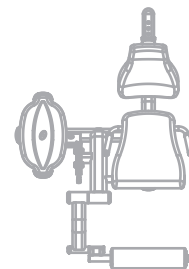




LEG EXTENSION

- 5 position back pad to accommodate a wide range of users.
- Self aligning ankle pad eliminates adjustment while providing proper support throughout the entire range of motion.
- 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	423 lbs. (192 kg)	503 lbs. (228 kg)



Dimensions
 W: 44" (112 cm)
 L: 65" (165 cm)
 H: 57" (145 cm)

PARAMOUNT
LEG EXTENSION FS-60

- 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.
- 2 Adjust back pad to a comfortable position to align knee with pivot point.
- 3 Grasp handles. Keep back straight against seat.
- 4 Extend legs forward as far as comfortable, at a controlled speed of movement.
- 5 Return to initial position and repeat.

STARTING ENDING

QUADRICEPS

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FRAME PAINT COLOR:
 SILVER
 Standard upholstery color Black.

Paramount Fitness Corp.

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