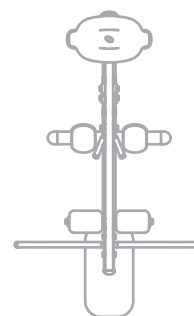




LAT PULLDOWN / SEATED ROW

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



Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	479 lbs. (217 kg)	559 lbs. (254 kg)

Dimensions
 W: 48" (122 cm)
 L: 77" (196 cm)
 H: 84" (213 cm)

PARAMOUNT
 LAT PULLDOWN / SEATED ROW

FS-53

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.

LAT PULLDOWN
 1 Starting
 2 Adjust the height of the knee pads to a comfortable position while locating feet under roller pads.
 3 Slide into seat while grasping bar with hands.
 4 Pull bar downwards in front of head and towards chest at a controlled speed of movement.
 5 Return arms to initial position without allowing weights to touch.

SEATED ROW
 1 Starting
 2 Sit on pad with legs extended and feet against foot support.
 3 Bend over and grasp the handle.
 4 Sit up straight with arms extended.
 5 Bring row handle in towards your stomach bending elbows 90 degrees.
 6 Return arms to outstretched position.

MIDDLE TRAPEZIUS
 TERES MAJOR
 BICEPS
 POSTERIOR DELTOIDS
 LATISSIMUS DORSII
 RHOIMBOIDS DORSII
 LATISSIMUS DORSII

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FRAME PAINT COLOR:
 SILVER
 Standard upholstery color Black.

Paramount Fitness Corp.

Call 800-721-2121 | Email nasales@paramountfitness.com