



Best Fitness home workout equipment is manufactured to the same high standards as those set by industry-leader Body-Solid. Affordably priced and ergonomically designed to fit any household, Best Fitness machines are tested tough and proven effective for a slimmer waistline, defined chest, stronger back, well-muscled arms and legs and healthy cardiovascular workouts.

Good Workout. Better Value. Best Fitness

BFAB10



The Best Fitness BF AB10 Ab Board is designed to tighten up your midsection, strengthen your back and improve your core stability. With its multiple starting positions (15, 20 or 25 degrees) it enables you to vary your workout efficiency with achievable results. The BFAB10 features 4" high-density foam roller pads and a durable upholstered seat to ensure comfortable workouts. The safety pins and bolts allow for adjustable positions for easy disassembly or permanent set-up. The BFAB10 also comes fully assembled.



Dimensions: 23"H x 42"L x 18"W

BFAB20



Shape. Tone. Sculpt. Strengthen. Make any time crunch time with the Best Fitness Semi-Reclining Ab Crunch Bench. This ergonomically designed machine is built to help you tighten up your midsection, strengthen your back and improve your core stability. Its dual functionality lets you target your lower abs with knee raises and your upper abs with abdominal crunches. No other machine can provide such a total ab workout from a comfortable seated position. For the more advanced user add weights to either the upper or lower weight pegs for unlimited resistance



Dimensions: 46"H x 64"L x 22"W

BFHYPI0



Take your daily core workout and turn it up (or down) a few degrees! The Best Fitness Total Core Trainer combines the two most popular core workouts, an ab crunch and a back hyperextension, into one, easy-to-use machine. The back hyperextension works comfortably from a standing position, providing a low-impact back workout, while the ab crunches will help you build abdominal muscles that are crucial to maintaining lumbar spine strength. The stronger these muscles are, the more support and stability they can provide.



Dimensions: 32"H x 49.5"L x 29"W

BFSB10



Get ready to hit the open road in the comfort of your own home. Fifteen vertical seat adjustments with the easy-fly horizontal adjustment guarantee a perfect seat position. Seven vertical handlebar adjustments and the same easy-fly horizontal adjustment offer the position flexibility that makes the BFSB10 a match for any rider. Quick tension control dials allow the on-the-fly adjustments needed to simulate hills and valleys. The rock solid base and steel construction provides a steady shake free ride. With the precision flywheel riders get a smooth and consistent feel at any tension setting. Whether you're at home or spinning with a large group, the BFSB10 offers everything you need in a spinner and more.



Dimensions: 47"H x 43½"L x 20"W



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BFFID10



For barbell and dumbbell exercises, the right bench provides the foundation to a solid strength-training program. No one piece of equipment provides as much exercise versatility as a flat, incline and decline bench. Designed to be used straight out of the box, the Best Fitness Folding Bench is functional, compact, portable and durable to offer all the flexibility you need to get all the benefits of resistance training without the high cost of a home gym. When your finished with your workout, simply fold it up, and store it away!



Dimensions: 17"H x 54.5"L x 18"W
Shown with optional preacher curl and leg attachment (BFPL10)

BFPRI0



The Best Fitness BFOBH10 is the perfect partner for the BFFID10 and your Olympic bar. With adjustable lift-off positions and safeties, racking the bar is always comfortable and predictable. As a perfect complement to the Best Fitness BFF ID10, the Multi-Press Rack allows you to perform flat incline and decline shoulder presses and many, many more power building exercises.



Dimensions 56.5"H x 45"L x 29.5"W
Shown with optional flat incline bench (BFFID10) and preacher curl and leg attachment (BFPL10)

BFPL10



Preacher curls are essential for building overall biceps mass including the often-difficult lower biceps. The Best Fitness leg developer and preacher curl accessory is designed to position your upper arms for maximum stretch and full range of motion while eliminating stress on your elbows and lower back. You'll also be able to define the fronts and backs of your legs with leg extensions and leg curls. The leg developer also includes a locking pin for ab exercises, and the adjustable arm curl handle includes slip resistant grips and a standard weight post with spring lock. Fits only on BFFID10.



Dimensions: 33"H x 36"L x 20"W

BFOB10



The space efficient BFOB10 Folding Olympic Bench is an all-in-one free weight center that delivers a total body workout with room to grow. Perform bench presses, three levels of incline presses, leg extensions, leg curls and more! For easy storage, use the fold up feature (fold up dimensions 72"H x 26"L x 41"W) that adds to this great value. Other features include an extra wide heavy duty back pad, oversized foam rollers and six adjustments (to 58" high) on the press arm.



Dimensions: 45"H x 68"L x 41"W