

## MP Series General Specifications

### Step-by-Step Instructions

- Color-coded, large scale label includes easy-to-follow user instructions, beginning and ending exercise positions, anatomical charts for muscles reference, and recommended maintenance schedule. Rear printed on non-fade washable Lexan material.

### Structural Frame

- Modern styling and structural reliability through the use of 40mm x 80mm and 50mm x 100mm oval shaped tube and precision laser cut steel plate components.

### Exercise Position Labels

- Color-coded labels indicate proper adjustment-positions for quick and easy user reference.

### Adjustments

- Color-coded adjustment knobs provide quick and easy user reference, enhance aesthetics and eliminate corrosion. Positive locking adjustments use permanently enclosed compression spring for maximum security.

### Custom Handgrips

- Extruded thermo rubber compound handgrips provide durability and comfort.

### Custom Molded Feet

- Located under the base frame to insure stability and prevent marring of floor surfaces.

### Cables

- US made mil-spec lubricated 1/8" cable nylon coated to 3/16", with a 2,000 lbs. tensile strength and swaged ball fitting and 5/8" threaded bolt tension adjustment for maximum durability.

### Selector Shaft Assembly

- Cold rolled solid 1" selector shaft, chrome-plated for durability and appearance. Machined bullet tip insures proper weight stack entry. Custom designed cap plate with fitted bushings insures low-friction movement of weight plates over guide rods. Receptacle integrated into cap plate provides selector pin storage when user desires zero weight plates.

### Pulleys

- Fiberglass™ reinforced pulleys with deep V-grooved channel provide secure cable seating and optimum bearing rotation. Sealed ball bearings insure smooth and quiet pulley operation.

### Weight Stack

- Choice of 10-lb. or optional 15-lb. increment machined weight plates, 1" thick with fitted nylon bushings to assure smooth travel on guide rods.

### Heavy-Duty Selector Pin

- Magnetic selector pin assures positive locking to plates and is secured to the weight stack with a thick plastic-coated elastic cable.

### Axles and Ball Bearings

- 1" Solid steel pivot axles with lubricated 25mm sealed bearings encased in steel housings for frictionless movement and precision alignment of pivots.

### Weight Stack Enclosure

- Heavy-duty 16-gauge steel panels enclose weight stacks for safety and aesthetics. Each panel can be easily removed when necessary.

### Paint Colors

- Electrostatically applied powder coat finish enhances appearance and durability. Frame color is Silver Sparkle. Shroud is painted Storm Grey. Weight plates are black.

### Upholstered Pads

- Superior-grade Grey upholstery stitched over high density foam with 3/4" CDX plywood.



### Design Standards

- All MP models meet or exceed ASTM and EN-957 Safety Design Standards. This includes the following:
  - > component spacing between moving parts
  - > guarding of weight stacks, pulleys and cams
  - > edge and corner sharpness of components
  - > stability to floor surface during operation
  - > structural testing to insure product durability
  - > warning labels and instructional signage
  - > documentation of design specifications

### Paramount Fitness Corp.

6450 E. Bandini Blvd., Los Angeles, CA 90040  
323-721-2121 • 800-721-2121 • Fax 323-724-2000  
www.paramountfitness.com  
nasales@paramountfitness.com  
Paramount Fitness Corp. © 2006 Printed in USA 11/06

# MP SERIES

Modern Styling • Optimum Function • Minimum Space



**PARAMOUNT.**  
INNOVATING FITNESS

**MP SERIES** Offering modern styling and optimum function, the MP Series represents the best value-priced two, three, and four stack multi-purpose units on the market today. With commercial quality construction and proper biomechanics, MP is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, and the residential market.

**FEATURES**

**Attractive Weight Stack Enclosures**

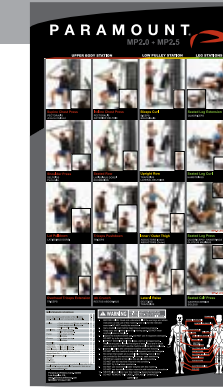
completely conceal weight stacks.

**Color Coded Instruction Label**

clearly illustrates 16 common exercises and includes recommended Maintenance Schedule.

**Standard Accessories Include:**

Lat Bar, Revolving Curl Bar, Nylon Handle, Ankle Strap, and Abdominal Crunch Strap.



**Versatile Low Swivel Pulley**

with foot platform is ideal for wide range of exercises including Biceps Curls, Upright Rows, Inner Thigh, and Outer Thigh.



**Leg Extension / Leg Curl Station**



**Accurate-Fit**

5 position back pad and leg curl thigh pad to accommodate a wide range of users.

**Range Of Motion**

4 starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs.

**Self Adjusting**

Self adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.

**Quick Adjustments**

Set your range of motion while in the seated position for both Extensions and Seated Leg Curls using the conveniently located adjustment arm. Four starting positions are included for both exercises.



**Upper Body Station**



**Color Coded Multi-Position Adjustments**

Quickly and easily change Upper Body exercises using the spring-loaded adjustment knob and color-coded label.



**Back Pad Adjustment**

Match the color-coded label to the Press Arm Adjustment to accommodate a wide variety of exercises.



**Wide Range Of Exercises**

Exercises include Chest, Incline, and Shoulder Presses; Lat Pull-down and Seated Row; Triceps Pushdown and Extension; and Abdominal Crunch.

**Quick & Accurate**

8 position settings on both the press arm and back pad are color coated for quick and accurate adjustment of exercise position.

**Accommodating**

5 position adjustable seat to accommodate wide range of users.

**Variations**

Dual-grip press arm and full length lat bar for exercise variation.

**Bonus Accessories**

Mid-level pulley with contoured multi-purpose strap for Abdominal Crunch and Triceps Extension exercises.

**Leg Press Station**



**Ergonomic Support**

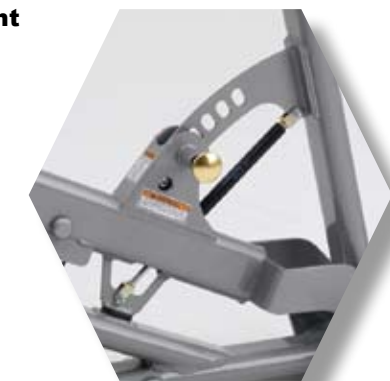
Contoured back pad provides low back support throughout the entire range of motion.

**Easy Entry/Exit**

Low profile design and ergonomically positioned handles for easy entry and exit.

**Assisted Adjustment**

Easily set the foot platform in any of six different starting positions with assistance from an integrated gas cylinder.



**Adjustable Cable Column Station**



**Dual Pulleys**

Dual pulleys pivot freely allowing user defined movements.

**Unilateral Cable**

Unilateral cable design accommodates both fitness and athletic style movements by providing up to 12 ft. of cable travel with one arm and 6 ft. cable travel with both arms.

**Dual Pulley Housing**

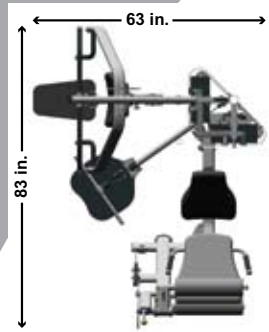
Adjusts to 15 different heights to accommodate a wide variety of bilateral and unilateral exercise movements.



## 2 Stack Gyms

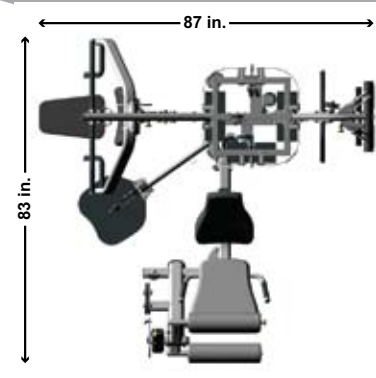
### MP2.0

- Leg Extension/Leg Curl
- Upper Body
- Low Pulley



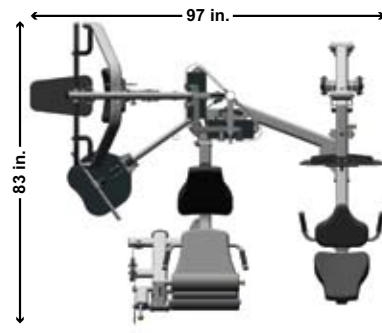
### MP3.0

- Leg Extension/Leg Curl
- Upper Body
- Low Pulley
- Adjustable Cable Column



### MP2.5

- Leg Extension/Leg Curl
- Upper Body
- Low Pulley
- Leg Press

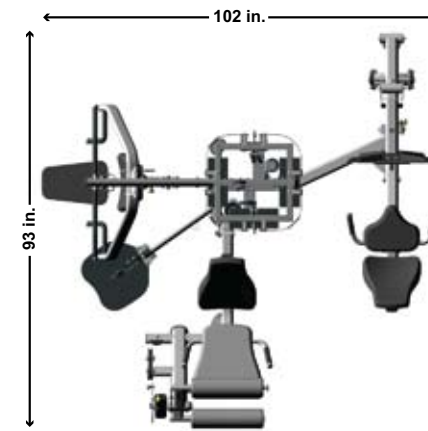


**LEG PRESS**



### MP3.5

- Leg Extension/Leg Curl
- Upper Body
- Low Pulley
- Leg Press



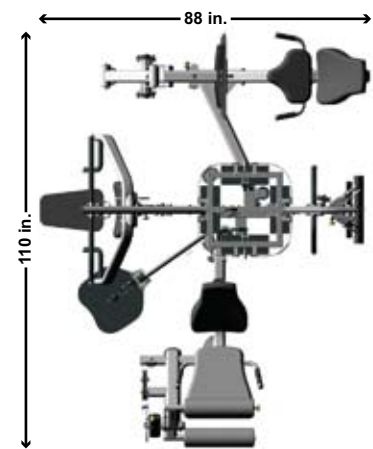
## 3 Stack Gyms

# 4 Stack Gym

## MP4.0

The MP4.0 combines all the features and stations of the MP series into one compact four-weight stack unit.

- **Leg Extension/Leg Curl**
- **Upper Body**
- **Low Pulley**
- **Adjustable Cable Column**
- **Leg Press**



## Stations



Leg Press



Upper Body



Leg Ext./Curl



Cable Column

