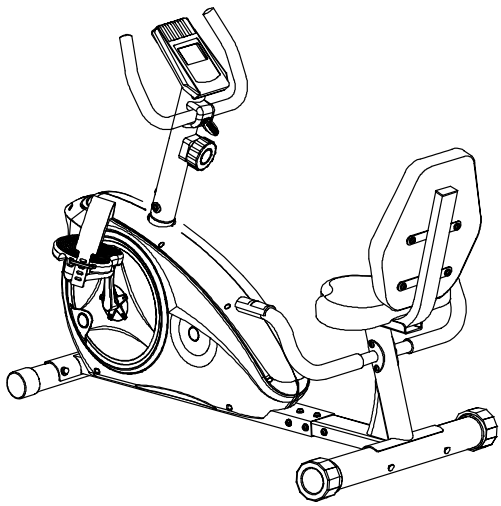
**STEP****10**

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

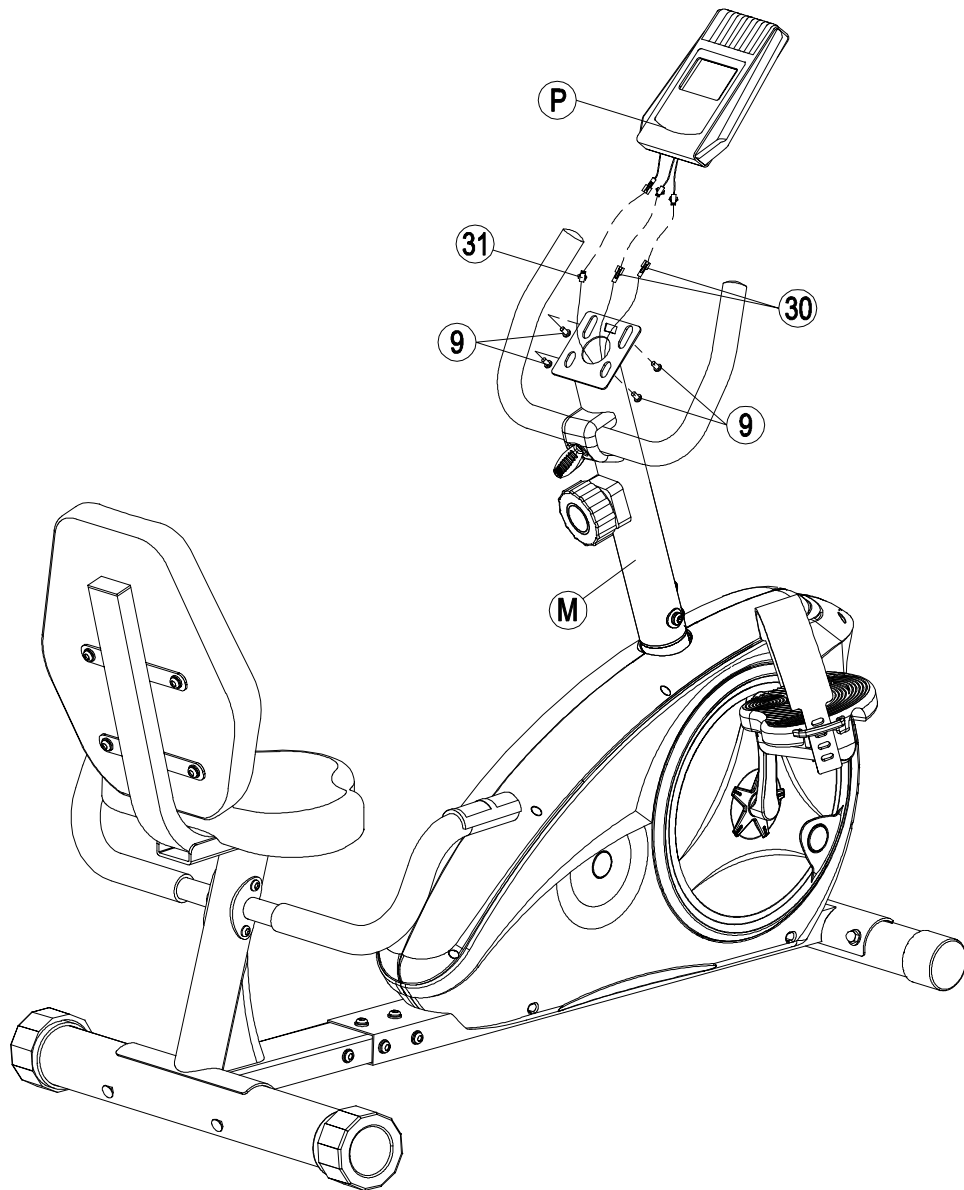
- A. Connect Pulse Wires (#30) to Console (P).
- B. Connect Sensor Wire (#31) to Console (P).
- C. Attach Console (P) to Upright (M) using:  
**Four M5x10mm Phillips pan head screws (#9)**



**STEP**  
**10**



Above shows STEP 10 assembled and completed.



# SETTING UP YOUR BFRB1

## PLACEMENT IN YOUR HOME

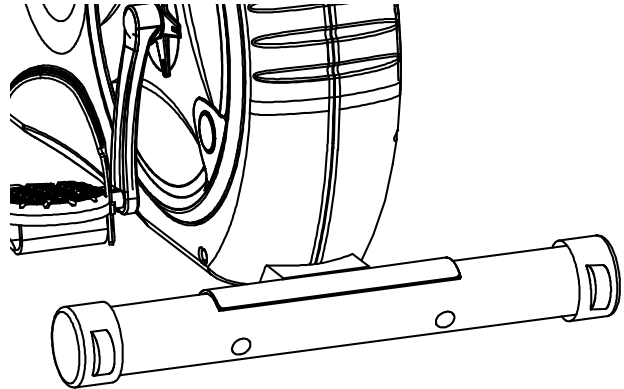
To make exercise a desirable daily activity for you, the BFRB1 should be placed in a comfortable and attractive setting. This bike is designed to use minimal floor space and to fit nicely in your home.

- Do not place or operate the BFRB1 outdoors.
- Do not place the BFRB1 near water or in high moisture content environment.
- It is highly recommended to place a dedicated equipment mat beneath your BFRB1. A dedicated mat provides superior stability and firmness for a proper workout.

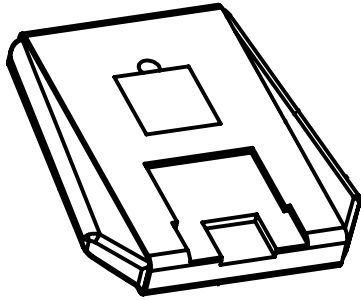
## MOVING THE BFRB1

This bike is easy to move around safely.  
To move the BFRB1:

1. Grasp the Rear Main Frame.
2. Carefully lift the bike upward.
3. Simply roll the BFRB1 on its two wheels to the desired location.

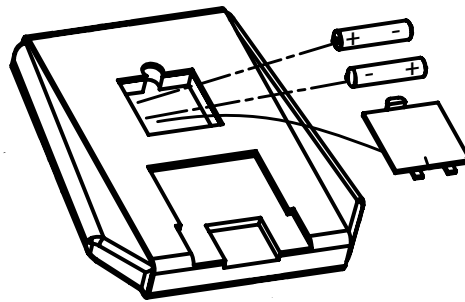


# SETTING UP YOUR BFRB1

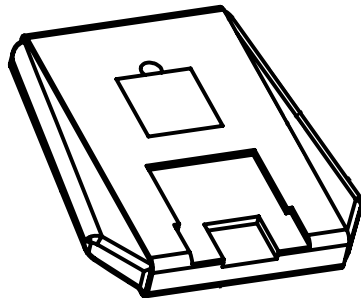


← To install the Console batteries  
remove Battery Cover

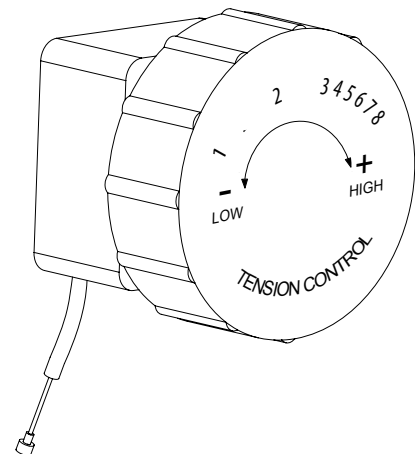
Insert two AA batteries into the  
console. Observe polarity. →



← After battery installation,  
reinstall the console's Battery Cover.

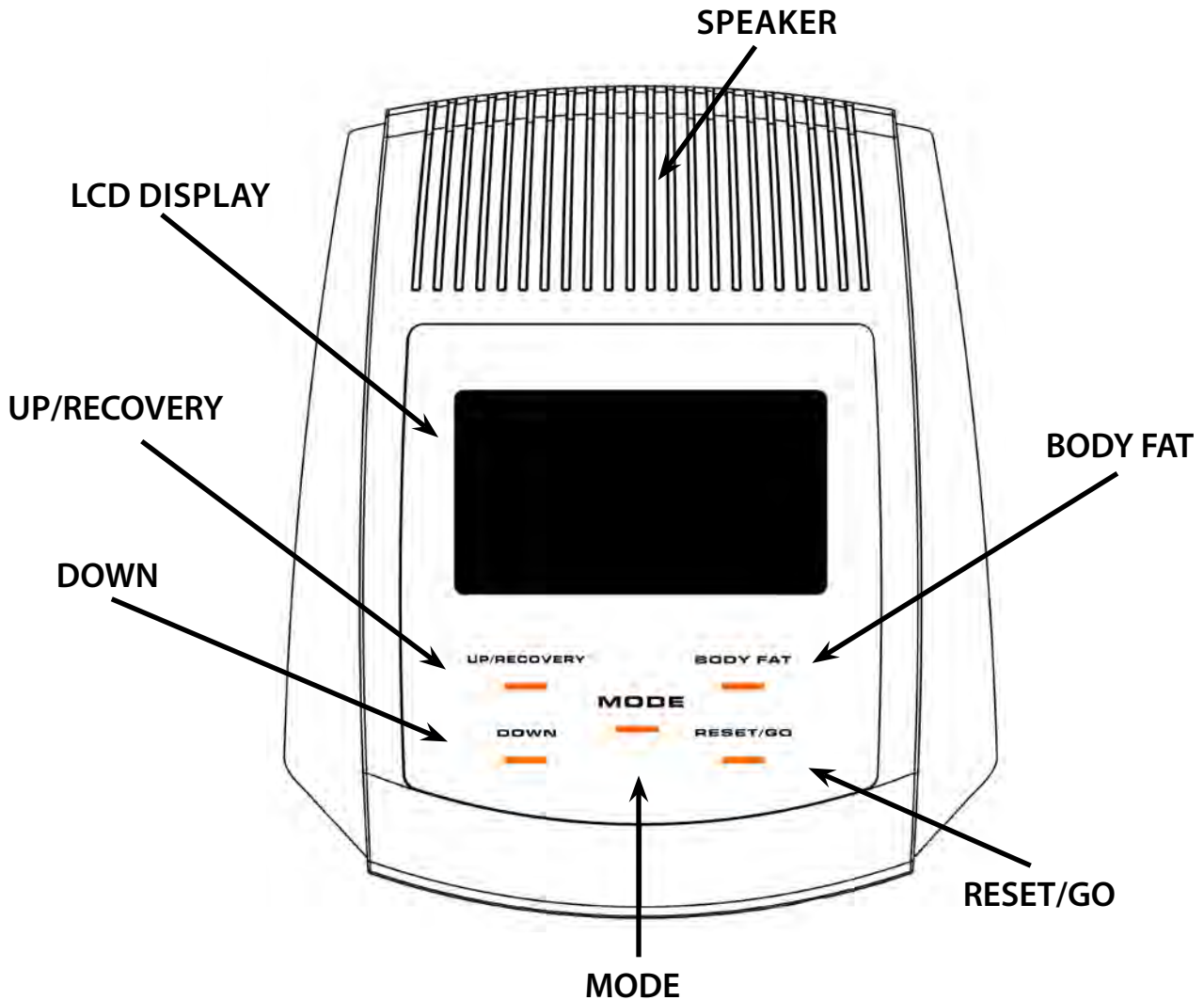


Adjust TENSION CONTROL by rotating the  
TENSION CONTROL knob.  
Rotate clockwise to increase tension.  
Rotate counter-clockwise to decrease tension. →



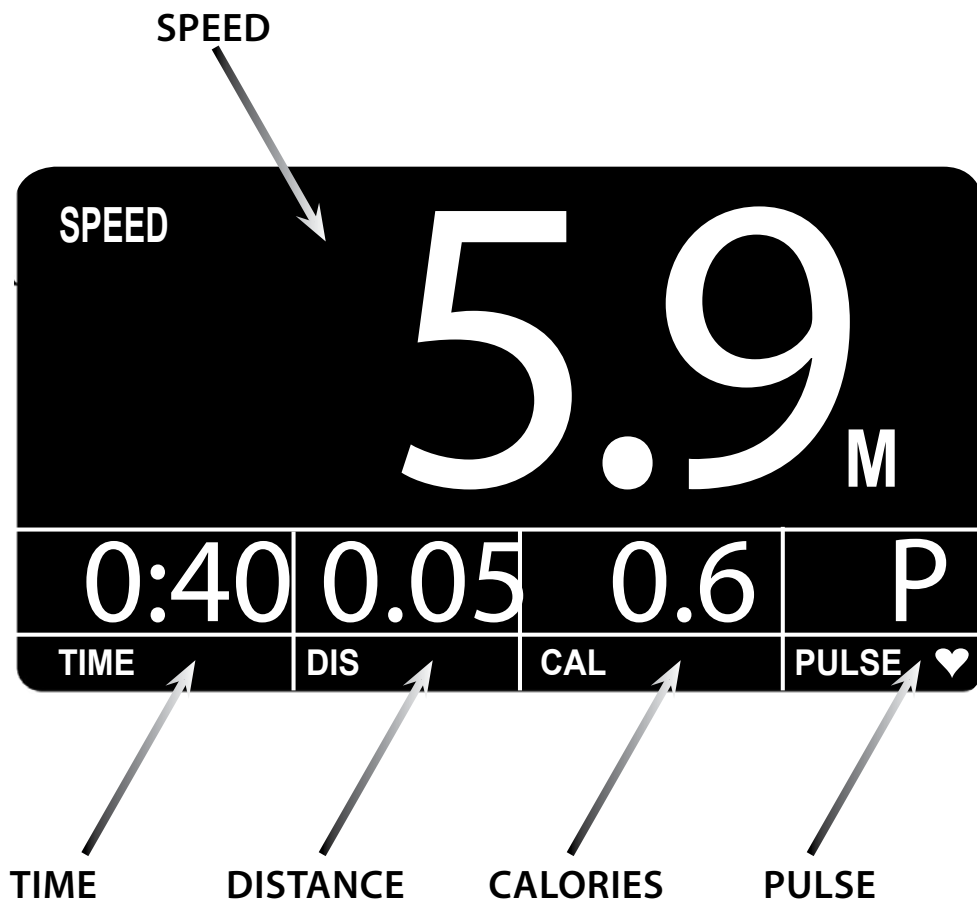
# CONSOLE FEATURES

The console informs the user with valuable information about the workout and allows the user to control workout resistance levels. Please become familiar with the console before your first exercise session.



<b>Feature</b>	<b>Description</b>
LCD Display	Console screen
MODE	Cycle through console programming
BODYFAT	Calculate Body Fat percentage, BMI and BMR
RESET/GO	Reset the display/value
UP/RECOVERY	Increases a value ( <i>Time, Age, Distance, Calories</i> )
DOWN	Decreases a value ( <i>Time, Age, Distance, Calories</i> )

# CONSOLE DISPLAY FEATURES



Feature	Range	Specification
Speed	0.0 ~ 99.9 mph	0.1 Mile/Hour
Time	0.00 ~ 99.59 s	1 Second
Calories	0 ~ 999 Calories	0.1 ~ 1 Calorie
Hand Pulse	40 ~ 240 bpm	1 Beat/Minute
Distance	0 ~ 9.99mi ~ 99.9 mi	0.01 ~ 0.1 Mile

# CONSOLE OPERATION

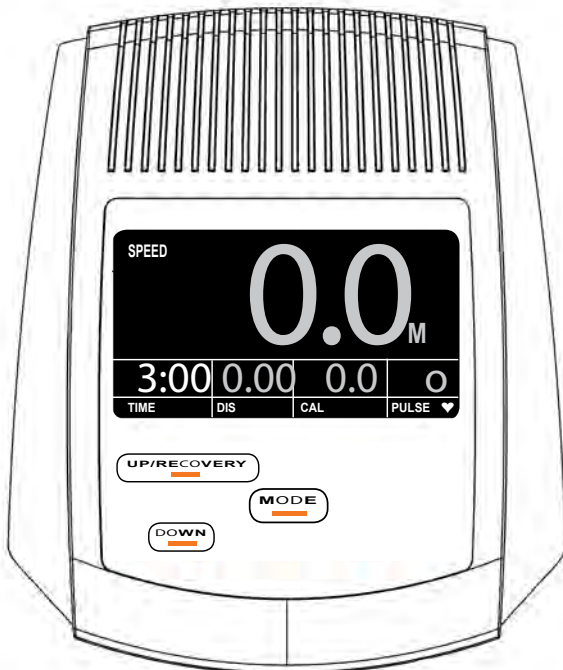
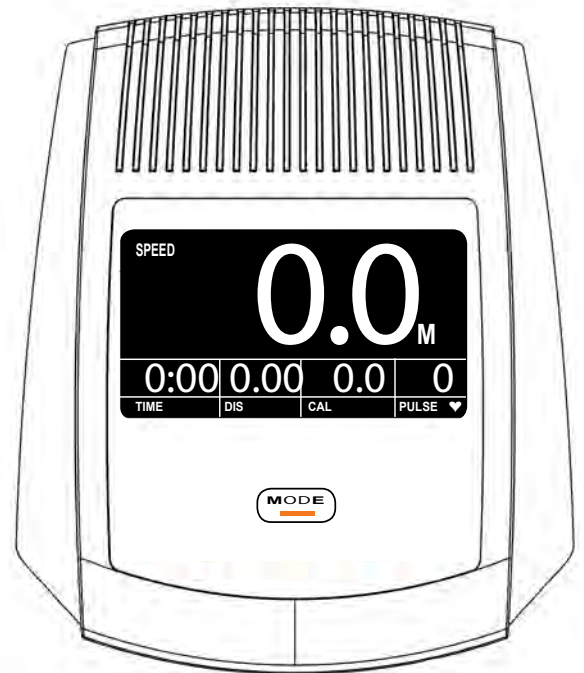
## PROGRAMMING THE DISPLAY

The display is able to be programmed to establish customized workout goals. The BFRB1 gives users the power to control their workout time, distance travelled and total calorie loss.

Press **MODE** once to program the console.

If the console is in STAND BY mode, the display will initially reset.

*After leaving STAND BY mode, the display was reset.* →



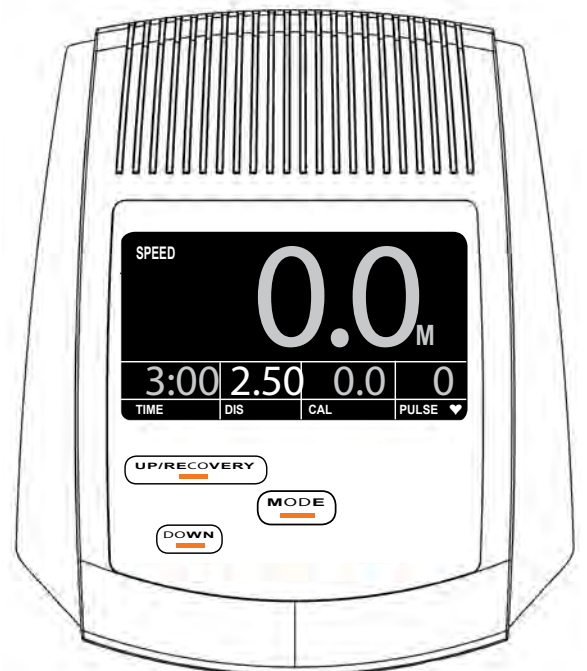
As the TIME window flashes, enter the pre-set TIME by pressing **UP/RECOVERY** or **DOWN** to increase/decrease the set value to reach your desired time.

Again press the **MODE** button to advance to the next function.

← *The display is set for a 3:00 minute workout.*

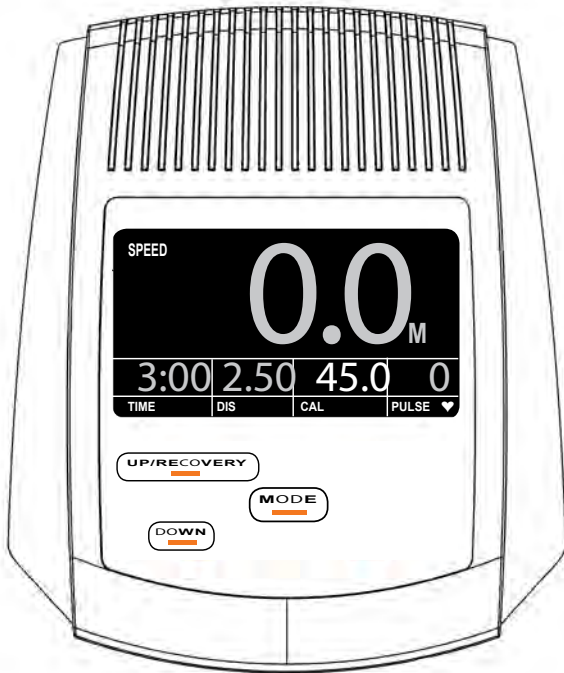
As the DISTANCE window flashes, enter the pre-set DISTANCE by pressing **UP/RECOVERY** or **DOWN** to increase/decrease the set value to reach your desired distance.

Again press the **MODE** button to advance to the next function.





# CONSOLE OPERATION



As the CALORIE window flashes, enter the pre-set CALORIES by pressing **UP/RECOVERY** or **DOWN** to increase/decrease the set value to reach your desired calorie setting.

Again press the **MODE** button to advance to the next function.

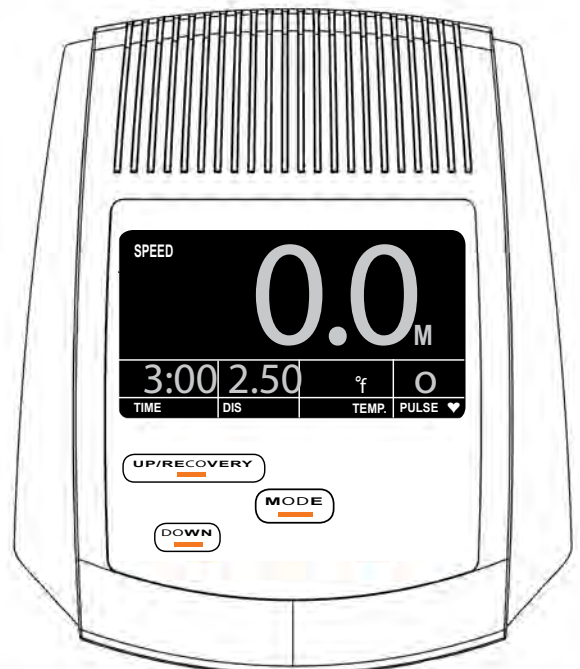
The TEMPERATURE mode can be set according to specific needs. Maintaining the correct ambient temperature during a workout will increase the effectiveness of the exercise.

Enter the desired TEMPERATURE readout (Celsius or Fahrenheit) by pressing **UP/RECOVERY** or **DOWN** to change between Celsius or Fahrenheit. Press the **MODE** button to complete programming the display.

*The display is set for Fahrenheit.* →

## Start your workout!

The programmed sections of the display will start counting down as the exercise progresses. When one of the target goals has been achieved, the programmed window will flash and the console will beep advising the user of their accomplishment. After the achievement, the display will count up and record further workout progress.



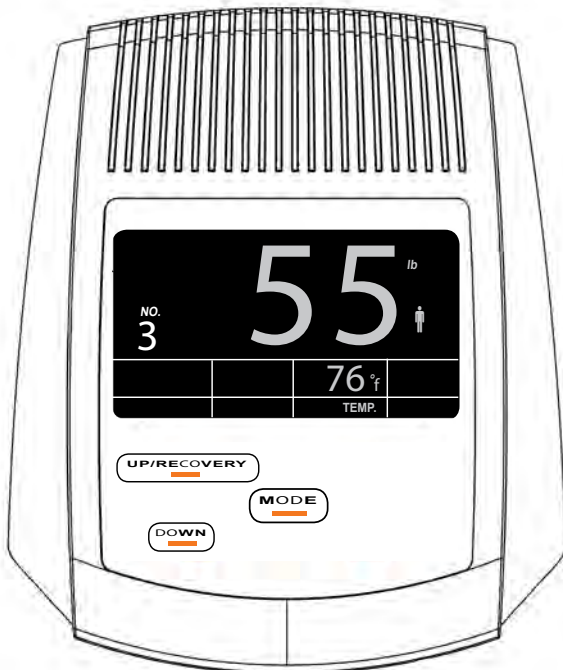
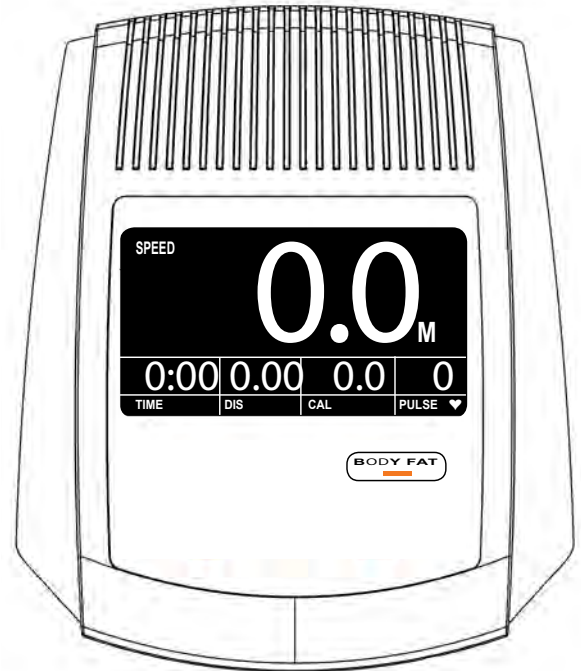
# CONSOLE OPERATION

## BODYFAT, BMI & BMR

The BFRB1 console has the ability to measure a person's BODYFAT, BMI and BMR. BMI (Body Mass Index) is a statistical measurement of body weight based on a person's weight and height. Though it does not actually measure the percentage of body fat, it is used to estimate a healthy body weight and used as a diagnostic tool to identify weight problems. BMR (Basal Metabolic Rate) determines your daily calorie needs.

While *not* exercising, press **BODY FAT** to enter the Body Fat parameters settings.

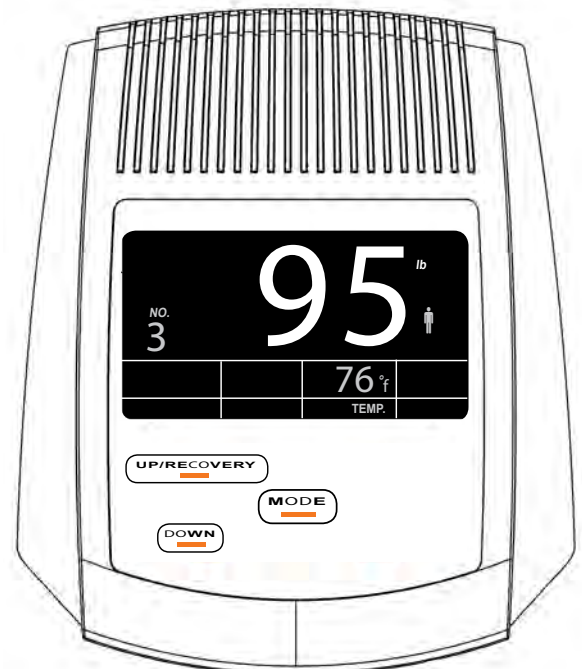
*The calculation is performed while not exercising. Speed is 0 mph. →*



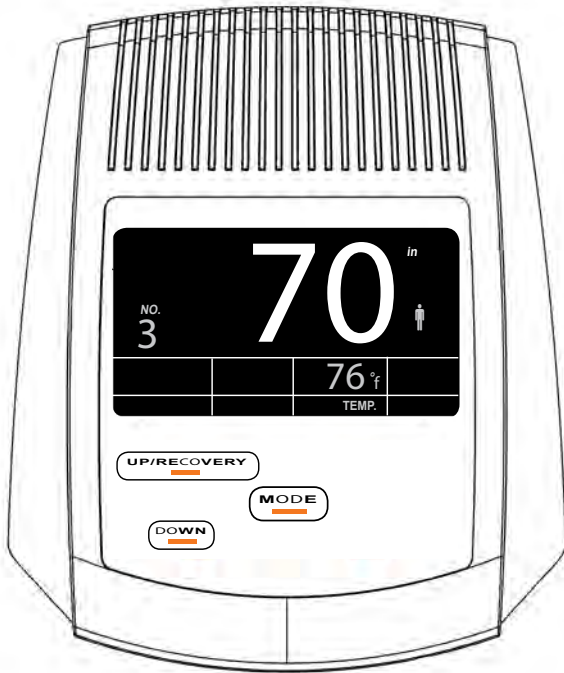
Multiple users can examine their BODYFAT. Enter the USER ID number from 1 to 8 by pressing **UP/RECOVERY** or **DOWN** to increase/decrease the USER ID. Press **MODE** to advance to next parameter setting.

Enter your WEIGHT (LB) by pressing **UP/RECOVERY** or **DOWN** to increase/decrease your set weight. Press **MODE** to advance to the next parameter setting.

*Weight is set at 95 lb. →*



# CONSOLE OPERATION

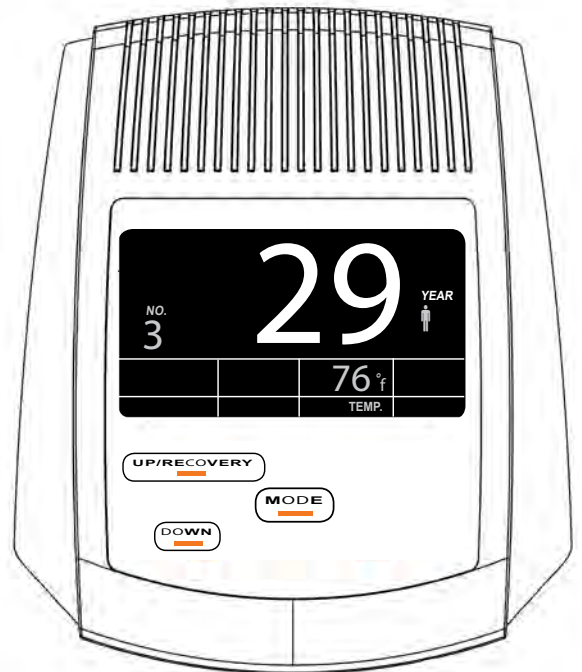


Enter your HEIGHT (inch) by pressing **UP/RECOVERY** or **DOWN** to increase/decrease your set height. Press **MODE** to advance to the next parameter setting.

← *The height of USER 3 is set at 70".*

Enter your AGE (YEAR) by pressing **UP/RECOVERY** or **DOWN** to increase/decrease your age setting. Press **MODE** to proceed to next parameter setting.

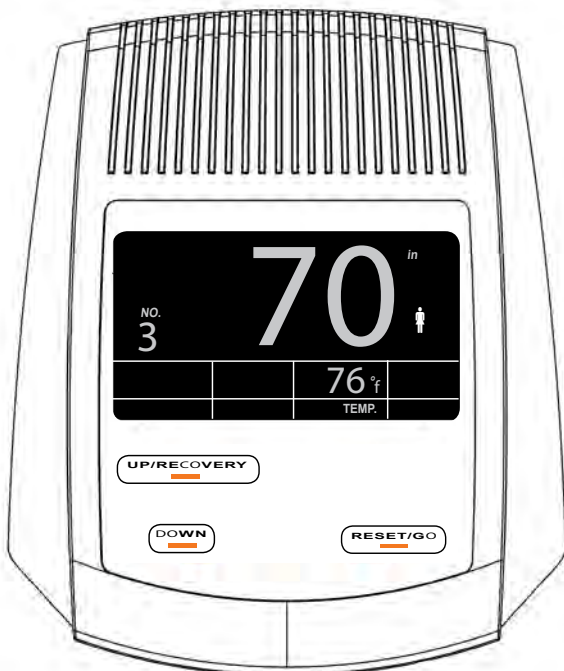
*USER 3 is 29 years old.* →



Enter your SEX by pressing **UP/RECOVERY** or **DOWN** to select between male and female.

After having entered the parameters, press the **RESET/GO** button then hold onto the Heart Rate Contacts.

← *USER 3 is female.*

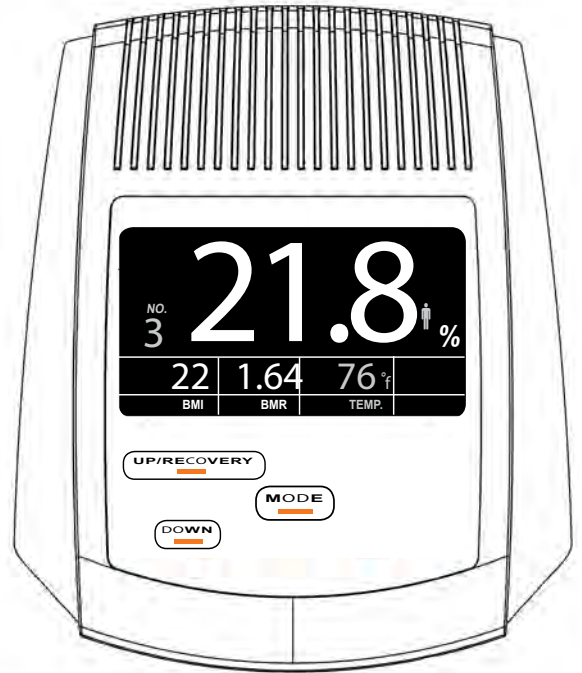


# CONSOLE OPERATION

After 6 seconds, the console will display the executed calculation on the display. The display will show BODYFAT, BMI and BMR. To exit the application, press the **BODY FAT** button.

USER 3 has 21.8% BODYFAT, a BMI of 22 and a BMR of 1640 calories. →

NOTE: The display will exit the BODYFAT test automatically if no console operation has been detected for a period of 10 seconds and will display the Er.1 error code.



## BODYFAT PARAMETERS

The chart below is used to reference your BODYFAT results. Results are for therapeutic purposes only.

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male ≤ 30 years	<14%	14% ~ 20%	20.1% ~ 25%	25.1% ~ 35%	> 35%
Male > 30 years	<17%	17% ~ 23%	23.1% ~ 28%	28.1% ~ 38%	> 38%
Female ≤ 30 years	<17%	17% ~ 24%	24.1% ~ 30%	30.1% ~ 40%	> 40%
Female > 30 years	<20%	20% ~ 27%	27.1% ~ 33%	33.1% ~ 43%	> 43%

## BMI INDEX

The chart below is used to reference your BMI (Body Mass Index) results. Results are for therapeutic purposes only.

Underweight	Healthy	Slightly Overweight	Overweight	Obese
≤ 18	18.5 ~ 24.9	25 ~ 26.9	27 ~ 29.9	≥ 30

## SLEEP MODE

The BFRB1 will enter SLEEP MODE mode when left un-operational for eight minutes after a workout. While SLEEP MODE mode is active, the console will display the current ambient temperature. Press **MODE** once to reset the display and start your workout. All memory is cleared during SLEEP MODE except for BODYFAT parameters and Temperature.

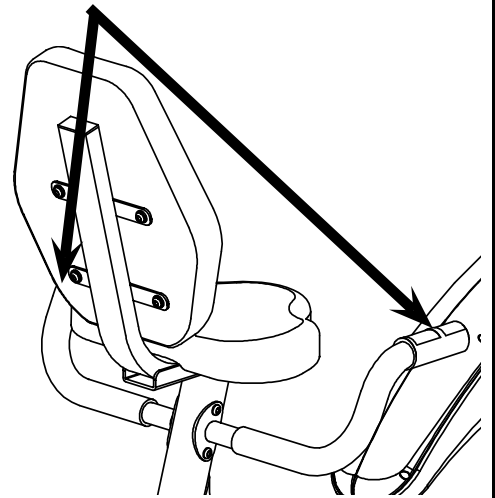
# CONSOLE OPERATION

## PULSE RATE

Your BFRB1 comes equipped with Heart Rate Contacts. The Heart Rate Contacts send your heart rate information to the console for processing. To measure Heart Rate, your hands need to firmly grasp the entire area of the Heart Rate Contact Sensors on both sides of the handlebar. There is no need to hold onto the contacts very tightly although holding onto the contacts loosely may produce a false readout.

Before measuring your pulse rate, make sure the PULSE window shows 'P' instead of '0'. The readout may show '0' after a brief period of pulse reading inactivity. Press any button to change '0' into "P" to activate the pulse readout. Place both of your palms on the Heart Rate Contact Pads and the monitor will show your current heart rate in beats per minute (BPM) after a 3~4 second calculation time.

During the Heart Rate reading, because of the contact jamming phenomenon, the measured Heart Rate value may be higher than your actual pulse rate during the first 2~3 seconds, then will stabilize to a normal level.

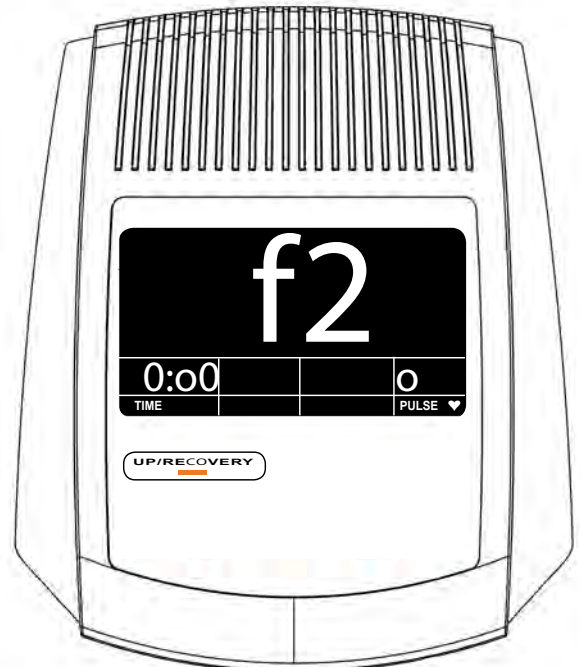


## PULSE RECOVERY

PULSE RECOVERY is an excellent guide for many types of training regimes that use recovery heart rate as a progress guide and to spot problems such as over-heating or dehydration.

First, test your pulse as mentioned in the PULSE RATE section. Then, while not exercising (SPEED is 0 mph), press **UP/RECOVERY** to enter the PULSE RECOVERY function. The display will show a 1 minute count-down as well as your current pulse rate. Hold on to the Heart Rate Contacts until the display counts down to zero. The console will now display your pulse recovery level from F1 to F6. Press **UP/RECOVERY** again to exit the PULSE RECOVERY function.

*The Pulse Recovery is at the F2 level. →*



The chart below is used to reference your PULSE RECOVERY level. Results are for therapeutic purposes only.

Fastest	Fast	Quick	Moderate	Slow	Slowest
F1	F2	F3	F4	F5	F6

# EXERCISE TIPS AND GUIDELINES

Always consult your physician before beginning any exercise program. For your health and safety, do not over exert yourself. Remember to stretch and warm up before each exercise program.

---

## STRETCH

Stretching prior to exercising will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold your stretched position for a count of ten. Do not bounce. Repeating the stretching exercises again, after the cool down, will help to loosen and relax your muscles to prevent soreness after your workout.

## WARM UP

A few minutes of a work out should be devoted to warming up. This warm up time will limber your muscles and prepare them for a more strenuous exercise. Warm up on the BFRB1 by exercising at slow speeds.

## COOL DOWN

Never stop exercising suddenly. It is a good idea to end a workout slowly since this will allow your heart to readjust to the decreased demand.

## HOW OFTEN?

It is most often recommended that you exercise a few times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of the day to exercise. Regular exercise is a key to a healthy life style

## HOW LONG?

For a useful workout, always start slowly, especially if you have been sedentary during the past year. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

# EXERCISE TIPS AND GUIDELINES

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing any workouts!

---

## HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

During exercise, if you cannot maintain a conversation without gasping, you are working too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs to overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute (bpm). Compare this number to the Target Heart rate zone for your age group.

## TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate.

The standard formula for this is:

$$220 - \text{your age} = \text{MAXIMUM HEART RATE.}$$

You DO NOT want to workout at your maximum heart rate.

You want to workout in your target heart rate zone.

Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate.

If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Age	Target Zone
20	120 ~ 150
25	117 ~ 146
30	114 ~ 142
35	111 ~ 138
40	108 ~ 135
45	105 ~ 131
50	102 ~ 127
55	99 ~ 123
60	96 ~ 120
65	93 ~ 116
70	90 ~ 113

**TARGET HEART RATE**

$$\text{LOWER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.60$$

$$\text{UPPER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.75$$

# TROUBLESHOOTING

PROBLEM	TROUBLESHOOTING TIP	SOLUTION
Console will not turn on	<p>Console needs a HARD reset</p> <p>Batteries are low or dead</p> <p>Reverse polarity</p> <p>Damaged console</p>	<p>Remove then reinstall batteries into the console.</p> <p>Replace with fresh batteries.</p> <p>Insert batteries using correct polarity.</p> <p>Replace console.</p>
Crank Arms or Handles are loose	Loose hardware	Using the provided assembly tools, go over the BFRB1 to make sure all assembly hardware is tight.
No resistance	<p>Tension Knob malfunction</p> <p>Magnetic brake is loose</p>	<p>Call for service.</p> <p>Call for service.</p>
The resistance levels seem to be either too hard or too easy	Magnetic brake has shifted	Call for service.
Console button(s) do not respond to touch	Console Overlay	<p>Button(s) may have been damaged from liquids penetrating console overlay or excessive amount of cleaning solution was used.</p> <p>Too much force was used operating the console buttons.</p> <p>Replace console.</p>
No Heart Rate readout on console	Heart Rate harness	Remove the console and verify that the Heart Rate harness is secure.
Heart Rate readout is erratic	<p>Heart Rate contact pressure</p> <p>Contact obstruction</p> <p>Environmental interference</p>	<p>Gripping the Heart Rate contacts too tight may cause calculation readout errors.</p> <p>Try to maintain moderate pressure when holding onto the Heart Rate contacts.</p> <p>Remove all jewelry when using the BFRB1.</p> <p>Make sure hands are not completely dry.</p> <p>An exercise environment with large motors, computers, fluorescent lighting and high power lines may cause erratic Heart Rate readout.</p>
Unit is unstable or rocks while in use	Levelers	<p>Make sure the unit is on a solid and level surface.</p> <p>Adjust the Rear Leg End Caps to level the unit.</p>
Speed is not calculated on the console	<p>Console Harness</p> <p>Speed Sensor</p> <p>Magnet</p>	<p>Remove the console and verify that all connections are secure and not damaged or pinched.</p> <p>The Speed Sensor may have become dislodged or damaged.</p> <p>Call for service.</p> <p>The Magnet may have become dislodged or damaged.</p> <p>Call for service.</p>
The BFRB1 squeaks or makes a chirping sound	<p>Levelers</p> <p>Assembly hardware</p>	<p>Make sure the unit is on a solid and level surface.</p> <p>Loosen all assembly hardware, grease the bolt threads then tighten hardware.</p>



# SERVICING THE BFRB1

## 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](http://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](mailto:service@bodysolid.com)

**Or write to:**

**BEST FITNESS**  
**Service Department**  
**1900 S. Des Plaines Ave.**  
**Forest Park, IL 60130 USA**

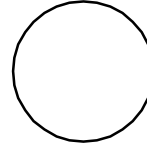
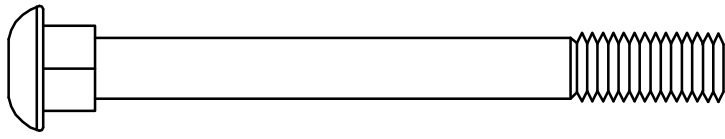
Retain this Owner's Manual for future reference.



*[www.BestFitness.com](http://www.BestFitness.com)*

# HARDWARE PACK LIST

(Actual Size Shown)

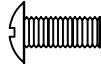


Part# 4

M8x90

Carriage Bolt

Qty. 2

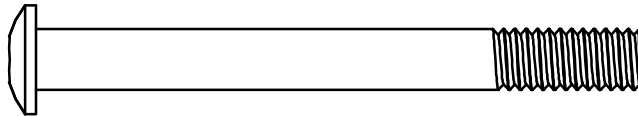


Part# 9

M5x10

Phillips Pan Head Screw

Qty. 4

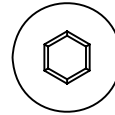
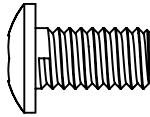


Part# 12

M8x80

Button Head Cap Screw

Qty. 2

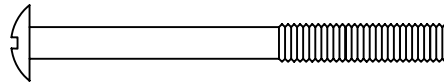


Part# 20

M8x15

Button Head Cap Screw

Qty. 20

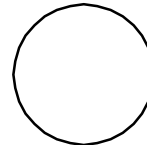
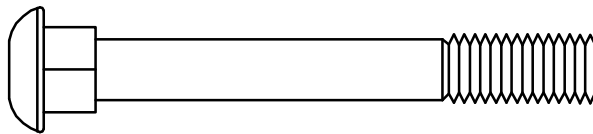


Part# 25

M5x55

Phillips Pan Head Screw

Qty. 1

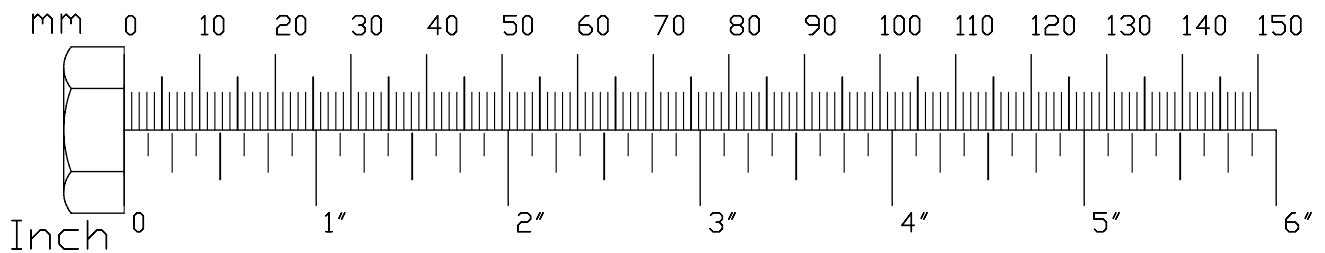


Part# 33

M8x73

Carriage Bolt

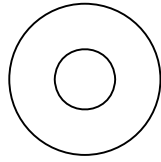
Qty. 2



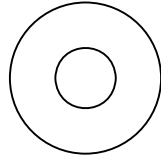
# HARDWARE PACK LIST

(Actual Size Shown)

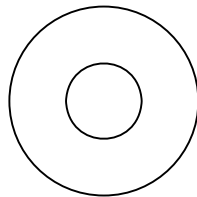
Part# 5      M8x25xR39      Curved Washer      Qty. 2



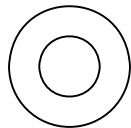
Part# 13      M8x25xR30      Curved Washer      Qty. 6



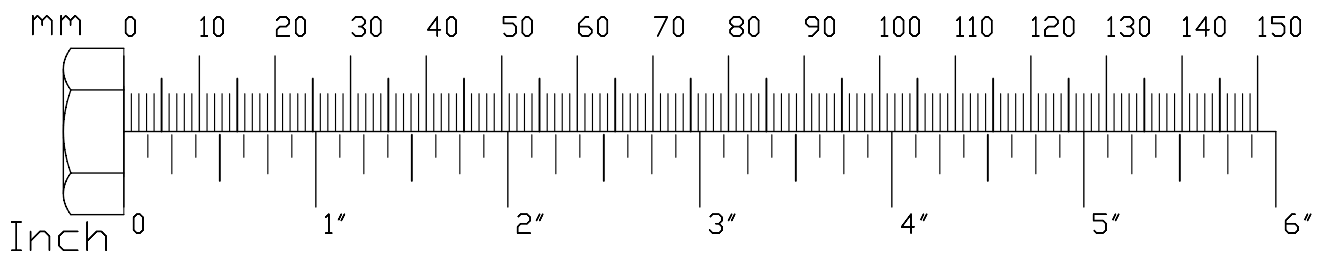
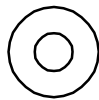
Part# 17      M10      Washer      Qty. 1



Part# 21      M8      Washer      Qty. 19

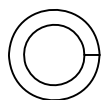


Part# 24      M5      Curved Washer      Qty. 1



# HARDWARE PACK LIST

(Actual Size Shown)



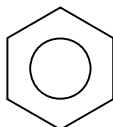
Part# 29

M8

Lock Washer



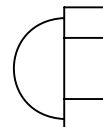
Qty. 6



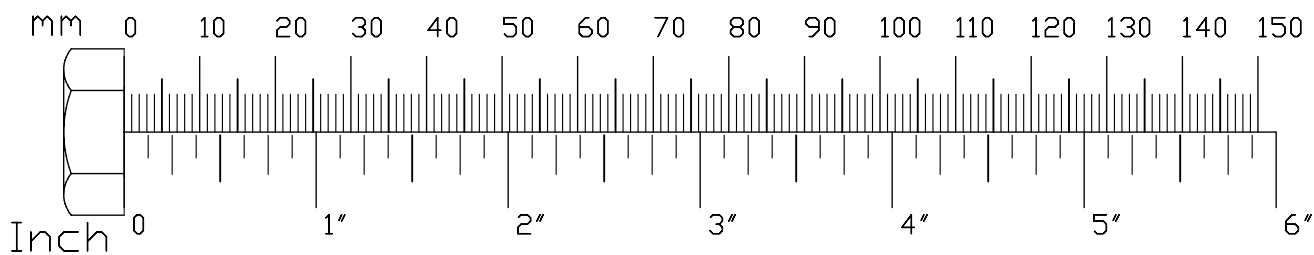
Part# 6

M8

Acorn Nut



Qty. 6



# PART LIST

<b>PART#</b>	<b>QTY</b>	<b>DESCRIPTION</b>
A	1	Front Main Frame
B	1	Rear Main Frame
C	1	Front Stabilizer
D	1	Rear stabilizer
E	1	Seat tube
F	1	Back Rest
G	1	Seat
H	1	Handrail L
J	1	Handrail R
K	1	Pedal R
L	1	Pedal L
M	1	upright
N	1	Handlebar
P	1	Console

**Part numbers are required when ordering parts.**

# PART LIST

<b>PART#</b>	<b>QTY</b>	<b>DESCRIPTION</b>	
1	1	Handlebar Adjustment Knob	
2	1	Spacer	
3	1	Foam	
4	2	Carriage bolt	M8×90
5	2	Curved washer	M8×2×Φ25×R39
6	6	Acorn Nut	M8
7	2	Front Stabilizer End Cap	
8	2	Rear Stabilizer End Cap	
9	4	Phillips Pan Head Screw	M5×10
10	2	Pulse connecting wire	
11	2	Foam grip	
12	2	Button Head Cap Screw	M8×80
13	6	Curved Washer	M8×2×Φ25×R30
14	2	Pulse Wire	
15	2	Handlebar Cap	
16	1	Seat Adjustment Knob	
17	1	Flat Washer	M10
18	1	U Bracket with Bolt	
19	2	Handrail Cap	
20	20	Button Head Cap Screw	M8×15
21	19	Flat washer	M8
22	2	Square Cap	
23	1	Tension Knob	
24	1	Curved washer	M5
25	1	Phillips Pan Head Screw	M5×55
26	2	Pulse Wire	
27	1	Tension cable	
28	1	Sensor wire	
29	6	Lock washer	M8
30	2	Pulse Connecting Wire	
31	1	Upper Sensor Wire	
32	1	Handlebar Cover	
33	2	Carriage Bolt	M8×73
34	1	Crank L	
35	1	Crank R	
36	1	Belt Wheel Cover L	
37	1	Belt Wheel Cover R	
38	1	Flywheel Axle	

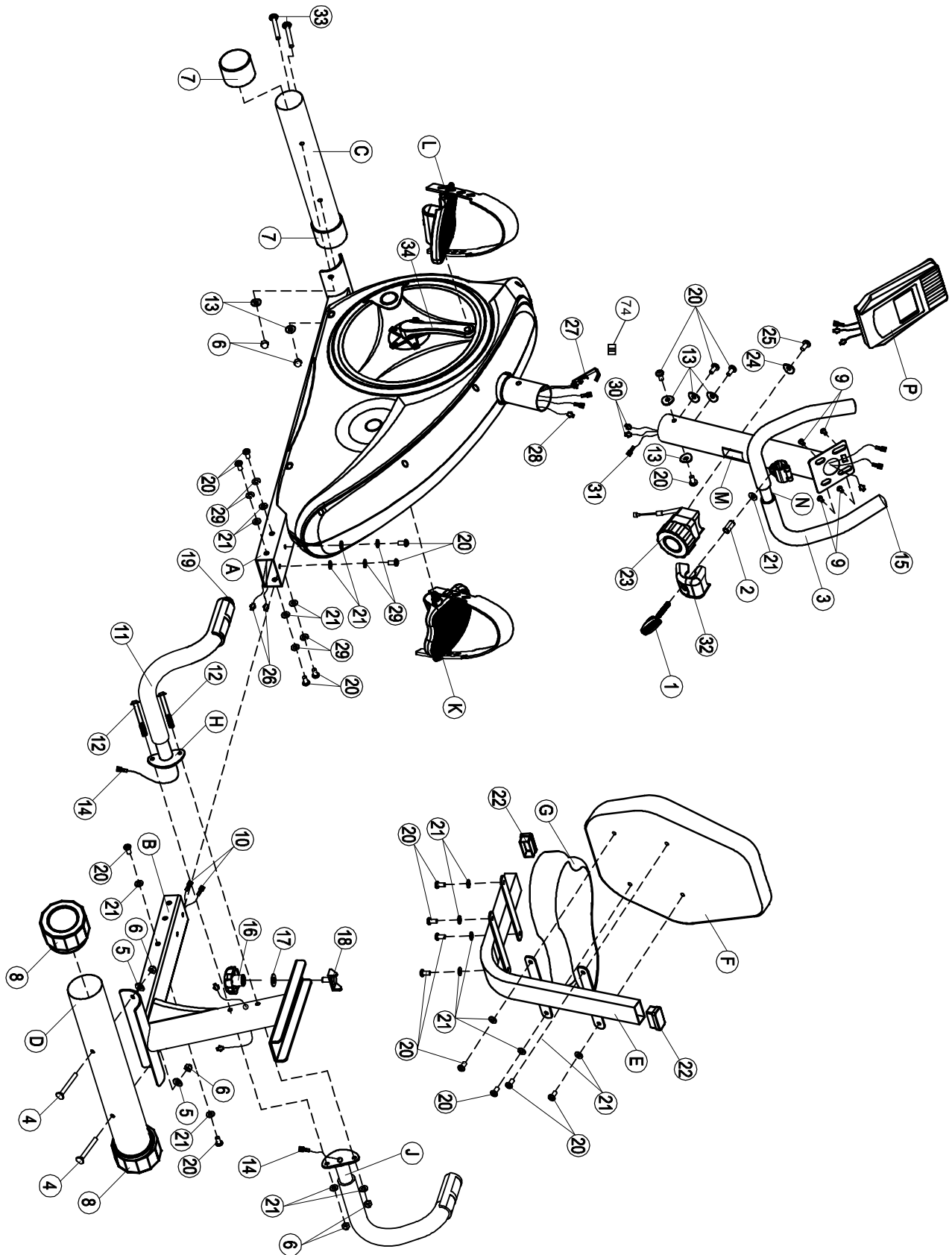
**Part numbers are required when ordering parts.**

# PART LIST

PART#	QTY	DESCRIPTION	
39	1	Flywheel	
40	2	Bearing NBK6000	
41	1	Conical Surface Spacer	
42	2	Nut	M10
43	2	Hex Nut	M6
44	2	U Shape Washer	
45	2	Adjustable Bolt	M6×50
46	1	Flange Nut	M10
47	8	Magnetic Brake Shoe	
48	1	Conical Surface Nut	M10
49	2	Crank Cap	
50	1	Flange Nut M10×1.25	
51	10	Phillips Head Screw	ST4.2x18
52	1	Shroud L	
53	1	Shroud R	
54	8	Phillips Head Screw	ST4x10
55	1	Handlebar Post Bushing	
56	1	Snap Ring D17	
57	2	Bearing	NBK6003
58	1	Sensor	
59	2	Plastic Spacer	Φ17×Φ23×3
60	3	Button Head Cap Screw	M8×15
61	1	Belt Wheel	Φ240
62	1	Belt Wheel Axle	
63	3	Nylon Nut	M8
64	1	Belt	
65	2	Bolt	M6×15
66	2	Spring washer	M6
67	2	Flat washer	M6
68	2	Snap ring	M12
69	1	Magnetic Brake Frame	
70	1	Magnetic brake shoe axle	
71	1	Tension spring	
72	1	Hex bolt	M5×L50
73	2	Hex nut	M5
74	1	Plastic Stopper	

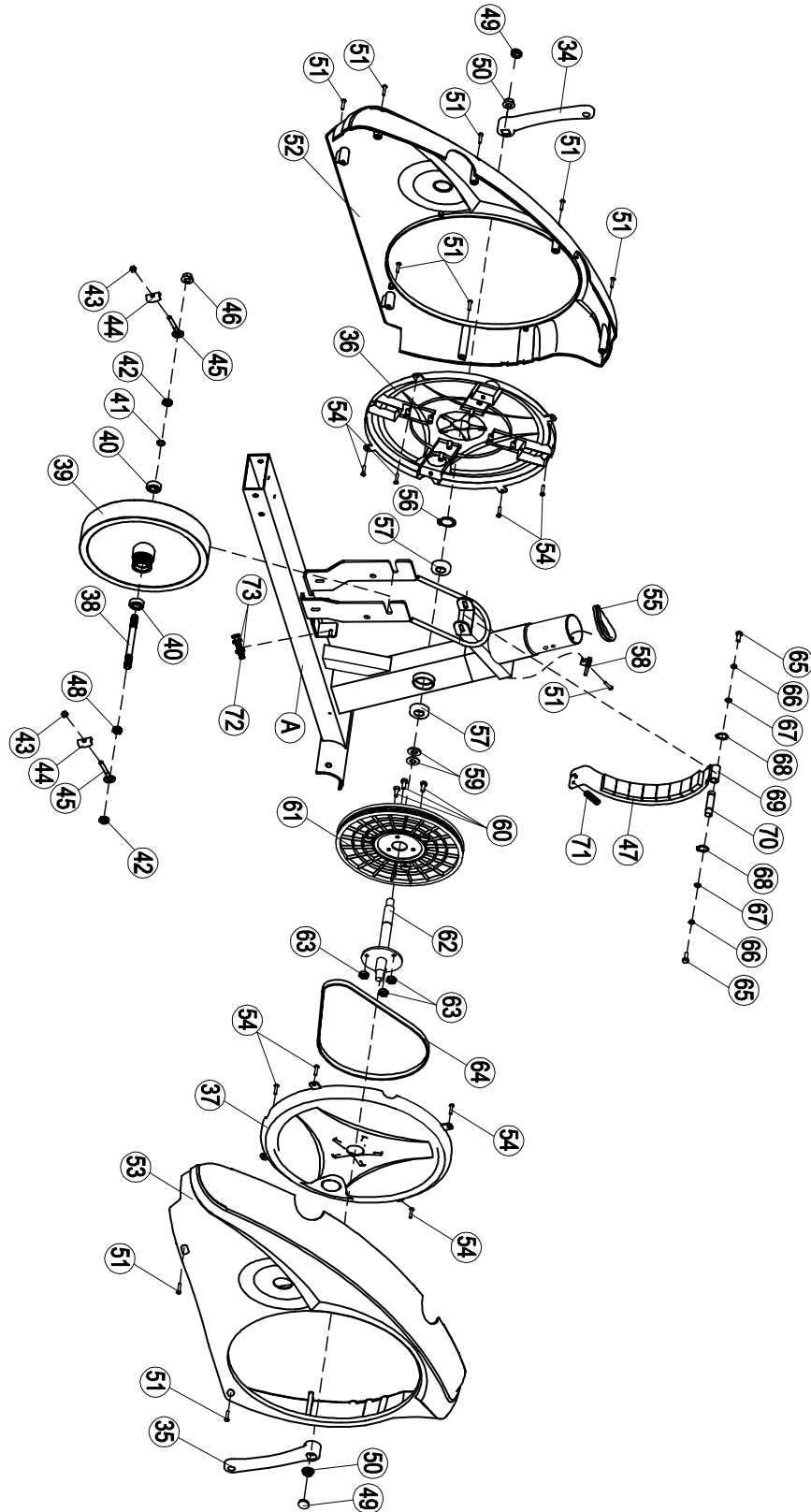
**Part numbers are required when ordering parts.**

# EXPLODED VIEW DIAGRAM



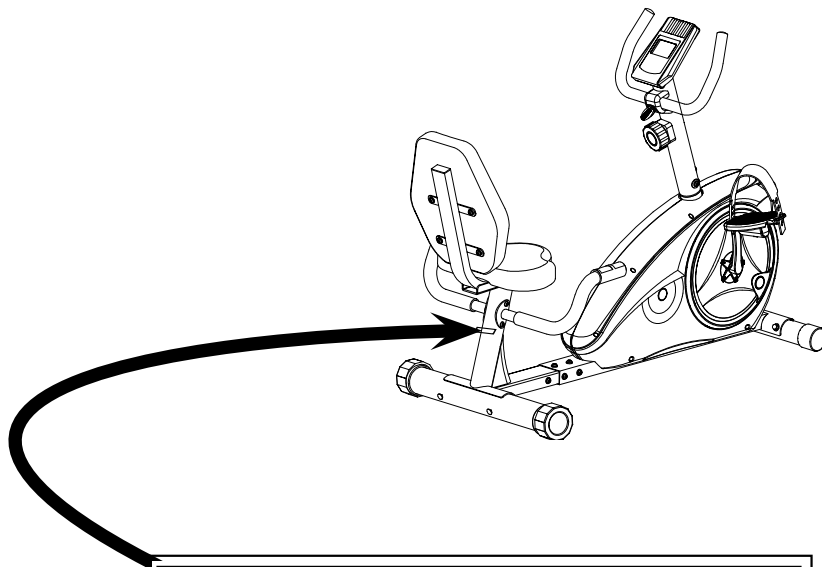


# EXPLODED VIEW DIAGRAM



# NOTES

# NOTES



**Serial Number is Located on the Frame**

Model Name: \_\_\_\_\_ BFRB1 \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Serial Number: \_\_\_\_\_



*www.Bestfitness.com*