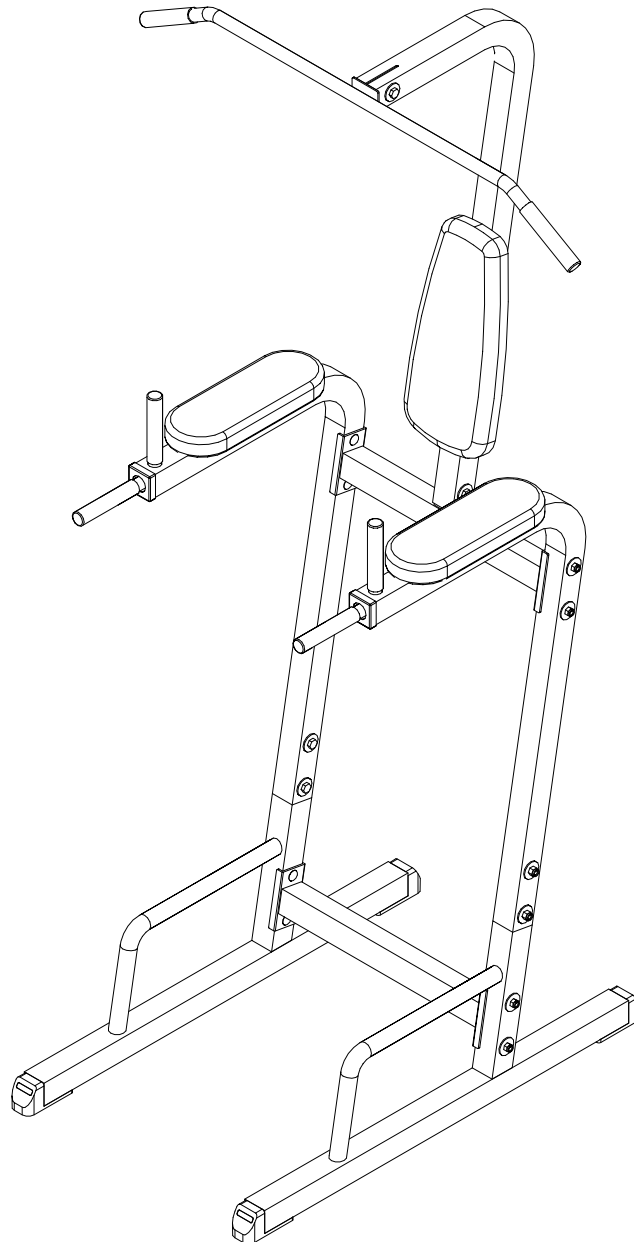


BEST *BF* FITNESS
EQUIPMENT



BFVK10B-240821

BFVK10B
OWNER'S MANUAL

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 BFVK10B. 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.
- **Max Chin Up User Weight - 250lb.**
- **Max Dip Bar User Weight - 250lb.**
- **Max Knee Raise User Weight - 300lb.**

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 BFVK10B on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFVK10B 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 BFVK10B.

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 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

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. If you need to order replacement parts please be prepared to provide the following information when contacting us so we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFVK10B. 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.

Required Tools

The basic tools that you must obtain before assembling the BFVK10B include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the BFVK10B:

Set up the BFVK10B on a solid, flat surface. A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.

Provide ample space around the unit. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

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

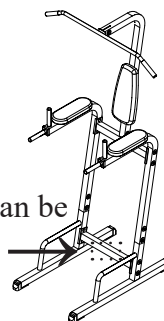
While you may be able to assemble the BFVK10B using the illustrations only, important safety notes and other tips are included in the text.

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

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked "Poison" is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can't assemble the BFVK10B by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



Your S/N# can be found here.

Body-Solid 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 Body-Solid 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 Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

STEP

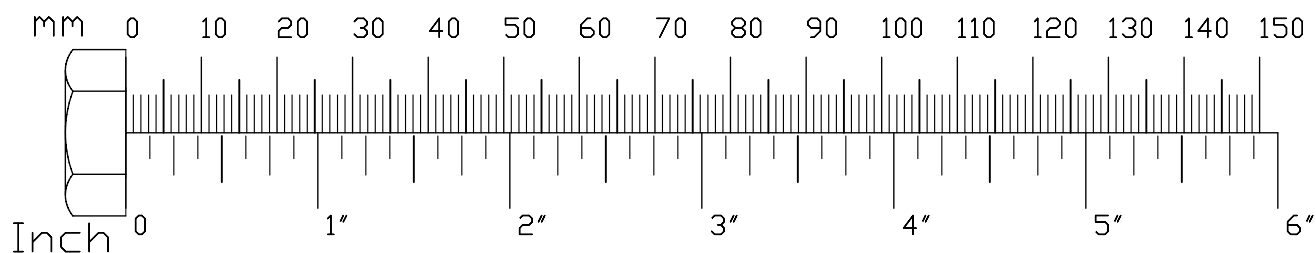
1

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

NOTE:

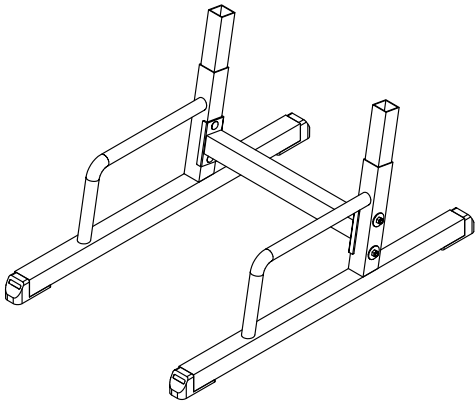
Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 1A. Attach Foot Tube Assembly (**A**) to Lower Middle Tube Assembly (**B**) using:
Two 11 (M10X65mm Carriage Bolt)
Two 20 (M10 Large Washer)
Two 30 (M10 Nylon Lock Nut)
- 1B. Attach second Foot Tube Assembly (**A**) to Lower Middle Tube Assembly (**B**) using:
Two 11 (M10X65mm Carriage Bolt)
Two 20 (M10 Large Washer)
Two 30 (M10 Nylon Lock Nut)
- 1C. Install four 50X50mm Foot Caps (**1**) to the ends of both Foot Tube Assemblies (**A**) as shown in the diagram.

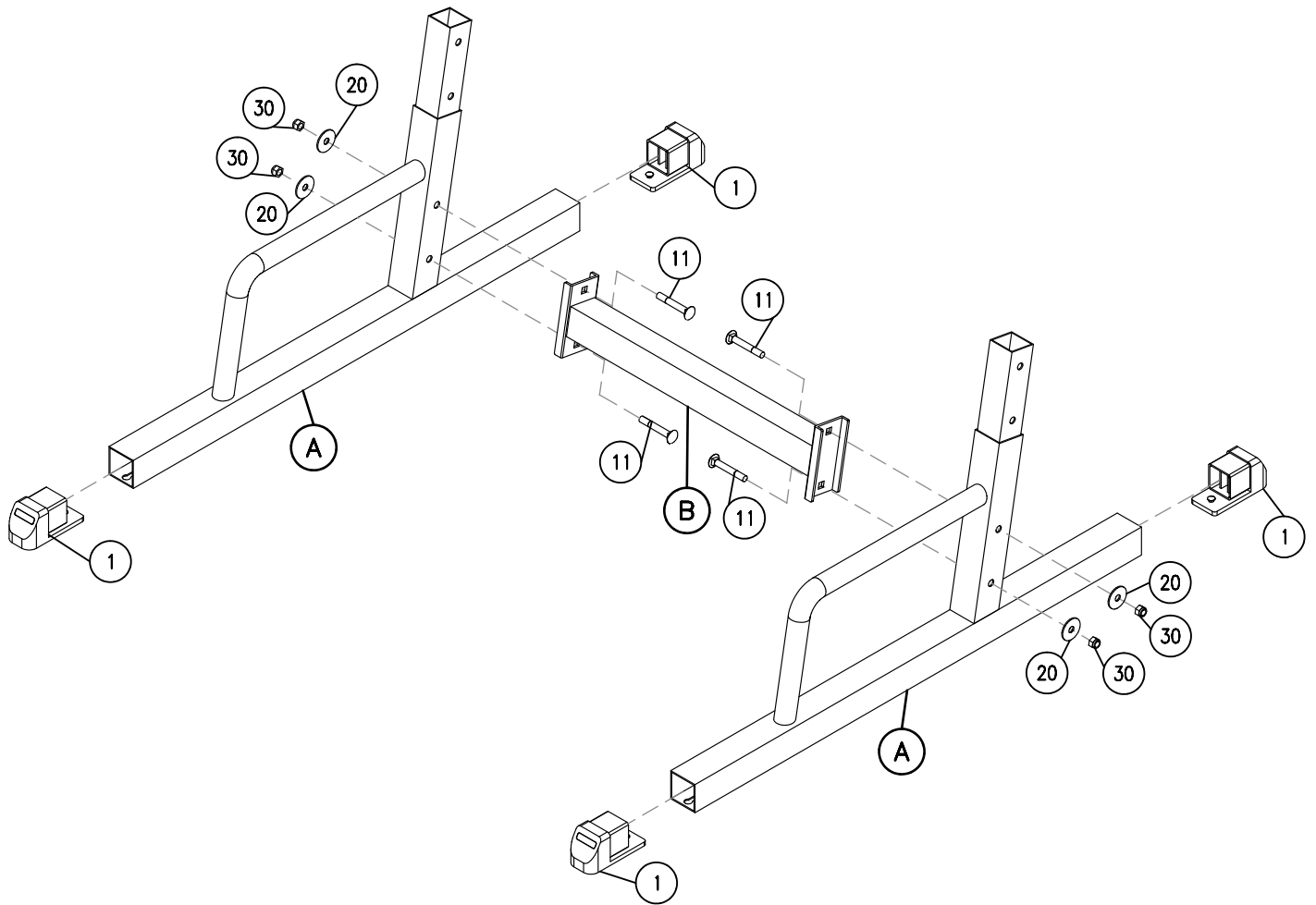


STEP

1



Above shows STEP 1 assembled and completed.



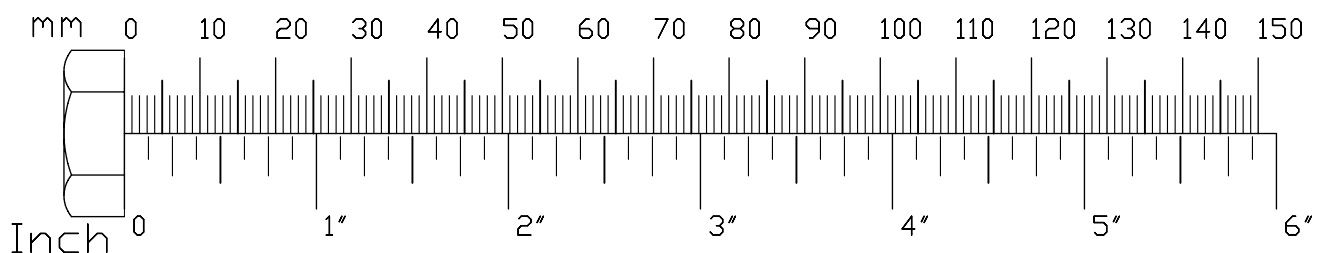
STEP**2**

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

NOTE:

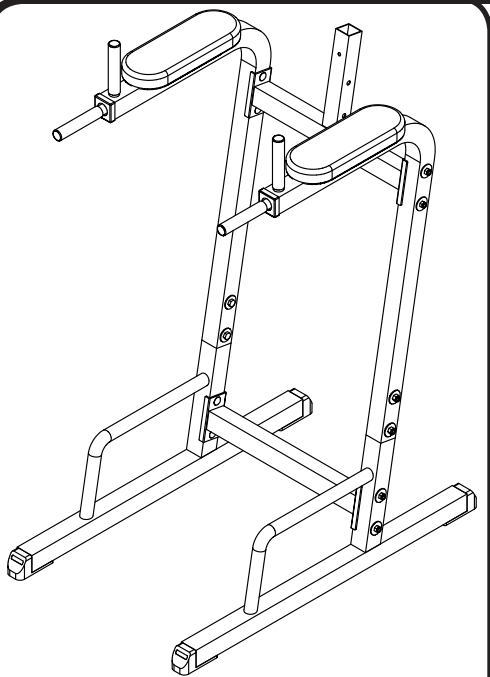
Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 2A. Slide both Elbow Tube Assembly (**C**) onto Foot Tube Assembly (**A**).
- 2B. Attach Upper Tube Assembly (**D**) to each Elbow Tube Assembly (**C**) using a total of:
Four 11 (M10X65mm Carriage Bolt)
Four 20 (M10 Large Washer)
Four 30 (M10 Nylon Lock Nut)
- 2C. Secure each Elbow Tube Assembly (**C**) to Foot Tube Assembly (**A**) using a total of:
Four 12 (M10X65mm Hex Head Bolt)
Four 20 (M10 Large Washer)
Four 30 (M10 Nylon Lock Nut)
- 2D. Install an Elbow Pad (**K**) to each Elbow Tube Assembly (**C**) using a total of:
Four 13 (M8X65mm Hex Head Bolt)
Four 22 (M8 Spring Washer)
Four 21 (M8 Washer)
- 2E. Connect a Handle Tube (**H**) to each Elbow Tube Assembly (**C**) using a total of:
Two 14 (M10X20mm Hex Head Bolt)
Two 23 (M10 Washer)

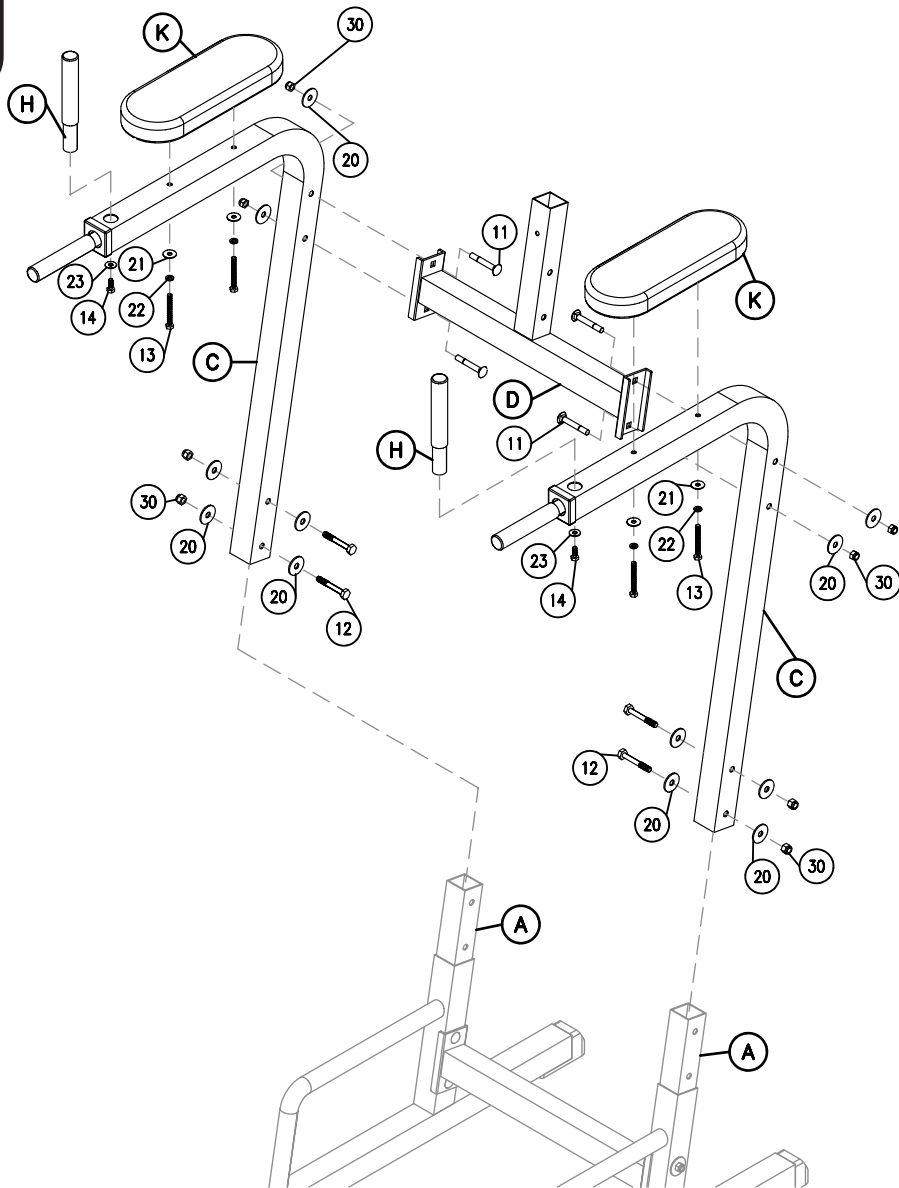


STEP

2



Above shows STEP 2 assembled and completed.



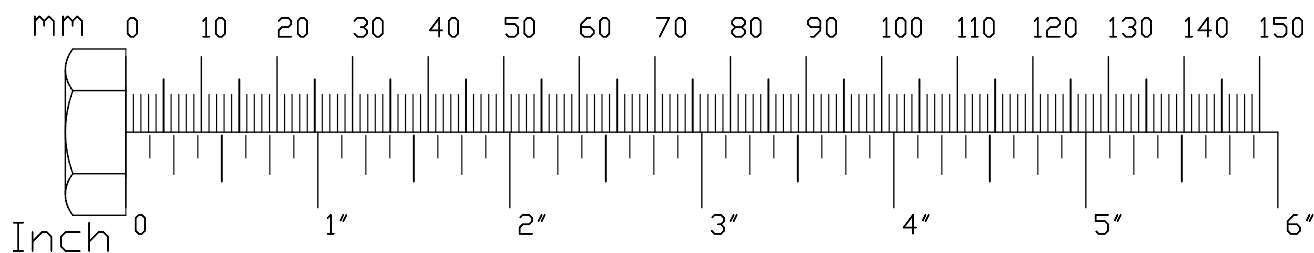
STEP**3**

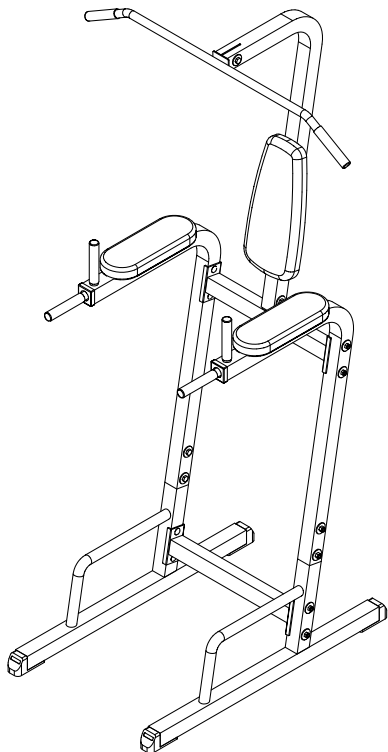
Be careful to assemble all components in the sequence they are presented.

NOTE:

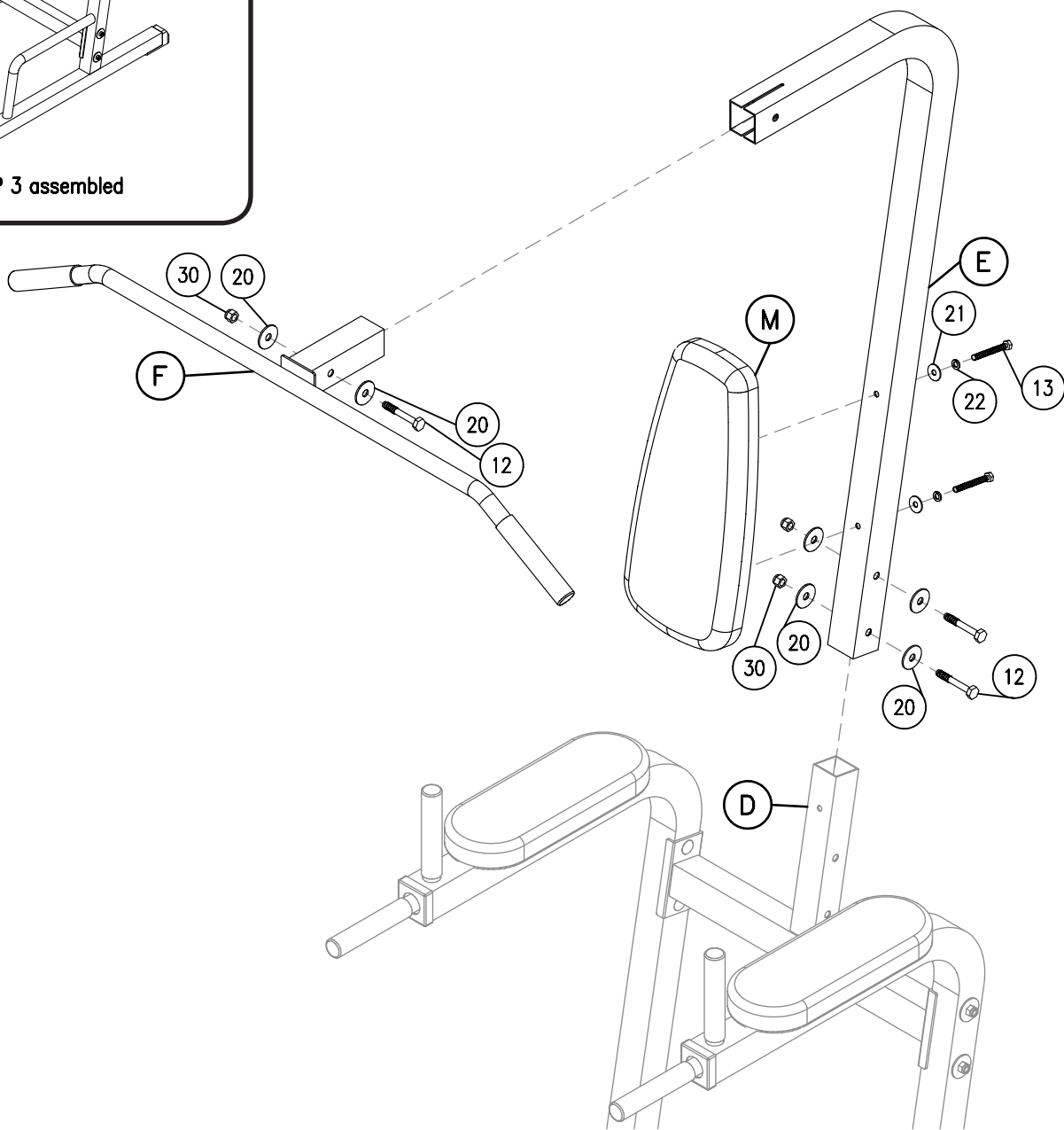
Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 3A. Slide Back Tube Assembly (**E**) onto Upper Tube Assembly (**D**) and connect using:
Two 12 (M10X65mm Hex Head Bolt)
Four 20 (M10 Large Washer)
Two 30 (M10 Nylon Lock Nut)
- 3B. Attach Back Pad (**M**) onto Back Tube Assembly (**E**) using:
Two 13 (M8X65mm Hex Head Bolt)
Two 22 (M8 Spring Washer)
Two 21 (M8 Washer)
- 3C. Slide Lat Bar Assembly (**F**) onto Back Tube Assembly (**E**) and secure using:
One 12 (M10X65mm Hex Head Bolt)
Two 20 (M10 Large Washer)
One 30 (M10 Nylon Lock Nut)





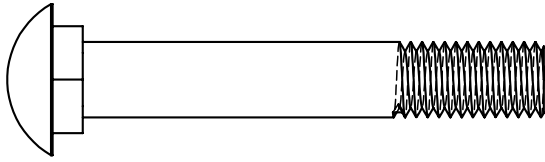
Above shows STEP 3 assembled and completed.



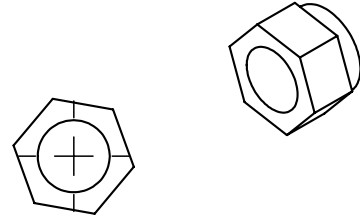
HARDWARE

(Actual Size Shown)

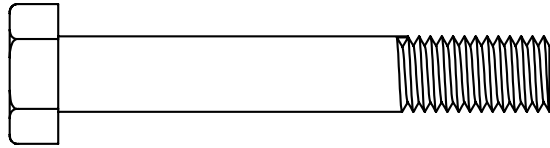
KEY #11 M10X65 Carriage Bolt



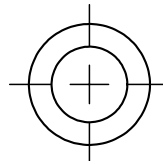
KEY #30 M10 Nylon Lock Nut



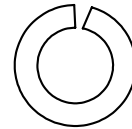
KEY #12 M10X65 Hex Head Bolt



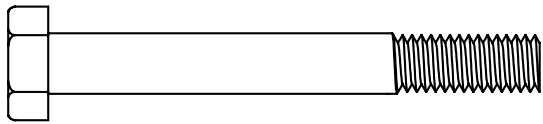
KEY #23 φ10 Washer



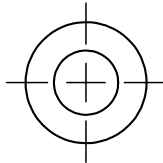
KEY #22 φ8 Spring Washer



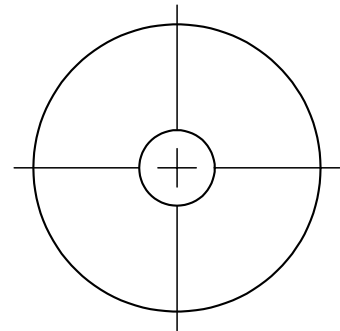
KEY #13 M8X65 Hex Head Bolt



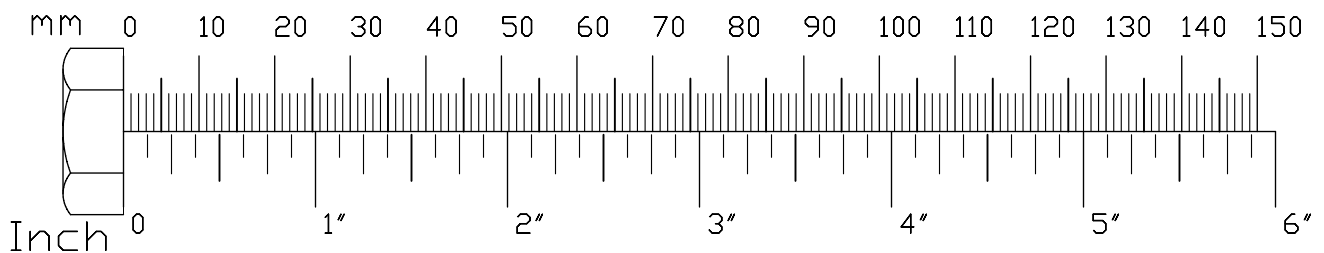
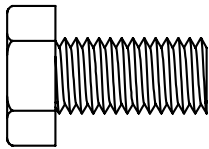
KEY #21 φ8 Washer



KEY #20 φ10 Large Washer



KEY #14 M10X20 Hex Head Bolt

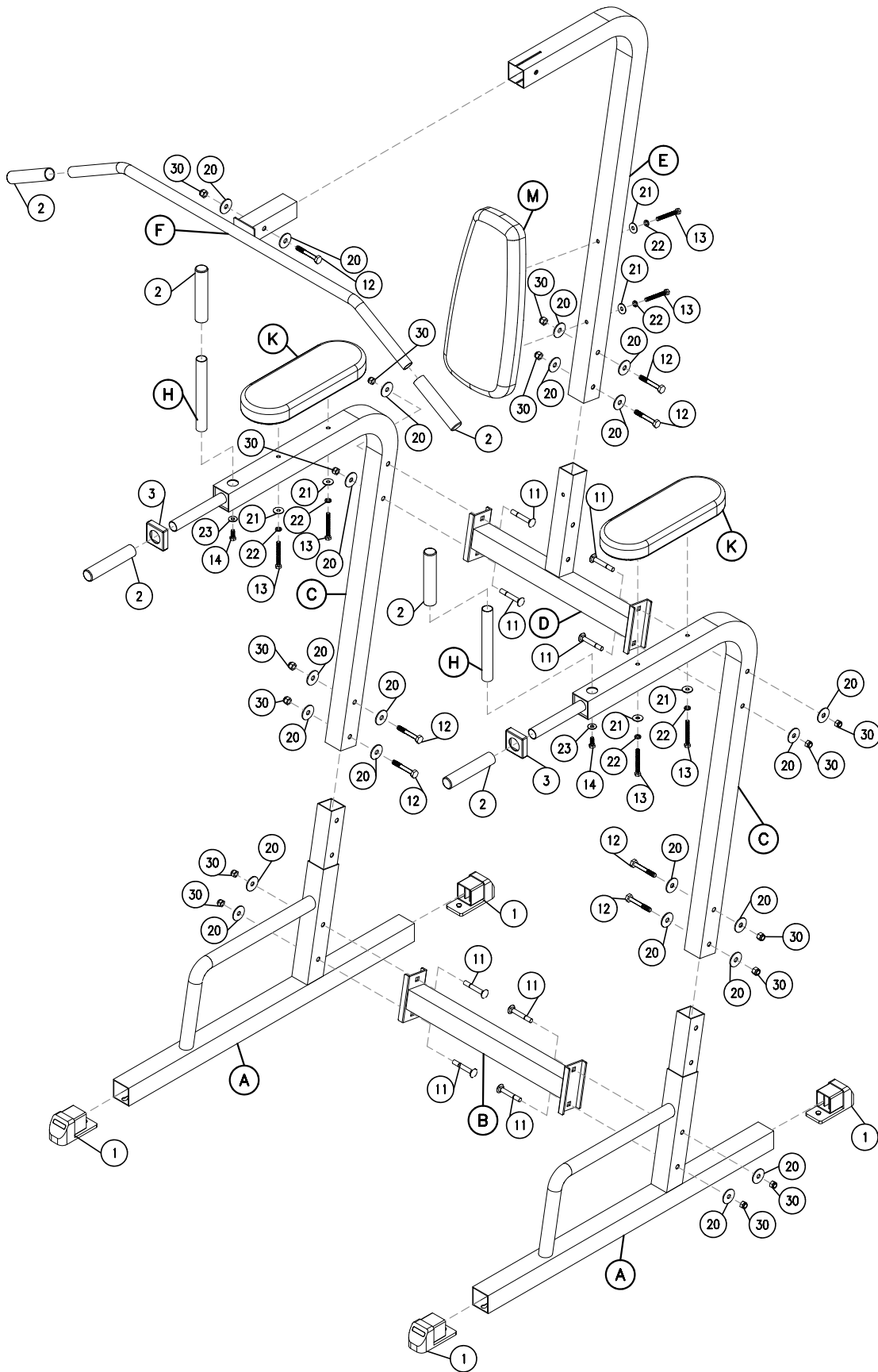


HARDWARE LIST

PART#	QTY	DESCRIPTION
A	2	Foot Tube Assembly
B	1	Lower Middle Tube Assembly
C	2	Elbow Tube Assembly
D	1	Upper Tube Assembly
E	1	Back Tube Assembly
F	1	Lat Bar Assembly
H	2	Handle Tube
K	2	Elbow Pad
M	1	Back Pad
1	4	M50X50mm Foot Cap
2	6	Plastic Sleeve
3	2	M50 End Cap
11	8	M10X65mm Carriage Bolt
12	7	M10X65mm Hex Head Bolt
13	6	M8X65mm Hex Head Bolt
14	2	M10X20mm Hex Head Bolt
20	22	M10 Large Washer
21	6	M8 Washer
22	6	M8 Spring Washer
23	2	M10 Washer
30	15	M10 Nylon Lock Nut

Part numbers are required when ordering parts.

EXPLODED VIEW DIAGRAM



BFVK10B NOTES





BFVK10B

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 002692-□□-□□-□□□□-□□□□

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



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