

PLATE LOADED FREE WEIGHT



PARAMOUNT.

INNOVATING FITNESS



PLATE LOADED FREE WEIGHT

DIRECTORY

PLATE LOADED SERIES

FEATURING ROTARY TECHNOLOGY

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Note: None of the Paramount products inside this catalog come with weight plates, bars or collars. These items have been added only for photographic purposes and must be purchased separately.

MADE IN USA

PLATE LOADED FEATURES

6 Position Swivel Handle

The often overlooked axis of motion on converging movements is the wrist joint. The A.R.T. handle pivot aligns with the wrist joint. This feature combined with the single offset axle design pivot allows for complete articulation of the shoulder, elbow, and wrist creating a movement that is fluid and free from impingement. This feature available on the five rotary models.



Choice Of Starting Position

Select from 3 different starting positions to vary the range-of-motion on FW-800 and FW-1200.



Heavy Duty Axles and Bearings

1" solid steel pivot axles and lifetime lubricated sealed bearings for friction-free movement and proper alignment. Bearings for Rotary models are encased in machine steel housings for high-precision alignment and enhanced appearance.

Heavy Duty Bumper Stops

Custom heavy-duty rubber molded bumper stops, measuring 2" wide x 1.5" high x 6.5" long, absorb the impact at end of exercise movement.

Heavy Duty Optional Plate Storage

Optional plate storage posts are available on selected models. This bolt on assembly can easily retrofit most FW models.

Custom Molded Feet

Insure stability and prevents marring of flooring surfaces. Holes with fitted plugs are provided should the facility prefer to anchor machines to the floor.

Exercise Instruction Labels

Step-by-step instructions and anatomical illustrations on non-fade, washable Lexan for maximum durability.

Seat Adjustments

Heavy-duty 4" x 2" frame with easy to adjust 1.5" x 3" slide tube assembly for proper positioning during exercises. Sleeves are a custom extrusion mounted with hardware to provide precise, tight fitting adjustments.

Protective Coverings

Non-slip textured rubber coverings eliminate scuff marks on base frames.



SPECIFICATIONS - FW MODELS



Squat Press FW-300 shows specification call-outs general to the Plate Loaded Series.

- ❶ **Frames** • 4" x 2", 3" x 3", 3" x 5", 2" x 2" and 1.5" x 3" tubular steel with a minimum of 11-gauge thickness. Cold rolled steel mounting plates of 1/4", 3/8" and 1/2" used throughout for proper structural reinforcement.
- ❷ **Step by Step Instruction** • Non-fade Lexan charts include easy-to-follow instructions.
- ❸ **Powder Coat Finish** • Electrostatically applied powder coat finish enhances appearance and durability.
- ❹ **Hardware** • All frame bolts are 3/8" and 1/2" grade 8 for maximum durability. Hardware is zinc gold dichromate-coated and zinc phosphate-coated to eliminate corrosion.
- ❺ **Upholstered Pads** • Superior grade Boltaflex and Uniroyal Naugahyde® are available in a wide choice of colors. Pads are made with 1.5" high-density EMR and a .5" high-density, high ILD urethane cushion layer for comfort. Rebond urethane foam and Poron® used in high load application areas.
- ❻ **Axles and Bearing** • 1" solid steel pivot axles and lifetime lubricated sealed bearings for friction-free movement and proper alignment. Bearings for Rotary models are encased in machine steel housings for high-precision alignment and enhanced appearance.
- ❼ **Lifting Arm and Bumper Stops** • Custom molded SBR High Durometer bumper stops with encapsulated steel mounting plate for heavy-duty shock absorption and proper alignment with lifting arms measure 2" wide x 1 1/2" high x 6 1/2" long.
- ❽ **Footplates** • Solid 1/4" and 1/8" steel footplates encased in custom molded SBR High Durometer coverings eliminate slipping and enhances appearance.
- ❾ **Custom Molded Feet** • Insure stability and prevent marring of flooring surfaces. Holes with fitted plugs are provided should the facility prefer to anchor machines to the floor.

SPECIFICATIONS - PFW MODELS



3 Way Press Bench PFW-8200 shows specification call-outs general to the Free Weight benches, racks and accessories.

- ❶ **Bar Catches** • Replaceable chrome bar catches with ABS wear strip.
- ❷ **Powder Coat Finish** • Electrostatically applied powder coat finish enhances appearance and durability.
- ❸ **Frame** • 3" x 2" x .120 wall (11 gauge) upright frame with a combination of other heavy structural tubular steel sizes for maximum strength and aesthetic appearance. Chrome components located in high contact areas for greater durability.
- ❹ **Upholstered Pads** • Superior grade Boltaflex and Uniroyal Naugahyde® are available in a wide choice of colors. Pads are made with 1.5" high-density EMR and a .5" high-density, high ILD urethane cushion layer for comfort. Rebond urethane foam and Poron® used in high load application areas.
- ❺ **Hardware** • All frame bolts are 3/8" and 1/2" grade 8 for maximum durability. Hardware is zinc gold dichromate-coated and zinc phosphate-coated to eliminate corrosion.
- ❻ **Adjustment Pin** • 1/2" precision machined cold rolled steel spring-loaded pin used on all adjustments.
- ❼ **Bearings** • On selected units pillow block sealed ball bearings are used at the pivot points for friction-free movement and precision alignment.
- ❽ **Bronze Bushing Assembly** • Wide pivots with 1" axles and bronze bushings provide solid angular adjustments.

PLATE LOADED SERIES

Rotary Chest Press

FW-800

- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Press arms easily adjust providing a quick choice of 3 different starting positions.
- Unique 6-position pivoting handle aligns with wrist to eliminate joint stress.
- Heavy-duty 6-position seat assembly with spring loaded positive locking pin.
- Available with up to 4 optional weight plate storage posts.



Rotary Incline Chest Press

FW-1200

- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Press arms easily adjust providing a quick choice of 3 different starting positions.
- Unique 6-position pivoting handle aligns with wrist to eliminate joint stress.
- Heavy-duty 6-position seat assembly with spring loaded positive locking pin.
- Available with up to 4 optional weight plate storage posts.



Rotary Shoulder Press

FW-1100

- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Counterbalanced press arms minimize starting resistance.
- Unique 6-position pivoting handle aligns with wrist to eliminate joint stress.
- Heavy-duty 6-position seat assembly with spring loaded positive locking pin.
- Available with up to 2 optional weight plate storage posts.



Rotary Lat Pulldown

FW-1400

- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Unique 6-position pivoting handle eliminates stress to wrist joint.
- Durable 3-position hold down pad and 6-position seat assembly with spring loaded positive locking pin.
- Compact low-profile design minimizes floor space requirements.



Rotary Row

FW-1300

- Heavy-duty 6-position seat and chest pad assemblies with spring loaded positive locking pin.
- Large foot plate design with custom molded rubber cover for user stability and improved ergonomics.
- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Unique 6-position pivoting handle eliminates stress to wrist joint.
- Compact low-profile design minimizes floor space requirements.

Biceps Curl

FW-600

- Unique off-axis pivot eliminates the strict positioning of elbow joint during exercise movement.
- Added counterbalance weight plate post located behind pivot allows reduction of initial resistance level.
- Open frame design allows unobstructed entry and exit of machine.
- Heavy-duty 6-position seat pad assembly with spring loaded positive locking pin.
- Compact low-profile design minimizes floor space requirements.



Standard Seated Row

FW-400

- Extended seat pad accommodates varying body length.
- Large foot plate design with custom molded rubber cover for user stability and improved ergonomics.
- Unique dual rotating and pivoting handle assembly allows unencumbered exercise movement.
- Large structural frame with centered pivot provides balanced lift when using heavy weights.
- Compact low-profile design minimizes floor space requirements.



Triceps Extension

FW-500

- Rotating and pivoting handles allow variances in starting position and results in natural arcing motion.
- Angled back pad and fixed seat position provides stability while placing user in proper exercise position.
- Press arm is counterbalanced keeping resistance consistent throughout the exercise movement.
- Compact low-profile design minimizes floor space requirements.
- Available with up to 2 optional weight plate storage posts.

Squat Press

FW-300

- Conveniently located gravity biased stop lever allows ease of entry and exit.
- Secondary stop provides complete range of movement for taller users.
- Large foot plate design with custom fitted rubber cover for user stability and improved ergonomics.
- Compact low-profile design minimizes floor space requirements.



Standing Leg Curl

FW-1600

- Self-adjusting roller pad and unique offset pivot accommodates wide range of user heights.
- Angled chest pad, hip pad and contoured handgrips facilitate proper exercise position.
- Large foot platform and heavy structural frame provides optimum stability during exercise movement.
- Heavy-duty 5-position chest pad assembly with spring loaded positive locking pin.
- Compact low-profile design minimizes floor space requirements.
- Available with an optional weight plate storage post.



Leg Extension

FW-100

- Unique off-axis pivot with exercise range of 110° but only 80° of arm travel minimizes resistance drop-off.
- Easy grip 7-position adjustable back pad assembly with spring loaded positive locking pin.
- Self-adjusting roller pad and unique offset pivot accommodates wide range of user heights.
- Compact low-profile design minimizes floor space requirements.
- Available with up to 2 optional weight plate storage posts.



Horizontal Leg Curl

FW-200

- Self-adjusting roller pad is counterbalanced to minimize rotation during exercise movement.
- Unique off-axis pivot with exercise range of 120° but only 80° of arm travel maintains resistance profile.
- Dual handgrip position and angled chest pad facilitates proper exercise position.
- Compact low-profile design minimizes floor space requirements.
- Available with an optional weight plate storage post.

Total Leg

FW-8800

- Unique design provides a more natural leg press movement unlike conventional hack squat machines that move in a strict linear path. The arc movement allows the user to maintain the proper knee to ankle position.
- Dual safety catch system located within the peripheral view of the user.
- Weight plates are back loaded to add resistance. The unique counterbalance design also allows the user to front load weight plates to reduce the initial load.
- The heavy duty lifting assembly has 35mm sealed bearings and a 1 3/8" solid steel pivot axle.
- The main frame provides maximum stability with the use of 5" x 3" structural steel tube.



45° Leg Press

FW-7800

- 4 premium grade linear bearings are load rated to 1,300 lbs. providing optimum performance and durability.
- Dual-position catch mechanism plus a 4-position secondary stop mechanism for ease of entry and exit.
- Headrest and back pad adjust to 8 different user positions.
- Wide foot plate for secure placement and variance of foot position when initiating exercise movement.
- 3 weight storage posts are standard.



Total Chest

FW-8700

- Easily adjusts to 3 positions: Supine, 30° Incline, and 20° Decline.
- Unilateral press arms featuring Paramount's patented Advanced Rotary Technology®.
- Adjustable arm stop assembly allows for 3 different starting positions.
- 9 position adjustable handles with sealed bearings.
- 3 position seat and dual position footrest to accommodate wide range of users for each exercise.
- 3 weight storage posts standard.



Total Shoulder

FW-9200

- Overhead press, rear deltoid raise, shrug, and upright row.
- Angled shoulder press grips assure proper alignment through range of motion.
- Adjustable arm assembly quickly transitions from one exercise position to the next.
- Easy entry/exit pivoting seat.
- Conveniently located heavy-duty spring loaded adjustments.
- Upright row handle bearings provide smooth rotation through range of motion.
- Weight storage posts standard.

BENCHES, RACKS & ACCESSORIES

Smith Press

XFW-6800

Open Frame Design

Walk through frame facilitates easy positioning of exercise benches.

Frame

Heavy-duty 3 7/16" x 2 1/4" x 11 gauge oval shaped tube for durability and enhanced aesthetic value. Laser cut and welded frame components intersect for added structural support. Frame with electrostatically applied power coat finish, available in metallic silver, semi gloss black texture and gloss white texture. Optional colors also available upon request. Thick-gauge steel flange plates under base frame allow anchoring of unit, if desired.

Lifting Arm

Counterweighted lifting arm reduces starting weight to just 14 lbs. Maximum loading capacity of 540 lbs. (12 ea. 45 lb. plates). Bar is chrome plated and knurled for durability and ease of gripping.

Weight Carriage

Carriage is angled 3 degrees to accommodate rotation of anatomical joints during exercise. This combined with Thompson Super 16™ linear bearings provides a smooth vertical movement at maximum weight loads. Weight carriage load tested 500,000 cycles at maximum loading capacity to insure structural reliability.



Weight plates purchased separately.



Bar Catch Assembly

Rotating bar catch design easily fits into the catch slots for each of the 8 height positions to accommodate multiple exercise movements.



Stop Assembly

Easy-grip dual stops allow user to limit the range of movement, when desired. Rubber bumpers absorb shock load.

Weight Storage

Unit comes standard with 8 separate posts for storing weight plates.



The XL-6700 is designed as a complimentary bench to the XFW-6800 Smith Press.



Decline position.

Flat / Incline / Decline Bench

XL-6700

Bench Positions

Versatile bench adjusts into 11 positions ranging from 10° decline to 85° incline. Each position clearly marked in degrees on adjustment disk.

Seat Pad Positions

Seat pad adjusts to 3 positions to accommodate multiple exercise positions.

Portable

Lifting handle and rear wheels for ease of portability.

Sturdy Frame Design

Load tested 1,000,000 cycles at 500 lbs. to insure structural reliability.

Streamlined Design

Front on bench streamlined to prevent marring of base frame. Frame with electrostatically applied power coat finish, available in metallic silver, semi gloss black texture and gloss white texture. Optional colors also available upon request.

Easy To Use

Heavy-duty back pad adjustment is spring loaded for ease of operation.



Flat position.

One of several incline positions.

Squat Rack

PFW-5100

- Multiple bar catches for 7 starting positions, plus a catch rail, sand-blasted and chrome-plated for maximum wear-resistance.
- 4 Weight storage posts come standard with this model.





3 Way Press Bench

PFW-8200

- Easily adjusts into 3 positions: Supine, 30 degree incline, 20 degree decline.
- 3 position seat and dual position foot rest to accommodate wide range of users for each exercise.
- 3 replaceable chrome bar catches per side with heavy-duty wear strip.
- Together the bench pads taper from 9" to 17" for proper support.



30° Incline



20° Decline



Supine Press Bench

PFW-7100

- Nine-inch bench width allows free shoulder movement during bench press.
- 3 replaceable chrome bar catches per side with heavy-duty wear strip.

Incline Press Bench

PFW-7200

- Fixed 30° angled seat back for optimum exercise benefit.
- 3 replaceable chrome bar catches per side with heavy-duty wear strip.



Decline Press Bench

PFW-7600

- Padded bench is 16" wide for hip support tapering to 8" for free shoulder movement.
- 3 replaceable chrome bar catches per side with heavy-duty wear strip.



Plate Holder Option

PFW-PH

This optional feature is specifically designed for models PFW 7100, 7200, 7600 and 8200.



Preacher Curl

PFW-5000

- Precise arm pad angle with comfort edge roll.
- Adjustable seat.
- Dual rests allow safe plate loading.



Lever Row

PFW-5500

- Nonskid foot platform.
- Both wide and narrow handgrip.
- Heavy duty swivel plate rack assembly handles up to 11-45 lb. plates.



Roman Bench

PFW-5600

- Unique 45° angle for proper ergonomics.
- Adjustable thigh pads have wide support with lock down.
- Nonskid foot platform offers wide support with two roller pads.



Seated Calf

PFW-5700

- Pivoting seat with adjustable thigh pads.
- Nonskid footrest.



Abdominal Crunch

PFW-5300

- Angled back pad limits use of lower back muscles.
- Dual rollers adjust.



Vertical Knee Raise/Dip

FW-6400

- Pads and grips provide stability and proper body positioning.
- Foot plates ease entry.
- Compact footprint.



Dumbbell Rack

PFW-4700

Rack only. Capacity to hold 10 pair of dumbbells.



Flat Bench

PFW-7000

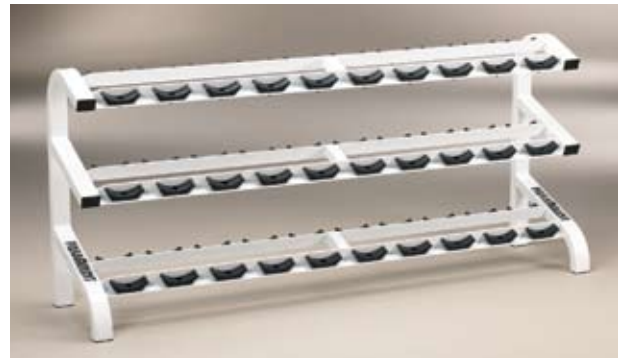
- Multi-use exercise bench.
- Small base end for unrestricted use.



Weight Plate Tree

PFW-6300

Tubular steel tree features 5 storage posts that holds over 500 lbs. of plates and collars.



Dumbbell Rack

PFW-4800

Rack only. Capacity to hold 15 pair of dumbbells.



Decline Bench

PFW-7400

- Adjustable from 15° to 35°.
- Fixed rollers provide stability.



Beauty Bell Rack

PFW-4900

Rack only. Capacity to hold 10 pair of Beauty Bells.

FW-100 LEG EXTENSION

Dimensions:	Wide:	47 in.	119 cms
	Deep:	59 in.	150 cms
	Tall:	39 in.	99 cms
Ship Weight:	199 lbs. 90 kg		

FW-400 STANDARD SEATED ROW

Dimensions:	Wide:	33 in.	84 cms
	Deep:	72 in.	183 cms
	Tall:	39 in.	99 cms
Ship Weight:	164 lbs. 75 kg		

FW-800 ROTARY CHEST PRESS

Dimensions:	Wide:	46 in.	117 cms
	Deep:	58 in.	147 cms
	Tall:	74 in.	188 cms
Ship Weight:	325 lbs. 148 kg		

FW-1300 ROTARY ROW

Dimensions:	Wide:	45 in.	114 cms
	Deep:	62 in.	157 cms
	Tall:	59 in.	150 cms
Ship Weight:	284 lbs. 129 kg		

FW-7800 LEG PRESS

Dimensions:	Wide:	69 in.	175 cms
	Deep:	65 in.	241 cms
	Tall:	52 in.	132 cms
Ship Weight:	466 lbs. 212 kg		

FW-9200 TOTAL SHOULDER

Dimensions:	Wide:	53 in.	135 cms
	Deep:	68 in.	173 cms
	Tall:	71 in.	181 cms
Ship Weight:	304 lbs. 138 kg		

FW-200 HORIZONTAL LEG CURL

Dimensions:	Wide:	41 in.	104 cms
	Deep:	64 in.	163 cms
	Tall:	29 in.	74 cms
Ship Weight:	138 lbs. 65 kg		

FW-500 TRICEPS EXTENSION

Dimensions:	Wide:	45 in.	114 cms
	Deep:	52 in.	132 cms
	Tall:	60 in.	152 cms
Ship Weight:	223 lbs. 101 kg		

FW-1100 ROTARY SHOULDER PRESS

Dimensions:	Wide:	45 in.	114 cms
	Deep:	51 in.	130 cms
	Tall:	51 in.	130 cms
Ship Weight:	247 lbs. 112 kg		

FW-1400 ROTARY LAT PULLDOWN

Dimensions:	Wide:	45 in.	114 cms
	Deep:	61 in.	155 cms
	Tall:	71 in.	180 cms
Ship Weight:	326 lbs. 148 kg		

FW-8700 TOTAL CHEST

Dimensions:	Wide:	44 in.	112 cms
	Deep:	89 in.	226 cms
	Tall:	37 in.	94 cms
Ship Weight:	303 lbs. 138 kg		

XFW-6800 SMITH PRESS

Dimensions:	Wide:	86 in.	218 cms
	Deep:	55 in.	140 cms
	Tall:	88 in.	224 cms
Ship Weight:	584 lbs. 265 kg		

FW-300 SQUAT PRESS

Dimensions:	Wide:	65 in.	165 cms
	Deep:	62 in.	157 cms
	Tall:	52 in.	132 cms
Ship Weight:	294 lbs. 134 kg		

FW-600 BICEPS CURL

Dimensions:	Wide:	45 in.	114 cms
	Deep:	38 in.	97 cms
	Tall:	37 in.	94 cms
Ship Weight:	172 lbs. 78 kg		

FW-1200 ROTARY INCLINE CHEST PRESS

Dimensions:	Wide:	45 in.	114 cms
	Deep:	51 in.	130 cms
	Tall:	72 in.	183 cms
Ship Weight:	279 lbs. 127 kg		

FW-1600 STANDING LEG CURL

Dimensions:	Wide:	39 in.	99 cms
	Deep:	43 in.	109 cms
	Tall:	44 in.	112 cms
Ship Weight:	175 lbs. 80 kg		

FW-8800 TOTAL LEG

Dimensions:	Wide:	36 in.	92 cms
	Deep:	83 in.	211 cms
	Tall:	60 in.	153 cms
Ship Weight:	565 lbs. 257 kg		

PFW-5000 PREACHER CURL

Dimensions:	Wide:	36 in.	92 cms
	Deep:	42 in.	107 cms
	Tall:	40 in.	102 cms
Ship Weight:	94 lbs. 43 kg		

PFW-5500 LEVER ROW

Dimensions:	Wide:	46 in.	117 cms
	Deep:	86 in.	219 cms
	Tall:	45 in.	115 cms
Ship Weight:	184 lbs. 84 kg		

PFW-6300 WEIGHT PLATE TREE

Dimensions:	Wide:	30 in.	77 cms
	Deep:	30 in.	77 cms
	Tall:	38 in.	97 cms
Ship Weight:	43 lbs. 20 kg		

PFW-7000 FLAT BENCH

Dimensions:	Wide:	25 in.	64 cms
	Deep:	48 in.	122 cms
	Tall:	54 in.	496 cms
Ship Weight:	54 lbs. 25 kg		

PFW-7400 DECLINE BENCH

Dimensions:	Wide:	51 in.	130 cms
	Deep:	79 in.	201 cms
	Tall:	55 in.	140 cms
Ship Weight:	260 lbs. 118 kg		

PFW-4700 DUMBBELL RACK

Dimensions:	Wide:	22 in.	56 cms
	Deep:	91 in.	231 cms
	Tall:	32 in.	80 cms
Ship Weight:	171 lbs. 78 kg		

PFW-5100 SQUAT RACK

Dimensions:	Wide:	71 in.	181 cms
	Deep:	76 in.	193 cms
	Tall:	72 in.	183 cms
Ship Weight:	313 lbs. 142 kg		

PFW-5600 ROMAN BENCH

Dimensions:	Wide:	24 in.	161 cms
	Deep:	48 in.	122 cms
	Tall:	34 in.	87 cms
Ship Weight:	93 lbs. 43 kg		

PFW-6400 VERTICAL KNEE RAISE / DIP

Dimensions:	Wide:	27 in.	69 cms
	Deep:	41 in.	105 cms
	Tall:	60 in.	153 cms
Ship Weight:	114 lbs. 52 kg		

PFW-7100 SUPINE PRESS BENCH

Dimensions:	Wide:	51 in.	130 cms
	Deep:	66 in.	168 cms
	Tall:	55 in.	140 cms
Ship Weight:	183 lbs. 84 kg		

PFW-7600 DECLINE PRESS BENCH

Dimensions:	Wide:	51 in.	130 cms
	Deep:	75 in.	191 cms
	Tall:	55 in.	140 cms
Ship Weight:	194 lbs. 88 kg		

PFW-4800 DUMBBELL RACK

Dimensions:	Wide:	22 in.	56 cms
	Deep:	91 in.	231 cms
	Tall:	41 in.	103 cms
Ship Weight:	239 lbs. 108 kg		

PFW-5300 ABDOMINAL CRUNCH

Dimensions:	Wide:	24 in.	61 cms
	Deep:	64 in.	163 cms
	Tall:	40 in.	102 cms
Ship Weight:	98 lbs. 45 kg		

PFW-5700 SEATED CALF

Dimensions:	Wide:	25 in.	64 cms
	Deep:	61 in.	155 cms
	Tall:	39 in.	99 cms
Ship Weight:	146 lbs. 67 kg		

XL-6700 FLAT / INCLINE / DECLINE BENCH

Dimensions:	Wide:	30 in.	76 cms
	Deep:	51 in.	130 cms
	Tall:	18 in.	47 cms
Ship Weight:	114 lbs. 52 kg		

PFW-7200 INCLINE PRESS BENCH

Dimensions:	Wide:	51 in.	130 cms
	Deep:	63 in.	161 cms
	Tall:	55 in.	140 cms
Ship Weight:	211 lbs. 96 kg		

PFW-8200 3 WAY PRESS BENCH

Dimensions:	Wide:	25 in.	64 cms
	Deep:	61 in.	155 cms
	Tall:	39 in.	99 cms
Ship Weight:	146 lbs. 67 kg		

PFW-4900 BEAUTY BELL RACK

Dimensions:	Wide:	22 in.	56 cms
	Deep:	48 in.	123 cms
	Tall:	41 in.	103 cms
Ship Weight:	130 lbs. 59 kg		

All measurements are without weight plates. Weight plates illustrated in photos are not included and must be ordered separately.

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