

# **BFMG20B**

## **OWNER'S MANUAL**

# BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFMG20. This gym 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.

## Unpacking the Equipment

The BFMG20 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.

### **THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for sign of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

**FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**

Keep clear of the cables and all moving parts when machine is in use.

Always make sure all Snap Links are closed when doing cable/pulley/strap exercises.

Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.

It is recommended that you workout with a training partner.

Do not allow children or minors to play on or around this equipment.

If unsure of proper use of equipment, call your local Best Fitness distributor or the Best Fitness customer service center at 1-800-556-3113.

**WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

## **WARNING!**

### **Safety and Maintenance of Cables**

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage.

**Cable inspection should be performed daily.**

Inspect all cables, the nylon coating on all cables, and the area near fitting at each end of each cable.

**Replace and damaged or worn cable immediately.**

Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Best Fitness Customer Service  
**Call 1-800-556-3113**

# 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 BFMG20. 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 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.

## **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 BFMG20 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFMG20 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 BFMG20.

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 CT

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

Precision craftsmanship assures Best Fitness's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Best Fitness use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure the maximum safety and performance of the BFMG20. Best Fitness uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule on the next page.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
  - Be sure to instruct all end-users of proper usage.
  - Be sure all supervisors and personal trainers who instruct end-users on equipment are properly trained and know the function and importance of every adjustment and setting.
- Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

## **CABLES:**

- While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.
- Visually inspect the cables for fraying, cracking, peeling or discoloration.
- Check slack in cables and re-adjust cable tension if needed.
- Check that jam nut at Weight Stack is tight.

## **UPHOLSTERY:**

- Wipe down after every workout.
- Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
- Keep sharp or pointed objects out of your pockets and clear of all upholstery.

## **NUTS/BOLTS/FASTENERS:**

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

## **GUIDE RODS:**

- Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

## **ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:**

- Check all pieces for signs of visible wear or damage.
- Check springs in Snap Links and Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

## **ANTI-SKID SURFACES:**

- Replace if they appear worn or become slippery.

## **WARNING INSTRUCTION LABELS:**

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

# ASSEMBLY INSTRUCTIONS

Assembly of the BFMG20 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.

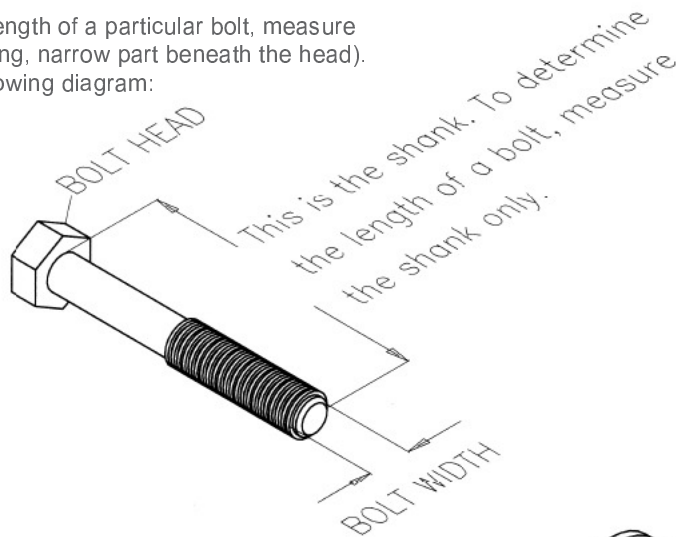
## Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the BFMG20 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.

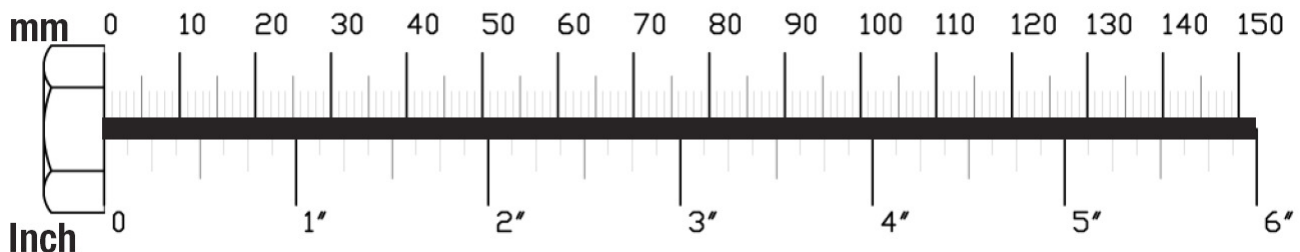
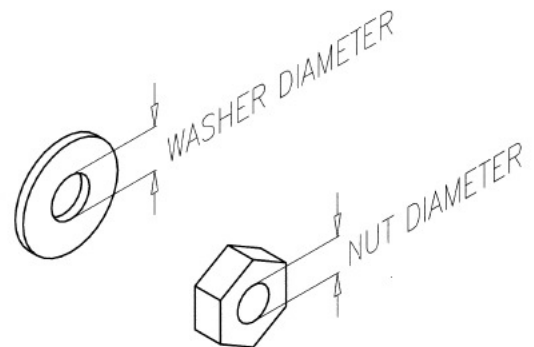
NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



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

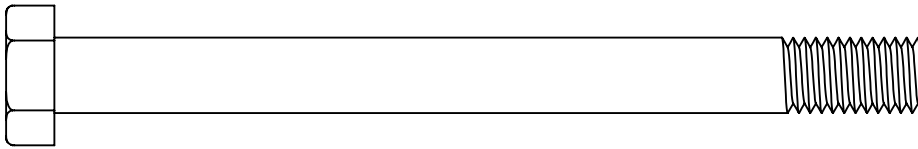
Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

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.

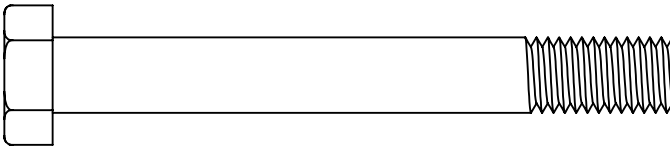


# HARDWARE ILLUSTRATION

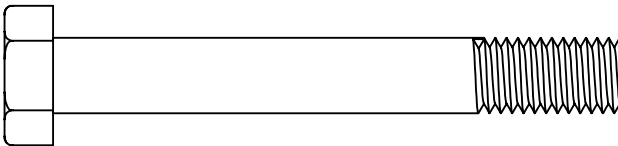
Part# 24 M10x115 Hex Head Bolt



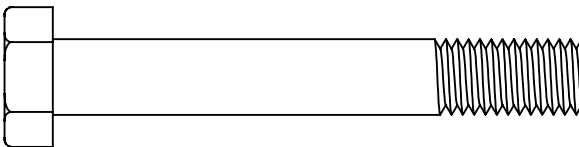
Part# 25 M10x82 Hex Head Bolt



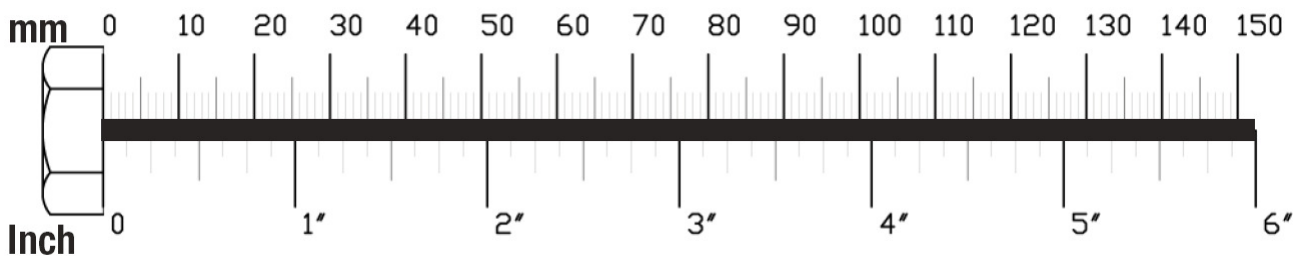
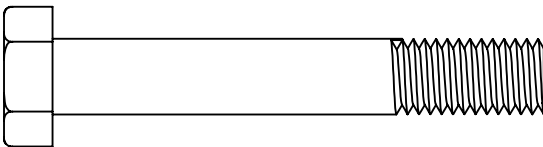
Part# 26 M10x75 Hex Head Bolt



Part# 27 M10x70 Hex Head Bolt

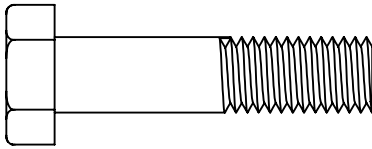


Part# 28 M10x65 Hex Head Bolt

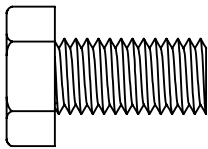


# HARDWARE ILLUSTRATION

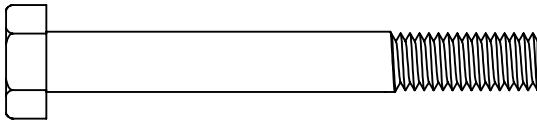
Part# 29 M10x42 Hex Head Bolt



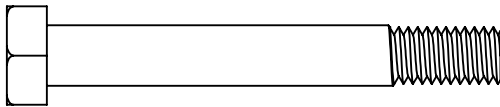
Part# 30 M10x20 Hex Head Bolt



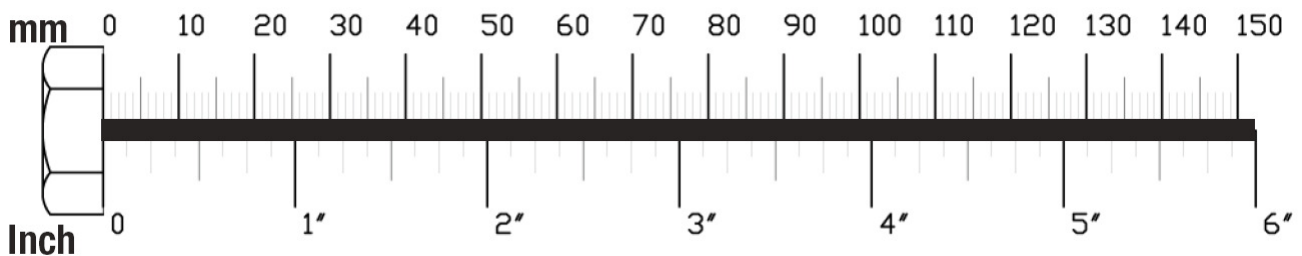
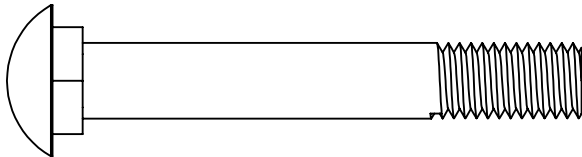
Part# 31 M8x70 Hex Head Bolt



Part# 32 M8x60 Hex Head Bolt

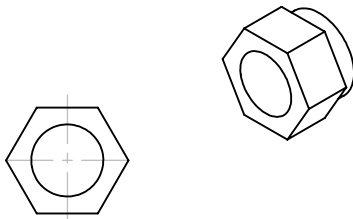


Part# 33 M10x70 Carriage Bolt

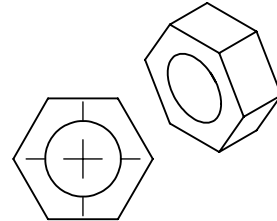


# HARDWARE ILLUSTRATION

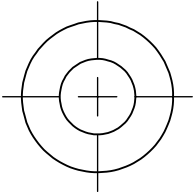
Part# 38 M10 Nylon Lock Nut



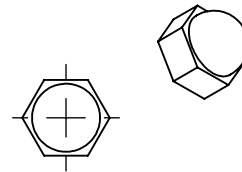
Part# 39 M10 Nut



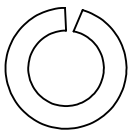
Part# 35  $\phi 10$  Washer



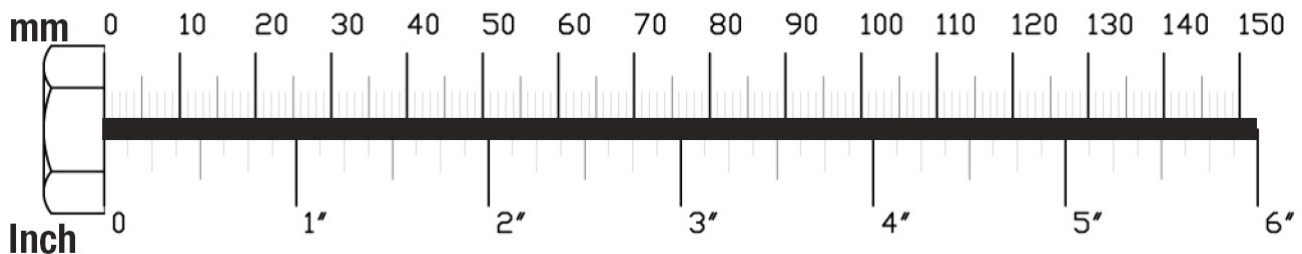
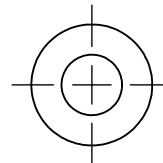
Part# 40 M6 Acorn Cap Nut



Part# 37  $\phi 8$  Spring Washer



Part# 36  $\phi 8$  Washer





# PART LIST

PART#	QTY	DESCRIPTION
A	1	SEAT FRAME
B	1	BACK FOOT TUBE
C	2	FLAT PLATE
D	1	MAIN BASE FRAME
E	1	ANGLED VERTICAL FRAME
F	2	CHROME GUIDE ROD
G	1	TOP FRAME
H	1	TOPWEIGHT STACK FRAME
J	2	STOP PLATE
K	1	PRESS ARM SUPPORT
L	1	LEFT BUTTERFLY FRAME
M	1	RIGHT BUTTERFLY FRAME
N	1	LEFT HANDLE FRAME
P	1	RIGHT HANDLE FRAME
Q	1	LABEL BOARD
R	1	UPPER FOAM FRAME
S	1	FOAM ROLLER BAR
T	1	LEG EXTENSION
U	1	BOTTOM FRAME
V	1	SEAT PAD
W	1	BACK PAD
X	2	ARM PAD
Y	2	PULLEY PLATE
Z	1	DOUBLE PULLEY FRAME
A	1	PULLEY HOLDER

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

# HARDWARE LIST

PART#	QTY	DESCRIPTION
1	4	FOAM $\Phi 100 \times \Phi 23 \times 200$
2	2	FOAM $\Phi 32 \times \Phi 23 \times 550$
3	4	PVC SLEEVE
4	1	CABLE 1955mm
5	1	CABLE 3790mm
6	1	CABLE 3050mm
7	8	BRASS PIVOT
8	2	COLLAR STEEL PIVOT
9	5	SNAP LINK
10	2	STEEL CHAIN
11	4	SHAFT $\Phi 14 \times \Phi 10.6 \times 68$
12	1	LAT BAR
13	1	LOW ROW BAR
14	2	ROUND END CAP $\Phi 25$
15	5	ROUND END CAP $\Phi 50$
16	5	CONVEX END CAP $\Phi 50$
17	2	CONVEX END CAP $\Phi 38 \times 38$
18	2	FOOT CAP $\Phi 50$
19	4	FOAM ROLLER END CAP $\Phi 25$
20	2	RUBBER STOP $\Phi 38$
21	2	RUBBER DONUTS $\Phi 26 \times \Phi 50 \times 10$
22	4	ABS WASHER $\Phi 26 \times \Phi 50 \times 2.5$
23	16	PULLEY $\Phi 90$

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

# HARDWARE LIST

PART#	QTY	DESCRIPTION
24	1	HEX HEAD BOLT M10X115
25	4	HEX HEAD BOLT M10X82
26	2	HEX HEAD BOLT M10X75
27	2	HEX HEAD BOLT M10X70
28	2	HEX HEAD BOLT M10X65
29	13	HEX HEAD BOLT M10X42
30	2	HEX HEAD BOLT M10X20
31	8	HEX HEAD BOLT M8X70
32	2	HEX HEAD BOLT M8X60
33	10	CARRIAGE BOLT M10X70
34	2	Nylon Washer $\Phi 30 \times \Phi 11 \times 3$
35	61	WASHER $\Phi 10$
36	10	WASHER $\Phi 8$
37	10	SPRING WASHER $\Phi 8$
38	33	NYLON NUT M10
39	2	NUT M10
40	1	ACORN CAP NUT M6
41	1	WEIGHT PLATE PIN $\Phi 10 \times 130$
42	1	PUSHNUT
43	1	PIVOT AXLE
44	1	TOP STACK PLATE
45	9	BOTTOM STACK PLATE
46	59	BOLT COVER M10
47	10	BOLT COVER M8
48	1	FLAT WASHER $\Phi 38 \times \Phi 12 \times 2$
49	1	SELECTOR ROD
50	2	HEX HEAD BOLT M10X25
1A	1	DECAL
6A	1	NUT M12

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

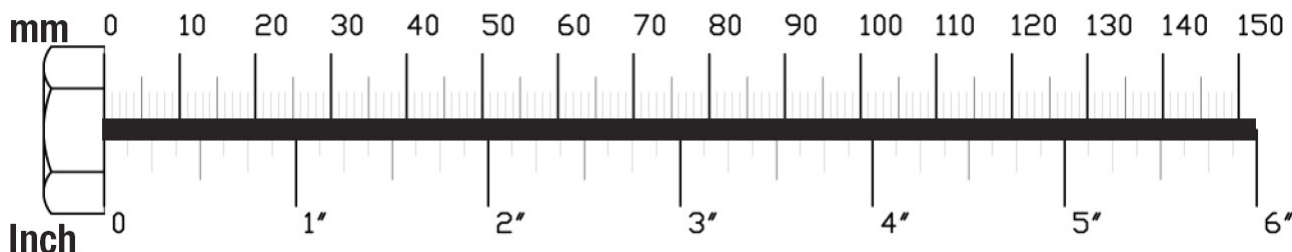
**STEP****1**

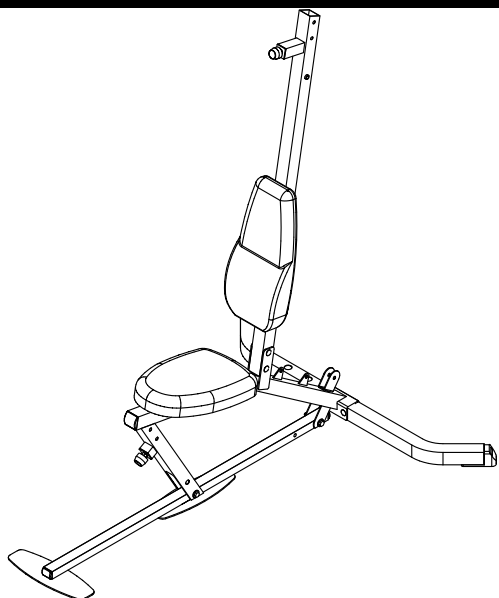
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

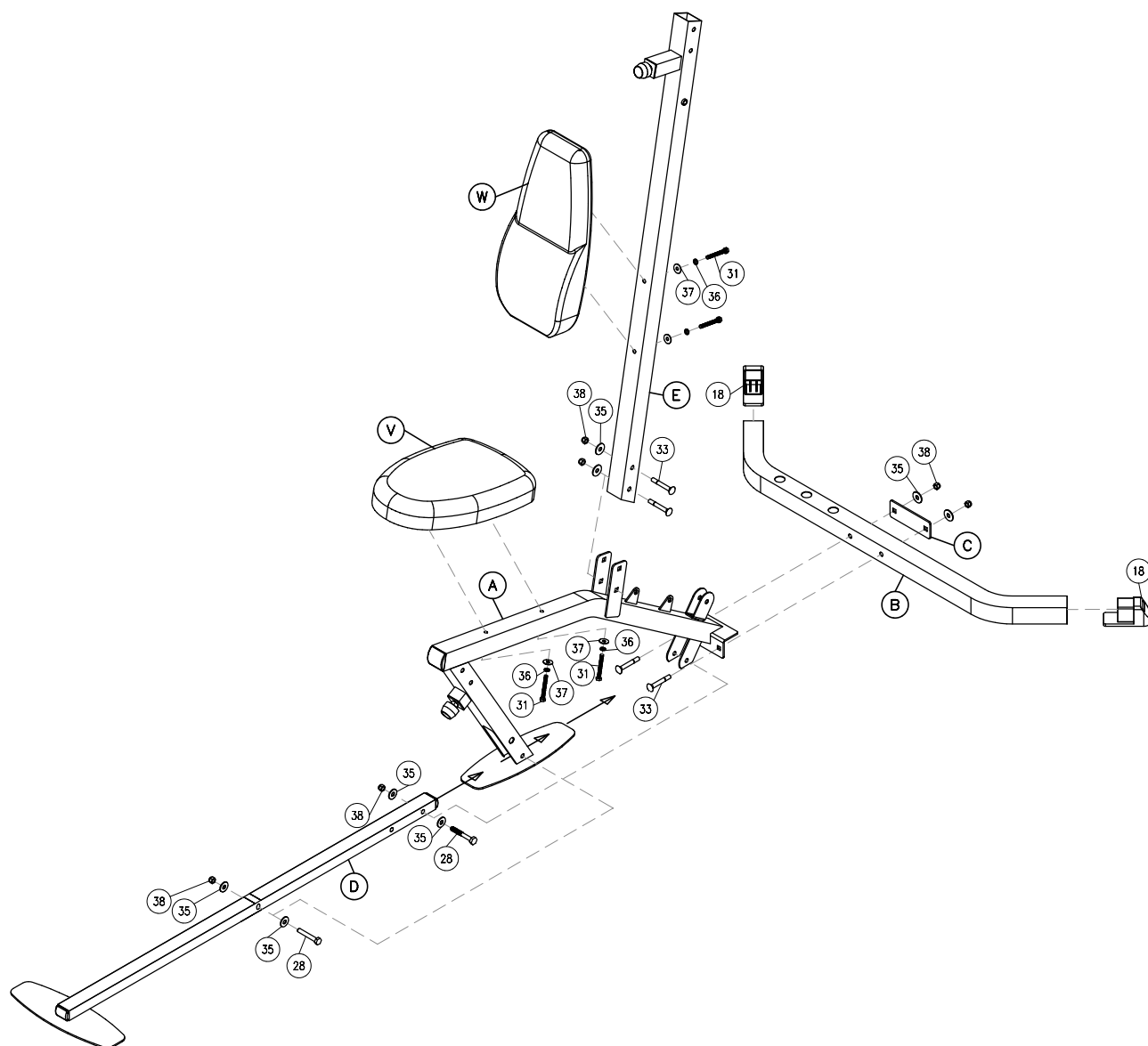
**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 4. Some components might be pre-assembled. Nylon Lock Nuts with not screw on all the way, they must be wrench tighten at the end of Step 4.**

- A. Connect Seat Frame (A) to Main Base Frame (D) by using:  
**Two 28 (M10x65 hex head bolt)**  
**Four 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**  
Note: If not pre-installed insert Convex End Cap (17) into ends of Main Base Frame (D).
- B. Connect Seat Frame (A) and Flat Plate (C) to Back Foot Tube (B) by using:  
**Two 33 (M10x70 carriage bolt)**  
**Two 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**
- C. Connect Angled Vertical Frame (E) to Seat Frame (A) by using:  
**Two 33 (M10x70 carriage bolt)**  
**Two 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**
- D. Attach Seat Pad (V) to Seat Frame (A) by using:  
**Two 31 (M8x70 hex head bolt)**  
**Two 36 (Φ8 washer)**  
**Two 37 (Φ8 spring washer)**
- E. Attach Back Pad (W) to Angled Vertical Frame (E) by using:  
**Two 31 (M8x70 hex head bolt)**  
**Two 36 (Φ8 washer)**  
**Two 37 (Φ8 spring washer)**
- F. Insert Foot Caps (18) into the ends of Back Foot Tube (B).  
Note: Foot Caps could already be pre-installed





Above shows STEP 1 assembled and completed.



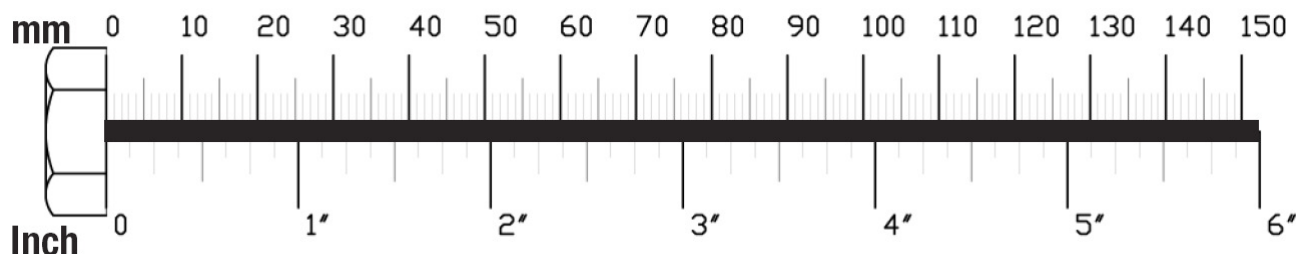
**STEP****2**

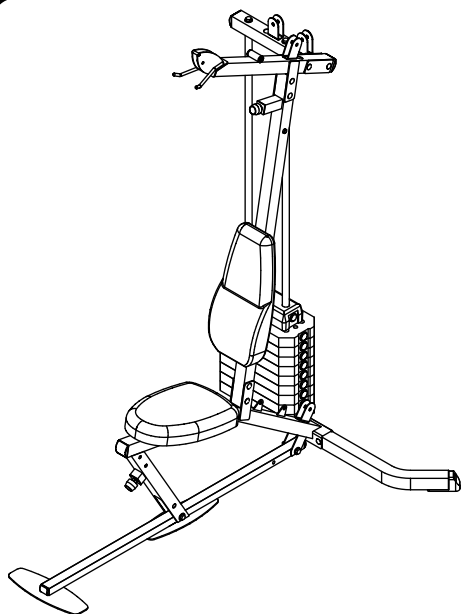
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

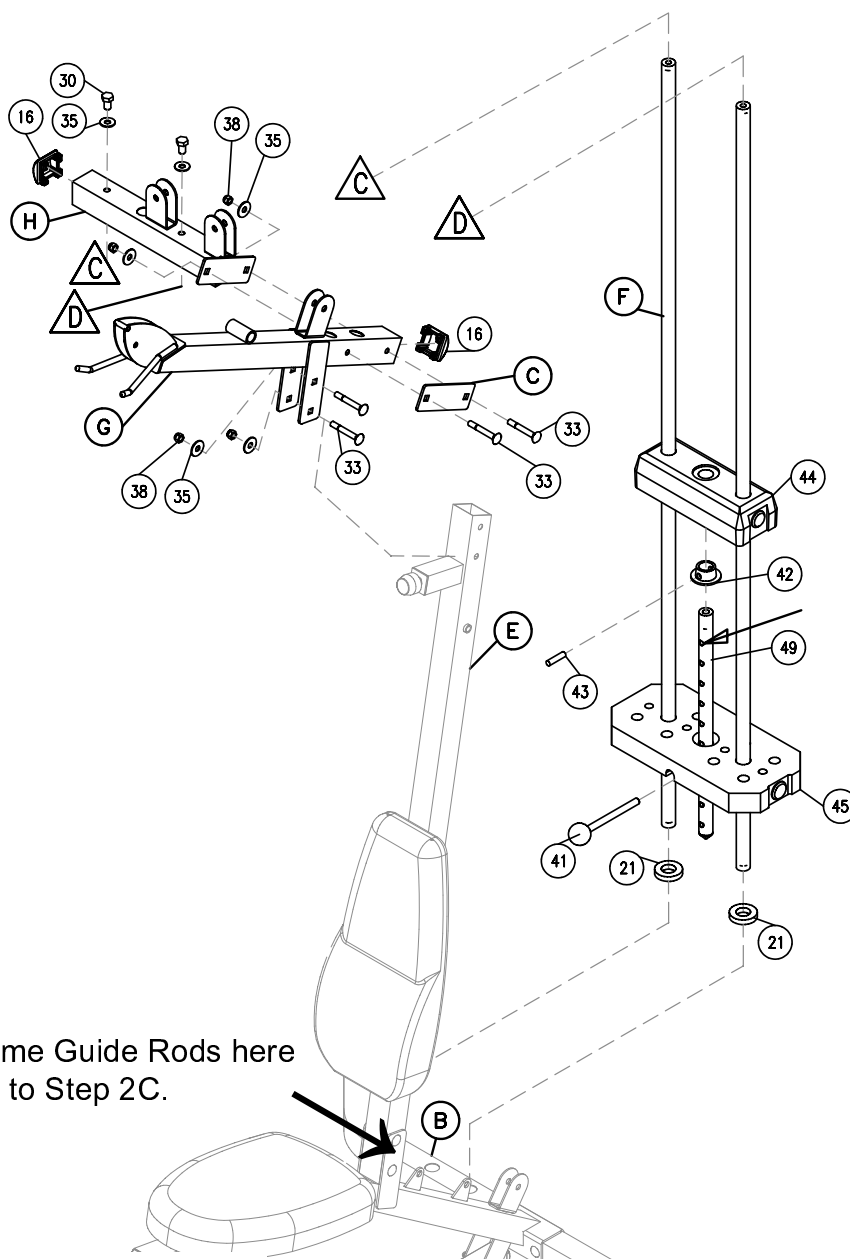
**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 4. Some components might be pre-assembled. Nylon lock nuts will not screw on all the way, must be wrench tighten at the end of Step 4.**

- A. Connect Top Frame (G) to Angled Vertical Frame (E) by using:  
**Two 33 (M10x70 carriage bolt)**  
**Two 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**
- B. Insert Convex End Cap (16) into Top Weight Stack Frame (H) and Top Frame (G) as shown in the diagram. Note: End Caps could be pre-installed.
- C. Insert Chrome Guide Rods (F) into Rubber Donuts (21) and secure to Back Foot Tube (B) by using.  
**Two 50 (M10x25 hex head bolt)**  
**Two 35 (Φ10 washer)**
- D. Slide all Stack Plates (45) onto Chrome Guide Rods (F). Add Top Stack Plate (44) to Chrome Guide Rods (F).
- E. Attach Selector Rod (49) to Top Stack Plate (44) by using Pushnut (42) and tightening Pivot Axle (43).  
Note: Use top hole on Selector Rod (49) for this assembly.
- F. Connect Top Weight Stack Frame (H) and Flat Plate (C) to Top Plate (G) by using:  
**Two 33 (M10x70 carriage bolt)**  
**Two 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**
- G. Secure Chrome Guide Rods (F) to Top Weight Stack Frame (H) by using:  
**Two 30 (M10x20 hex head bolt)**  
**Two 35 (Φ10 washer)**





Above shows STEP 2 assembled and completed.



Attach Chrome Guide Rods here  
in reference to Step 2C.

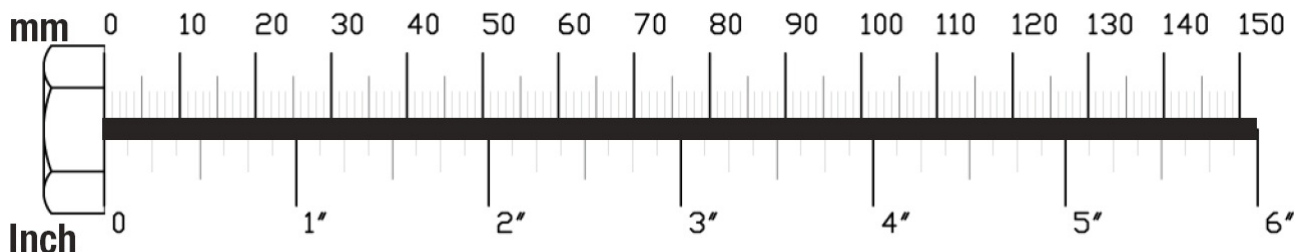
**STEP****3**

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

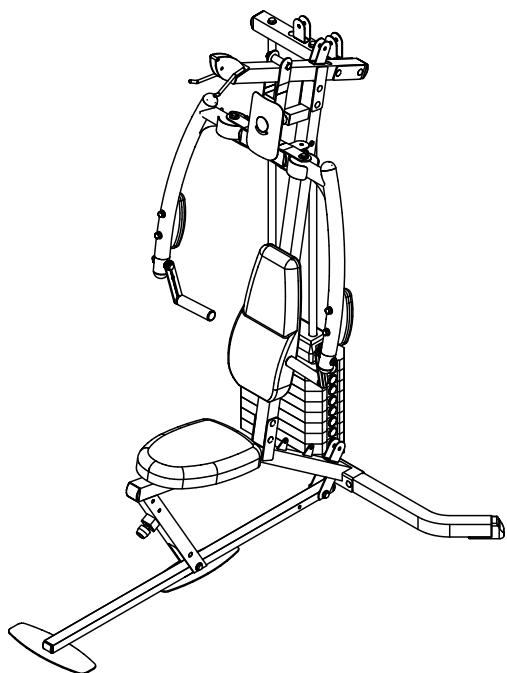
**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 4. Some components may be pre-assembled. Nylon lock nuts will not screw on all the way, must be wrench tighten at the end of Step 4.**

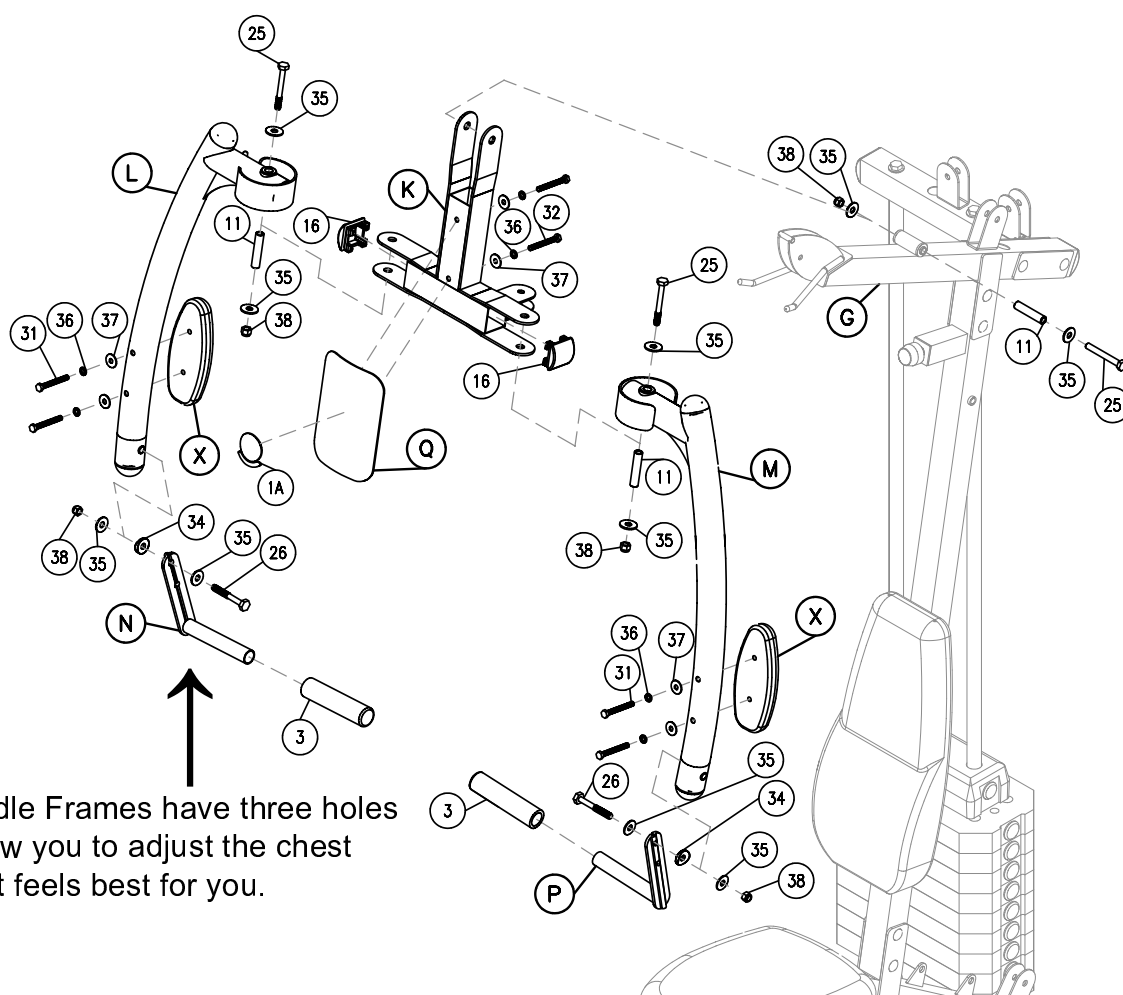
- A. Connect Press Arm Support (K) to Top Frame (G) using:  
**One 25 (M10x82 hex head bolt)**  
**Two 35 (Φ10 washer)**  
**One 11 (shaft)**  
**One 38 (Φ10 nylon lock nut)**
- B. Insert Convex End Caps (16) into Press Arm Support (K) as shown in the diagram.  
Note: End Caps could be pre-installed
- C. Connect Left Butterfly Frame (L) and Right Butterfly Frame (M) to Press Arm Support (K) using:  
**Two 25 (M10x82 hex head bolt)**  
**Four 35 (Φ10 washer)**  
**Two 11 (shaft)**  
**Two 38 (Φ10 nylon lock nut)**
- D. Connect Label Board (Q) to Press Arm Support (K) using:  
**Two 32 (M8x60 hex head bolt)**  
**Two 36 (Φ8 washer)**  
**Two 37 (Φ8 spring washer)**
- Apply Decal (1A) to Label Board (Q). Note: Decal could be pre-installed
- E. Connect Arm Pad (X) to Left Butterfly Frame (L) and Right Butterfly Frame (M) using:  
**Four 31 (M8x70 hex head bolt)**  
**Four 36 (Φ8 washer)**  
**Four 37 (Φ8 spring washer)**
- F. Slide PVC Sleeve (3) onto Left Handle Frame (N) and Right Handle Frame (P).
- G. Connect Left Handle Frame (N) and Right Handle Frame (P) to Left Butterfly Frame (L) and Right Butterfly Frame (M) by using:  
**Two 26 (M10x75 hex head bolt)**  
**Four 35 (Φ10 washer)**  
**Two 34 (nylon washers)**  
**Two 38 (Φ10 nylon lock nut)**







Above shows STEP 3 assembled and completed.



Both Handle Frames have three holes which allow you to adjust the chest press so it feels best for you.

**STEP****4**

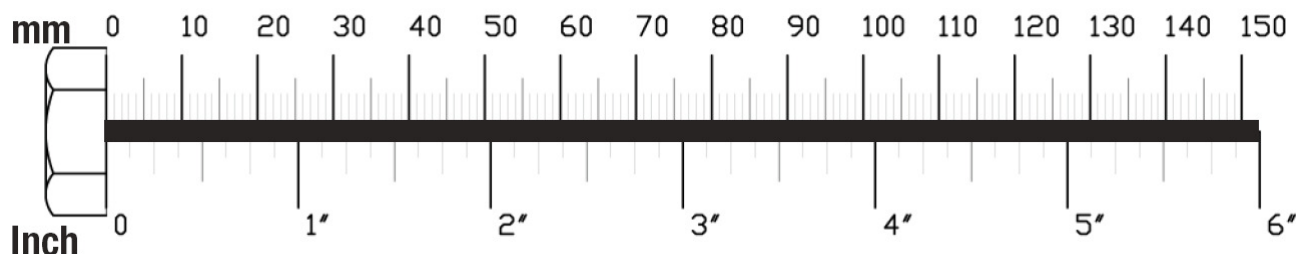
**Be careful to assemble all components in the sequence they are presented.**

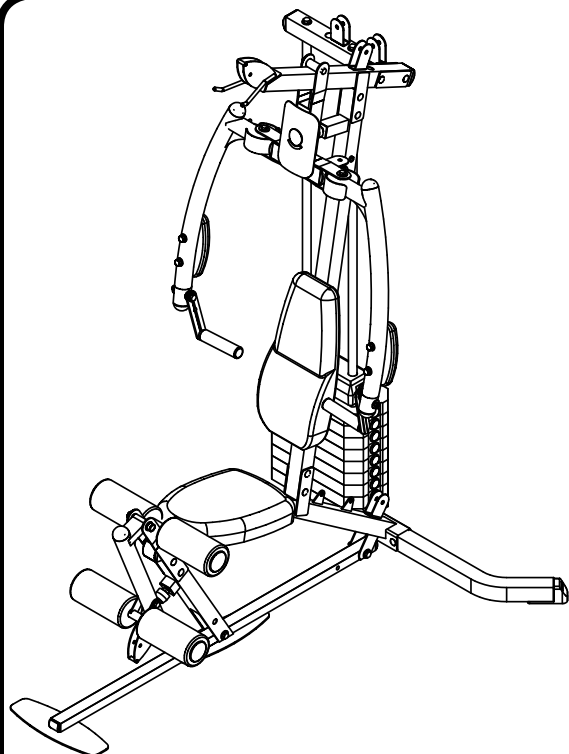
**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 4. Some components may be pre-assembled. Nylon lock nuts with not screw on all the way, they must be wrench tightened at the end of this step.**

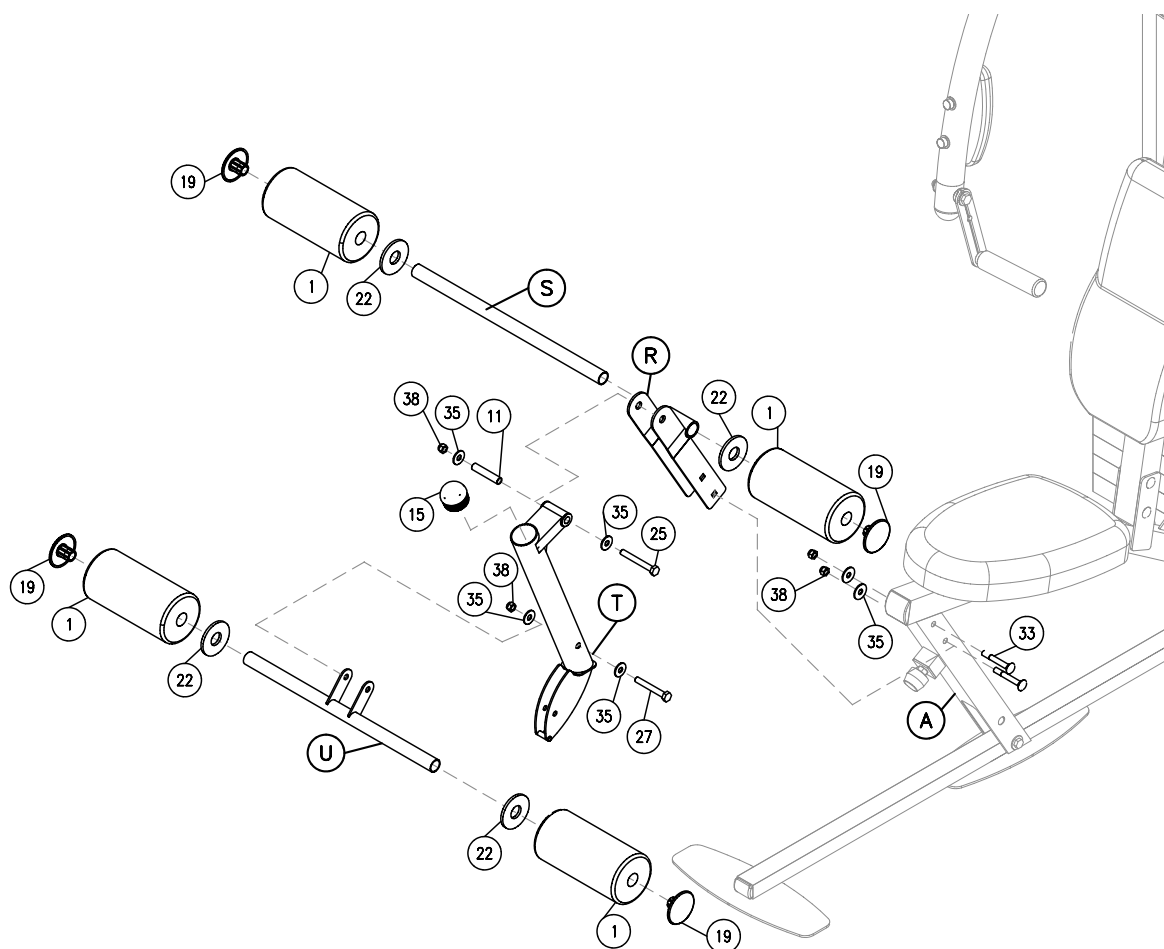
- A. Connect Upper Foam Frame (R) to Seat Frame (A) using:  
**Two 33 (M10x70 carriage bolt)**  
**Two 35 (Φ10 washer)**  
**Two 38 (Φ10 nylon lock nut)**
- B. Insert Leg Extension (T) into Upper Foam Frame (R) and secure using:  
**One 25 (M10x82 hex head bolt)**  
**Two 35 (Φ10 washer)**  
**One 11 (shaft)**  
**One 38 (Φ10 nylon lock nut)**
- C. Slide Foam Pad (1), ABS Washer (22), Foam Roller End Cap (19) onto Foam Roller Bar (S).
- D. Connect Bottom Frame (U) to Leg Extension (T) using:  
**One 27 (M10x70 hex head bolt)**  
**Two 35 (Φ10 washer)**  
**One 38 (Φ10 nylon lock nut)**
- E. Slide pads Foam Pad (1), ABS Washer (22), Foam Roller End Cap (19) onto Bottom Frame (U). Insert Round End Cap (15) into Leg Extension (T).

**Note:** When you are done installing the pulleys and cables in the upcoming Steps you can attach the Lat Bar to the **Top Cable (6)** using a **Snap Link (9)** and the Row Bar to the **Bottom Cable (5)** using the **Chain (10)** and two **Snap Links (9)**.





Above shows STEP 4 assembled and completed.



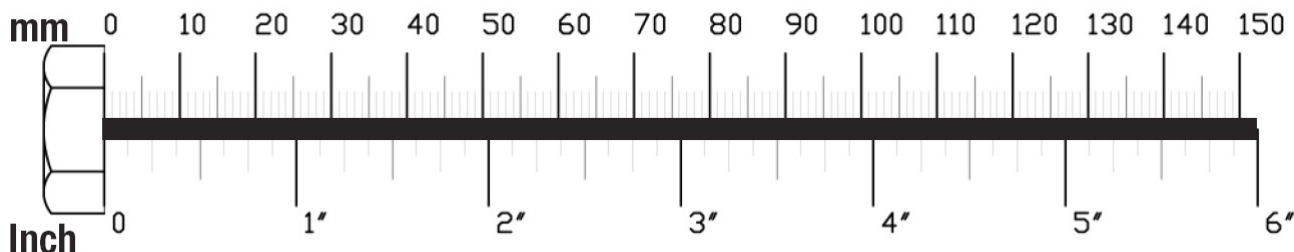
**STEP****5**

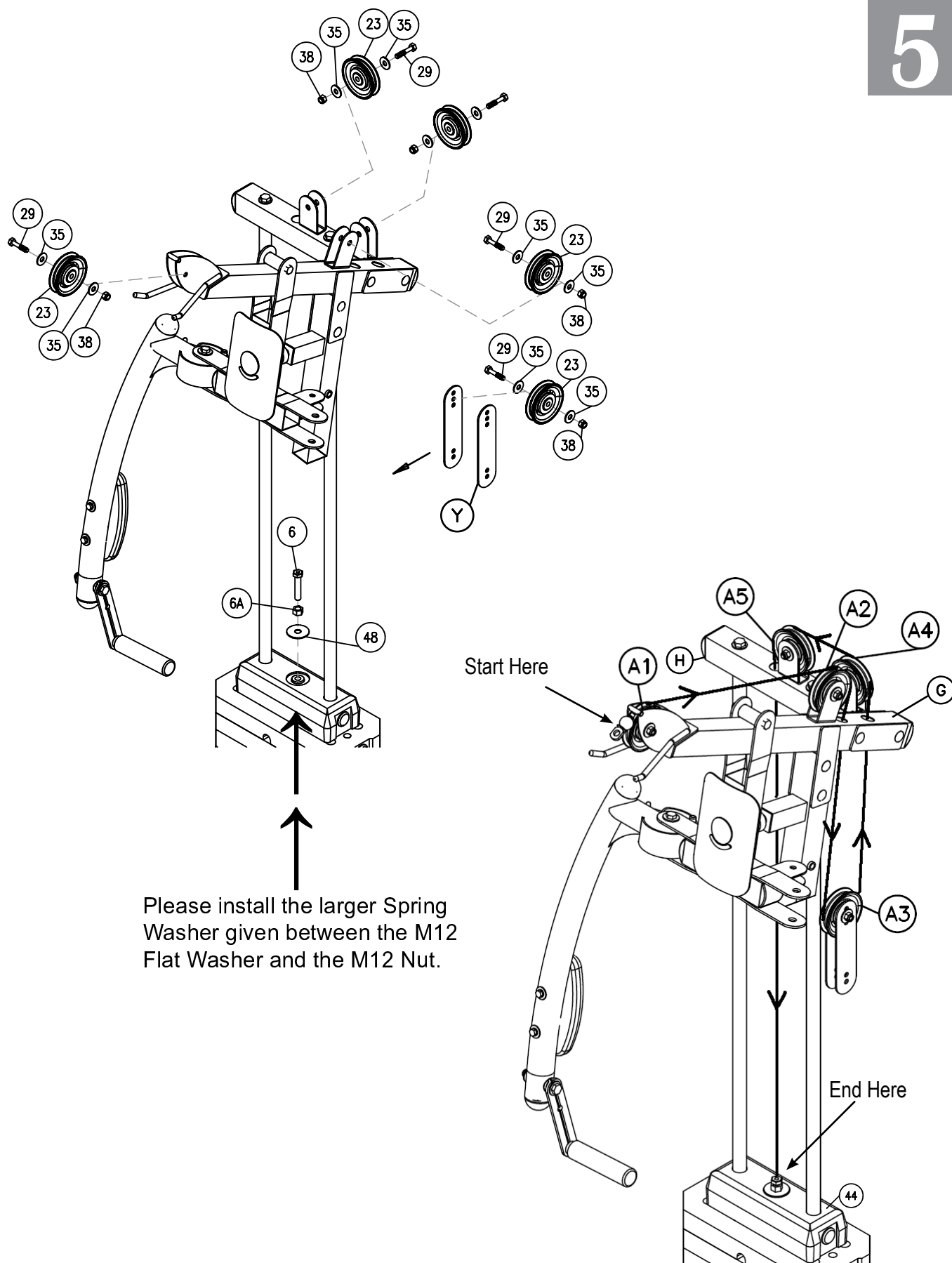
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 7. Some components may be pre-assembled. Nylon lock nuts with not screw on all the way, they must be wrench tightened at the end of Step 7.**

- A. Route Cable (6) starting at (A1) as shown.  
NOTE: The ball end of the cable is located at the starting point.  
The threaded end of the cable will attach to Top Plate (44).
- B. Install Pulley (A1) under Cable (6) and secure using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- C. Insert Cable (6) into the frame hole in Top Frame (G) as shown. Let Cable (6) hang.
- D. Install Pulley (A2) under Cable (6) and secure using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- E. Install Pulley (A3) into Pulley Plate (Y) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- F. Route the hanging Cable (6) around Pulley (A3) and back up towards Top Frame (G).
- G. Insert Cable (6) through the frame hole in Top Frame (G) as shown.
- H. Route Cable (6) towards the frame hole in Top Weight Stack Frame (H) and let hang.
- I. Install Pulleys (A4) and (A5) under Cable (6) as shown using:  
**Two 29 (M10x42 hex head bolt)**  
**Four 35 (M10 washer)**  
**Two 38 (M10 nylon lock nut)**
- J. Terminate Cable (6) at Top Plate (44) using: Please look at the note to the right for this step  
**One 48 (M12 flat washer)**  
**One 6A (M12 nut)**



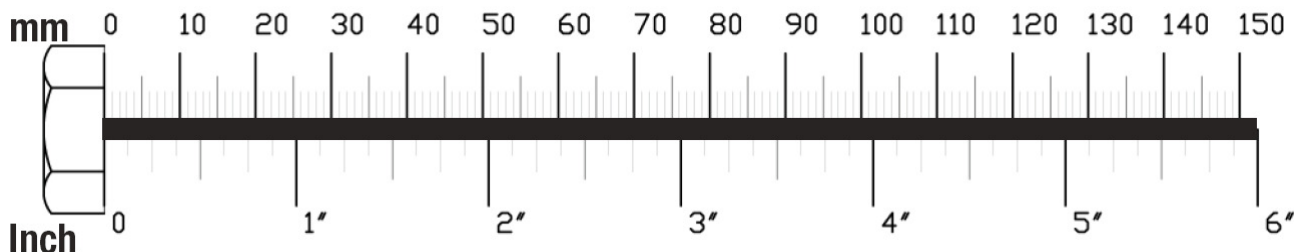


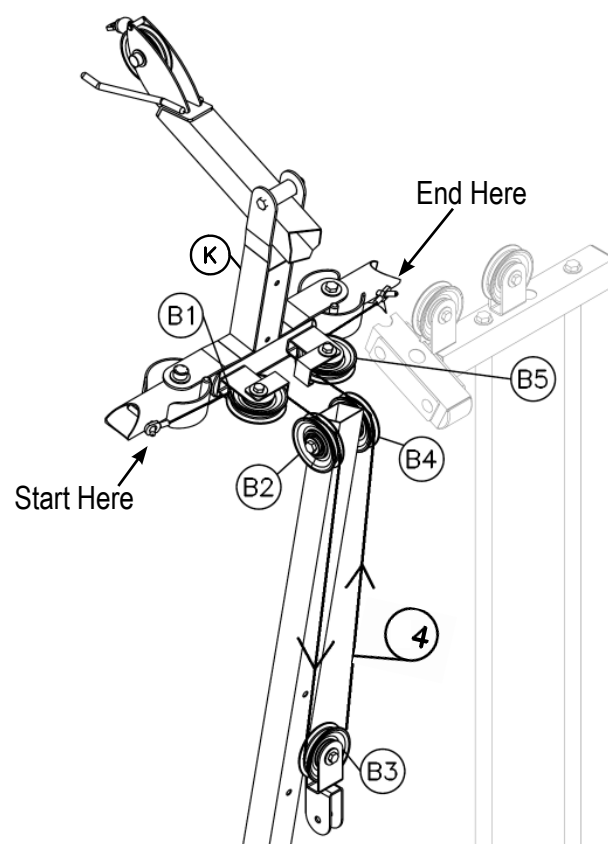
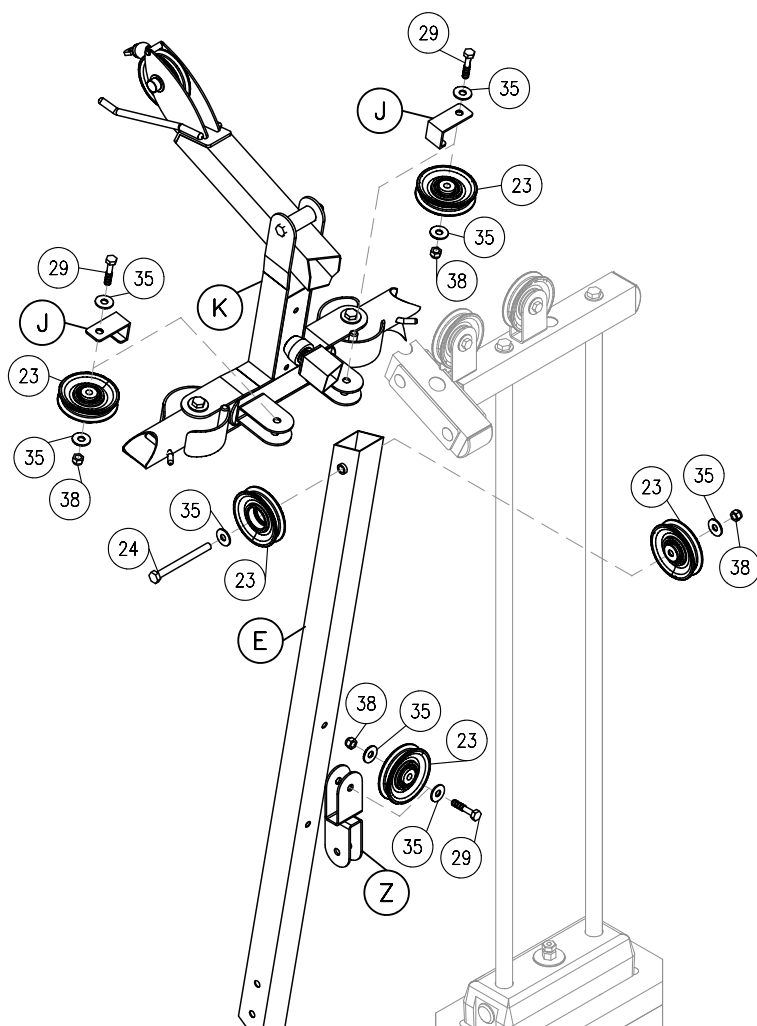
## Be careful to assemble all components in the sequence they are presented.

### NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 7. Some components may be pre-assembled. Nylon lock nuts with not screw on all the way, they must be wrench tightened at the end of Step 7.

- A. Hook one end of Cable (4) to Press Arm Support (K).  
NOTE: Cable (4) has eye connectors at both ends.
- B. Route Cable (4) around Pulley (B1) and secure using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One J (stop plate)**  
**One 38 (M10 nylon lock nut)**
- C. Let Cable (4) hang.
- D. Install Pulley (B2) and Pulley (B4) to Angled Vertical Frame (E) using:  
**One 24 (M10x115 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- E. Route Cable (4) around Pulley (B2) then down and around Pulley (B3).
- F. While holding Cable (4) around Pulley (B3), install Pulley (B3) to Double Pulley Frame (Z) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- G. Route Cable (4) up then around Pulley (B4) as shown.
- H. While holding Cable (4) around Pulley (B5), install Pulley (B5) to Press Arm Support (K) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One J (stop plate)**  
**One 38 (M10 nylon lock nut)**





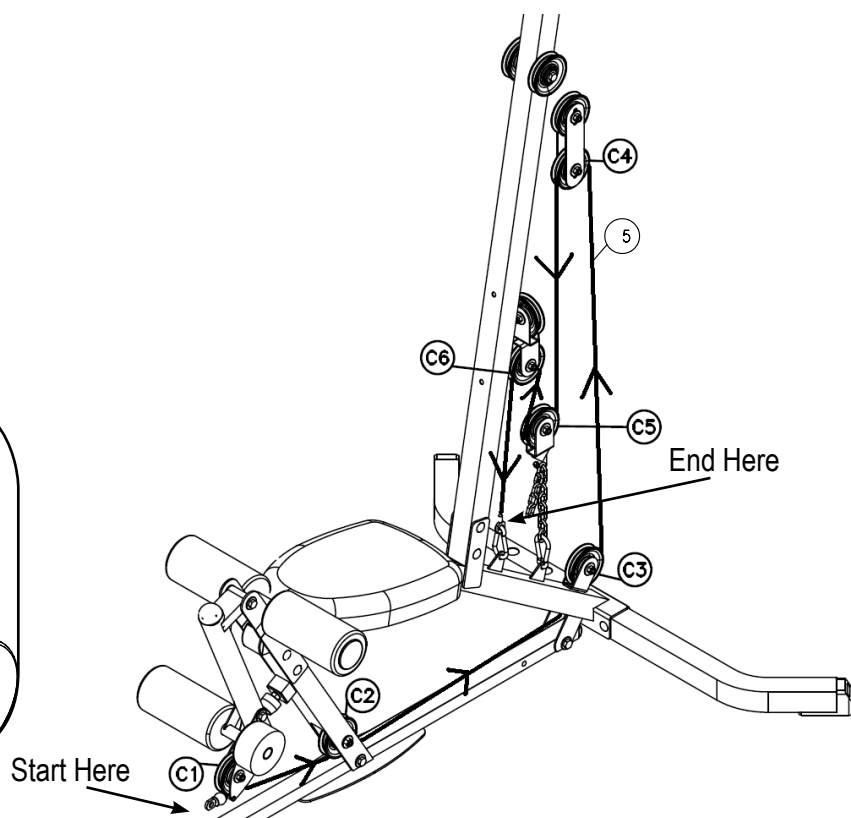
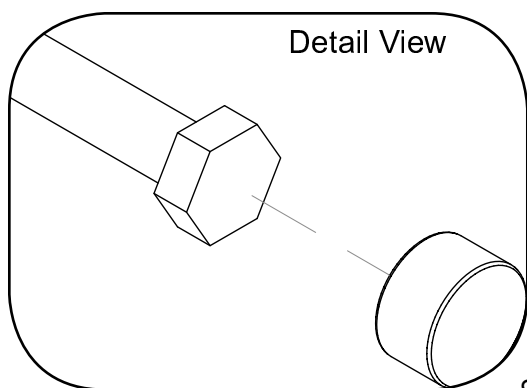
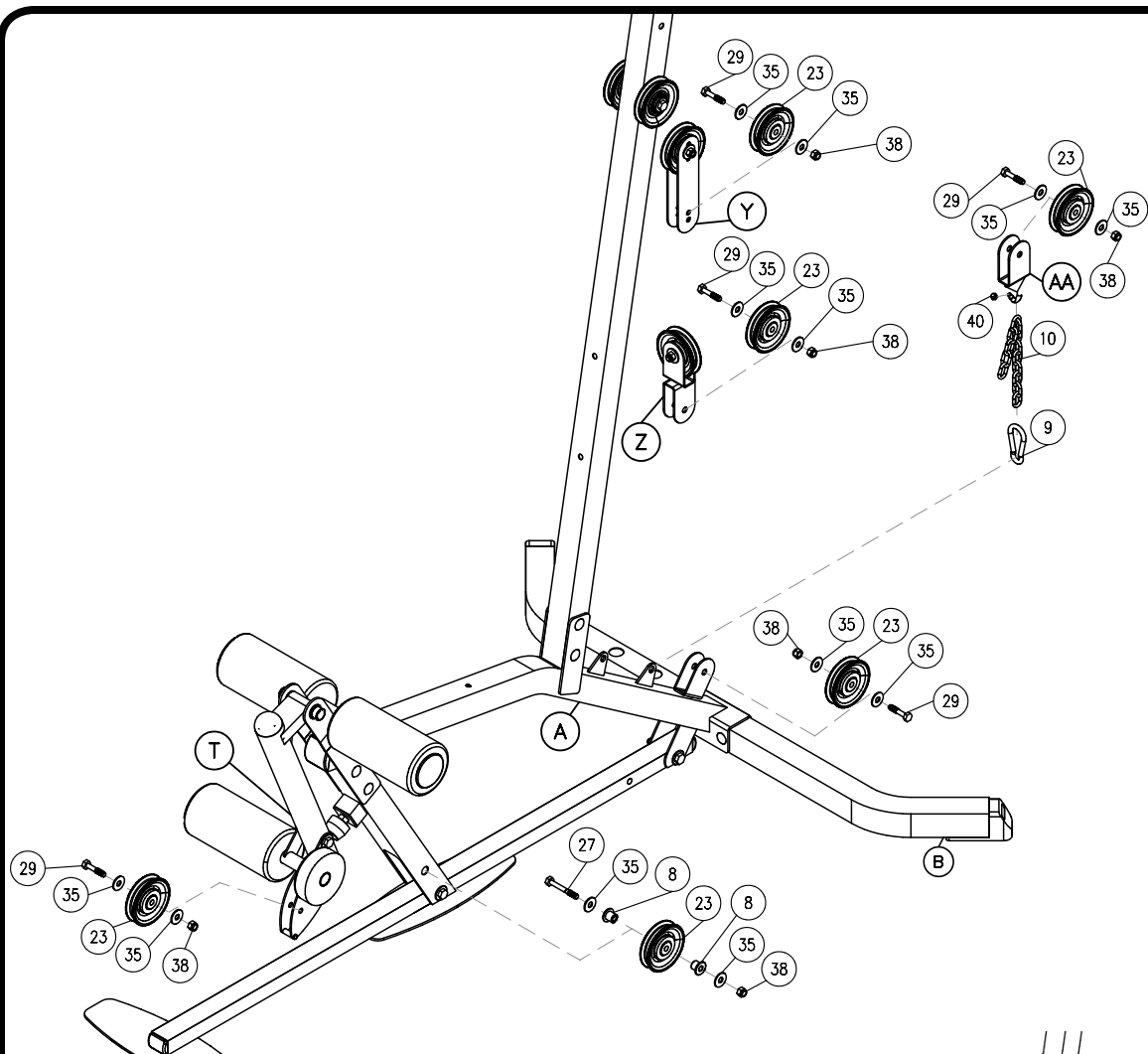
## Be careful to assemble all components in the sequence they are presented.

### NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 7. Some components may be pre-assembled. Nylon lock nuts with not screw on all the way, they must be wrench tightened at the end of Step 7.

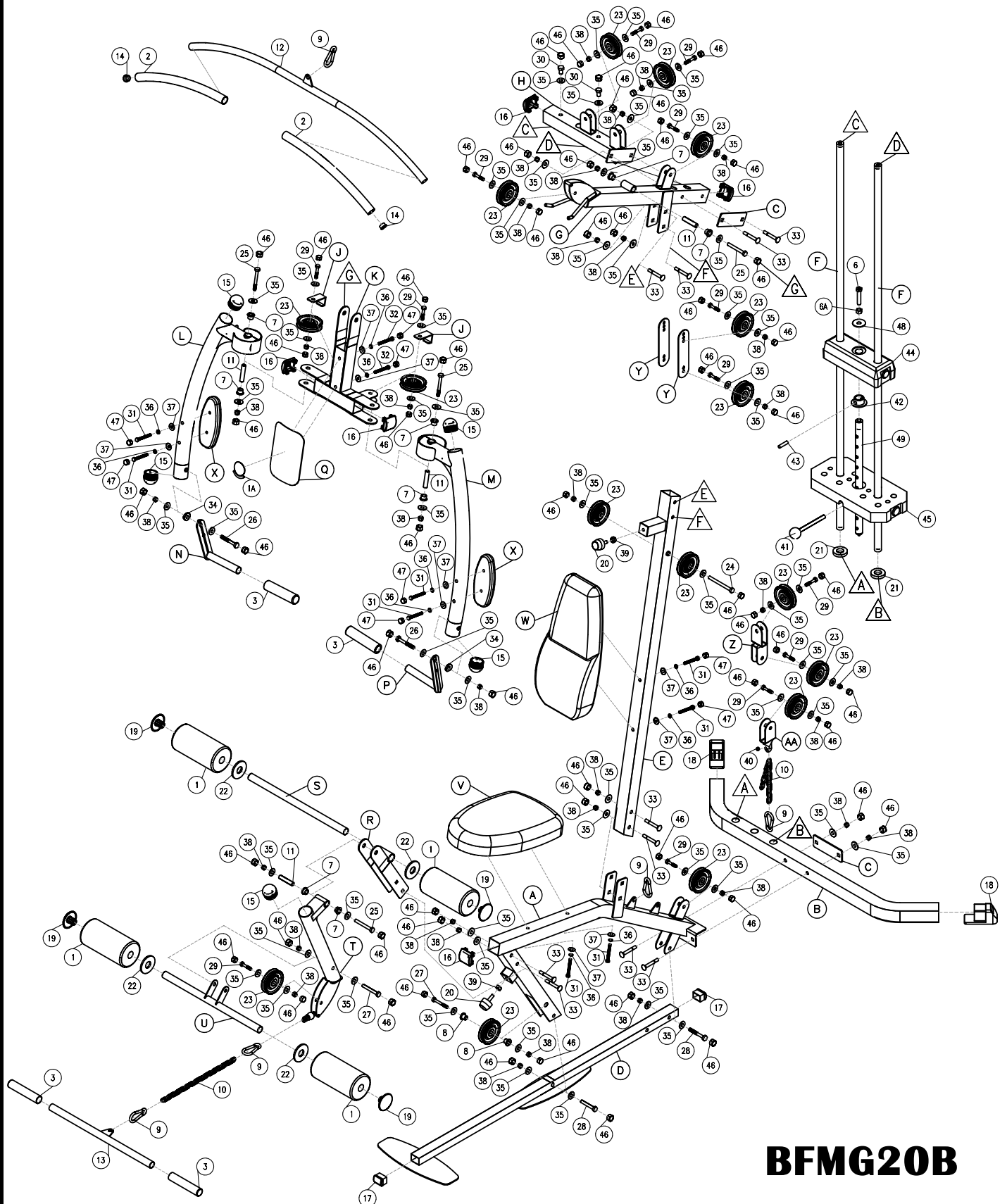
- A. Route Cable (5) through Leg Extension (T).  
NOTE: The ball end of the cable is located at the starting point.
- B. Install Pulley (C1) over Cable (5) and secure using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- C. Insert Cable (5) through Seat Frame (A) as shown.
- D. Install Pulley (C2) over Cable (5) and secure using:  
**One 27 (M10x70 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon nut)**  
**Two 8 (collar steel pivot)**
- E. Route Cable (5) towards Back Foot Tube (B) then up through the hole on Seat Frame (A). Let Cable (5) hang.
- F. Install Pulley (C3) over Cable (5) then secure using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- G. Route Cable (5) up and around Pulley (C4) then back down.
- H. While holding Cable (5) secure Pulley (C4) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- I. Connect Pulley Holder (AA) to Steel Chain (10) and secure using:  
**One 40 (M6 acorn cap nut)**
- J. Attach Steel Chain (10) to Seat Frame (A) using Hook (9).
- K. Route Cable (5) down, around and up from (AA) while installing Pulley (C5) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- L. Route Cable (5) up, around and down from Double Pulley Frame (Z) while installing Pulley (C6) using:  
**One 29 (M10x42 hex head bolt)**  
**Two 35 (M10 washer)**  
**One 38 (M10 nylon lock nut)**
- M. Connect Cable (5) to Seat Frame (A) using Snap Link (9).
- N. Tighten all remaining loose bolts and apply bolt caps as shown in the Detail View.





# NOTES

# EXPLODED VIEW DIAGRAM



**BFMG20B**

