

# 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.



### **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 safties
- 46"L x 47"W x 83"H, 107 lbs.

#### **OPTIONS:**

BFLA100 Lat Attachment

DR100 Dip Bar Attachment



### **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.



### **BFPR10** **OLYMPIC PRESS STAND**

- Includes liftoffs and safeties
- 30"L x 45"W x 57"H, 68 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



### **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.



## **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.



## **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.



## **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.



## **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.



## **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.