

# **BFPL10**

## **OWNER'S MANUAL**

# BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFPL10. 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.

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## **Unpacking the Equipment**

The BFPL10 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.

NOTE: The BFPL10 connects only to the BFFID10. The BFFID10 is not included with this product and must be purchased separately. Contact your local dealer for further details.

***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 BFPL10. 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 BFPL10 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFPL10 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 BFPL10.

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 BFPL10 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.

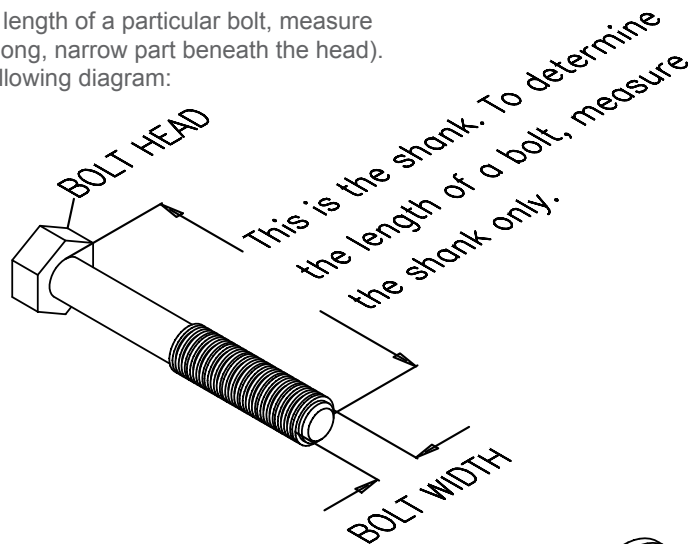
## Assembly Tips

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

While you may be able to assemble the BFPL10 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.

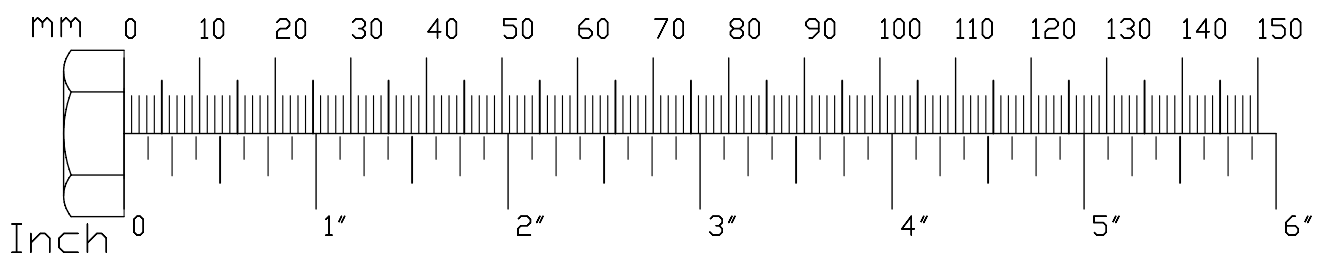
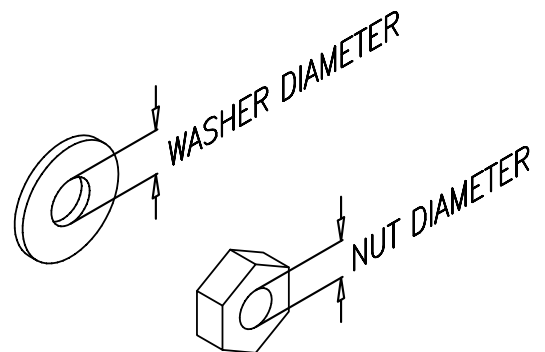
NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



## 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.

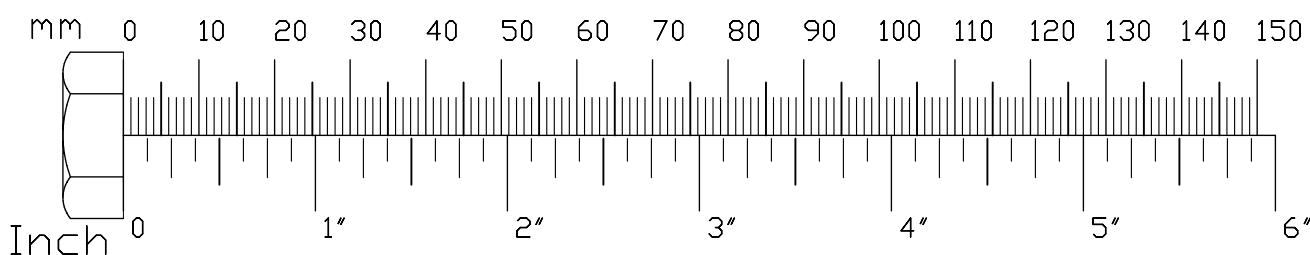


**STEP****1**

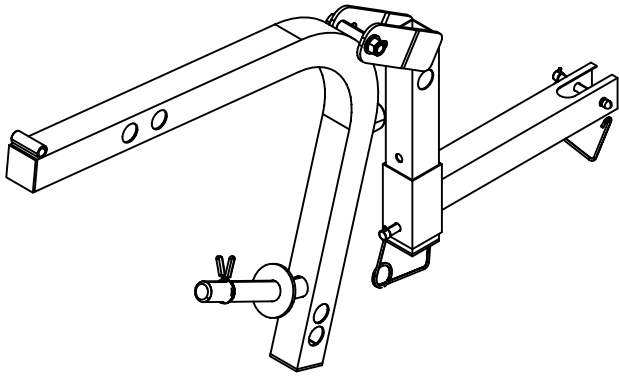
**Be careful to assemble all components in the sequence they are presented.**

- A. Connect Bench Attachment (1) to your BFFID10 and secure using:  
**One 14 (safety pin)**  
Hint: To permanently attach the BFPL10 to the BFFID10, connect Bench Attachment (1) to the BFFID10 and secure using:  
**One 16 (M12x70 hex head bolt)**  
**Two 18 (M12 washer)**  
**One 20 (M12 nylon lock nut)**  
\*Best Fitness strongly recommends that permanent hardware is used in this step.
- B. Slide Adjustable Pivot Frame (3) into Bench Attachment (1) and secure using:  
**One 14 (safety pin)**
- NOTE: Adjustable Pivot Frame (3) may be adjusted according to the user's height.
- C. Connect Pivot Weight Frame (4) to Adjustable Pivot Frame (3) by using:  
**One 15 (M12x75 hex head bolt)**  
**Two 18 (M12 flat washer)**  
**One 20 (M2 nylon lock nut)**
- NOTE: The adjacent hole may be selected to allow for a better user fit.
- D. Thread Rubber Stopper (11) into Pivot Weight Frame (4) as shown in the diagram.
- E. Slide Spring Collar (13) onto the Weight Horn of Pivot Weight Frame (4).

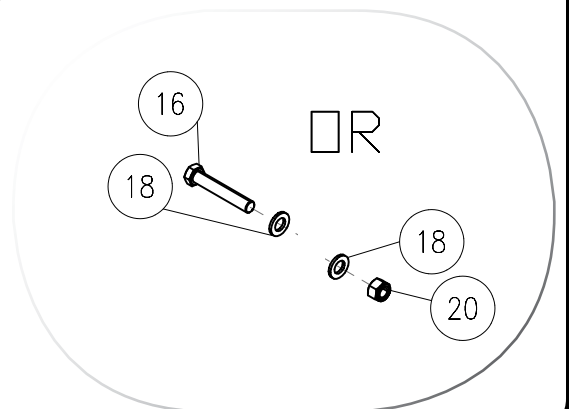
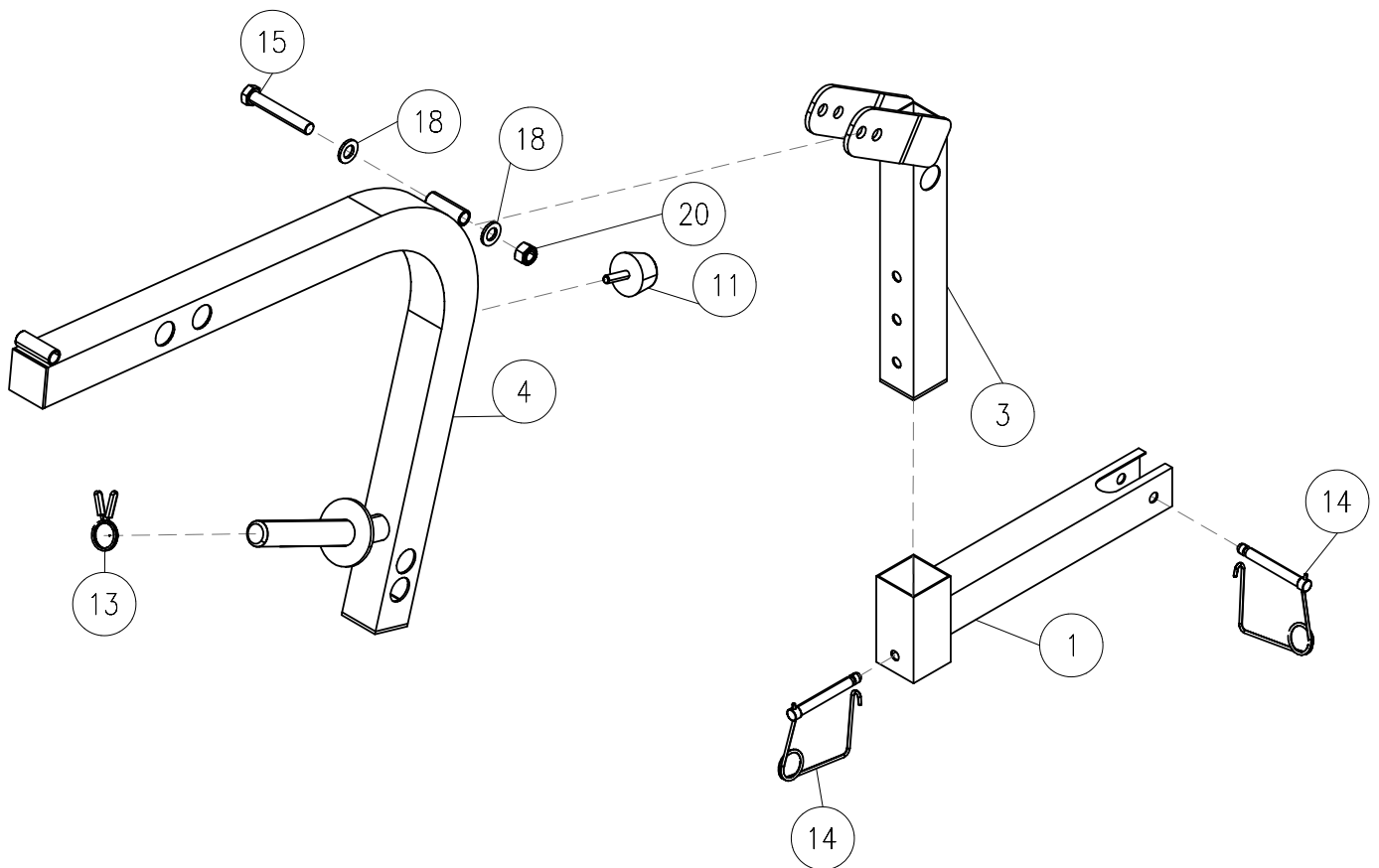
**DO NOT** put Weight Plates onto the Weight Horn until the unit is completely assembled. Failure to do so may result in serious injury.



**STEP**  
**1**



Above shows STEP 1 assembled and completed.



**STEP****2**

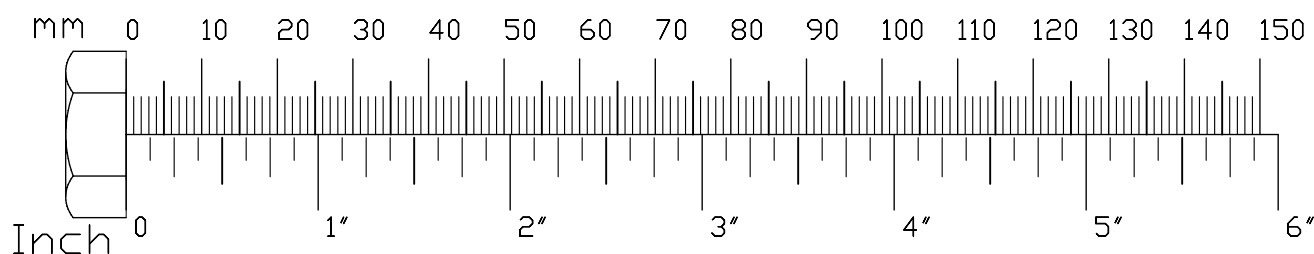
**Be careful to assemble all components in the sequence they are presented.**

**Note: Some components may be pre-assembled.**

- A. Slide Foam Roller Tube (2) into Adjustable Pivot Frame (3) as shown in the diagram.
- B. Slide both Round End Caps (8) onto Foam Roller Tube (2).
- C. Slide both Foam Rollers (9) onto Foam Roller Tube (2)
- D. Slide both Foam Roller Tubes (2) into Pivot Weight Frame (4) as shown in the diagram.

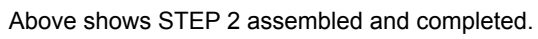
NOTE: The adjacent hole may be selected to allow for a better user fit.

- E. Slide four Round End Caps (8) into Foam Roller Tubes (2).
- F. Slide four Foam Rollers (9) into Foam Roller Tubes (2).





## 2



**STEP****3**

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

- A. Connect Preacher Curl Pad (7) to Removable Preacher Curl Frame (6) by using:  
**Four 17 (M8x20 hex head bolt)**  
**Four 21 (M8 spring washer)**  
**Four 19 (M8 washer)**

- B. Slide Removable Preacher Curl Frame (6) into Adjustable Pivot Frame (3) as shown in the diagram.

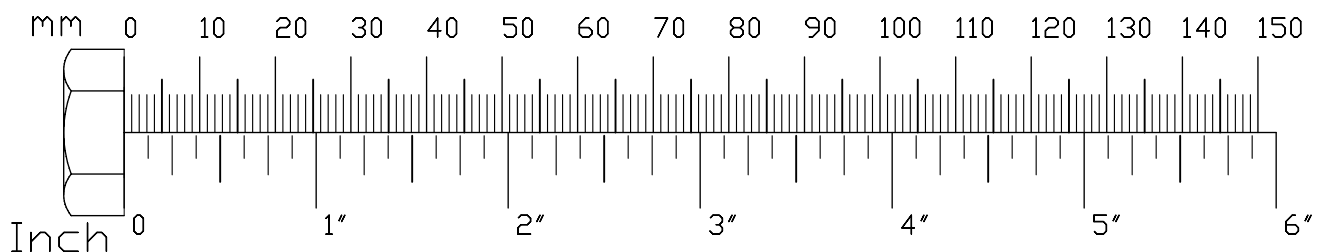
- C. Connect Preacher Curl Handle (5) to Pivot Weight Frame (4) by using:  
**One 16 (M12x70 hex head bolt)**  
**Two 18 (M12 washer)**  
**One 20 (M12 nylon lock nut)**

NOTE: The adjacent holes may be selected to allow for a better user fit.

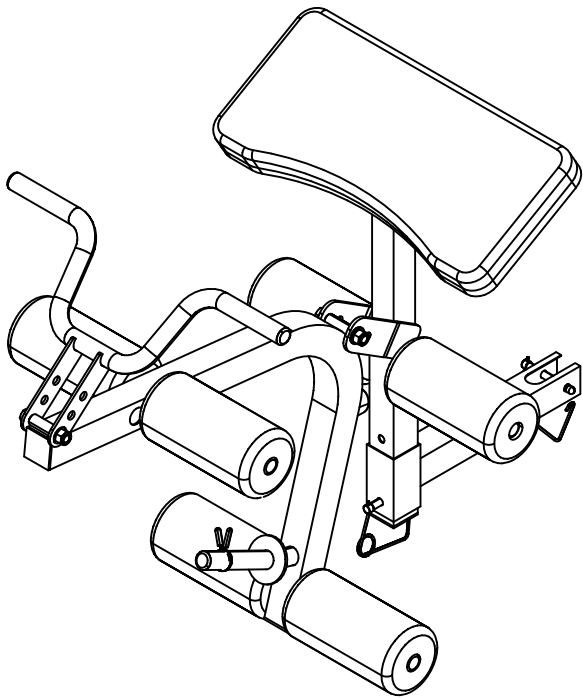
- D. In order to use the Leg Developer Accessory, remove the Preacher Curl Frame (6).

Hint: To make the Preacher Curl Handle (5) easily removably, the hardware from Step 3 Section C may be substituted with the hardware from Step 1 Section A (i.e. bolt, washers and nut may be exchanged with the safety pin, likewise, the safety pin may be exchanged with the bolt, washers and nut).

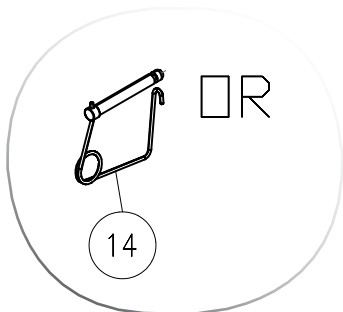
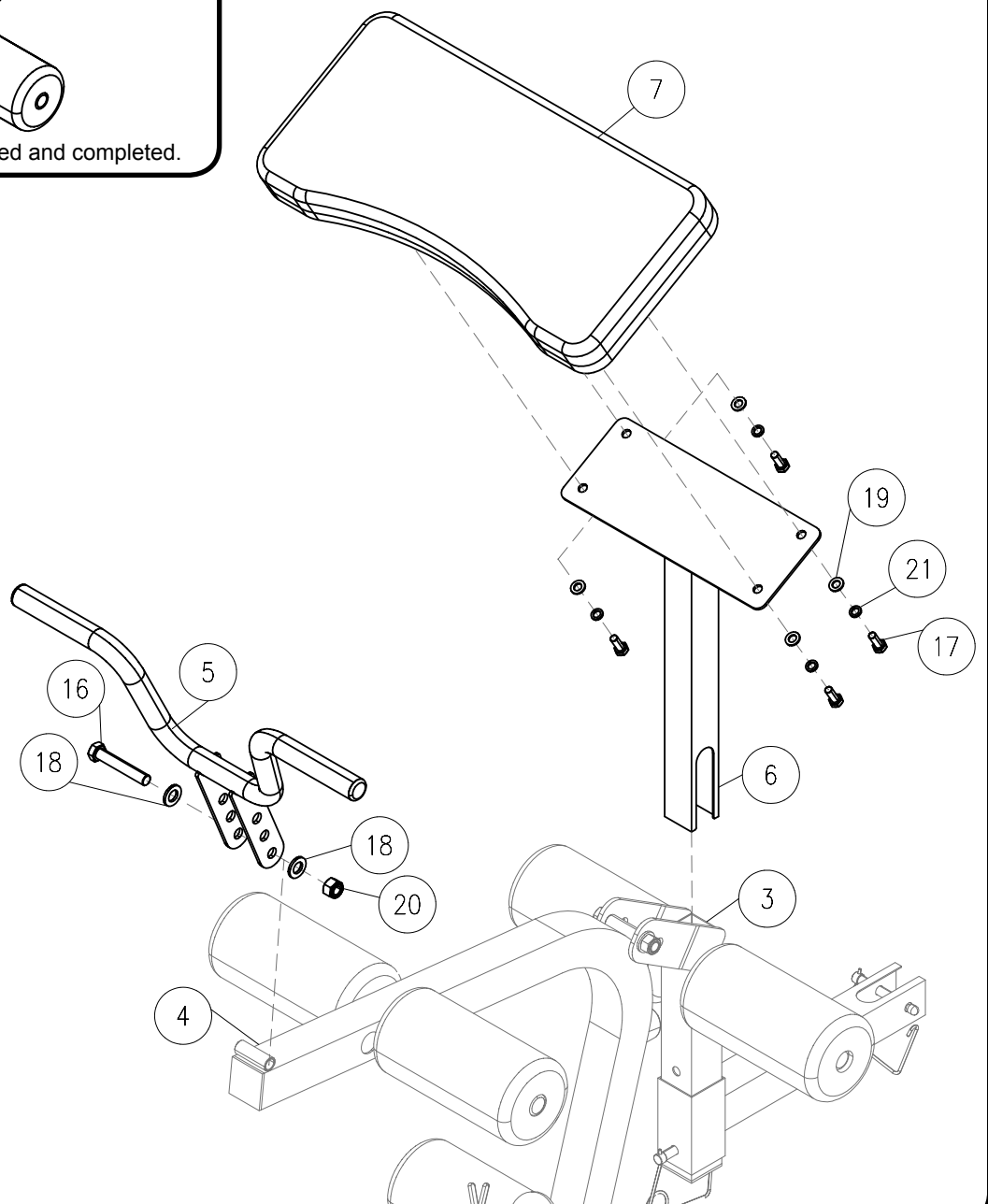
- E. Enjoy your workout!



**STEP**  
**3**

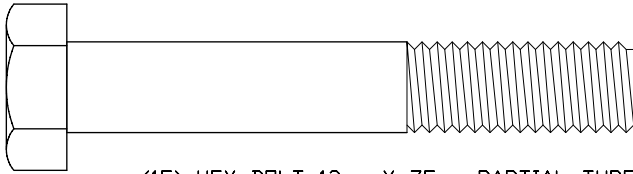


Above shows STEP 3 assembled and completed.

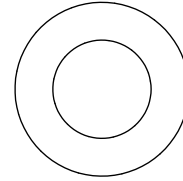


# HARDWARE

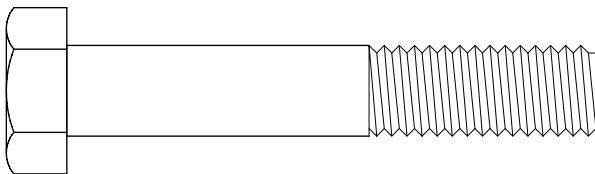
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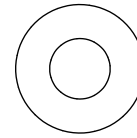
<15> HEX BOLT 12mm X 75mm PARTIAL THREAD QTY. 1



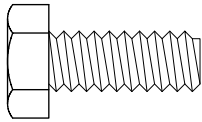
<18> FLAT WASHER 12mm QTY.6



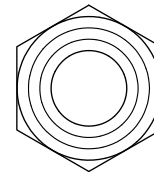
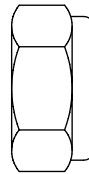
<16> HEX BOLT 12mm X 70mm PARTIAL THREAD QTY. 2



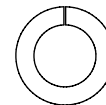
<19> FLAT WASHER 8mm QTY. 4



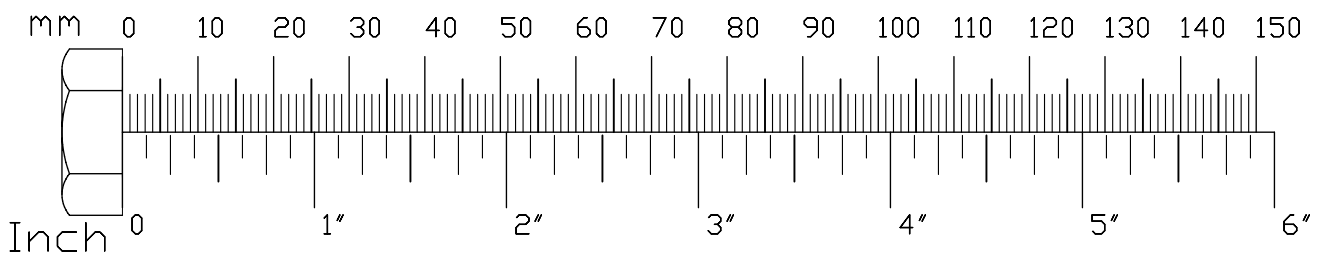
<17> HEX BOLT 8mm X 20mm QTY. 4



<20> NYLON LOCK NUT 12mm QTY. 3



<21> SPRING WASHER 8mm QTY.4

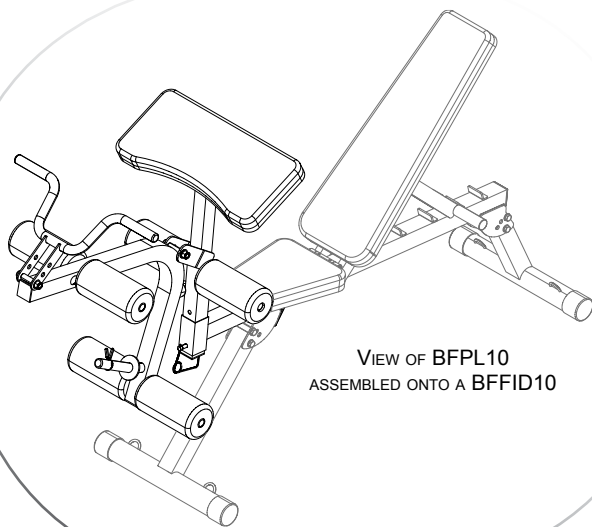
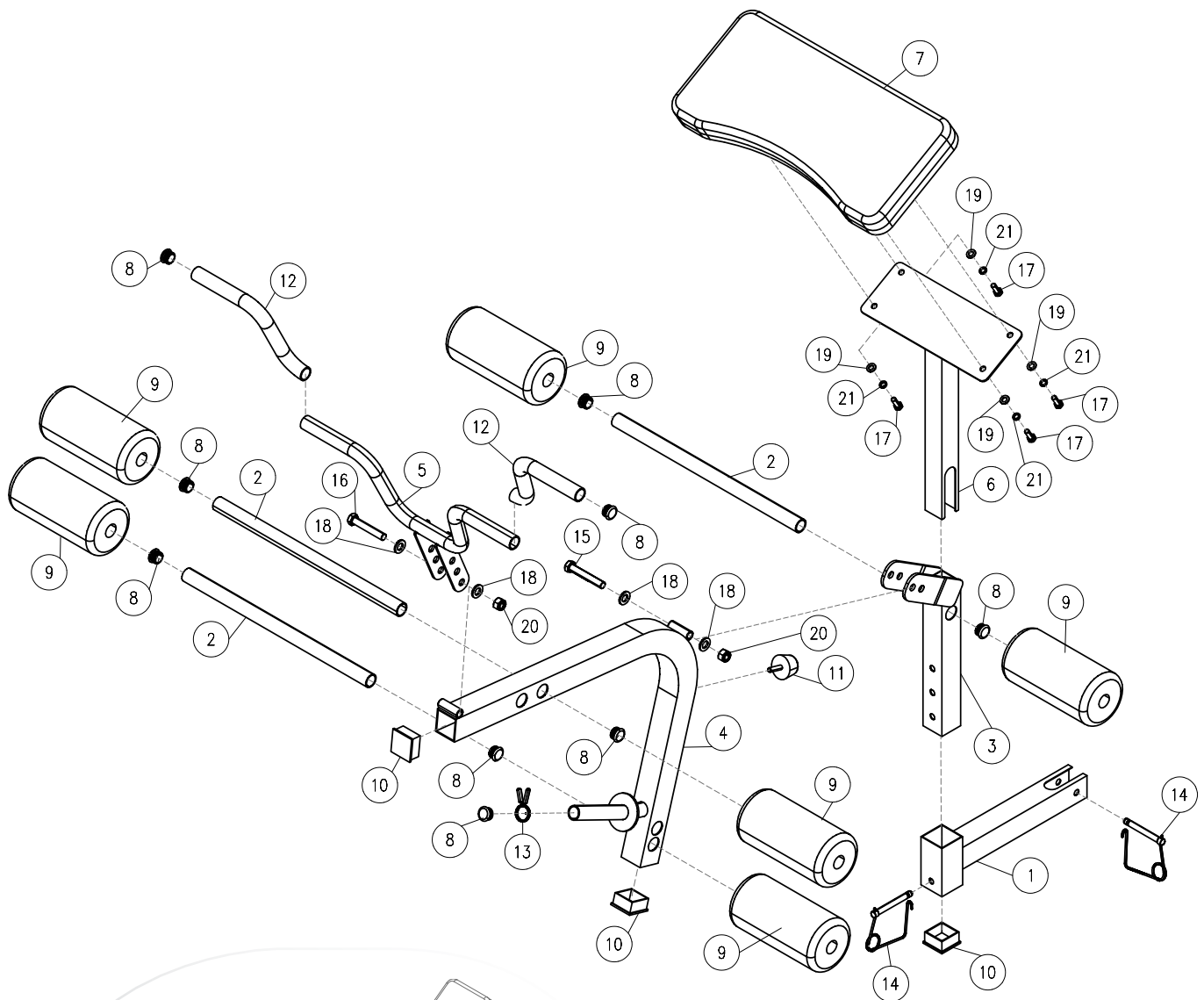


# HARDWARE LIST

PART#	QTY	DESCRIPTION
1	1	Bench Attachment
2	3	Foam Roller Tube
3	1	Adjustable Pivot Frame
4	1	Pivot Weight Frame
5	1	Preacher Curl Handle
6	1	Removable Preacher Curl Frame
7	1	Preacher Curl Pad
8	9	Round End Cap
9	6	Φ100x200 Foam Roller
10	3	45x45 Square End Cap
11	1	Rubber Stopper
12	2	Foam Grip
13	1	Spring Collar
14	2	Φ10 Pin
15	1	M12x75 Hex Head Bolt Partial Thread
16	2	M12x70 Hex Head Bolt Partial Thread
17	4	M8x20 Hex Head Bolt Full Thread
18	6	M12 Flat Washer
19	4	M8 Flat Washer
20	3	M12 Nylon Lock Nut
21	4	M8 Spring Washer

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

# EXPLODED VIEW DIAGRAM





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

