

XL SERIES

DIMENSIONS & SHIPPING WEIGHTS

Note: Dimensions indicated represent the floor space of each model at rest. Allow for additional spacing when machines are in use.

XL-500 TRICEPS EXTENSION

Dimensions:	Wide:	50 in.	127 cms
	Deep:	38 in.	97 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	130 lbs.	59 kg
	Opt. Stack:	190 lbs.	87 kg
Ship Weight:	Std. Stack:	337 lbs.	153 kg
	Opt. Stack:	397 lbs.	181 kg

XL-800 LATERAL RAISE

Dimensions:	Wide:	48 in.	102 cms
	Deep:	35 in.	89 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	130 lbs.	59 kg
	Opt. Stack:	190 lbs.	87 kg
Ship Weight:	Std. Stack:	310 lbs.	141 kg
	Opt. Stack:	370 lbs.	168 kg

XL-1100 LAT PULLDOWN

Dimensions:	Wide:	50 in.	127 cms
	Deep:	56 in.	143 cms
	Tall:	93 in.	237 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	429 lbs.	195 kg
	Opt. Stack:	509 lbs.	231 kg

XL-1400 ABDOMINAL

Dimensions:	Wide:	46 in.	117 cms
	Deep:	38 in.	97 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	130 lbs.	59 kg
	Opt. Stack:	190 lbs.	87 kg
Ship Weight:	Std. Stack:	325 lbs.	147 kg
	Opt. Stack:	385 lbs.	175 kg

XL-1700 ROTARY TORSO

Dimensions:	Wide:	49 in.	125 cms
	Deep:	35 in.	89 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	130 lbs.	59 kg
	Opt. Stack:	190 lbs.	87 kg
Ship Weight:	Std. Stack:	356 lbs.	161 kg
	Opt. Stack:	416 lbs.	189 kg

XL-100 LEG EXTENSION

Dimensions:	Wide:	45 in.	114 cms
	Deep:	57 in.	145 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	399 lbs.	181 kg
	Opt. Stack:	479 lbs.	218 kg

XL-300 LEG PRESS

Dimensions:	Wide:	49 in.	125 cms
	Deep:	75 in.	191 cms
	Tall:	66 in.	168 cms
Weight Stack Assemblies:	Std. Stack:	210 lbs.	95 kg
	Opt. Stack:	310 lbs.	141 kg
Ship Weight:	Std. Stack:	617 lbs.	280 kg
	Opt. Stack:	717 lbs.	326 kg

XL-600 BICEPS CURL

Dimensions:	Wide:	50 in.	127 cms
	Deep:	38 in.	97 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	130 lbs.	59 kg
	Opt. Stack:	190 lbs.	87 kg
Ship Weight:	Std. Stack:	368 lbs.	167 kg
	Opt. Stack:	428 lbs.	195 kg

XL-900 SEATED CHEST PRESS

Dimensions:	Wide:	56 in.	143 cms
	Deep:	46 in.	117 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	410 lbs.	186 kg
	Opt. Stack:	490 lbs.	223 kg

XL-1200 SEATED ROW

Dimensions:	Wide:	49 in.	125 cms
	Deep:	55 in.	140 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	406 lbs.	185 kg
	Opt. Stack:	486 lbs.	221 kg

XL-1500 TRICEPS PUSHDOWN

Dimensions:	Wide:	46 in.	114 cms
	Deep:	52 in.	150 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	382 lbs.	173 kg
	Opt. Stack:	462 lbs.	210 kg

XL-1800 HORIZONTAL LEG CURL

Dimensions:	Wide:	43 in.	109 cms
	Deep:	62 in.	158 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	366 lbs.	166 kg
	Opt. Stack:	446 lbs.	202 kg

XL-200 SEATED LEG CURL

Dimensions:	Wide:	47 in.	120 cms
	Deep:	68 in.	173 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	424 lbs.	193 kg
	Opt. Stack:	504 lbs.	229 kg

XL-400 INNER/OUTER THIGH

Dimensions:	Wide:	29 in.	74 cms
	Deep:	67 in.	171 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	464 lbs.	211 kg
	Opt. Stack:	544 lbs.	247 kg

XL-700 SHOULDER PRESS

Dimensions:	Wide:	56 in.	143 cms
	Deep:	58 in.	117 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	413 lbs.	187 kg
	Opt. Stack:	493 lbs.	224 kg

XL-1000 PEC FLY/REAR DELT

Dimensions:	Wide:	57 in.	145 cms
	Deep:	64 in.	163 cms
	Tall:	74 in.	188 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	435 lbs.	197 kg
	Opt. Stack:	515 lbs.	234 kg

XL-1300 LOW BACK

Dimensions:	Wide:	47 in.	119 cms
	Deep:	42 in.	107 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	413 lbs.	188 kg
	Opt. Stack:	493 lbs.	224 kg

XL-1600 INCLINE CHEST PRESS

Dimensions:	Wide:	60 in.	47 cms
	Deep:	75 in.	191 cms
	Tall:	57 in.	145 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	445 lbs.	202 kg
	Opt. Stack:	525 lbs.	238 kg

XL-1900 LOW CABLE ROW

Dimensions:	Wide:	41 in.	104 cms
	Deep:	78 in.	198 cms
	Tall:	74 in.	188 cms
Weight Stack Assemblies:	Std. Stack:	170 lbs.	77 kg
	Opt. Stack:	250 lbs.	113 kg
Ship Weight:	Std. Stack:	422 lbs.	191 kg
	Opt. Stack:	502 lbs.	228 kg

XL SERIES

Style • Function • Reliability



Paramount Fitness Corp.

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XL SERIES is designed to meet the demands of today's commercial fitness facilities. Offering modern styling, high quality construction, and superior biomechanics, XL from Paramount truly represents the best in value engineered form, function, and reliability.

MODERN STYLE & DESIGN

- Streamlined, Uniform Design
- Attractive Oval Shaped Tube Frames
- Low Profile Space Efficient Foot Prints

USER-FRIENDLY FEATURES

- Step-By-Step Exercise Chart and Height Adjustment Guide
- Quick and Easy Seat Adjustments
- Intuitive Yellow Adjustment Knobs

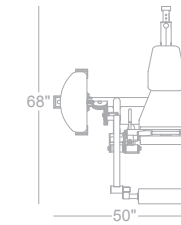
PARAMOUNT RELIABILITY

- 50+ Years of Manufacturing Expertise
- Structural Testing of 500,000 Cycles
- Meets ASTM and EN-957 Industry Standards
- Worldwide Network of Authorized Sales & Service Representatives

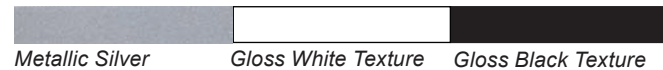
Seated Leg Curl

XL-200

- Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.
- 8 position back pad angled at 25° and seat pad angled at 20° for complete range of motion.
- Thigh pad assembly adjusts to 6 positions to accommodate a wide range of users.
- Ergonomically located handles with contoured grips for proper user alignment during exercise.



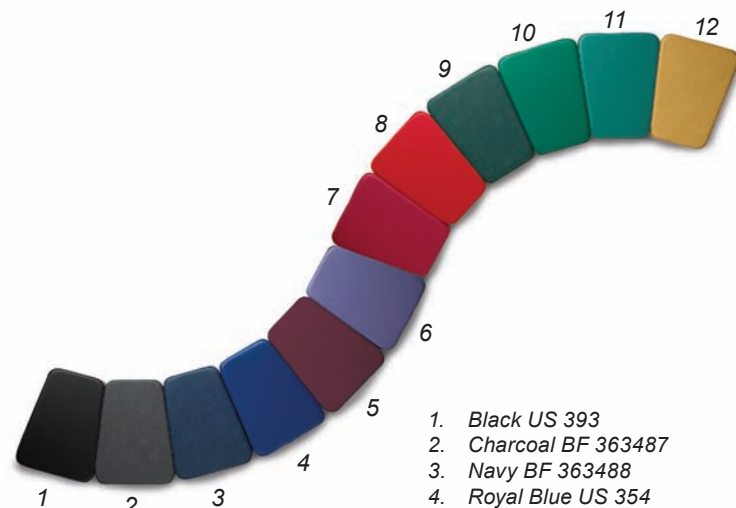
Standard FRAME COLORS



Standard REAR PANEL COLOR



Storm Grey



Standard UPHOLSTERY COLORS

Superior grade Boltaflex® and Spirit Millennium™

1. Black US 393
2. Charcoal BF 363487
3. Navy BF 363488
4. Royal Blue US 354
5. Plum BF 363494
6. Crocus (lavender) US 433
7. Raspberry US 362
8. American Beauty Red US 360
9. Teal BF 363502
10. China Green US 434
11. Turquoise US 419
12. Crocus (tan) BF 468479

USER ADJUSTMENT GUIDE with Step-by-Step Instruction

Frame mounted charts include easy-to-follow user instructions and anatomical illustrations with height adjustment guides on selected models. Printed on washable Lexan®.

ADJUSTMENT GUIDE

HEIGHT	METRIC	SEAT
5' 2" AND UNDER	157cm	7-8
5' 7"	170cm	5-6
5' 10"	178cm	4-5
6'	183cm	2-3
6' 2" AND OVER	188cm	1-2

EASY ADJUSTMENTS

- Custom molded sleeves insure stable, low friction seat adjustments.
- Numbered adjustment label for accurate positioning of pads.
- Adjustment locations are color coded yellow for easy viewing.



Stability

Custom-molded rubber foot pads insure machine stability and prevent marring of flooring surfaces.

LOWER INCREMENTAL RESISTANCE

Optional integrated weight adder plate offers a convenient method to increase resistance in either 5 lbs. or 7 1/2 lbs. increments.



OPTIONAL FRONT PANEL

Attractive 1/4" thick tinted panels available at an additional cost. Weight stacks enclosed with front panels meet ASTM and EN-957 Safety Standards for Fitness Equipment.



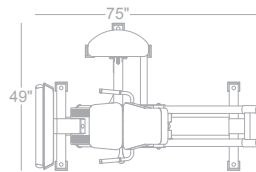
XL is the perfect solution for...
 Fitness Centers
 YMCAs & JCCs
 Schools & Municipalities
 Multi Housing & Hospitality
 Corporate Fitness Centers
 Military

A wide range of optional frame, rear panel, and upholstery colors is available for an additional charge. Contact Paramount for more information. Actual frame and upholstery colors may differ from printed color samples shown above.

Leg Press

XL-300

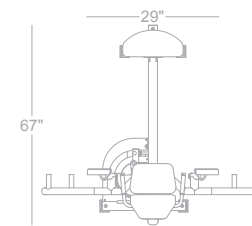
- 9 position seat assembly angled at 25° for proper hip extension.
- Oversized foot platform angled at 10° allows for exercise variation and insures neutral ankle position.
- Ergonomically designed adjustment-handle for quick and easy seat settings.



Inner/Outer Thigh

XL-400

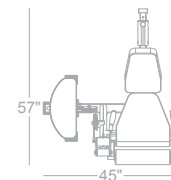
- Back pad angled 18° for proper support and positioning during exercise.
- Contoured leg pads pivot for easy transition between adductor and abductor movements.
- 15 position cam allows users to choose the range of motion best suited to their individual needs.
- Weight stack located in front of user for privacy, space efficiency, and ease of weight plate selection.



Leg Extension

XL-100

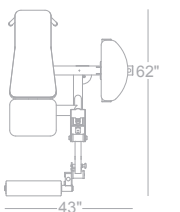
- Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.
- 8 position back pad angled at 35° and seat pad angled at 20° for complete range of motion.
- Ergonomically located handles with contoured grips for proper user alignment during exercise.

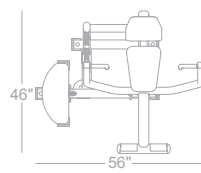


Horizontal Leg Curl

XL-1800

- 5 position ankle pad accommodates a wide range of users.
- Hip and chest pads angled 15° to reduce low back stress.
- Ergonomically placed handles with contoured grips for proper user alignment.

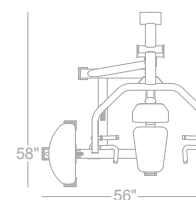


Seated Chest Press**XL-900**

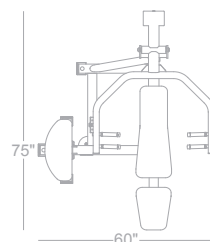
- 5 position seat angled at 5° and back pad angled at 15° for full range of motion while accommodating a wide range of users.
- Conveniently positioned pre stretch lever eases starting and ending positions.
- Press arm offers both traditional and neutral hand grip positions for exercise variation.

**Shoulder Press****XL-700**

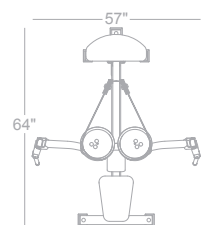
- 5 position seat and back pad angled 10° for proper support during exercise.
- Angled 3 position handgrip assembly for ergonomic fit and exercise variation.
- Counterbalanced lifting arm minimizes initial weight load.

**Incline Chest Press****XL-1600**

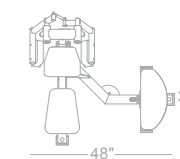
- 5 position seat and back pad both angled at 30° for proper support and isolation of the upper chest.
- Dual position handles are ergonomically angled for exercise variation.
- Lifting arm is counterbalanced to minimize initial weight load.

**Pec Fly / Rear Delt****XL-1000**

- 6 position arm adjustment provides full range of motion for both Pectoral Fly and Rear Deltoid movements.
- Dual-position handles with angled grips pivot to replicate fluid dumbbell fly movement.
- Weight stack conveniently located for easy access and to minimize floor space requirements.
- Five-position seat pad with custom-fitted sleeve inserts for stable, low friction adjustments.

**Lateral Raise****XL-800**

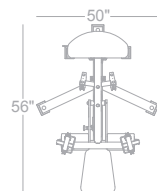
- 5 position seat and chest pad both angled 15° for proper ergonomics and support.
- Heavy duty arm assemblies with solid pivot axles and sealed bearings for optimum durability.



Lat Pulldown

XL-1100

- Unique dual pulley design allows for both unilateral and bilateral movements.
- Roller pad assembly adjusts easily to 5 settings for stability and comfort.
- Streamlined upright and base frame minimizes floor space while providing stability to the floor.



Lat Pulldown comes standard with handles shown above.

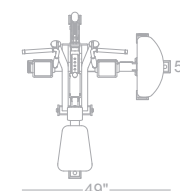


Lat Pulldown shown with Optional Pulldown Bar.

Seated Row

XL-1200

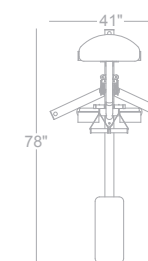
- 5 position seat and 8 position chest pad with custom fitted sleeve inserts for stable, low friction adjustments.
- Angled dual-position handgrip for proper ergonomic fit and exercise variation.
- Non-skid foot platforms encourage proper positioning and support during exercise.

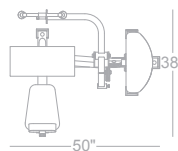


Low Cable Row

XL-1900

- Unique dual pulley design allows for both unilateral and bilateral movements.
- Large footplates with custom molded rubber covers provide support during exercise.
- Extended upright frame and long seat pad accommodate wide range of users and allow full range of motion.
- 2 storage hooks for handgrip storage.

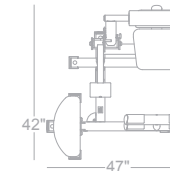
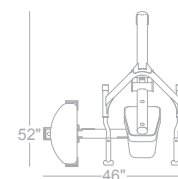


Triceps Extension**XL-500**

- Contoured arm pad angled 45° and seat pad angled 10° to stabilize user during exercise.
- 5 position seat with low profile back support for ease of entry and exit.
- Self-aligning handles with contoured grips accommodate wide range of users.

**Low Back****XL-1300**

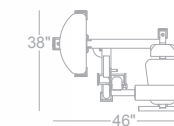
- 4 position back pad for proper ergonomic fit and comfort during exercise.
- Lumbar pad angled 55° to allow for full range of motion.
- Dual position foot platform accommodates a wide range of users.

**Triceps Pushdown****XL-1500**

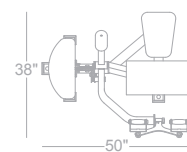
- 5 position seat pad and back pad angled 25° for proper back support and ergonomics during exercise.
- Dual handgrips rotate to accommodate both wide and narrow pushdown movements.

**Abdominal****XL-1400**

- 4 position chest pad for proper ergonomic fit and comfort during exercise.
- Lumbar pad angled 30° moves in tandem with 5 position seat to allow for full range of motion.
- Elevated foot platform accommodates a wide range of users.

**Biceps Curl****XL-600**

- Rotating handles with contoured grips provide a variety of wrist positions during curl movement.
- Unique offset-pivot design and counterbalanced arm assembly allow user to choose the range of motion best suited to their individual needs.
- 5 position seat pad with custom-fitted sleeve inserts for stable, low friction adjustments.

**Rotary Torso****XL-1700**

- Unique design with angled hip and thigh pads eliminates lower body torque insuring proper isolation of torso area.
- 9 position easy access adjustment handle allows users to choose the range of motion best suited to their individual needs.
- Comfortable roller pads and angled grip handles for proper ergonomics and comfort.

