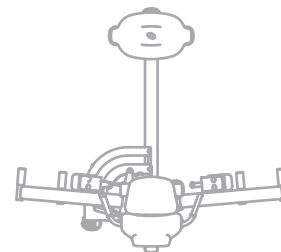




INNER / OUTER THIGH

- 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.
- Large easy to read instruction labels with QR codes linked to instructional online videos.

Weight Stack Options 170 lbs. (77 kg).
Machine Weight 480 lbs. (218 kg)



Dimensions
W: 57" (145 cm)
L: 61" (155 cm)
H: 65" (165 cm)

PARAMOUNT®

INNER / OUTER THIGH FS-52

1 Read all warning labels.
• If unit appears damaged or inoperable, do not try to use or fix.
• DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
• Choose light resistance when using machine for first time and train at controlled speed.

INNER THIGH

STARTING

1 Position thigh pads against inside of leg above knee. Lift adjustment disc handle and spread pads to desired setting. Release handle making sure the adjustment disk is engaged.

2 Grasp hand grips. Support back with pad.

3 Bring your legs together then apart as far as comfortable.

OUTER THIGH

STARTING

1 Position thigh pads against outside of leg above knee. Lift adjustment disc handle and close pads to desired setting. Release handle making sure the adjustment disk is engaged.

2 Grasp hand grips. Support back with pad.

3 Move legs apart as far as comfortable and return together.

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FRAME PAINT COLOR:
SILVER
Standard upholstery color Black.

Paramount Fitness Corp.

Call
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