

FITNESSLINE

Modern Styling • Optimum Function • Minimum Space



PARAMOUNT.

INNOVATING FITNESS



FITNESSLINE



Value and performance from Paramount, a company dedicated to serving the fitness industry for more than 50 years.

Fitness Line is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

17 Health Club Quality Exercises

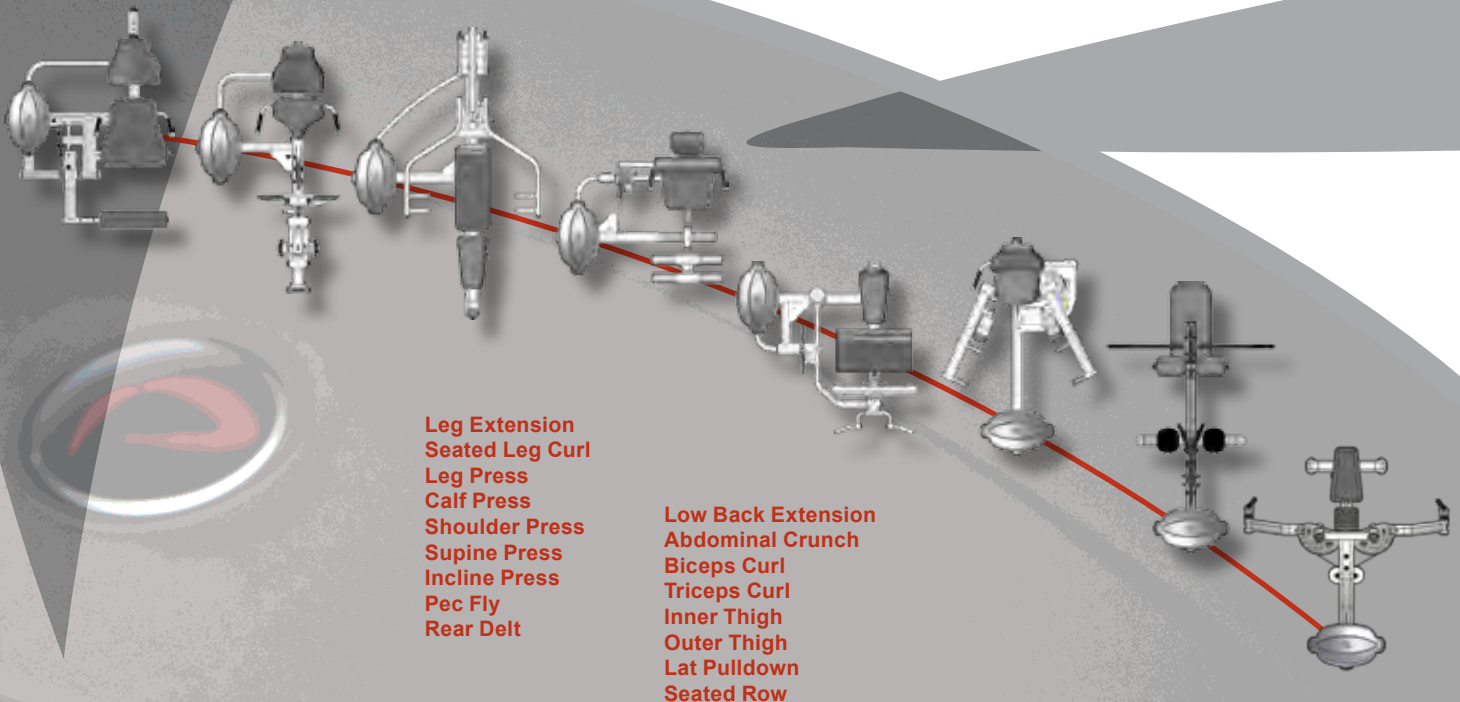
- *biomechanically accurate movements*
- *8 piece circuit in as little as 300 square feet*

User Friendly Features

- *intuitive yellow adjustment knobs*
- *large easy to read instruction labels*

Modern Styling & Construction

- *low profile frames, contoured pads and fully shrouded weight stacks*
- *proven commercial materials and components*



Leg Extension
Seated Leg Curl
Leg Press
Calf Press
Shoulder Press
Supine Press
Incline Press
Pec Fly
Rear Delt

Low Back Extension
Abdominal Crunch
Biceps Curl
Triceps Curl
Inner Thigh
Outer Thigh
Lat Pulldown
Seated Row

Leg Extension / Leg Curl

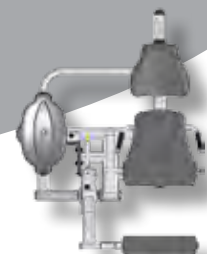
FS-50

- 5 position back pad and 6 position leg curl thigh pad to accommodate a wide range of users.
- 5 starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs.
- Self adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.

LEG CURL



LEG EXTENSION



DIMENSIONS

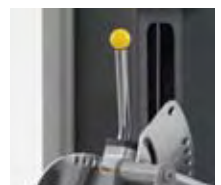
Deep: 63"

Wide: 43"

Tall: 57"

Starting Adjustment

Set your range of motion while in the seated position for both Extensions and Curls using the conveniently located adjustment arm. Four starting positions are included for both exercises.



Leg Press

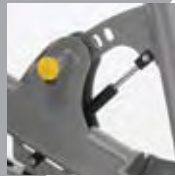
FS-51

- Low profile design and ergonomically positioned handles for easy entry and exit.
- Contoured back pad provides low back support throughout the entire range of motion.
- Oversize, non-skid foot platform for exercise variation.

DIMENSIONS
 Deep: 71"
 Wide: 41"
 Tall: 65"



LEG PRESS



Assisted Adjustment
 Easily set the foot platform in any of 6 different starting positions with assistance from an integrated gas cylinder.

Inner / Outer Thigh

FS-52

- Swiveling thigh pads are easily accessible from the seated position and accommodate both Inner and Outer Thigh exercises.
- Contoured back pad, ergonomically positioned handles, and rubber covered foot placement posts provide support and encourage proper alignment during exercise.

INNER THIGH



OUTER THIGH



DIMENSIONS
 Deep: 61"
 Wide: 57"
 Tall: 65"



Starting Adjustment

Set your range of motion while in the seated position for both Inner and Outer Thigh exercises using the conveniently located adjustment arm. 14 starting positions are included.



Lat Pulldown / Seated Row

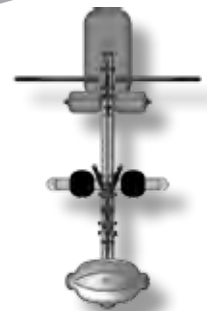
FS-53

- 8 position thigh pad easily adjusts to accommodate a wide range of users.
- Dual foot platforms provide support and encourage proper alignment during Seated Row movement.
- Rubber coated lat bar and row handle for comfort.

LAT PULLDOWN



SEATED ROW



DIMENSIONS
Deep: 77"
Wide: 48"
Tall: 84"

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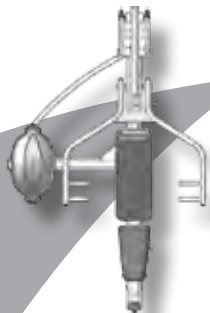
Multi-Press

FS-54

- 4 position seat and back pad assembly easily adjusts for Supine, 25 and 45 degree Incline, and Shoulder Press movements.
- 5 position arm allows users to choose the range of motion best suited to their individual needs.
- Dual hand grips accommodate a wide range of users and allow exercise variation.

4 Exercise Choices

Change exercise position quickly using the integrated seat and back pad adjustment.



DIMENSIONS
Deep: 82"
Wide: 53"
Tall: 57"

SHOULDER PRESS



SUPINE PRESS



INCLINE PRESS



Pec Fly / Rear Delt

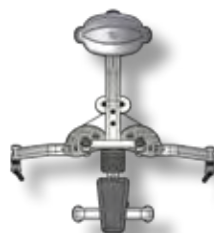
FS-55

- 6 position seat assembly accommodates users of all sizes.
- 7 position arm adjustment provides full range of motion for both Pectoral Fly and Rear Deltoid movements.
- Dual-position handles with angled grips pivot to accommodate a wide range of users and to replicate fluid dumbbell movements.
- Weight stack conveniently located for easy access and to minimize floor space requirements.

PEC FLY



REAR DELT



DIMENSIONS
Deep: 60"
Wide: 56"
Tall: 73"



Biceps / Triceps

FS-56

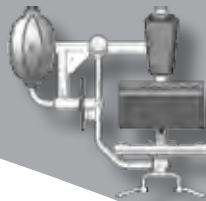
- 5 position seat with low back support to accommodate users of all sizes.
- 3 starting positions for both curls and extensions allow users to choose the range of motion best suited to their individual needs.
- Unique rotating handles require no adjustments and provide comfort and support throughout the entire range of motion.

BICEPS CURL



DIMENSIONS

Deep: 47"
Wide: 51"
Tall: 57"



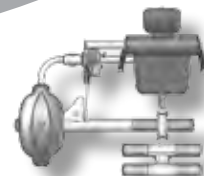
TRICEPS EXTENSION



Low Back / Abdominal

FS-57

- 5 position range of motion adjustment allows users to easily change between Low Back and Abdominal exercises.
- Dual non-slip foot positions accommodate a wide range of users while providing support during exercise.



DIMENSIONS

Deep: 44"
Wide: 49"
Tall: 57"



LOW BACK EXTENSION



ABDOMINAL CRUNCH





Step-by-Step Instructions

- Colorful instruction chart on each model includes easy-to-follow user instructions and anatomical photos for muscle reference. Rear printed on non-fade washable Lexan material.

Structural Frame

- Modern styling and structural reliability through the use of 40mm x 80mm and 50mm x 100mm oval shaped tubing and precision laser cut steel plate components.

Adjustments

- Yellow adjustment knobs provide quick and easy user reference and enhance aesthetics. Positive locking adjustments use permanently enclosed compression spring for maximum security.

Custom Handgrips

- Extruded thermo rubber compound handgrips provide durability and comfort.

Custom Molded Feet

- Located under the base frame to insure stability and prevent marring of floor surfaces.

Cables

- US made 4,200 lbs. tensile strength mil-spec lubricated $\frac{3}{16}$ " steel cable nylon coated to $\frac{1}{4}$ " with swaged ball fitting and $\frac{1}{2}$ " threaded bolt tension adjustment for maximum durability.

Selector Shaft Assembly

- Cold rolled solid 1" selector shaft, chrome-plated for durability and appearance. Machined bullet tip insures proper weight stack entry. Custom designed cap plate with fitted bushings insures low-friction movement of weight plates over guide rods. Receptacle integrated into cap plate provides selector pin storage when user desires zero weight plates.

Pulleys

- Fiberglass™ reinforced pulleys with deep V-grooved channel provide secure cable seating and optimum bearing rotation. Sealed ball bearings insure smooth and quiet pulley operation.

Weight Stack

- Choice of 10-lb. or optional 15-lb. machined weight plates, 1" thick with fitted nylon bushings to assure smooth travel on guide rods.

Heavy-Duty Selector Pin

- Magnetic selector pin assures positive locking to plates and is secured to the weight stack with a thick plastic-coated elastic cable.

Axles and Ball Bearings

- Solid steel pivot axles with lubricated 25mm and 30mm sealed bearings encased in steel housings for friction free movement and precision alignment of pivots.

Weight Stack Enclosure

- Heavy-duty 2mm steel panels enclose weight stacks for safety and aesthetics. Each panel can be easily removed for maintenance.

Paint Colors

- Electrostatically applied powder coat finish enhances appearance and durability. Frame color is Silver Sparkle. Shroud is painted Storm Grey. Weight plates are black.

Upholstered Pads

- Superior-grade grey upholstery stitched over high density contoured foam with $\frac{3}{4}$ " CDX plywood.

Design Standards

- All FS models meet or exceed ASTM and EN-957 Safety Design Standards. This includes the following:
 - Component spacing between moving parts
 - Guarding of weight stacks, pulleys and cams
 - Edge and corner sharpness of components
 - Stability to floor surface during operation
 - Structural testing to insure product durability
 - Warning labels and instructional signage
 - Documentation of design specifications

Optional Weight Stack 250 lbs.



Weight Stack Enclosure

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