

PARA VIDA



FT-150 FUNCTIONAL TRAINING SYSTEM



Unique dual weight stack design allows users to train or rehabilitate each arm at different resistance levels or allows for two simultaneous users.

INNOVATIVE

Most advanced design in the multifunctional product category.

INCREASED RANGE OF MOTION

Cable extension arms offer 130° of vertical adjustment and 105° of horizontal adjustment. This range allows for numerous exercises.

Horizontal Adjustment Disk

Foot operated spring-loaded plunger designed for horizontal adjustment. The FT-150 offers 8 horizontal and 12 vertical arm positions.



Compact Dual Back to Back Weight Stack Design



Vertical Adjustment Disk

SPACE SAVING DESIGN

This machine features a small footprint (43" x 67" stored). You can now fit a traditional cable crossover design into a compact space.



CHEST PRESS

PEC FLY

LAT PULLDOWN



UPRIGHT ROW



LATERAL RAISE



SHOULDER PRESS



KICK BACK



SQUAT



AB CRUNCH



TORSO ROTATION



BICEPS CURL



TRICEPS PUSHDOWN



BACKHAND SWING



OVERHAND SWING



UNDERHAND SWING

Swivel
Pulley
System



Easy as 1-2-3
Removable back
panel for servicing.



PARAMOUNT
INNOVATIVE STRENGTH SYSTEMS®

Call 1-800-721-2121

www.paramountfitness.com

Paramount Fitness Corp.

6450 East Bandini Blvd.

Los Angeles, CA 90040-3185

Phone: 323-721-2121 Fax: 323-724-2000

Email: sales@paramountfitness.com

**Optional Bench
Model PFW-6200**
Recommended option
for exercises like the
Lat Pulldown, Chest and
Shoulder Press.



- 1 Internal Cable System** for streamlined appearance and to eliminate user contact with cables.
- 2 Swivel Pulley System** with elastic shock cord prevents undesirable rotation of pulley housing.
- 3 Adjustable Arm** with spring loaded pull pin assembly and concealed counterbalance system offsets weight of adjustment arm. Arm adjusts through 130° with 12 positions.
- 4 Dual Weight Stack Design** allows user to train or rehabilitate at different resistance levels on each arm or allows for two simultaneous users.
- 5 Spring-loaded Foot Pedal** for quick and easy horizontal adjustment of arms. There are 8 different width positions with 105° of adjustment. This unique design eliminates confusion caused by dual adjustments (vertical and horizontal) being placed in proximity of one another.
- 6 Heavy Duty Magnetic Selectorized Pins** insure positive locking to weight plates. Tethered to cap plates with thick plastic coated elastic cable.
- 7 Unit Model** offers a 2:1 lifting ratio with 65 lbs. of resistance in 5 lb. increments (per arm). Cable extension of 75" per arm.
- 8 Lexan Information Label** with user instructions. This label illustrates the starting and ending position of 15 primary exercise movements.
- 9 Weight Stacks** are fully encased in an attractive 16 gauge powder coated steel enclosure.
- 10 Unique Rotating Column** uses sealed bearings, bronze bushings and chrome adjustment plates for durability.
- 11 Compact Footprint**
Stored unit measures 43" deep x 67" wide x 67" tall (maximum 55" deep x 118" wide x 83" tall).
- 12 Custom Molded Feet** insure stability and prevent marring of flooring surfaces.
- 13 Cable Fittings**
The cable end fitting contains a radial ball bearing that provides independent rotation of the handle to eliminate cable twist. The assembly was tested to 1,000,000 cycles at two times the maximum weight stack load.

Paramount's Standard Warranty Applies