

XFT-100 EXTREME FUNCTIONAL TRAINER

THE PERFECT SOLUTION

With commercial quality construction and unique patent pending features, the XFT-100 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.



VERTICAL ADJUSTMENT

Quick adjustment through 58" and 20 vertical positions clearly marked A-T.

HORIZONTAL ADJUSTMENT

Easily adjust pulley housings through 180° to 14 different horizontal positions clearly marked 1-14 using spring-loaded foot pedal.

UNIQUE TO THE EXTREME

- Dual weight stack design allows user to train or rehabilitate using different resistance levels or two users to train at same time.
- Patent pending dual adjustment columns rotate 360° to allow unrestricted movement in multiple planes.
- Patent pending Extreme Swing arm allows 180° of rotation and choice of 14 horizontal positions using conveniently located foot pedals to position pulleys as close as 17" and as far apart as 67 ½".
- Choice of 20 vertical positions through a range of 58".

MODERN STYLING

- Space-efficient foot print with streamlined, uniform design using attractive oval shaped tube frames.
- Sleek weight stack enclosures limit access to moving parts.

USER-FRIENDLY FEATURES

- Multiple grip chin bar.
- Step-By-Step Exercise Chart with easy to follow user instructions for 18 common exercises.

US/Metric

D - 39" / 99 cm, W - 71.5" / 182 cm

H - 86.8" / 220 cm (83.6" / 213 cm with optional cross bar)

Weight - 553 lbs. / 251 kg

PARAMOUNT.

800-721-2121 www.paramountfitness.com

© 2012 Paramount Fitness Corp. Printed in USA 11/2012

EXPERIENCE TRUE FUNCTIONAL
TRAINING WITH DYNAMIC
NEW MOVEMENT POSSIBILITIES.

XFT-100 EXTREME



CONVENIENTLY LOCATED COLOR-CODED EXERCISE
GUIDE CLEARLY ILLUSTRATES THE STARTING AND
ENDING POSITIONS OF 18 PRIMARY EXERCISES
DIVIDED INTO 6 CATEGORIES.



CHEST & BACK



SHOULDERS



LEGS



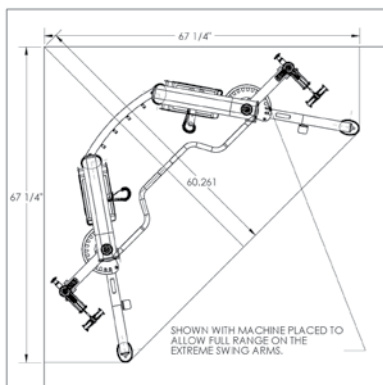
SPORTS SPECIFIC



ARMS



CORE



Corner Dimensions

OPTIONS:

Accessory Kit:
Triceps Rope, Sports Handle,
Ankle Strap, Teardrop Press
Attachment (2)

**XFW-6700
Multi-purpose
Bench**



Paramount Fitness Corp.

6450 E. Bandini Blvd., Los Angeles, CA 90040
323-721-2121 • 800-721-2121 • Fax 323-724-2000

www.paramountfitness.com

nasales@paramountfitness.com

[facebook.com/paramountfitnesscorp](https://www.facebook.com/paramountfitnesscorp)

Paramount Fitness Corp. © 2012 Printed in USA 11/2012
Specifications are subject to change without notice.