

## **BFBG10**

### **Best Fitness Basic Training Gym**



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Bungee cord resistance provides training for arms and legs. Configure up to 6 cords for different resistance amounts. Compact, easy to use machine, no need to move weights around. Bungee cord resistance provides basic training for arms and legs. Configure up to 6 cords for different resistance amounts. Compact, easy to use machine, no need to move weights around.

*Dimensions: 36"H x 46"L x 18.5"W*

#### **Special Features**

- 3-year Best Fitness in-home warranty
- Seated press
- Shoulder press
- Leg extension
- Standing leg curl bicep curl
- Tricep extension