

PFT-200A

FUNCTIONAL TRAINER



FITNESS TRAINING

**SPORTS-SPECIFIC
CONDITIONING**

REHABILITATION

PARAMOUNT.

INNOVATING FITNESS



PFT-200A

PARAMOUNT FUNCTIONAL TRAINER

MODERN STYLING INNOVATIVE DESIGN DYNAMIC PERFORMANCE AND VERSATILE TRAINING

The compact and efficient Paramount PFT-200A provides a virtually unlimited number of functional exercises ideal for fitness training, sport-specific conditioning and rehabilitation. PFT-200A features include:

- Compact 39-inch x 64-inch stored footprint
- Adjusts to 12 vertical and 9 horizontal positions
- Convenient pull pin and spring-loaded adjustments
- Concealed counter balance and internal cabling
- Durable 16-gauge powder-coated steel enclosure



DUAL WEIGHT STACKS

Dual weight stack design allows users to train or rehabilitate each arm using different resistance levels or allows for two simultaneous users.

SPECIFICATIONS

Dual Weight Stack Design with attractive 16 gauge powder coated steel enclosure allows single user to train or rehabilitate each arm using different resistance levels or allows two users to train at the same time.

Standard Model offers 85 lbs. of resistance, 5 lb. increments, and 7.5 feet of cable extension per arm. Available with optional dual weight adders that reduce increments to 2.5 lbs. per arm.

Vertical Adjustment through 155° with 12 positions clearly marked A-L on adjustment disk. Concealed counterbalance system offsets weight of arm during adjustment.

Horizontal Adjustment through 105° with 9 positions clearly marked 1-9 on adjustment disk using spring-loaded foot pedal assembly.

User Adjustment Guide includes step-by-step instructions and color photographs clearly illustrating starting and ending positions of 18 primary exercise movements.

Swivel Pulleys with elastic shock chord self align with user's path of movement insuring smooth cable travel and nearly unlimited range of motion.

Cable Fittings with radial ball bearings eliminate cable twist and allow smooth 360° rotation of handles.

Internal Cable System provides streamlined appearance and eliminates user contact with cables.

Magnetic Selector Pins assure positive locking to weight plates and are secured to weight stacks with thick plastic-coated elastic cables.

Custom Molded Feet insure stability and prevent marring of flooring surfaces.

QUICK VERTICAL



Quickly adjusts to 12 vertical positions with conveniently located pull pin assembly.

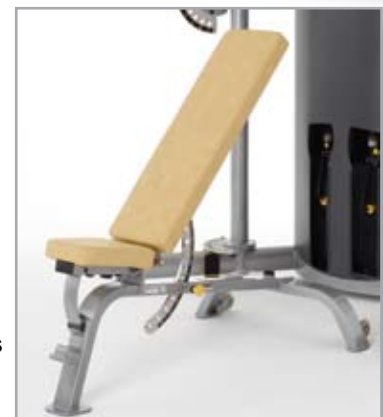
EASY HORIZONTAL



Easily adjusts to 9 horizontal positions with spring-loaded foot pedal.

OPTIONAL BENCH Model XL-6700

A comfortable option for Lat Pulldown, Chest and Shoulder Press exercises, optional bench adjusts from 10° decline to 85° incline.



Swivel pulley system



Concealed counterbalance



Cable Fittings

Spring loaded foot pedal

WEIGHT ADDER

Optional weight adders allow users to increase training and rehab exercises in smaller 2.5 lb. increments.



INTEGRATED ACCESSORY KIT

Optional training accessories with convenient storage system. Accessories include:
Curl bar
Triceps rope
Ankle strap



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CONVENIENTLY LOCATED COLOR CODED EXERCISE GUIDE

Clearly illustrates the starting and ending positions of 18 primary exercises divided into 6 categories. The washable Lexan label also includes adjustment procedures and safety instructions.

Handicap Accessible



CHEST PRESS
Vertical D-G + Horizontal 1-3

PEC FLY
Vertical E-G + Horizontal 6-9

LAT PULLDOWN
Vertical A-C + Horizontal 1-4

CHEST & BACK

UPRIGHT ROW
Vertical K-L + Horizontal 1-2

LATERAL RAISE
Vertical I-L + Horizontal 3-5

SHOULDER PRESS
Vertical I-K + Horizontal 2-3

SHOULDERS

BACKHAND SWING
Vertical E-G + Horizontal 4-6

OVERHAND SWING
Vertical A-C + Horizontal 2-4

UNDERHAND SWING
Vertical J-L + Horizontal 2-4

FOREHAND SWING
Vertical E-H + Horizontal 4-6

SPORTS SPECIFIC

KICKBACK
Vertical L + Horizontal 2-4

SQUAT
Vertical J-L + Horizontal 2-3

INNER THIGH
Vertical L + Horizontal 2-4

OUTER THIGH
Vertical L + Horizontal 2-4

LEGS

TRICEPS PUSHDOWN
Vertical B-C + Horizontal 1-2

BICEPS CURL
Vertical K-L + Horizontal 1-3

TORSO ROTATION
Vertical E-H + Horizontal 2-6

AB CRUNCH
Vertical B-C + Horizontal 1-2

ARMS

CORE

PARAMOUNT®

PROCEDURE

- Adjust arm positions to the appropriate width and height according to the adjustment guide shown with each exercise. The arm position may vary slightly depending upon user size and position.
- Ensure that positioning pins are completely seated into adjustment disc. Do not make position adjustments during exercise or when pulling cable end.
- Select desired weight on both weight stacks.

Horizontal Adjustment Disc

Vertical Adjustment Disc

WARNING SERIOUS INJURY CAN OCCUR ON THIS MACHINE. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.

- READ AND UNDERSTAND all warnings posted on this machine.
- UNDERSTAND the exercise to be performed and the function of the machine before attempting to operate it. If uncertain, seek assistance. Perform all exercises at a controlled rate of speed. Do not prevent exercises or modify the machine to perform exercises.
- Get a medical exam before beginning an exercise program.
- DO NOT USE this machine if any part appears damaged, jammed or inoperative. Inspect cable and connections before use and do not use if the cable appears worn or damaged. Cables must be replaced at first signs of wear. Inspect cables daily and pay close attention to all fittings and connections.
- DO NOT USE this machine if the weights are pinned in an elevated position.
- BE CERTAIN that all adjustment pins are completely inserted before using the machine. Support adjustment arms with one hand while making position adjustments.
- BE CERTAIN that the weight selection pins are completely inserted and that the colored triangles are clear of the weight stack enclosure before using the machine. Use only Paramount weight selection pins with this machine.
- DO NOT MAKE POSITION ADJUSTMENTS during exercise or when pulling on cable end.
- SUDDEN RELEASE of the handles may cause serious injury to yourself or bystanders. When finished with the exercise, return the handles to their rest position before releasing.
- KEEP BODY AND CLOTHING CLEAR of all moving components. Do not wear anything loose or dangling.
- DO NOT ATTACH both cables to a single attachment point on a bar or handle. Use only double attachment bars provided by Paramount.
- USE ONLY the incremental weights supplied by the manufacturer. DO NOT use dumbbells or other means to add resistance to machine.
- NEVER allow children near this machine. Supervise teenagers.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

MAINTENANCE SCHEDULE

Check the integrity and function of the following items. Replace all worn components immediately.

Category	Frequency	Notes
Cables	Weekly	• Check tension and fittings, and re-tension • Check weight stack locking nut • Replace cables as needed
Frame	Monthly	• Wipe down with damp cloth and dry • Do NOT use harsh acids, alkalis, disinfectants
Console	Monthly	• Wipe down with damp cloth and dry • Do NOT use harsh acids, disinfectants
Weights	Monthly	• Check Spindles • Check Racks + Clips and J-hooks • Check Enclosure Pinch Points
Weight Stack Pins	Monthly	• Check Spindles
Special Instruction Labels	Monthly	• Check Labels

For recommended maintenance products refer to the owner's manual or Paramount's Web site www.paramountfitness.com
1-800-721-2121

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39" D x 64" W x 79" tall
STORED



66" D x 128" W x 88" tall
MAX

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