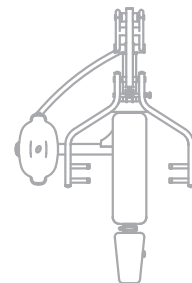


MULTI-PRESS



- 4 position seat and back pad assembly easily adjusts for Supine, 25 and 45 degree Incline, and Shoulder Press movements.
- 5 position arm allows users to choose the range of motion best suited to their individual needs.
- Dual hand grips accommodate a wide range of users and allow exercise variation.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	501 lbs. (227 kg)	581 lbs. (264 kg)



Dimensions
 W: 53" (135 cm)
 L: 82" (208 cm)
 H: 57" (145 cm)

PARAMOUNT FS-54

MULTI-PRESS

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.



SUPINE PRESS



INCLINE PRESS



SHOULDER PRESS

2 Adjust the backpad to the desired position for the Supine Press, Incline Press or Shoulder Press.
 To raise the back pad, pull outward on the selection pin under the seat and push rearward on the seat pad while lifting the backpad. Be certain that the pin is completely engaged before using the machine.
3 Adjust the press arm to a comfortable position for the exercise.
4 Grasp the handles with both hands and lift the weight by pressing the arm away from you.
5 Return to the initial position.

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FRAME PAINT COLOR:
 SILVER
 Standard upholstery color Textured Gray.

LIFETIME WARRANTY - Frame components, weight plates and guide rods excluding coatings
 FIVE YEAR WARRANTY - Bronze Bushings, Sealed Rotating Bearings and Pulley Wheels
 ONE YEAR WARRANTY - Cables, Linear Bearings, Linear Shafts and all other components not mentioned elsewhere in this warranty. NINETY DAY WARRANTY - Normal parts of wear including but not limited to labels, upholstered pads and grips. ONE YEAR WARRANTY - Labor

Paramount Fitness Corp.

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