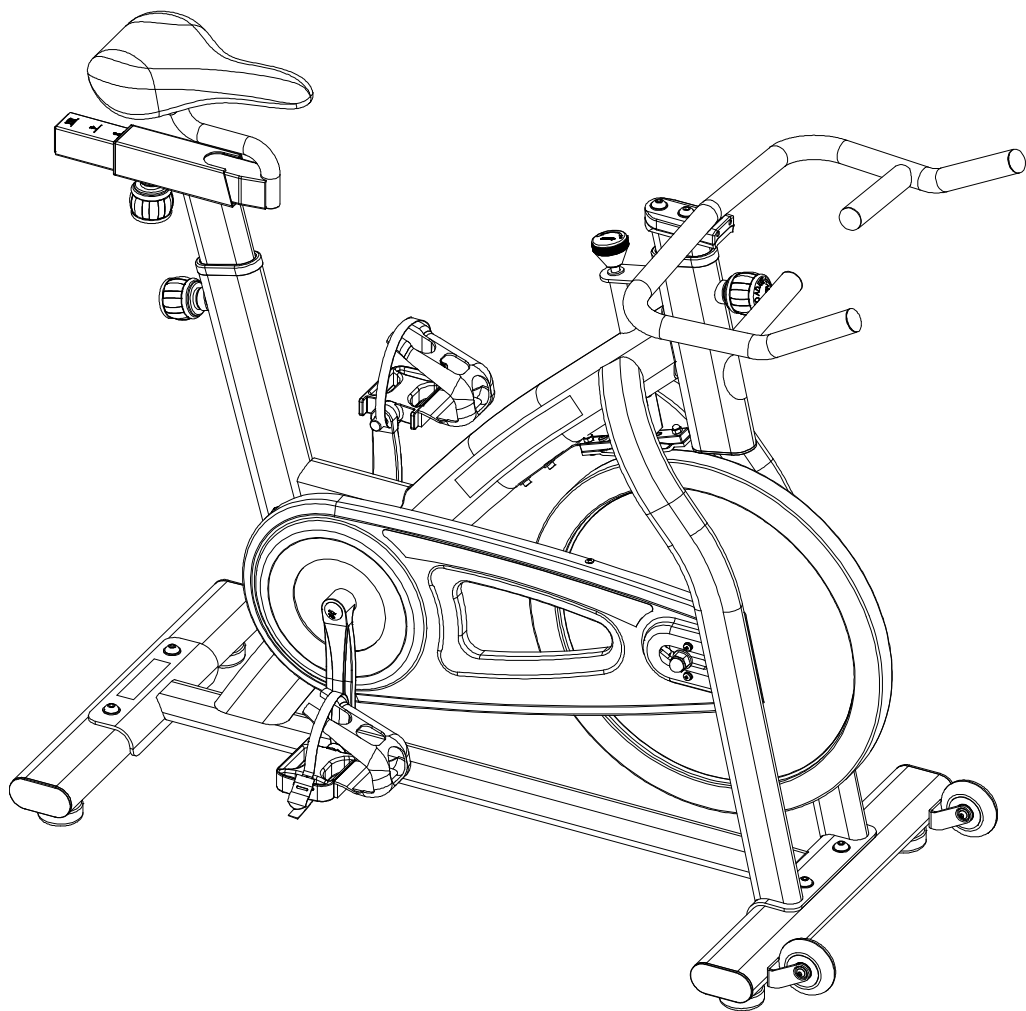


BEST *BF* FITNESS
EQUIPMENT

BFSB5



OWNER'S MANUAL

v. 063010

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www.BestFitness.com

BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness Spin Bike BFSB5.
To maximize your use of the equipment please study this Owner's Manual thoroughly.

UNPACKING THE EQUIPMENT

The BFSB5 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.

CAUTION

- CUT THE BOX OPEN ON ALL FOUR ENDS.
- REMOVE ANY LOOSE PACKING MATERIAL AND COMPONENTS.
- HOLD THE UNIT ON EACH SIDE AND LIFT IT OUT FROM THE BOX CAREFULLY.
- READ THE OWNER'S MANUAL THOROUGHLY BEFORE ATTEMPTING TO ASSEMBLE THE UNIT.

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

WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS, INCLUDING THE FOLLOWING:

- Read all instructions before using the BFSB5. 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 the 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.

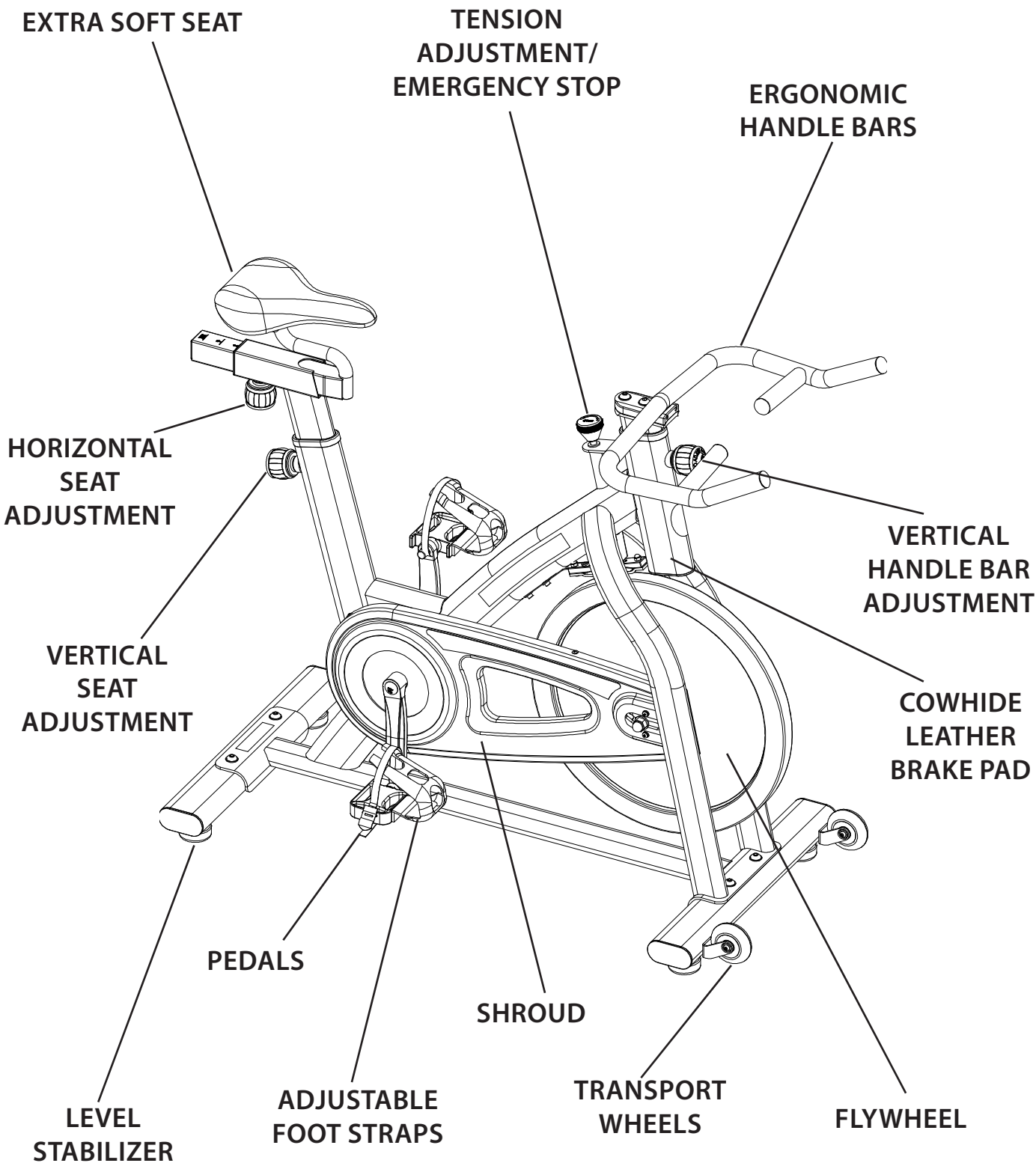
PERSONAL SAFETY DURING ASSEMBLY

- 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 BFSB5 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFSB5 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 BFSB5.

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.

FEATURES



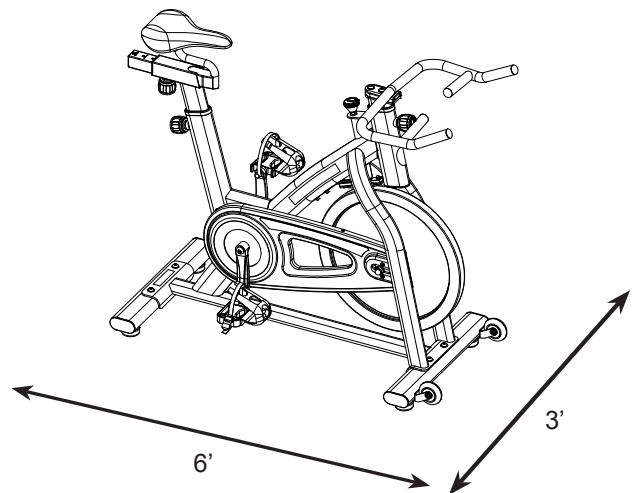
DIMENSIONS

The room layout diagram below will help you decide the best placement for your BFSB5. The dimensions of the BFSB5 are: Width 1' 9" X Length 3' 7".

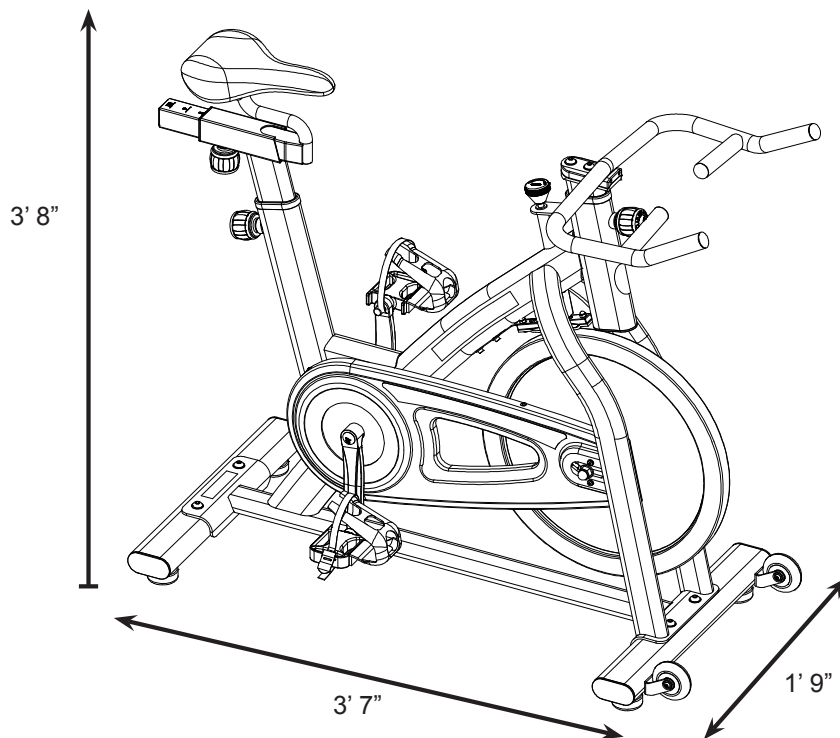
The usage space is: Width 3' X Length 6' (The usage space is the overall space needed for operation).

The usage space needed for the BFSB5 could be more, depending on the user.

Suggested Usage Space



Minimum Usage Space



ASSEMBLY INSTRUCTIONS

Assembly of the BFSB5 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 BFSB5 using the illustrations only, important safety notes and other tips are included in the text.

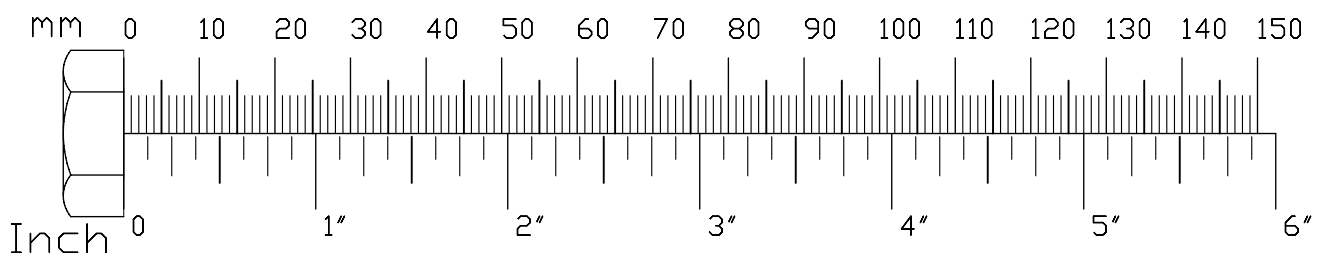
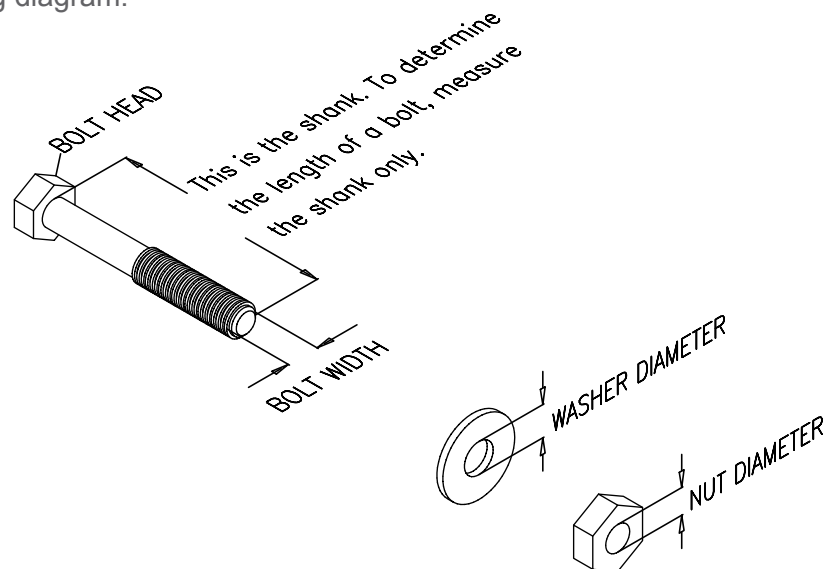
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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:

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.



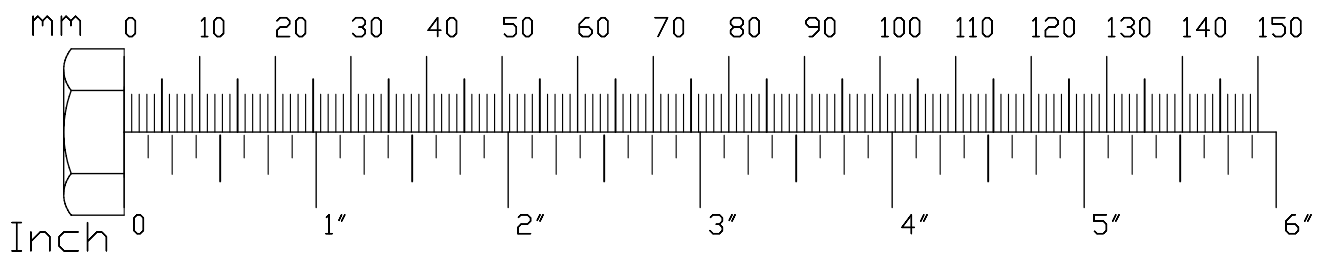
STEP**1**

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

NOTE: Chrome hardware is used in this step.

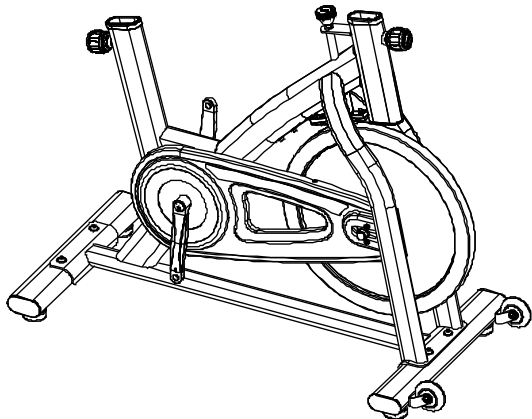
- A. Connect Rear Base (F) to Main Frame (A) using:
Two 34 (M10 round allen head bolt)
Two 33 (M10 washer)

- B. Connect Front Base (E) to Main Frame (A) using:
Two 34 (M10 round allen head bolt)
Two 33 (M10 washer)

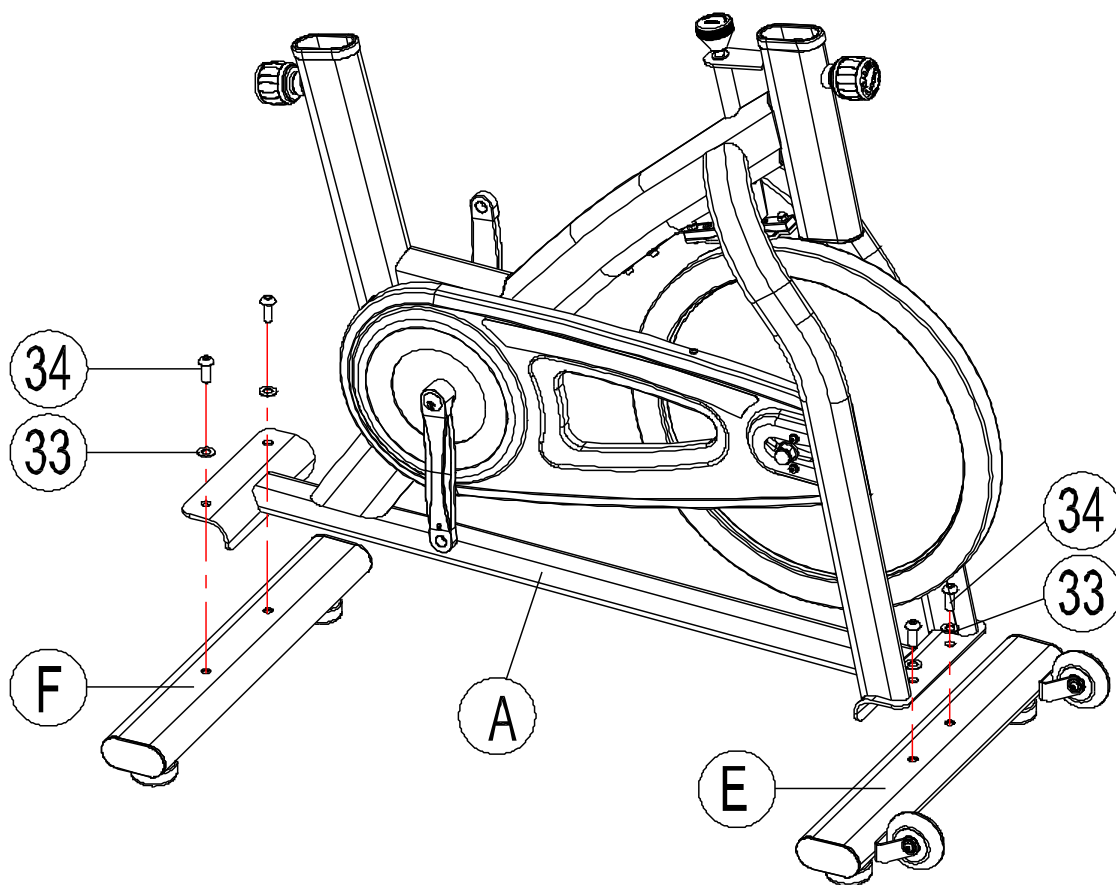


STEP

1



Above shows STEP 1 assembled and completed.



STEP**2**

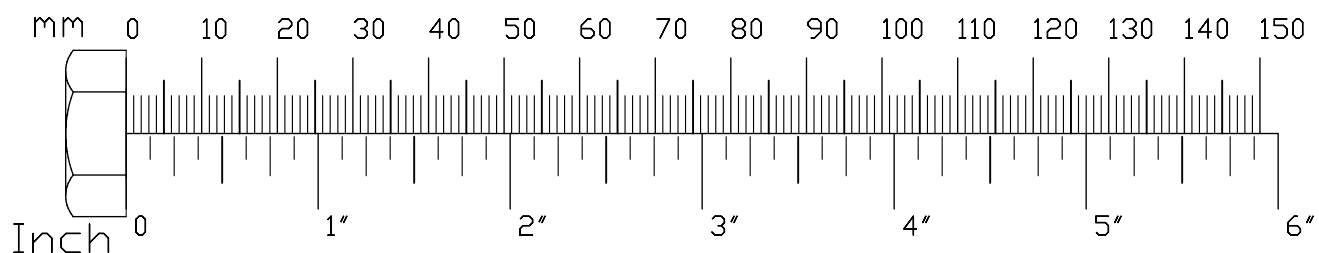
Be careful to assemble all components in the sequence they are presented.

- A. Connect Right Pedal (30) to Right Crank (28) by threading Right Pedal (30) with the wrench provided.

NOTE: Wrench Right Pedal (30) clockwise.

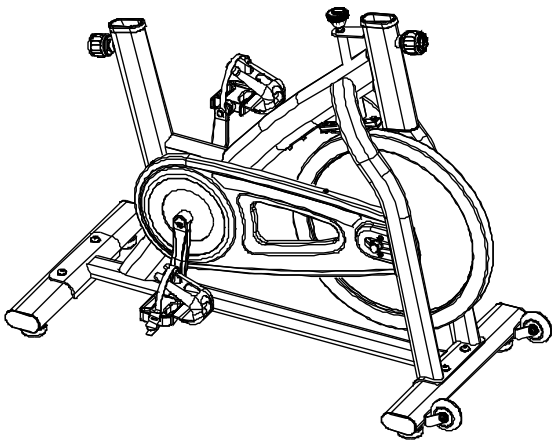
- B. Connect Left Pedal (71) to Left Crank (29) by threading Left Pedal (71) with the wrench provided.

NOTE: Wrench Left Pedal (71) counter-clockwise.

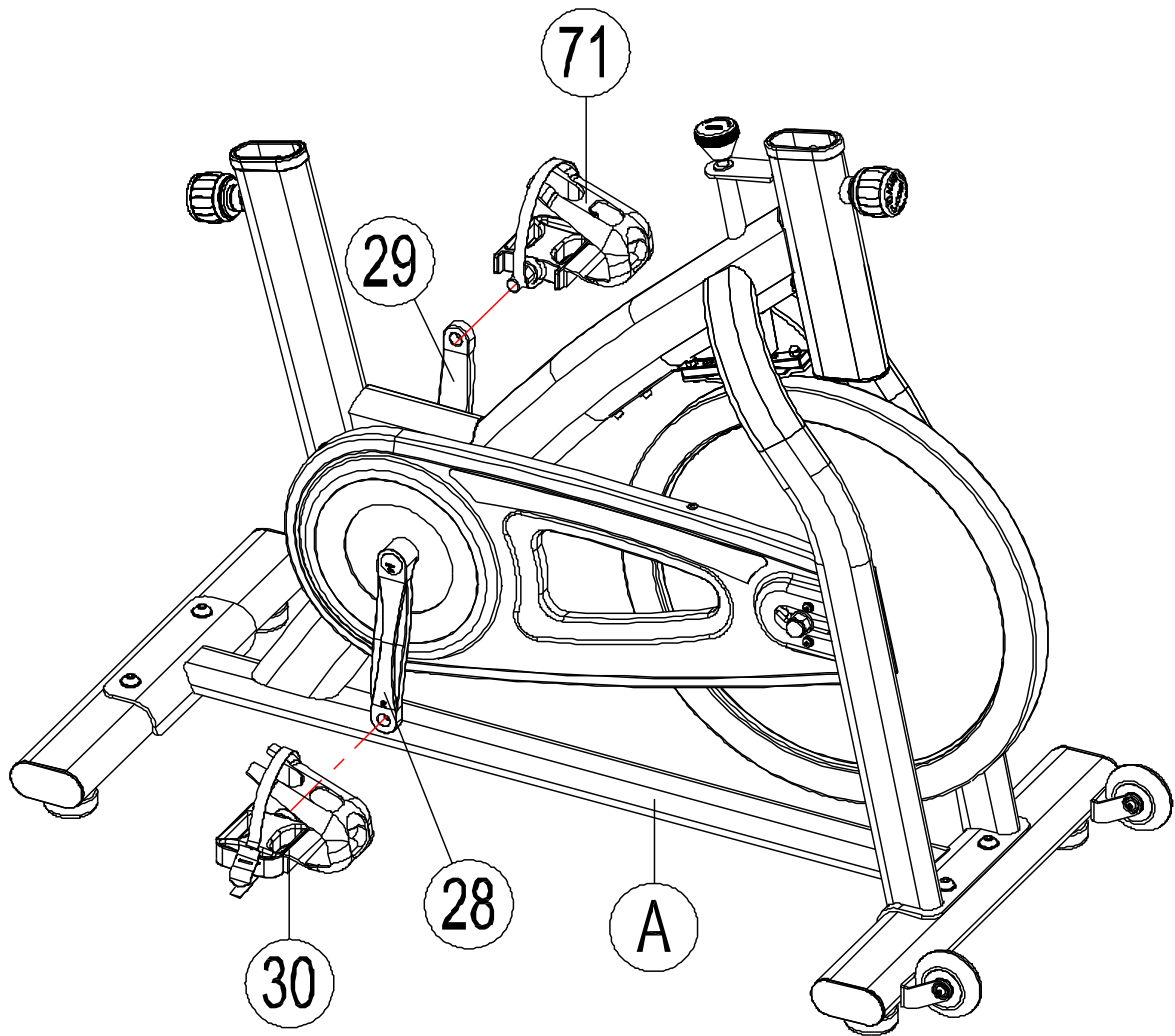


STEP

2



Above shows STEP 2 assembled and completed.

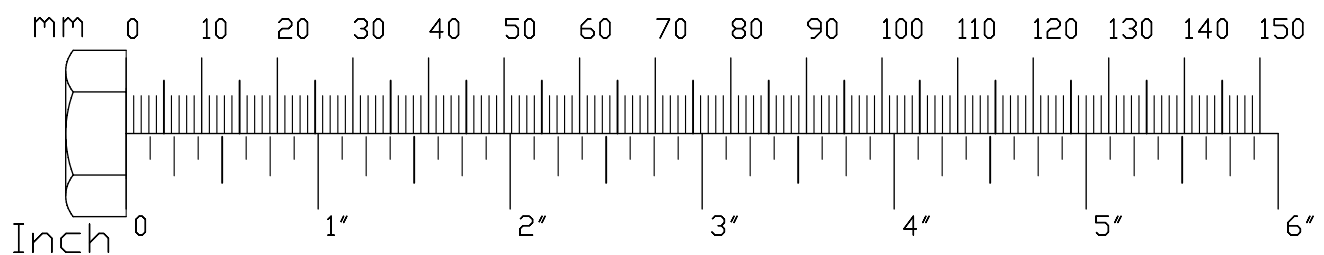


STEP**3****Be careful to assemble all components in the sequence they are presented.**

- A. Loosen Pop Pin (10) and slide Handle Bar Post (B) into the Handle Bar Post Housing on Main Frame (A) as shown.

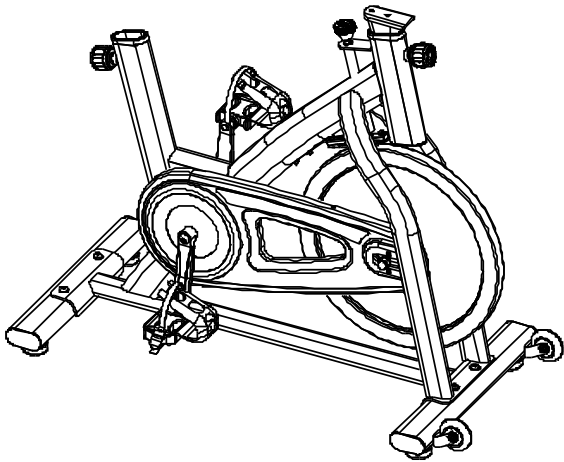
NOTE: Silicone Oil may be used to ease gliding on Handle Bar Post (B).

- B. Retighten Pop Pin (10).

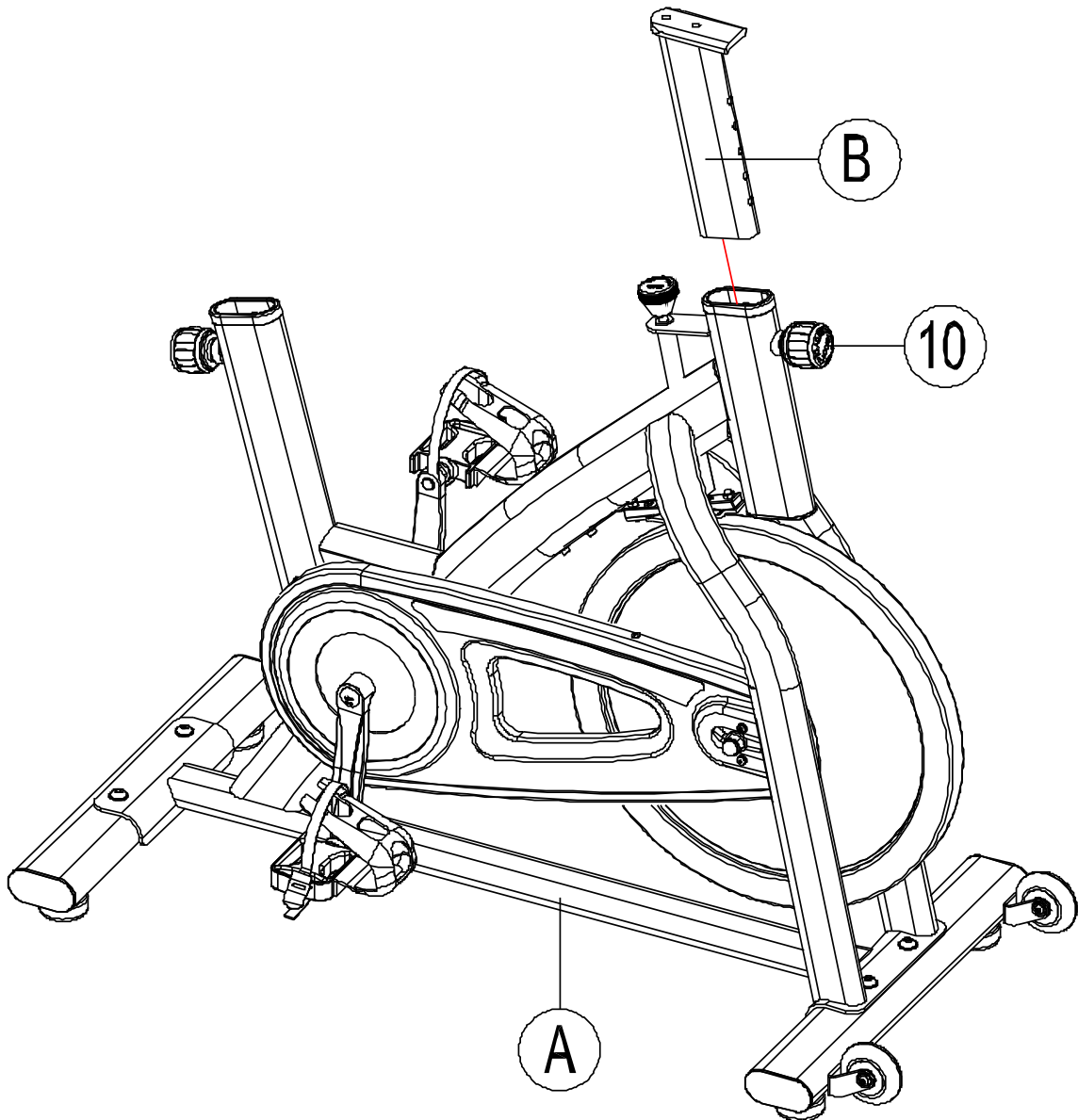


STEP

3



Above shows STEP 3 assembled and completed.



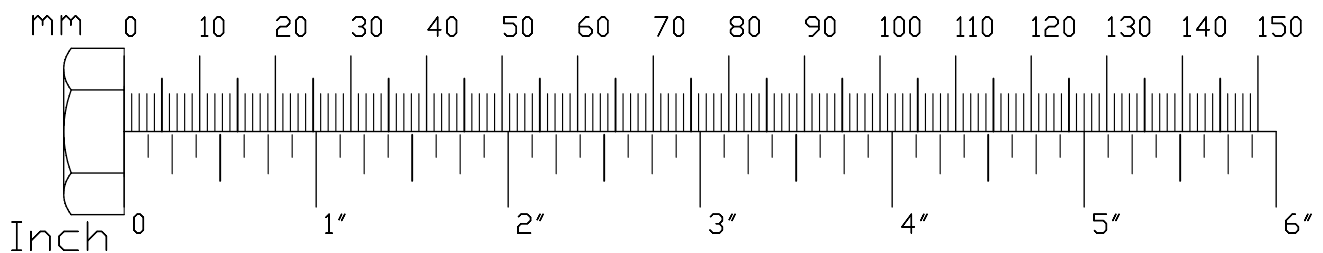
STEP

4

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

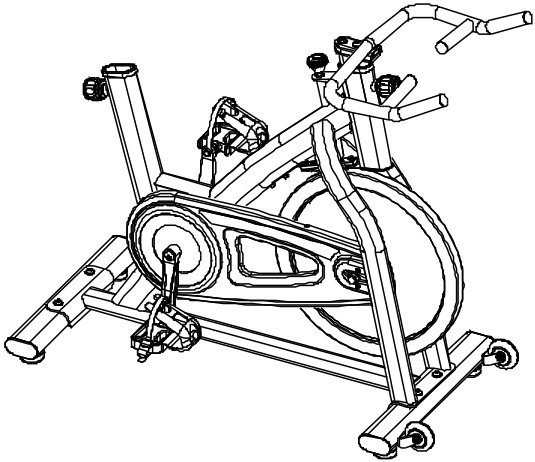
NOTE: Black hardware is used in this step.

- A. Connect Handle Bar (D) to Handle Bar Post (B) using:
Two 66 (M10 round allen head bolt)
Two 67 (M10 washer)

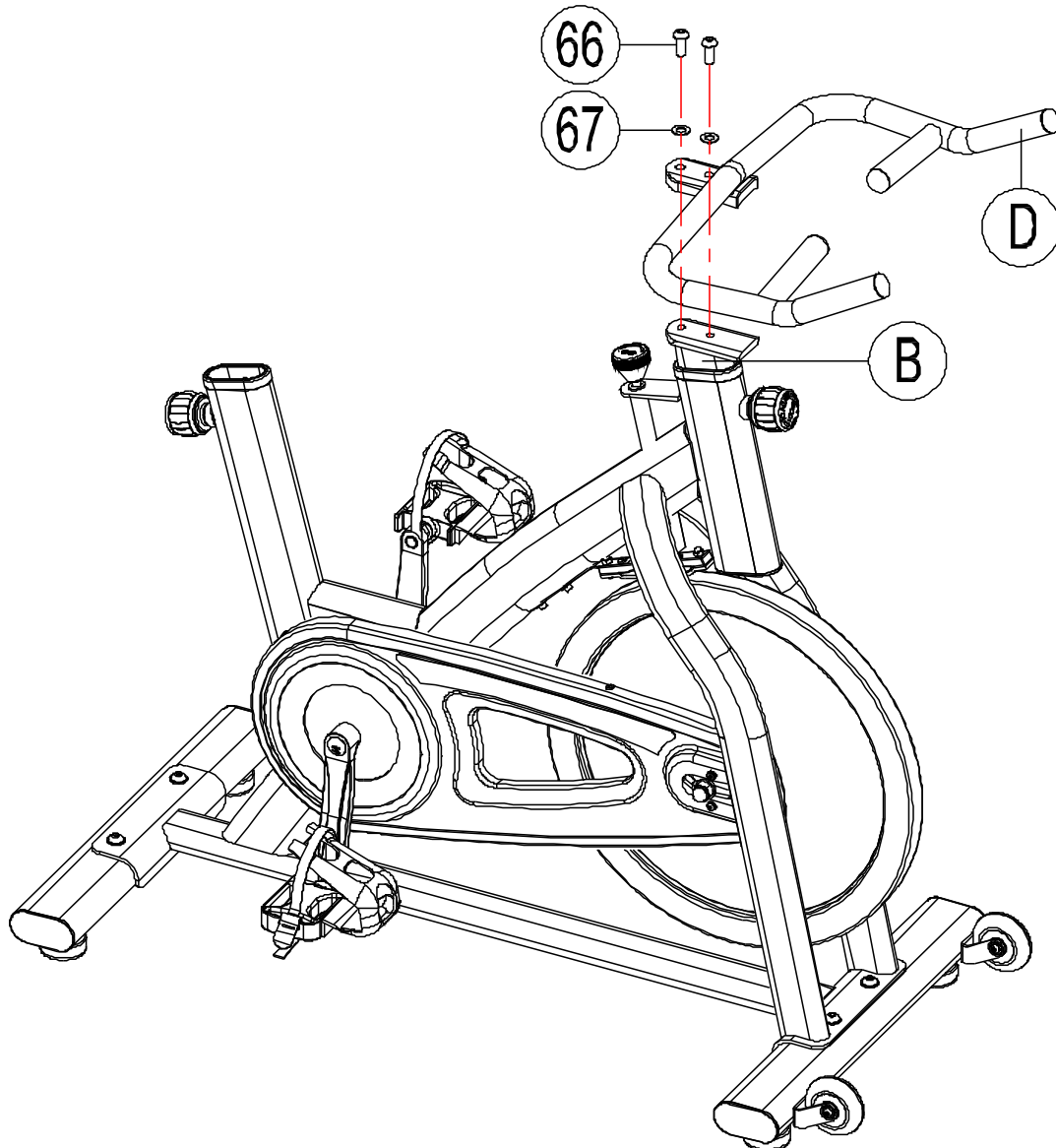


STEP

4



Above shows STEP 4 assembled and completed.



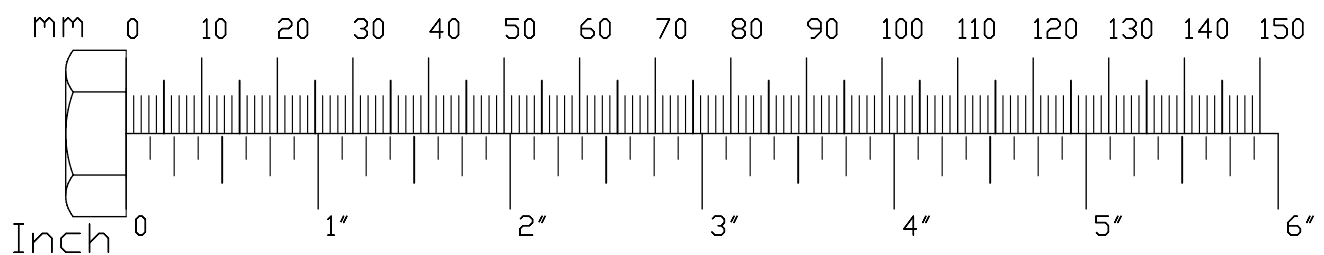
STEP**5**

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

- A. Loosen Pop Pin (10) and slide Seat Post (C) into the Seat Post Housing on Main Frame (A).

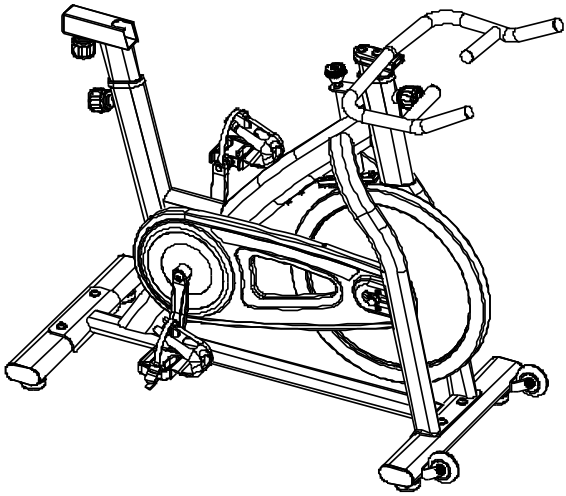
NOTE: Silicone Oil may be used to ease gliding on Seat Post (C).

- B. Retighten Pop Pin (10).

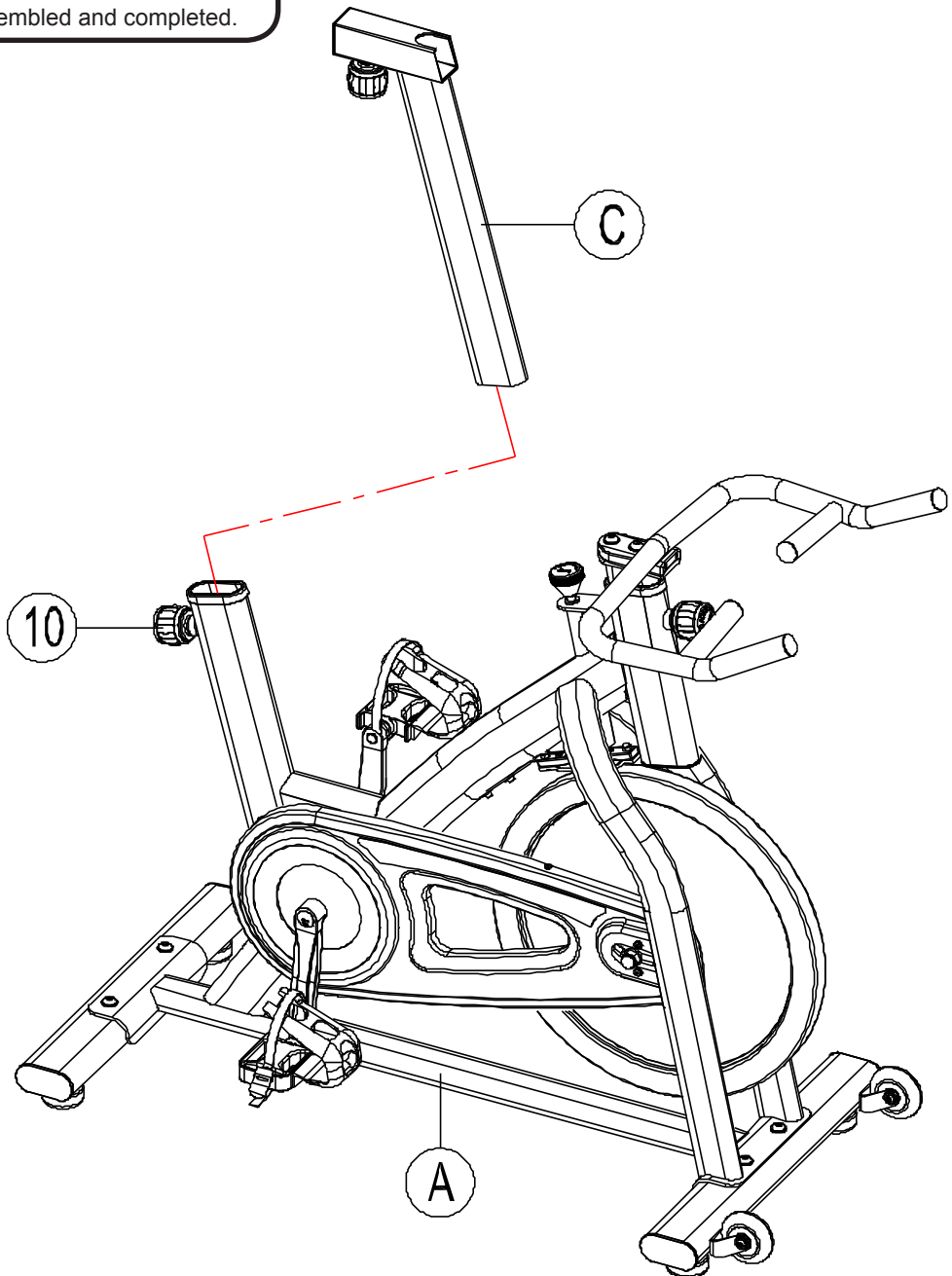


STEP

5



Above shows STEP 5 assembled and completed.



STEP**6**

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

- A. Loosen Pop Pin (10) and slide Seat Glider (G) into Seat Post (C) as shown.

NOTE: Silicone Oil may be used to ease gliding on Seat Glider (G).

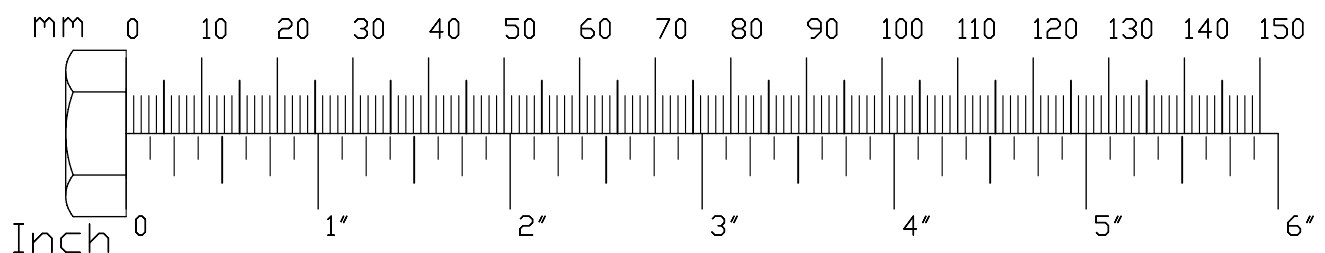
- B. Retighten Pop Pin (10).

- C. Insert Seat (9) onto the vertical shaft of Seat Glider (G).

- D. Secure Seat (9) by tightening both Nuts (70).

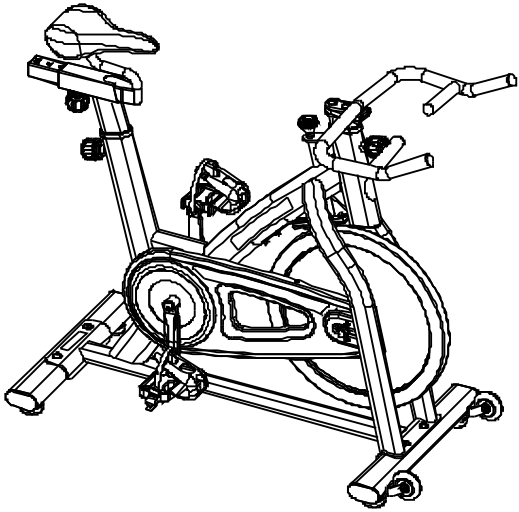
NOTE: Make sure Seat (9) faces forward when aligned with Main Frame (A).

- E. Congratulations!! You have completed the installation of your new BFSB5.

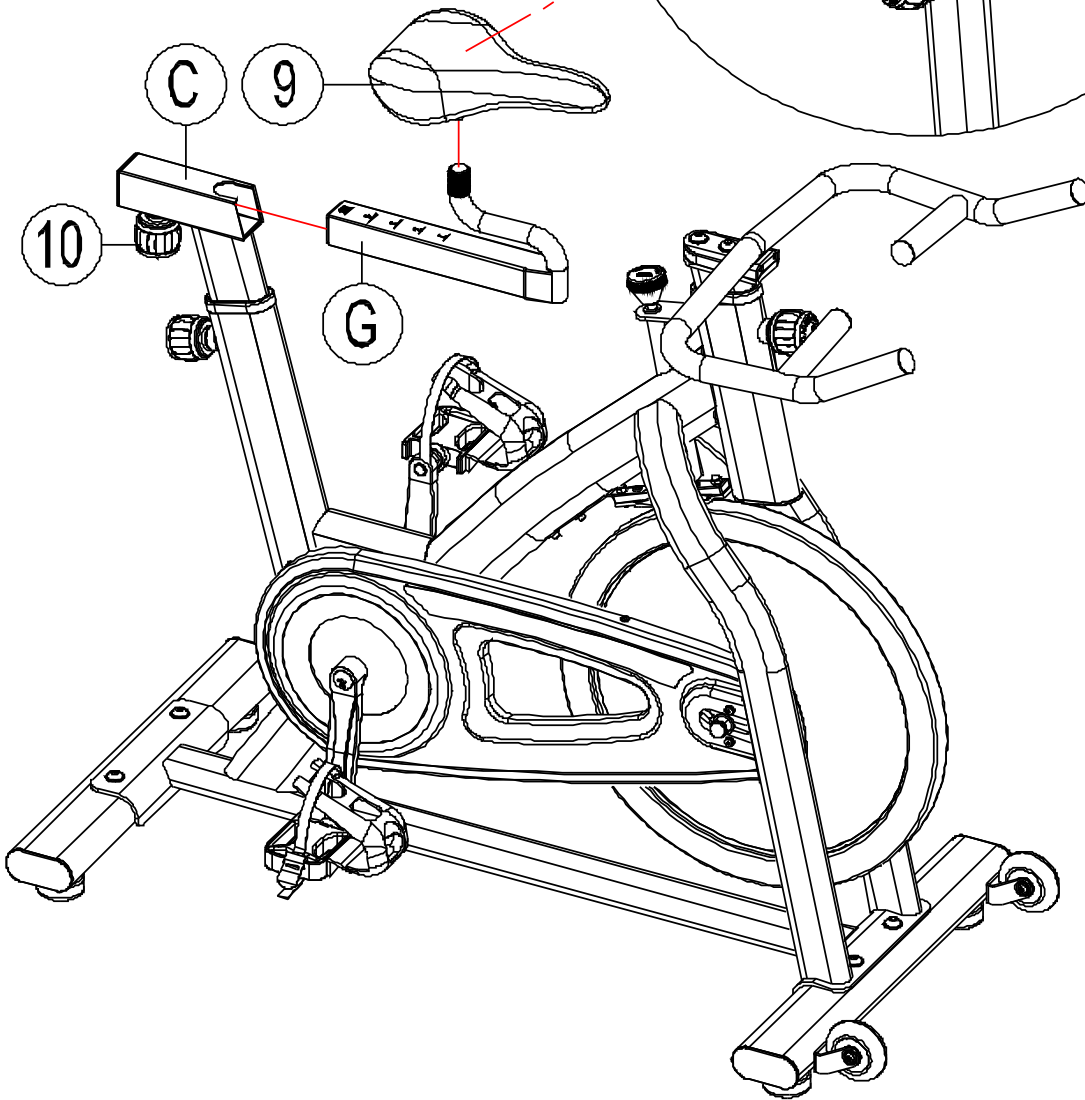
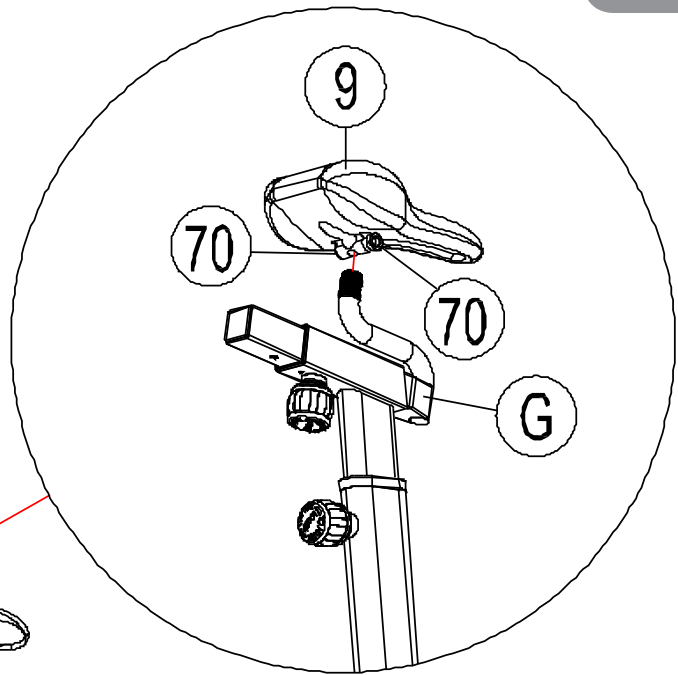


STEP

6



Above shows STEP 6 assembled and completed.

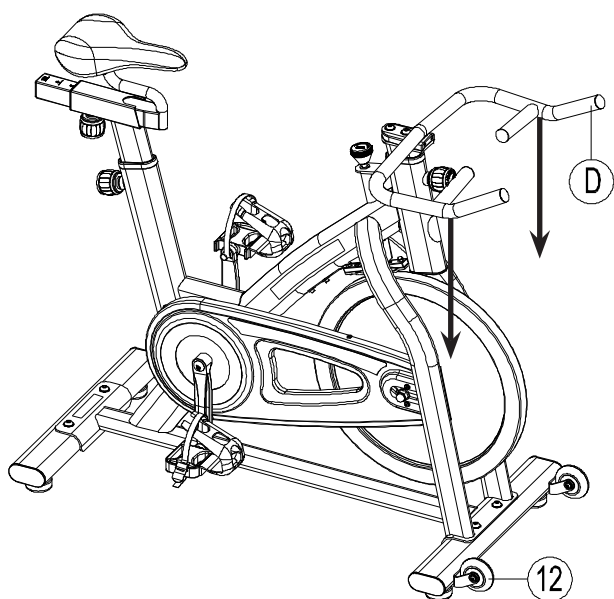


SETTING UP YOUR BFSB5

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the BFSB5 should be placed in a comfortable and attractive setting. This Spin Bike is designed to use minimal floor space and to fit nicely in your home.

- Do not place or operate the BFSB5 outdoors.
- Do not place the BFSB5 near water or in a high moisture content environment.
- It is highly recommended to place a dedicated equipment mat beneath your BFSB5. A dedicated mat provides superior stability and firmness for a proper workout.



MOVING THE BFSB5

This Spin Bike is easy to move around safely. To move the BFSB5:

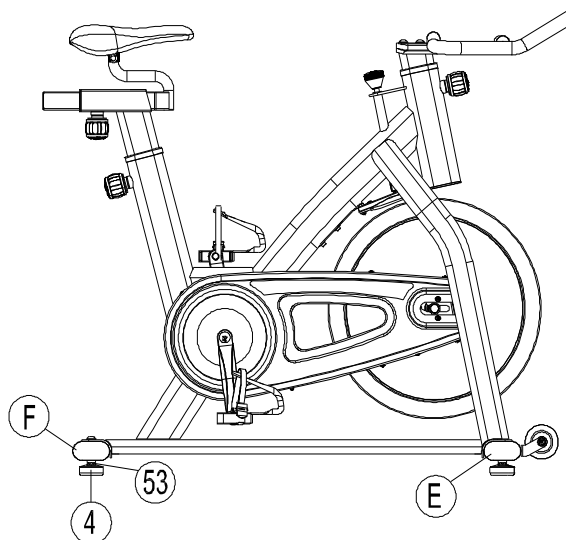
- Grasp Handles (D).
- Carefully pull Handles (D) towards you while pushing the front of the Spin Bike downward.
- Simply roll the BFSB5 on Wheels (12) to the desired location.
- When the destination has been reached, gently lower the Spin Bike into position.

LEVELING THE BFSB5

The Front and Rear Base Levelers (4) can be adjusted to balance the level the BFSB5.

To adjust the level of the BFSB5, rotate Front or Rear Base Levelers (4) so they are at floor level.

Once the BFSB5 has been balanced, secure Levelers (4) by locking Nut (53) located above each Leveler (4) as shown.



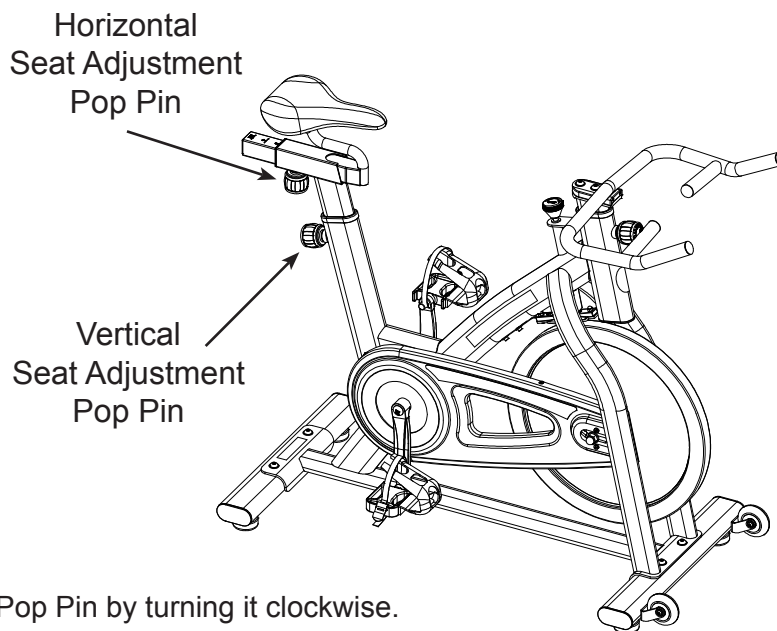
SETTING UP YOUR BFSB5

Correct seat posture is important for a beneficial workout. Follow the steps below to optimally custom adjust your BFSB5.

VERTICAL SEAT ADJUSTMENT

To adjust seat height:

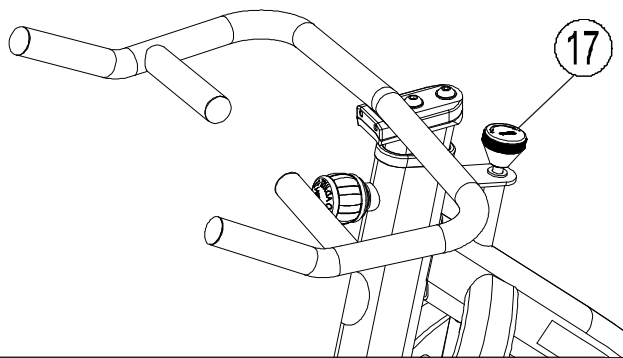
- Mount onto the BFSB5 spin bike.
- Step on one pedal after having brought it to the lowest position. Make sure your legs are stretched but do not lock your knees. Also, seat height should be level with the user's hips while standing adjacent to the seat.
- If height requires adjustment, loosen the Pop Pin by turning it counterclockwise then pull while adjusting the seat.
- After adjustment, place the Pop Pin in the chosen position and lock the Pop Pin by turning it clockwise.



HORIZONTAL SEAT ADJUSTMENT

To adjust the seat horizontally:

- Mount onto the BFSB5 spin bike.
- Position the pedals so that one pedal is towards the front of the bike and one pedal is towards the rear of the bike.
- Look down on your forward knee, it should be directly above your front foot for correct posture otherwise adjustment is required. Also, if the Handle Bar is too far to reach, the seat needs to be adjusted forward.
- To adjust the seat horizontally, loosen the Pop Pin by turning it counterclockwise then adjust the seat as needed.
- After adjustment, place the Pop Pin in the chosen position and lock the Pop Pin by turning the knob clockwise.



BRAKE ADJUSTMENT

Varying resistance will increase the effectiveness of your workout. To increase brake resistance, rotate Brake Knob (17) clockwise. Rotate Brake Knob (17) counterclockwise to decrease resistance.

EXERCISE TIPS AND GUIDELINES

Always consult your physician before beginning any exercise program. For your health and safety, do not over exert yourself. Remember to stretch and warm up before each exercise program.

STRETCH

Stretching prior to exercising will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold your stretched position for a count of ten. Do not bounce. Repeating the stretching exercises again, after cooling down, will help to loosen and relax your muscles to prevent soreness after the workout.

WARM UP

A few minutes of a workout should be devoted to warming up. This warm up time will limber your muscles and prepare them for a more strenuous exercise. Warm up on the BFSB5 by exercising at slow or moderate speeds.

COOL DOWN

Never stop exercising suddenly. It is a good idea to end a workout slowly since this will allow your heart to readjust to the decreased demand.

HOW OFTEN?

It is most often recommended that you exercise a few times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of the day to exercise. Regular exercise is key to a healthy life style

HOW LONG?

For a useful workout, always start slowly, especially if you have been sedentary during the past year. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

EXERCISE TIPS AND GUIDELINES

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing any workouts!

HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

During exercise, if you cannot maintain a conversation without gasping, you are working too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs to overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute (bpm). Compare this number to the Target Heart rate zone for your age group.

TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate.

The standard formula for this is:

$$220 - \text{your age} = \text{MAXIMUM HEART RATE.}$$

You DO NOT want to workout at your maximum heart rate.

You want to workout in your target heart rate zone.

Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate.

If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Age	Target Zone
20	120 ~ 150
25	117 ~ 146
30	114 ~ 142
35	111 ~ 138
40	108 ~ 135
45	105 ~ 131
50	102 ~ 127
55	99 ~ 123
60	96 ~ 120
65	93 ~ 116
70	90 ~ 113

TARGET HEART RATE

$$\text{LOWER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.60$$

$$\text{UPPER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.75$$

BRAKE PAD REPLACEMENT

REPLACING THE BRAKE PAD

- A. Remove Allen Bolts (57) and Washers (48) to disassemble the brake assembly as shown in Diagram A.
- B. Secure Acorn Cap Nut (54) with a wrench then remove Phillips Bolt (56) and Washer (58).
- C. Separate Brake Mat (16) and Brake Pad (15) from Brake Holder (32).
- D. Clean Brake Holder (32).
- E. Spread glue on Brake Holder (32) then stick the new Brake Mat (16) on Brake Holder (32).
- F. Place Brake Pad (15) on top of Brake Mat (16) then secure the assembly using Allen Bolts (56), washers (48) and Acorn Cap Nuts (54).
- G. Install the new brake assembly onto the mainframe using Allen Bolts (57) and Washers (48).

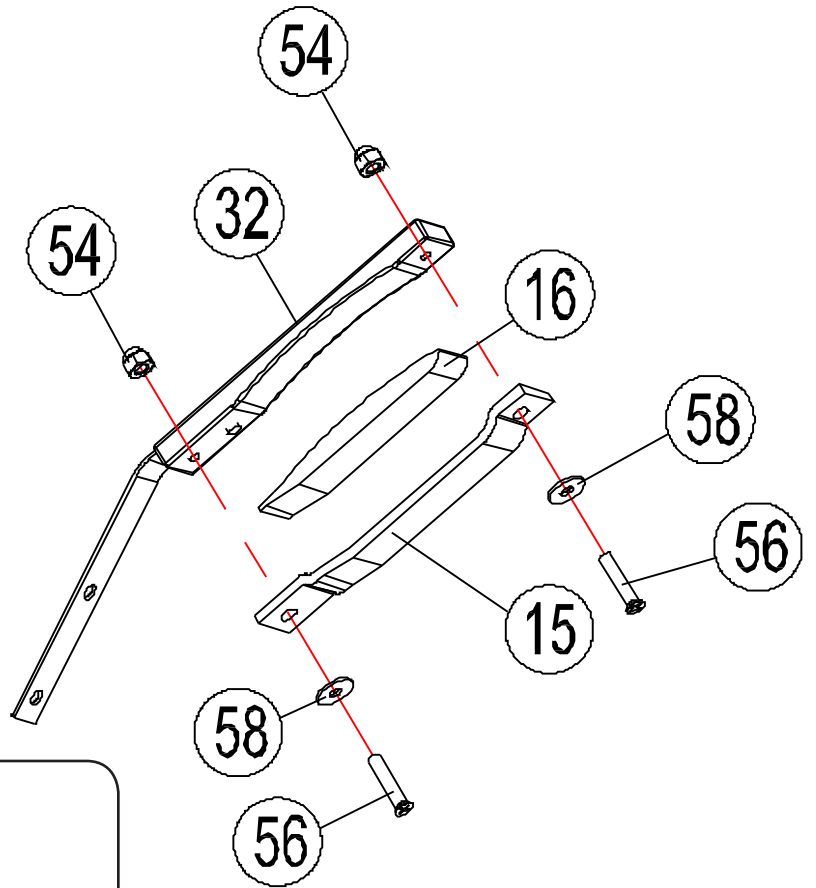
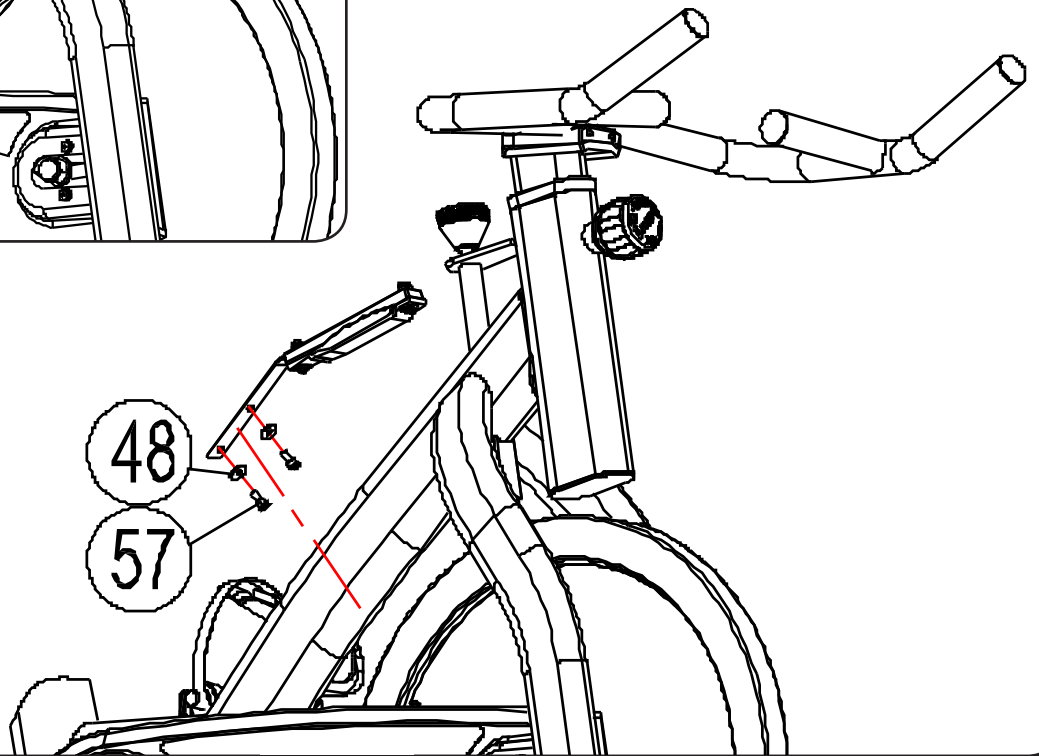
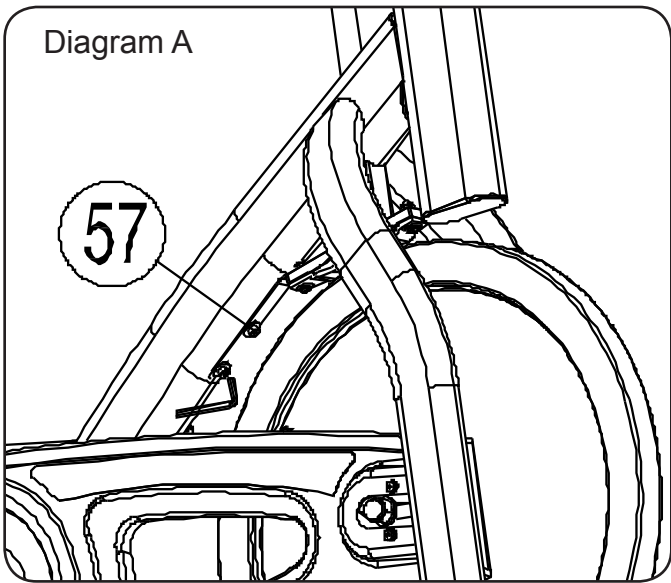


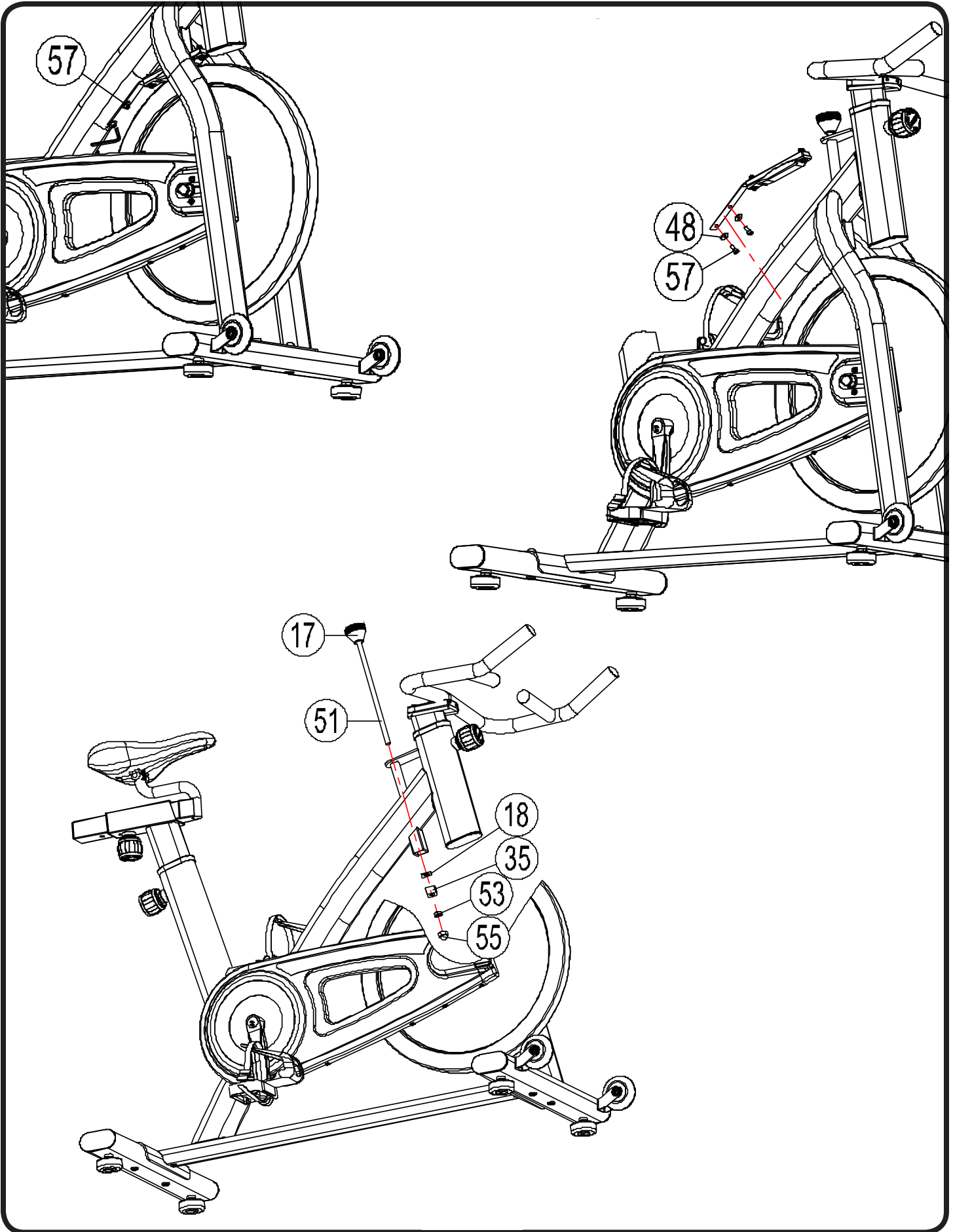
Diagram A



BRAKE KNOB REPLACEMENT

REPLACING THE BRAKE KNOB

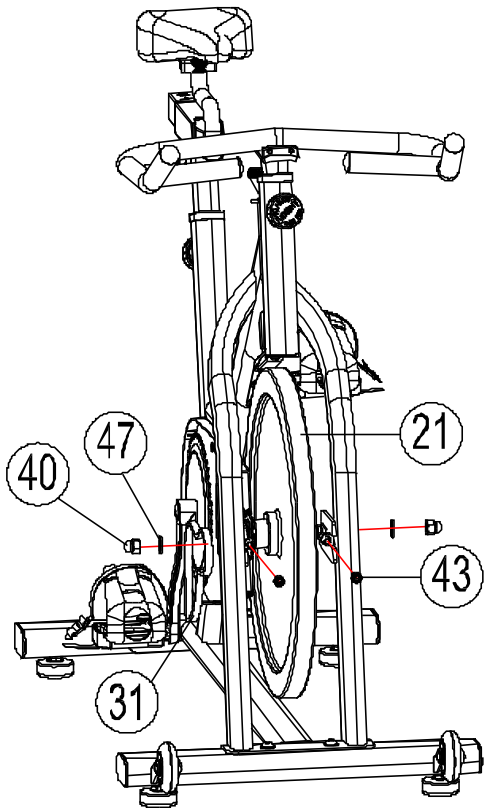
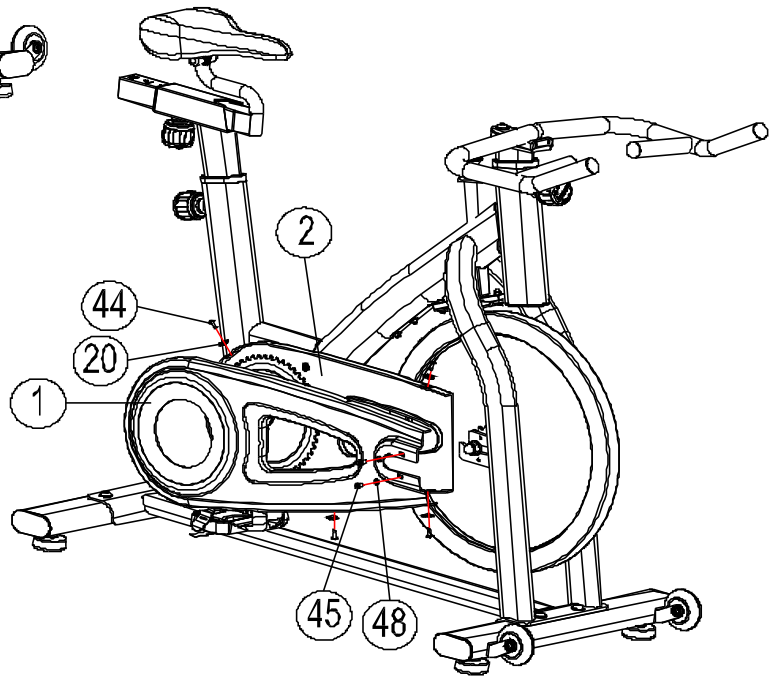
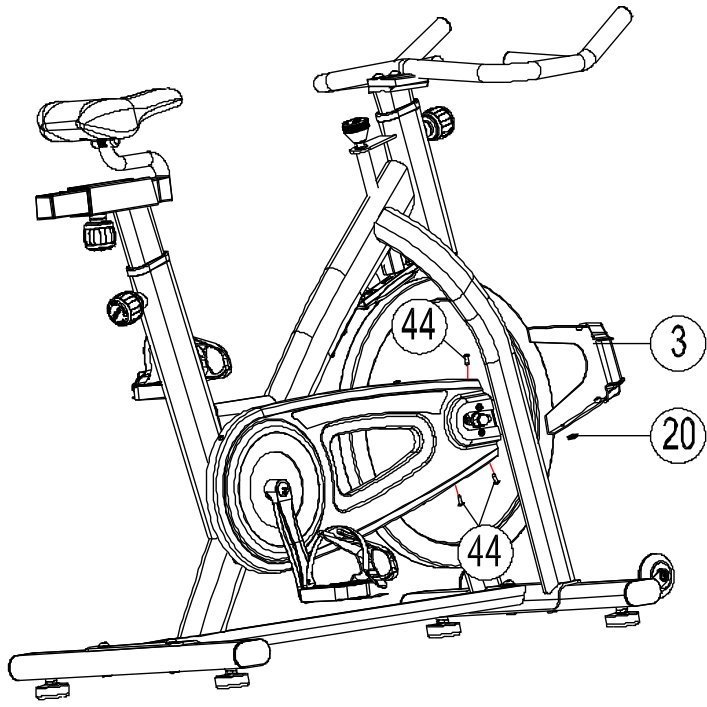
- A. Remove Allen Bolts (57) and Washers (48) to disassemble the brake assembly.
- B. While holding Nut (53) with a wrench, loosen Brake Knob (17) by hand.
- C. Remove Acorn Cap Nut (55), Nut (53), Brake Adjustment Nut (35), Rubber Spacer (18), Brake Knob (17) and Brake Screw (51) one at a time.
- D. Replace Brake Knob (17) then insert Brake Screw (51) into the new Brake Knob (17) and insert them into the mainframe.
- E. Replace Rubber Spacer (18), Brake Adjustment Nut (35), Nut (53) and Acorn Cap Nut (55).
- F. Tighten Nut (53) with a wrench while holding onto Brake Knob (17) by hand. Make sure Acorn Cap Nut (55) is properly secured.
- G. Install the brake assembly onto the mainframe using Allen Bolts (57) and Washers (48).



CHAIN REPLACEMENT

REPLACING THE CHAIN

- A. Remove Phillips Pan Screw (44) from Front Cover (3) by using a phillips screwdriver.
- B. Take out Front Cover (3) and Brake Pad Holder Nut (20).
- C. Remove Phillips Pan Screw (44) from Chain Cover A (1).
NOTE: Careful not to drop Brake Pad Holder Nut (20) from Chain Cover B (2).
- D. Remove Phillips Umbrella Screw (45) and Washer (48) then take off Chain Cover A (1).
- E. Remove Nylon Nut (43) from Chain Adjuster (26) then remove Cap Nut (40) and Washer (47).
- F. Take off Chain (31) and Flywheel (21) one at a time.
- G. Hang Chain (31) on the flywheel supports then install Flywheel (21).
- H. Replace Nylon Nut (43), Cap Nut (40) and Washer (47). Without tightening this hardware, adjust Chain (31).
- I. Adjust Nylon Nut (43) on Chain Adjuster (26) as needed making sure they are reasonably tight and the flywheel is centered on the mainframe.
- J. Secure Cap Nut (40) and Washer (47) at a strength of 60NM.
- K. Replace Chain Cover A (1) using Phillips Pan Screw (44), Phillips Umbrella Screw (45) and Washer (48).
- L. Set Brake Pad Holder Nut (20) on Front Cover (3) then secure using Phillips Pan Screw (44).



SERVICING THE BFSB5

OBTAINING SERVICE

Please use this Owner's Manual to make sure 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

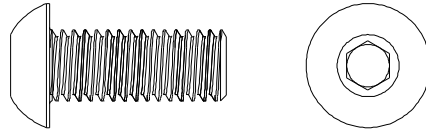
Retain this Owner's Manual for future reference.



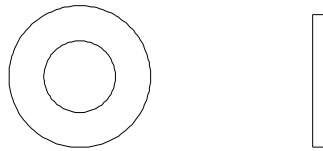
www.BestFitness.com

HARDWARE

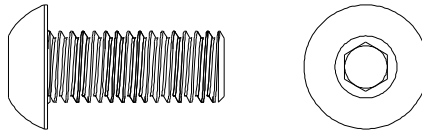
(Actual Size Shown)



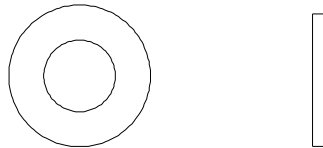
Part# 34 M10x25 Round Allen Head Bolt (CHROME) Qty. 4



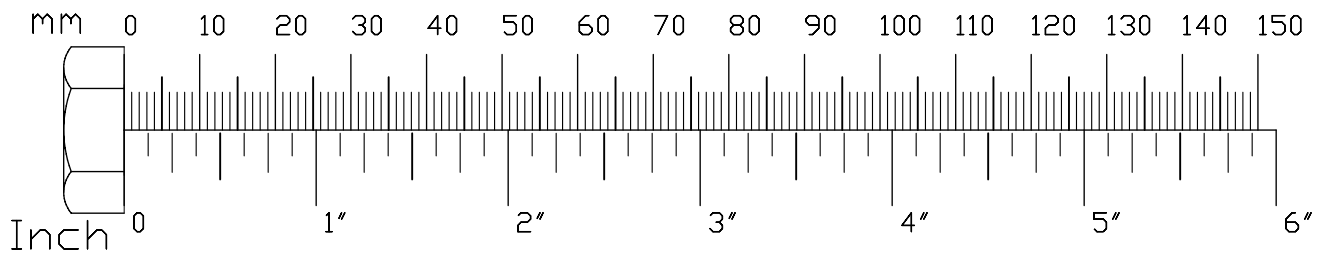
Part# 33 M10 Washer (CHROME) Qty. 4



Part# 66 M10x25 Round Allen Head Bolt (BLACK) Qty. 4



Part# 67 M10 Washer (BLACK) Qty. 4



HARDWARE LIST

PART#	QTY	DESCRIPTION	
A	1	Main Frame	
B	1	Handle Bar Post	(30 x 70 x 270L x 1.5T) mm
C	1	Seat Post	(30 x 70 x 450L x 1.5T) mm
D	1	Handle Bar	(ϕ 28 x 998 x 1.5T) mm
E	1	Front Base	(40 x 80 x 498L x 1.5T) mm
F	1	Rear Base	(40 x 80 x 498L x 1.5T) mm
G	1	Seat Glider	(38 x 38 x 270L x 1.5T) mm

Part numbers are required when ordering parts.

HARDWARE LIST

PART#	QTY	DESCRIPTION	
1	1	Chain Cover A	
2	1	Chain Cover B	
3	1	Front Cover	(Chain Drive)
4	4	Base Leveler	M10
5	2	Plastic Bushing	40x80x2t (30x70 ID)
6	4	End Cap	40x80x1.5t
7	1	End Cap	40x80x2t
8	1	End Cap	38x38x1.5t
9	1	Seat	
10	3	Pop Pin	M16xP1.5x35
11	1	Plastic Sheath	45x45x1.5t (38x38 ID)
12	2	Wheel	φ8xφ71.5x223mm
13	2	Spacer	φ25xφ6.5x6
14	1	Plastic Bushing	φ19xφ15.5x40L
15	1	Brake Pad (Cowhide)	T4
16	1	Brake Mat	20x11x96mm
17	1	Brake Knob	M10
18	1	Rubber Spacer	φ20x2t
19	2	Crank Cover	
20	5	Brake Pad Holder Nut	φ4.8x0.8t
21	1	Flywheel	
22	1	Bi-Direction Chain Wheel	1 3/8" - 24 UNF_RH (T16)
23	2	Lock Nut	1 3/8" - 24 UNF_RH
24	1	Flywheel Spindle	M12x1.0x154
25	1	Sleeve	φ18xφ12x18t
26	2	Chain Adjuster	M8
27	1	Shaft	φ20x152
28	1	Right Crank & Big Chain Wheel	1/16" - 20 UNF_RH (52T)
29	1	Left Crank (170mm)	1/16" - 20 UNF_LH
30	1	Right Pedal	1/16" - 20 UNF_RH
31	1	Chain	53 section 2~P=12.7
32	1	Brake Holder	
33	4	Washer	φ20xφ10x1.5 (CHROME)
34	4	Round Allen Head Bolt	M10x25 (CHROME)
35	1	Brake Adjustment Nut	M20x15L

Part numbers are required when ordering parts.

HARDWARE LIST

PART#	QTY	DESCRIPTION	
36	2	Bearing	(6001)
37	2	Bearing	(6004)
38	4	Bearing	(608)
39	2	C-Shaped Buckle	φ20
40	2	Cap Nut	M12x1.0
41	2	Hex Flange Nut	M10 x P1.25 x 8
42	3	Nut	M12x1.0
43	2	Nylon Nut	M8
44	7	Phillips Pan Screw	ST4.8x15
45	2	Phillips Umbrella Screw	M5x10
46	2	Round Allen Head Bolt	M6x12
47	2	Washer	φ12.1xφ25x2T
48	6	Washer	φ5.2x1.0
49	2	Allen Screw	φ8xM6x30
50	1	Brake Pad Holder	1.5T
51	1	Brake Screw	φ10x245L
52	2	Phillips Bolt	M5x25
53	5	Nut	M10
54	2	Nut	M5
55	1	Acorn Cap Nut	M10
56	2	Phillips Bolt	M5x18
57	2	Allen Bolt	M5x12
58	2	Flat Washer	φ8xφ16x2T
59	2	Pedal Sheath	
60	2	Pedal Strap	
61	1	Phillips Umbrella Screw	M5x10
62	2	BF Sticker (Mainframe)	
63	1	BF Sticker (Handle Bar)	
64	2	BF Sticker (Flywheel)	
65	1	BF Sticker (Rear Base)	
66	2	Round Allen Head Bolt	M10x25 (BLACK)
67	2	Washer	φ20xφ10x1.5T (BLACK)
68	1	Allen Wrench	M6
69	1	Wrench	M13, M15
70	2	Nut	M8
71	1	Left Pedal	3/16" - 20 UNF_LH

EXPLODED VIEW DIAGRAM

