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Body-Solid BFMG20R

Best Fitness BFMG20R Multi-Station Home Gym Instruction Manual

Model: BFMG20R | Brand: Body-Solid

Introduction

This manual provides essential information for the safe and effective use of your Best Fitness BFMG20R Multi-Station Home Gym. Please read all instructions carefully before assembly and operation to ensure proper function and to prevent injury.

Safety Information

Always consult with a healthcare professional before starting any new exercise program. Ensure all components are securely fastened before each use. Keep children and pets away from the equipment during operation. Do not modify the equipment. Use only as intended.

Setup and Assembly

The Best Fitness BFMG20R Home Gym is designed for a total body workout in a compact area. Assembly requires careful attention to detail. It is recommended to have at least two people for assembly.

- Unpack all components and verify against the parts list provided in your packaging.
- Follow the step-by-step assembly instructions included with your product.
- Ensure all bolts, nuts, and washers are tightened securely.
- Place the gym on a flat, stable surface.



Image: The Best Fitness BFMG20R Multi-Station Home Gym, showcasing its compact design and various workout stations.



Image: Diagram illustrating the dimensions of the Best Fitness BFMG20R Home Gym: 64 inches deep, 47 inches wide, and 78 inches high.

Operating Instructions

The BFMG20R offers a comprehensive range of exercises targeting various muscle groups. The "no-cable-change" design allows for seamless transitions between exercises.

Key Workout Stations and Exercises:

- **Multi-Press Station:** Perform bench press, incline press, standing military press, and decline press. The padded pressing arms follow the natural arc of a free weight bench press.
- **Pectoral Fly:** Engage chest muscles with pectoral fly movements.
- **Lat Pulldown/High Pulley:** Execute front and back lat pulldowns using the wide-grip lat bar.
- **Ab Crunch/Mid Pulley:** Utilize for abdominal crunches and other core exercises.

- **Leg Extension/Leg Curl:** Target quadriceps and hamstrings with leg extensions and curls.
- **Seated Row/Low Pulley:** Perform seated rows, upright rows, bent-over rows, curls, shrugs, oblique bends, adduction, abduction, and front/side deltoid raises using the narrow-grip low-row bar.
- **Triceps Press-down and Extension:** Work triceps effectively.

The 145lb weight stack features state-of-the-art nylon bushings for smooth and quiet operation. The 2200 lb. test nylon coated aircraft quality cables and fiberglass pulleys with ball bearing movement ensure durability and smooth performance.



Image: A user demonstrating the pectoral fly exercise, engaging the chest muscles.



Image: A user performing a seated press, targeting the chest and shoulder muscles.



Image: A user performing a seated row, working the back and arm muscles.



Image: A user performing a leg extension, focusing on the quadriceps.



Image: A user performing a lat pulldown, engaging the latissimus dorsi muscles.



Image: A user performing a tricep pushdown, targeting the triceps muscles.

Maintenance

Regular maintenance ensures the longevity and safe operation of your home gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to prevent sweat buildup and corrosion. Avoid abrasive cleaners.
- **Cable and Pulley Inspection:** Periodically inspect all cables for fraying, kinks, or wear. Check pulleys for smooth rotation and ensure they are free of debris. Replace any worn components immediately.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to maintain smooth operation of the weight stack and moving parts.
- **Fastener Check:** Regularly check all nuts, bolts, and fasteners to ensure they remain tight. Re-tighten as

necessary.

Troubleshooting

If you encounter issues with your BFMG20R Home Gym, refer to the following common troubleshooting tips:

- **Noisy Operation:** If the weight stack or cables are noisy, check for proper lubrication on guide rods and pulleys. Ensure cables are correctly routed and not rubbing against any part of the frame.
- **Rough Cable Movement:** Inspect cables for damage or fraying. Verify that all pulleys are spinning freely and are not obstructed. Clean any debris from the pulley grooves.
- **Loose Components:** If any part feels loose or wobbly, immediately stop use and re-tighten all fasteners according to the assembly instructions.
- **Weight Stack Sticking:** Ensure guide rods are clean and lubricated. Check for any foreign objects obstructing the weight plates.

If problems persist after attempting these solutions, please contact customer support.

Specifications

Feature	Detail
Model Name	BFMG20R
Brand	Body-Solid
Product Dimensions (LxWxH)	64 x 47 x 78 inches
Item Weight	112 Pounds
Maximum Weight Recommendation	150 Pounds (weight stack)
Cable Tension Level	2200 pounds (test)
Material	Alloy Steel
Color	Red
Included Components	Multi-Station Single Weight Stack

Warranty Information

This Best Fitness gym includes a limited three-year manufacturer's warranty against defects in materials and workmanship. For specific terms and conditions, please refer to the warranty card included with your product or contact Body-Solid customer service.

Customer Support

For assistance with assembly, operation, maintenance, or troubleshooting, please contact Body-Solid customer support. Have your model number (BFMG20R) and purchase information ready when contacting support.
Visit the official Body-Solid website for additional resources, FAQs, and contact details:www.bodysolid.com

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