

V. BFAB10B-20240816

# **BFAB10B**

## **OWNER'S MANUAL**

# BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFAB10B . This bench is part of the Best Fitness quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning.

To maximize your use of the equipment please study this Owner's Manual thoroughly.

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## **Unpacking the Equipment**

The BFAB10B 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.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

Best Fitness 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 representative, or the Service Department at Best Fitness 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.*

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

- Read all instructions before using the BFAB10B. 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 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 BFAB10B on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFAB10B 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 BFAB10B.

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.

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

# 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.

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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. Breathe 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.

# ASSEMBLY INSTRUCTIONS

Assembly of the BFAB10B 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 BFAB10B using the illustrations only, important safety notes and other tips are included in the text.

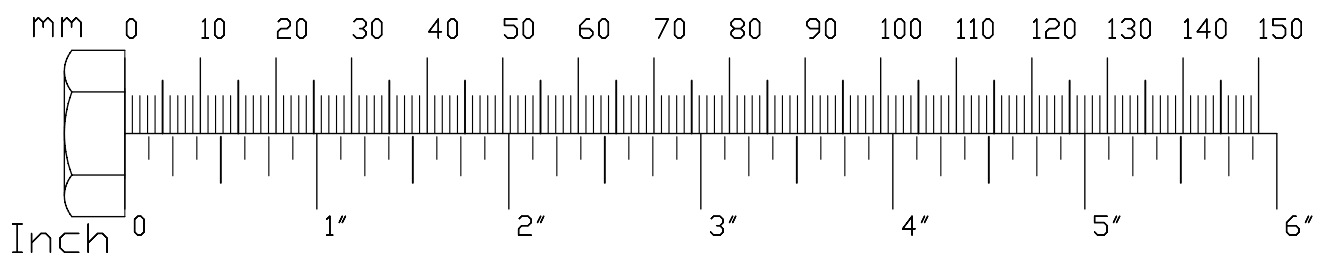
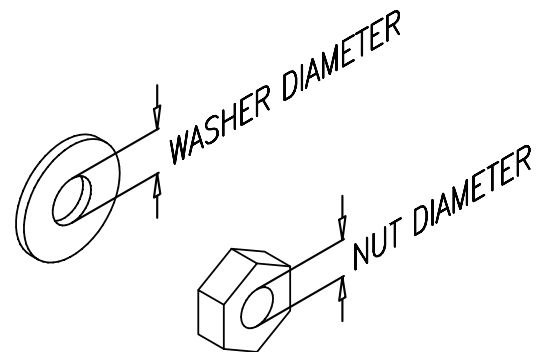
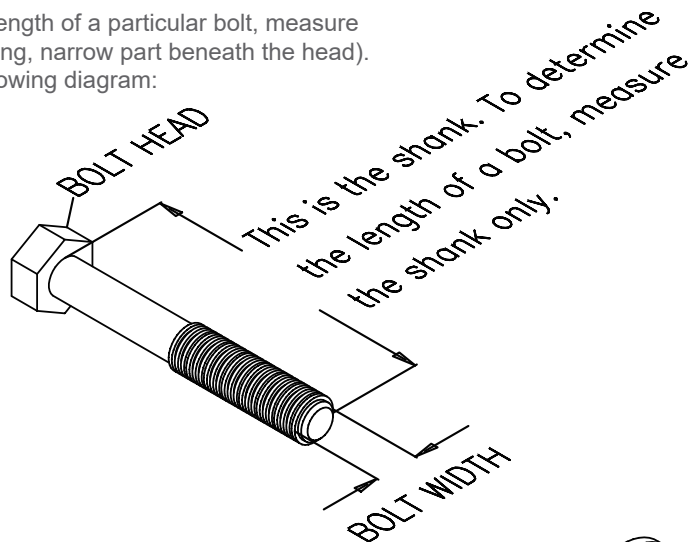
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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.

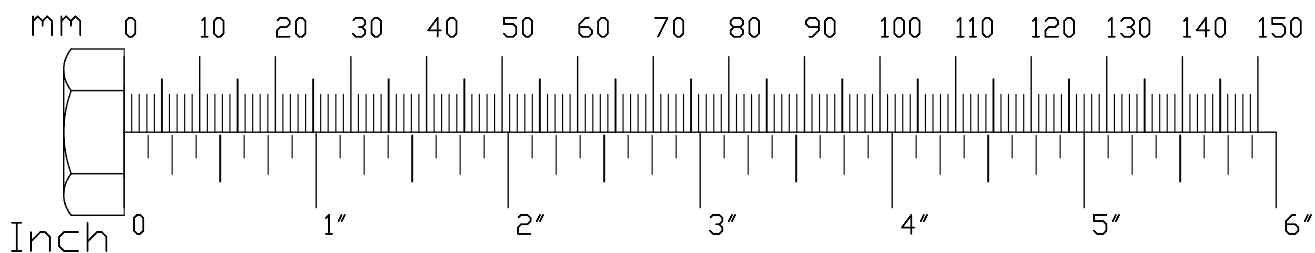


**STEP****1**

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

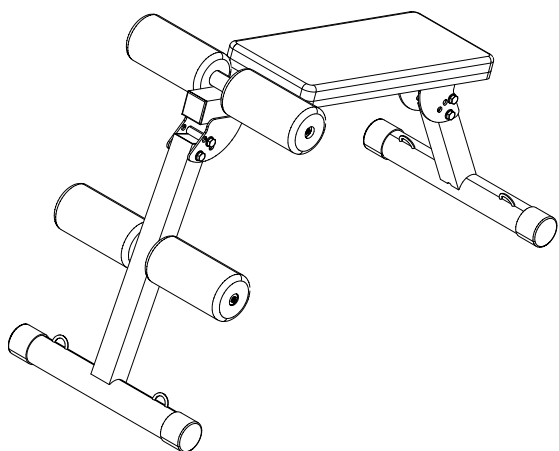
- A. Position the bench on it's side.
- B. Unfold the BFAB10B by rotating Front Support Frame (1) and Rear Support Frame (2) outwards as shown in the diagram.

NOTE: The Front Support Frame (1) and Rear Support Frame (2) may be adjusted to different angles depending on the exercise requirements.

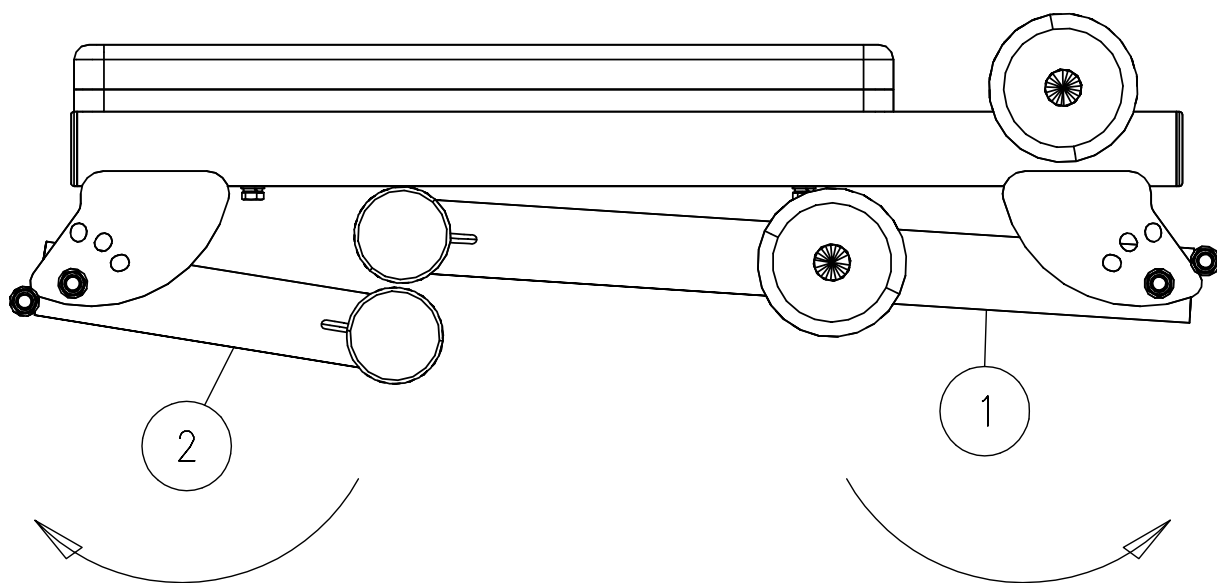


STEP

1



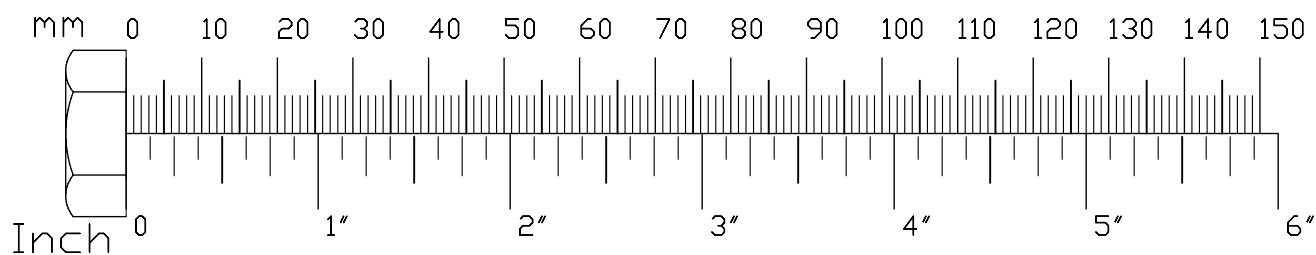
Above shows STEP 1 assembled and completed.



**STEP****2**

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

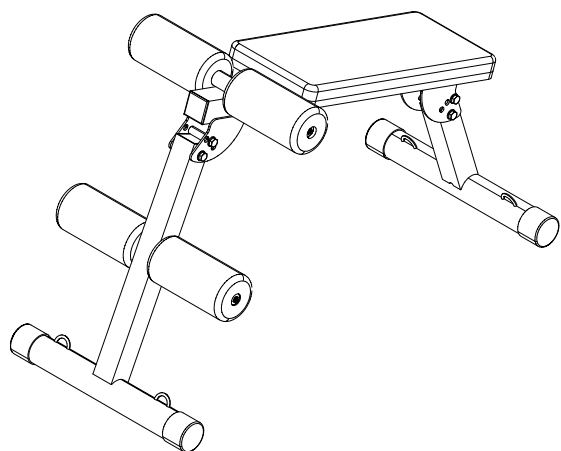
- A. If repeated adjustments and storage position is desired, install removable safety pins (10).
- B. For permanent leg positioning or if storage position is not required, install:  
**Two 11 (M10x75 hex head bolt)**  
**Four 12 (M10 flat washer)**  
**Two 13 (M10 nylon nut)**
- C. Always be carefull when repositioning the legs. Do not attempt to reposition the legs while still on the bench.



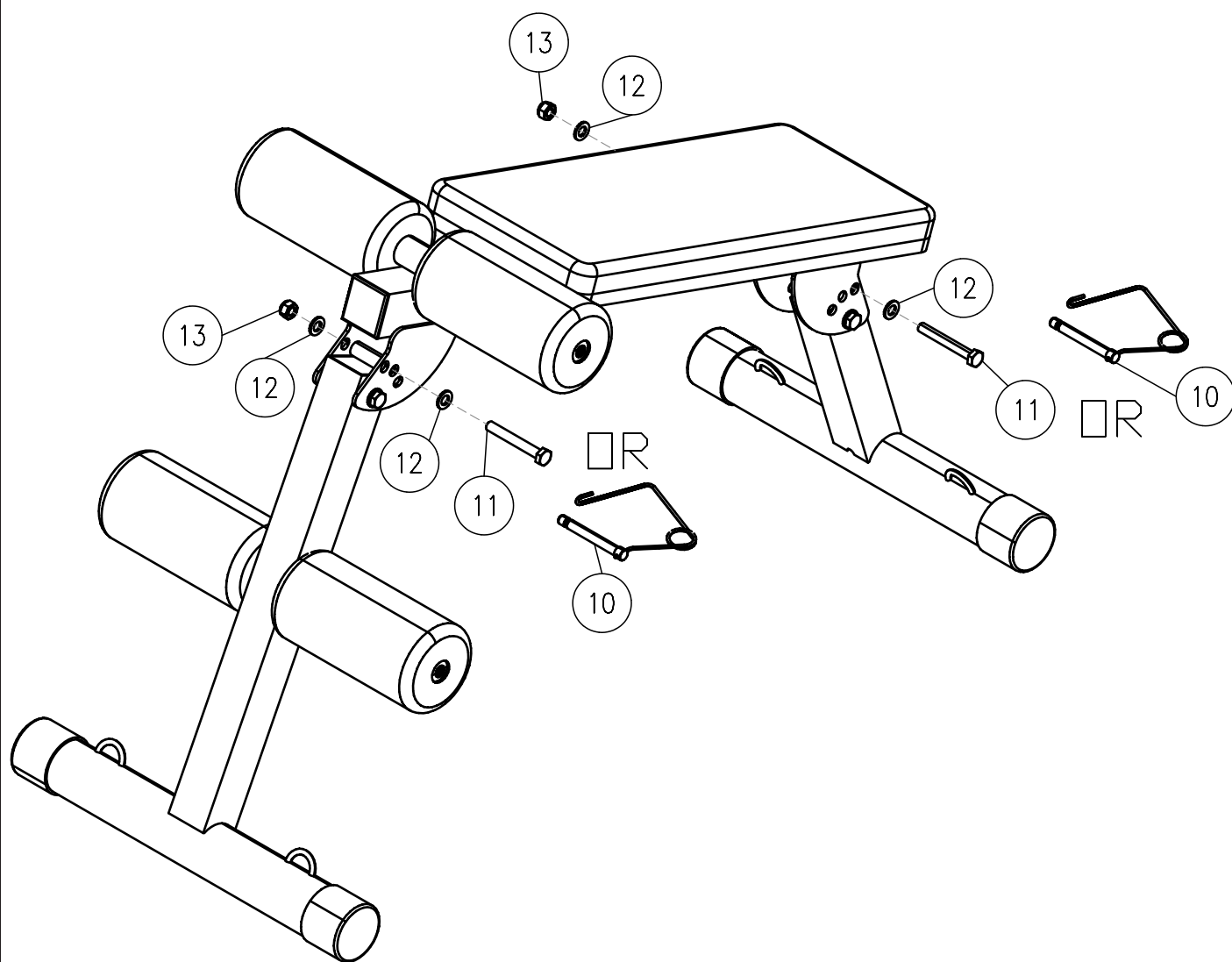


STEP

2

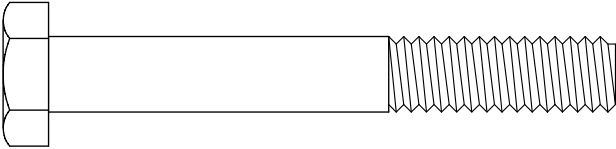


Above shows STEP 2 assembled and completed.

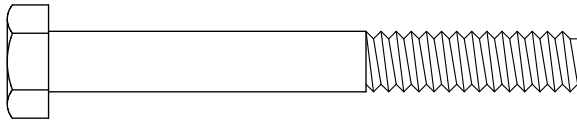


# HARDWARE

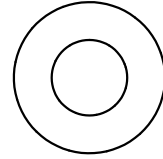
(Actual Size Shown)



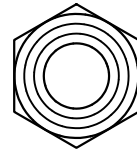
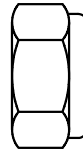
(11) M10 X 75 Hex Head Bolt QTY. 4



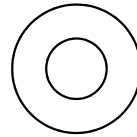
(14) M8 X 70 Hex Head Bolt QTY. 2



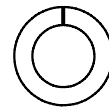
(12) Flat Washer 10mm QTY. 8



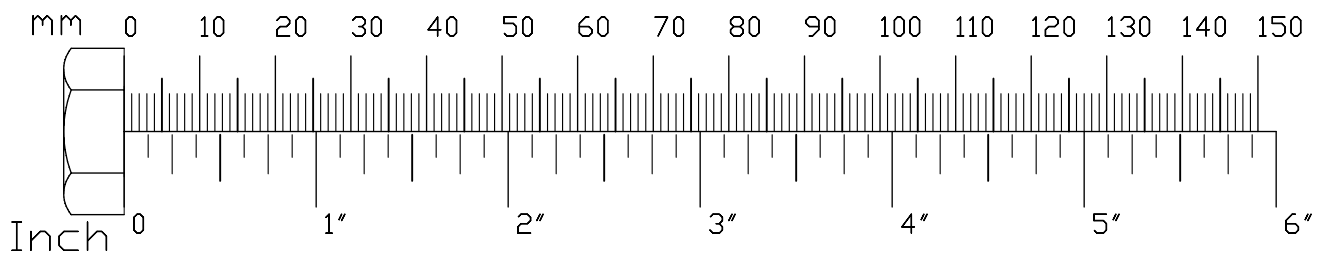
(13) M10 Nylon Nut QTY. 4



(15) Flat Washer 8mm QTY. 2



(16) Spring Washer 8mm QTY. 2

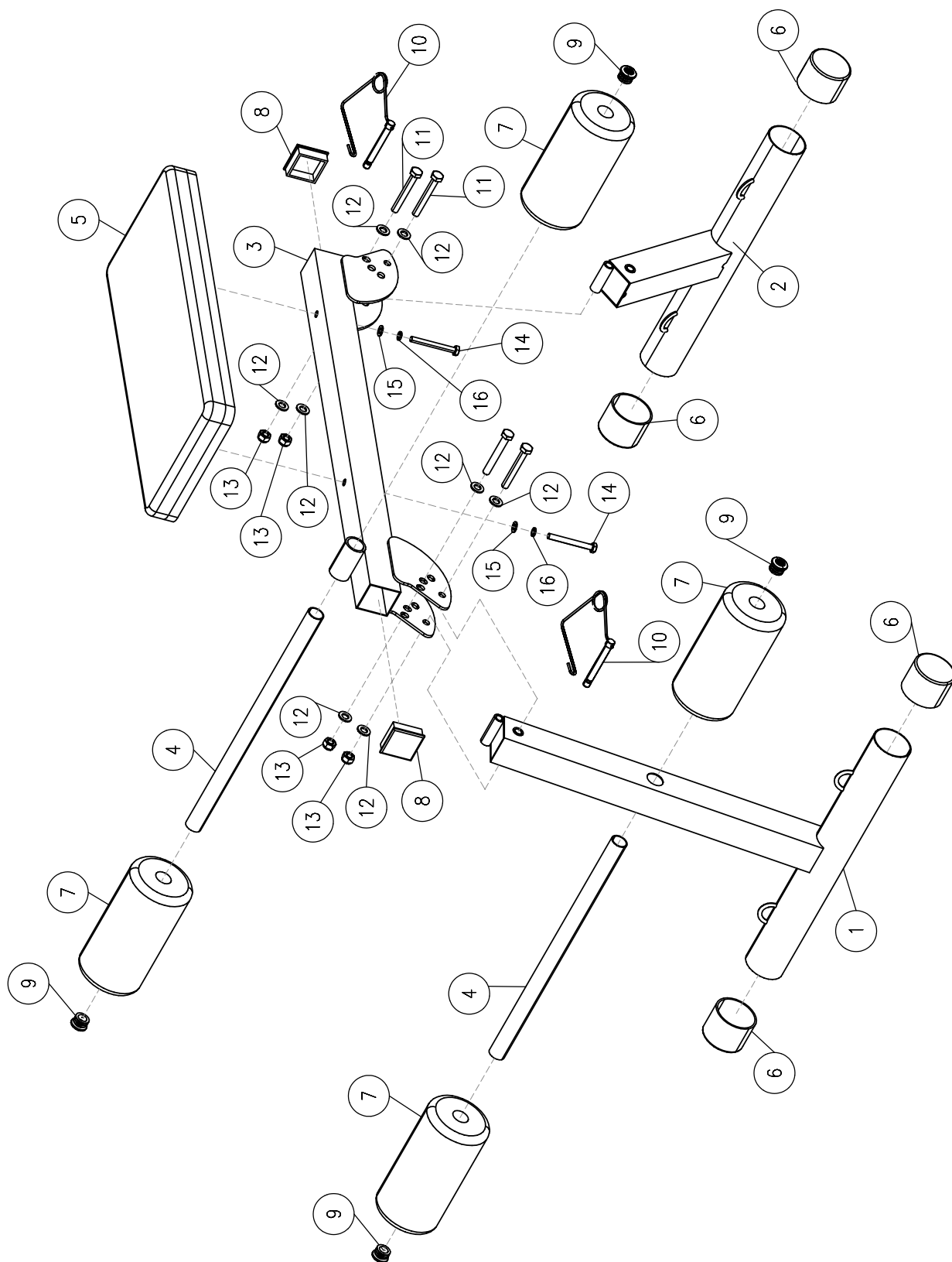


# HARDWARE LIST

PART#	QTY	DESCRIPTION
1	1	Front Support Frame
2	1	Rear Support Frame
3	1	Back Seat Frame
4	2	Round Tube
5	1	Upholster
6	4	M60 Round End Cap
7	4	M100x200 Foam
8	2	M50x50 Square End Cap
9	4	M25 Round End Cap
10	2	M10 Safety Pin
11	4	M10x75 Hex Head Bolt
12	8	M10 Flat Washer
13	4	M10 Nylon Nut
14	2	M8x70 Hex Head Bolt
15	2	M8 Flat Washer
16	2	M8 Spring Washer

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

# EXPLODED VIEW DIAGRAM





# BFAB10B

**PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW**

**S/N # 001411-****-****-****-**

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

