

FREE WEIGHT **PLATE LOADED**



 **PARAMOUNT.**

FREE WEIGHT SERIES

Offering modern styling, high quality construction, and time tested innovative designs, XFW from Paramount truly represents the best in form, function, and reliability.



Supine position.



30° Incline position.

3 Way Press Bench

XFW-8200

- Easily adjusts into 3 positions: Supine, 30 degree incline, 10 degree decline.
- 3-position seat and dual position foot rest to accommodate wide range of users for each exercise.
- Replaceable 3 position chrome bar catches with 6 plate holders standard.



10° Decline position.



Supine Press Bench

XFW-7100

- 9 3/4-inch bench width allows free shoulder movement during exercise.
- Replaceable 2 position chrome bar catches.
- 6 plate holders standard.



Incline Press Bench

XFW-7200

- Fixed 30° angled seat back for optimum exercise benefit.
- 7 position adjustable seat.
- Replaceable 2 position chrome bar catches.
- 6 plate holders standard.



Weight Plate Tree

XFW-6300

- 6 weight posts for maximum storage.



Preacher Curl

XFW-5000

- Precise arm pad angle with comfort edge roll.
- 6 position adjustable contoured seat.



Lever Row

XFW-5500

- Both wide and narrow handgrip.
- Heavy duty swivel plate rack assembly accommodates 8-45 lb. plates.



Seated Calf

XFW-5700

- Pivoting seat with 5 position adjustable thigh pad assembly.
- Accommodates 10-45 lb. plates.



Roman Bench

XFW-5600

- 45° angle for proper ergonomics.
- Adjustable thigh pad assembly supports wide range of users.
- Nonskid foot platform and roller pad assembly for stability.



Ab/Decline Bench

XFW-5300

- 9 adjustments from -30° to +10° in 5° increments.
- Gas cylinder assist for adjustment of back pad.
- Wheels for easy moving.



Vertical Knee Raise/Dip

XFW-6400

- Pads and grips provide stability and proper body positioning.
- Foot plates ease entry.



Flat Bench

XFW-7000

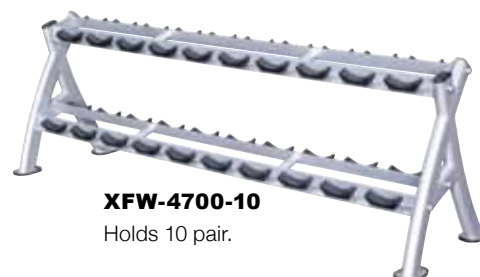
- Wheels and handle for easy moving.
- Small base end for unrestricted use.



Triceps Seat

XFW-4400

- Wheels for easy moving.



XFW-4700-10

Holds 10 pair.

Dumbbell Racks

Racks only. Dumbbells are not included.

Other Available Versions:

XFW-4700-6	6 pair
XFW-4700-12	12 pair
XFW-4700-16	16 pair
XFW-4700-20	20 pair
XFW-4700-30	30 pair

Flat / Incline / Decline Bench

XFW-7500

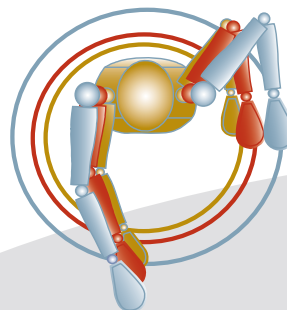
- Easy adjustment to 11 positions from -10° to 85°.
- 3 position seat pad to accommodate multiple exercise positions.
- Wheels and handle for easy moving.



PLATE LOADED SERIES

Ergonomically and biomechanically correct, Advanced Rotary Technology® uses precisely designed press arms and patented adjustable handles to provide true unilateral movement and full articulation of both the shoulder and elbow joints. The 6 position handles accommodate a wide range of users with the same range of motion and pivot at the wrist joint to allow complete range of motion without impingement. The end result is greater muscle recruitment, more efficient workouts, and unlike other converging design concepts, equal benefits to all users regardless of conditioning or body size.

ROTARY TECHNOLOGY



A: 5th Percentile Female
B: 50th Percentile Male
C: 95th Percentile Male



Total Chest

FW-8700

- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology® with 9-position adjustable handles.
- Easily adjusts to 3 positions: Supine, 30° Incline, and 20° Decline.
- Adjustable arm stop assemblies allow for 3 different starting positions.
- 3-position seat and dual position footrest to accommodate wide range of users for each exercise.
- 3 weight storage posts standard.



Rotary Chest Press

FW-800

- Press arms easily adjust providing a quick choice of 3 different starting positions.
- Available with up to 4 optional weight plate storage posts.



Rotary Shoulder Press

FW-1100

- Counterbalanced press arms minimize starting resistance.
- Available with up to 2 optional weight plate storage posts.



Rotary Lat Pulldown

FW-1400

- Durable 3-position hold down pad.



Rotary Row

FW-1300

- Large foot plate with custom molded rubber cover for user stability and improved ergonomics.
- 6-position chest pad assembly and adjustable seat accommodate a wide range of users.



Total Shoulder

FW-9200

- Overhead press, rear deltoid raise, shrug, and upright row.
- Angled shoulder press grips ensure proper alignment through range of motion.
- Adjustable arm assembly quickly transitions from one exercise position to the next.
- Easy entry/exit pivoting seat.
- 5 weight storage posts standard.



Triceps Extension

FW-500

- Rotating and pivoting handles allow variances in starting position and result in natural arcing motion.
- Angled back pad and fixed seat position provide stability while placing user in proper exercise position.
- Press arm is counterbalanced keeping resistance consistent throughout the exercise movement.
- Available with up to 2 optional weight plate storage posts.



Biceps Curl

FW-600

- Unique off-axis pivot eliminates the strict positioning of elbow joint during exercise movement.
- Counterbalance weight post located behind pivot allows reduction of initial resistance level.
- Heavy-duty 6-position seat pad assembly with spring loaded positive locking pin.



Standing Leg Curl

FW-1600

- Self-adjusting roller pad and unique offset pivot accommodates wide range of user heights.
- Angled 5-position chest pad, hip pad and contoured handgrips facilitate proper exercise position.
- Large foot platform and heavy structural frame provides optimum stability during exercise movement.
- Available with an optional weight plate storage post.

Weight plates illustrated in photos are not included and must be ordered separately.

Leg Extension

FW-100

- Unique off-axis pivot with exercise range of 110° but only 80° of arm travel minimizes resistance drop-off.
- Easy grip 7-position adjustable back pad assembly with spring loaded positive locking pin.
- Self-adjusting roller pad and unique offset pivot accommodates wide range of user heights.
- Available with up to 2 optional weight plate storage posts.



Squat Press

FW-300

- Conveniently located gravity biased stop lever allows ease of entry and exit.
- Adjustable secondary stop provides complete range of movement for taller users.
- Large foot plate design with custom fitted rubber cover for user stability and improved ergonomics.



45° Leg Press

FW-7800

- 4 premium grade linear bearings and load rating of 1,300 lbs. provide optimum performance and durability.
- Dual-position catch mechanism plus an adjustable 4-position secondary stop mechanism for ease of entry and exit.
- Headrest and back pad adjust to 8 different user positions.
- Wide foot plate with calf platform for exercise variations.
- 3 weight storage posts are standard.



Total Leg

FW-8800

- Unique arcing movement allows the user to maintain the proper knee to ankle position.
- Weight plates are back loaded to add resistance; front loaded to reduce the initial load.
- Dual safety catch system and range of motion limiter standard.
- Oversized foot platform with non-skid surface allows for varied foot positioning and accommodates users of multiple heights.

Smith Press

XFW-6800

- Walk through design allows for easy positioning of exercise benches.
- Counterweighted lifting arm reduces starting weight to just 14 lbs. with maximum loading capacity of 540 lbs. (12 ea. 45 lb. plates).
- Weight carriage angled 3 degrees to follow natural movement pattern of pressing and pulling motions.
- Unit comes standard with 8 separate posts for storing weight plates.



Weight plates purchased separately.

Flat / Incline / Decline Bench

XFW-7500

- Easy adjustment to 11 positions from -10° to 85°.
- 3 position seat pad to accommodate multiple exercise positions.
- Wheels and handle for easy moving.

The XFW-7500 is a perfect compliment to the XFW-6800 Smith Machine, the XFW-7900 Power Rack, and the XFW-8100 Half Rack.



Power Rack

XFW-7900

- 23 available adjustments points at 3-inch increments.
- Fully adjustable bar catches and chrome plated catch rails accommodate wide range of exercises.
- Integrated pull-up station includes wide and narrow grips.
- 8 plate holders standard.



* Accessories including bumper plates, bands, and Olympic bar are not included. Shown with optional Band Peg Kit.

Half Rack

XFW-8100

- 23 available adjustments points at 3-inch increments.
- Fully adjustable bar catches and catch rails accommodate wide range of exercises.
- Integrated pull-up station includes wide and narrow grips.
- 8 plate holders & Olympic Bar storage standard.
- Optional Band Peg Kit includes band pegs & band storage posts.

COMPANY PROFILE

55+ Years of Manufacturing Expertise

Paramount commercial fitness products are manufactured using the latest laser and CNC machining technologies at our state-of-the-art facility in Los Angeles, CA.

Extensive Product Testing

An industry leader in product and component testing, Paramount uses in-house testing protocols that subject machines to stresses far in excess of what is experienced in high use facilities.

Commitment To Customer Service

A worldwide network of authorized sales and service representatives provides our customers unequalled support in over 50 countries. Paramount's Parts Department maintains stock of common items and has the ability to supply parts and accessories for many older generations of equipment.



Space Efficient, Low Profile Designs

Streamlined designs reduce your overall floor space requirements while providing a modern, inviting, and easy-to-use strength training atmosphere.

Information Labeling

Easy to follow user instructions and height adjustment guides use color photographs to convey important information and are conveniently located for quick reference.

Investment Value

All Paramount products are competitively priced, quality driven, and backed by the most reliable customer service and support in the industry.

PRODUCTS PROFILE

Precise Biomechanics & Ergonomics

Engineering excellence and state-of-the-art 3-D CAD software utilizing parametric modeling assures an accurate anatomical fit and feel your clients will appreciate.

Structural Durability

Exacting structural analysis and rigorous testing assure your Paramount equipment will function smoothly under the constant heavy use of today's busy fitness centers.

Low Maintenance Components

Components are specifically designed to minimize your facility maintenance requirements and eliminate unnecessary downtime.

Paramount is a leading manufacturer of over 100 commercial fitness products including Functional Trainers, Selectorized Machines, Plate Loaded/Free Weights, Modular Systems, and Multi-Station gyms.

To view these products, our warranty, and other important information,

**Please visit us online at
www.paramountfitness.com.**



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Specifications subject to change without notice.

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