

STRENGTH

MODULAR SYSTEMS

CONFIGURATIONS

Large Selection of Stations and Configurations

MAXIMIZE TRAINING RESULTS

Add On Stations Without Compromising Performance

PARAMOUNT.

INNOVATING FITNESS



Paramount Modular System

Training Results Maximized At Each Station

Wide Choice of Configurations

Now there is a much larger selection of configurations to choose from when deciding which system best suits your needs. This is a Modular System where performance is not compromised just to add more stations. Every station delivers optimal training results.

ADD ON STATIONS

In addition to the Cable Crossover station, the new Paramount Modular Systems offers a choice of five other stations that are designed to fit onto a four-sided modular frame. Three of the stations (Single Cable Column, Biceps Curl or Triceps Extension) all fit onto the modular frame location designated as SIDE A. Two stations, (Lat Pulldown and Seated Low Row) are designated to fit SIDE B locations. The modular designs of the MS-2000, 5000, 6000, 8000 and 12000 utilize either one or two cable crossovers as the centerpiece to the unit. The MS-4000 being the exception, provides a free standing 4 stack modular system without a crossover.

Design

Each station has been designed with improved function, reduced floor-space requirements and an enhanced appearance. It should also be noted that the MS design includes instruction labels and numbered cable column handle assembly locators.

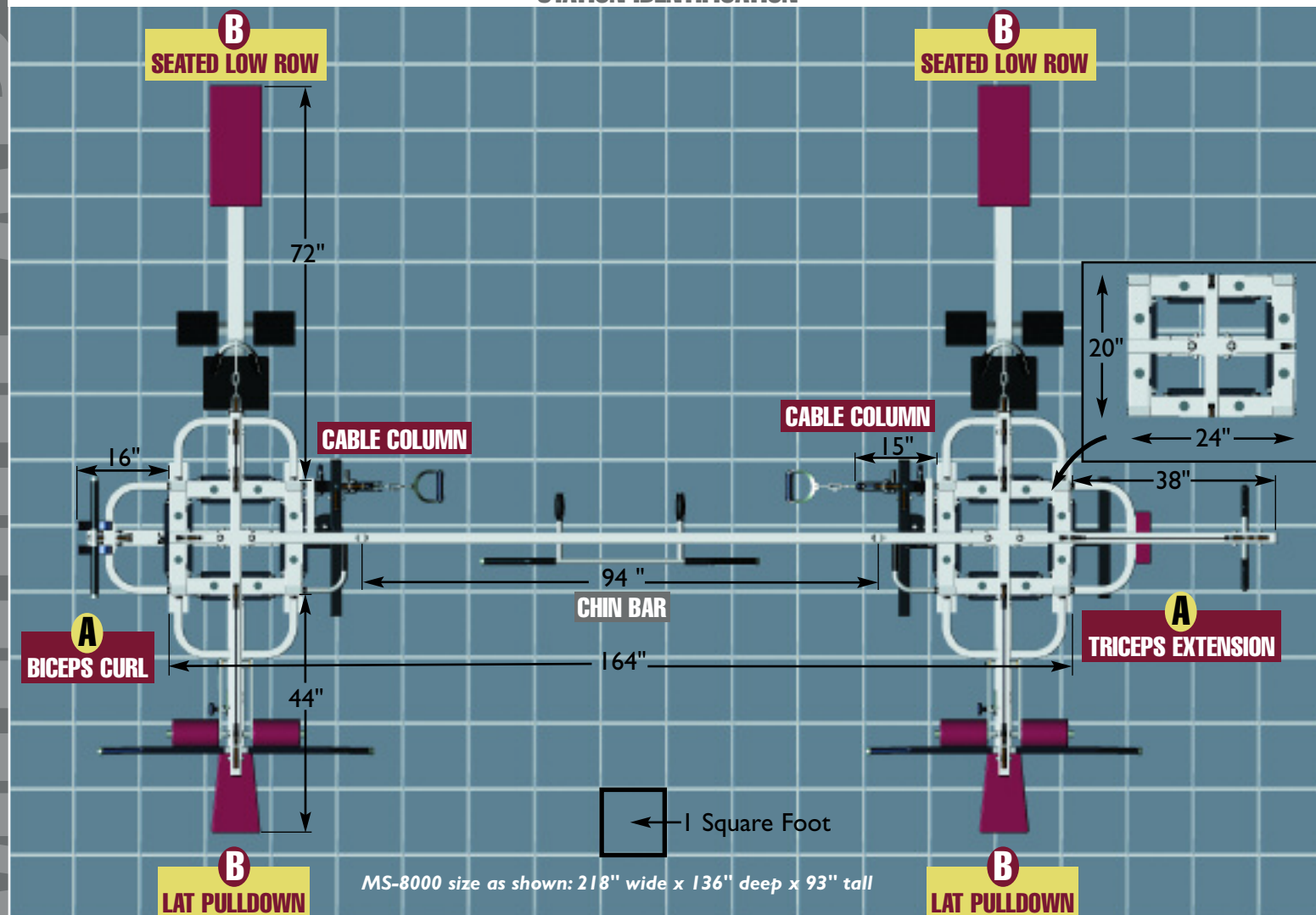
A Stations - located at ends

| | |
|---------------------|---------|
| SINGLE CABLE COLUMN | MS-1000 |
| BICEPS CURL | MS-1100 |
| TRICEPS EXTENSION | MS-1200 |

B Stations - located at sides

| | |
|----------------|---------|
| LAT PULLDOWN | MS-1500 |
| SEATED LOW ROW | MS-1600 |

STATION IDENTIFICATION



PARAMOUNT®

Instructional Labels

The top frame includes Lexan instructional labels mounted on steel plates for all stations except for the Cable Crossover.



Optional Weight Stack

Standard 10 lb. increment weight stacks can be increased to optional 15 lb. increment weights. Resting weight increases from 170 lbs. to 250 lbs. or 210 lbs. to 310 lbs. depending upon the station.



Specifications

- 1. Step-by-Step Instruction** • detailed procedure charts with illustrations and easy-to-follow instructions. Non-fade washable Lexan label.
- 2. Cables** • mil spec lubricated $\frac{3}{16}$ " cable coated to $\frac{1}{4}$ " with a 4,200 lbs. breaking strength. $\frac{1}{8}$ " coated to $\frac{3}{16}$ " cable on Cable Columns. Swaged ball and $\frac{5}{8}$ " threaded bolt, tension adjustment design tested at 500 lbs. for 5 million cycles.
- 3. Frame** • upright frame is 3" x $1\frac{1}{2}$ " (.120 wall 11 gauge) used in combination with other heavy structural steel components. Chrome components located in high contact areas.
- 4. Powder Coat Finish** • electrostatic powder coating provides durable low maintenance finish. Standard color is white textured finish.
- 5. Pulley Wheels** • Fiberglass™ reinforced nylon pulley wheels with deep V-grooved channel and lifetime lubricated ball bearing maximizes life of the cable.
- 6. Upholstery** • standard superior grade Boltaflex® and Spirit™ Millennium available in 12 standard colors.
- 7. Pads** • $1\frac{1}{2}$ " high density EMR with $\frac{1}{2}$ " high density, high ILD urethane cushion layer for comfort. Rebond urethane foam and Poron® used in high load application areas.
- 8. Bushings** • self-lubricating bronze bushings at pivot points provide smooth movement and precision alignment.
- 9. Weight Plates** • choice of 10 lb. or optional 15 lb. increments on all stations. 1" machined weight plates with fitted nylon bushings in each plate assure smooth travel on guide rods.

Paramount's Standard Warranty Applies

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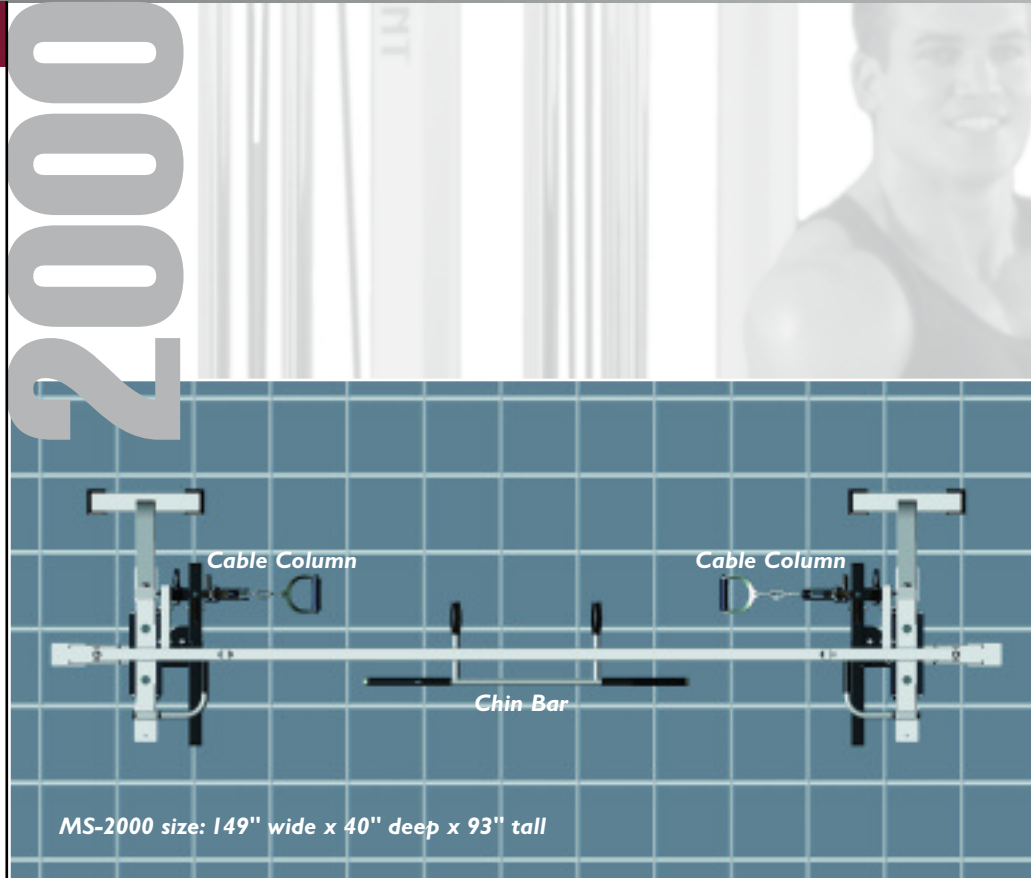
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A Modular System where performance is maximized. Every station is designed with easy entry and exit and provides for specific muscular development.

Modular System

Cable Crossover MS-2000

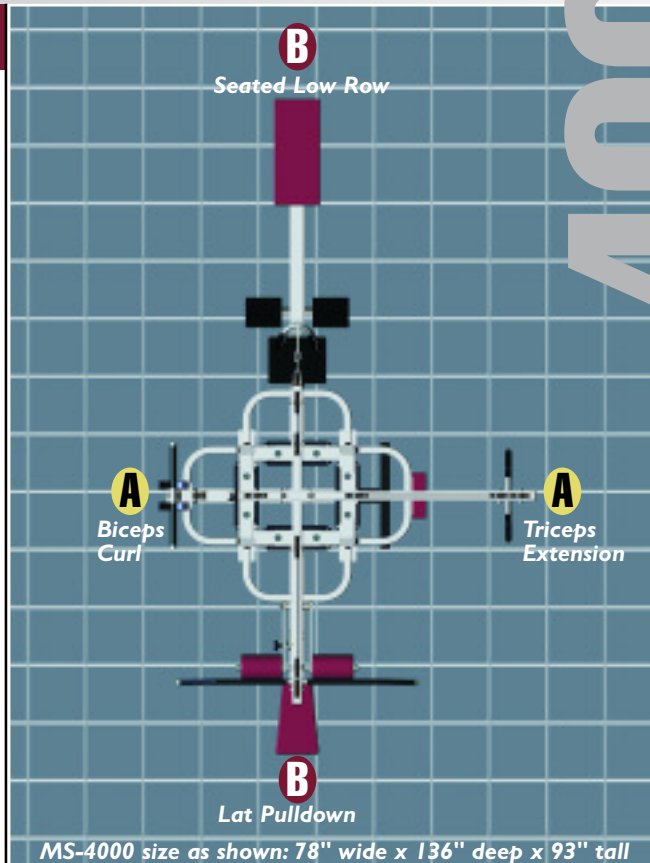
The MS-2000 is a conventional cable crossover complete with two weight stacks (170 lb. or 250 lb. per stack), a center chin bar and a set of pulley handles. The double pulley design reduces the weight in half. In the case of all MS Crossover and Single Cable Column stations, the actual resistance load is 85 lb. per stack for the standard stack and 125 lb. per stack for the heavier optional stack. The function and appearance have been enhanced. The inside base frame is painted textured black to minimize scuff marks. The attractive swivel pulley housing design has an easy lift handle, 22 incremental settings and numbered location positions providing for multiple upper body exercises. The 2 rotating handles are standard and the cross-beam has 2 multi-grip pull up bars.



PARAMOUNT®

Singular Modular MS-4000

- The MS-4000 is designed for four weight stacks. The MS-4000 starts as a 4-sided frame without stations. The unit can have a maximum of two Side A Stations (Single Cable Column, Biceps Curl and/or Triceps Extension) and a maximum of two Side B Stations (Lat Pulldown and/or Seated Low Row). A minimum of at least one Side A and one Side B station is required for stability. The new MS-4000 gives you much greater versatility. Create multiple configurations ranging from a minimum of 2 to a maximum of 4 stations. For example, 2 Lats and 2 Triceps (4 stacks) or just a one Triceps and one Lat (2 stacks). Other examples could be Lat, Row, Biceps and Triceps (4 stacks) or a Single Cable Column, Biceps and Lat (3 stacks).



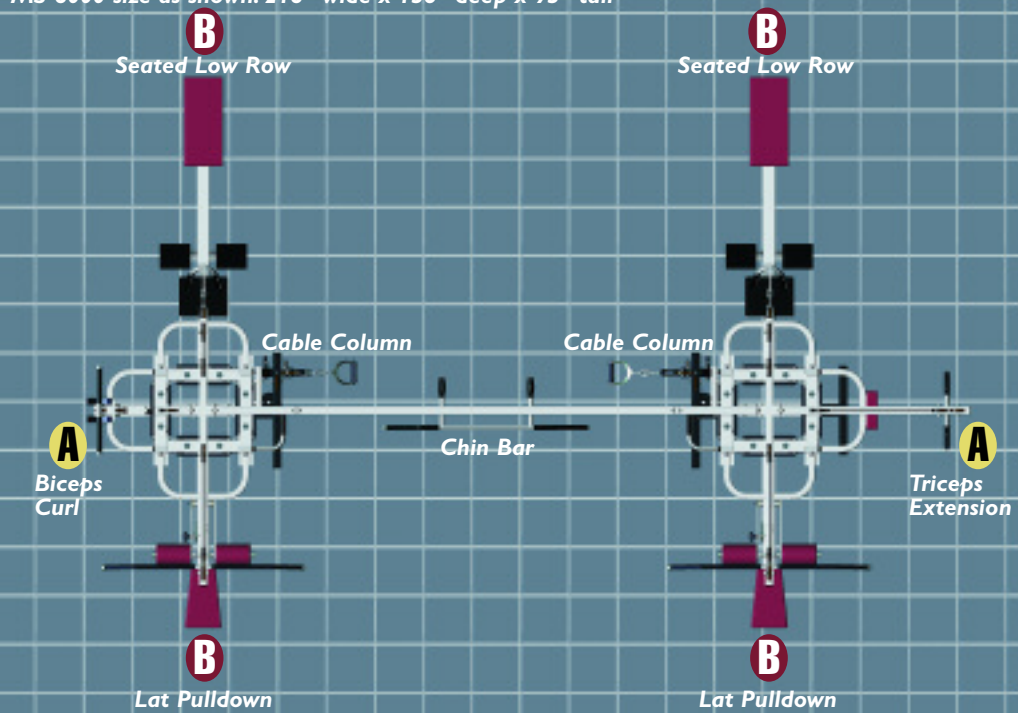
MS-4000 shown with Lat Pulldown, Seated Low Row, Biceps Curl and Triceps Extension.

Modular System

Modular System MS-8000

Designed for a maximum of eight weight stacks, the MS-8000 consists of two 4-sided modular frames including the two cable crossover weight stacks and chin bar. A maximum of six additional stations can be added to this model. These additions consist of a maximum of two Side A Stations (Single Cable Column, Biceps Curl and/or Triceps Extension) and four Side B Stations (Lat Pulldown and/or Seated Low Row). The popular configurations are either 6 or 8 stacks. A minimum of one Side B Station per modular frame is required.

MS-8000 size as shown: 218" wide x 136" deep x 93" tall



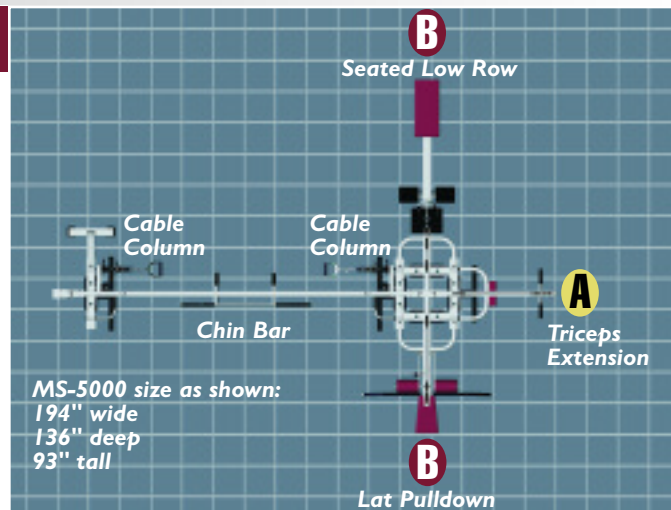
MS-8000 shown with 2 each Lat Pulldown, 2 each Seated Low Row plus Biceps Curl and Triceps Extension.



5000

Modular System MS-5000

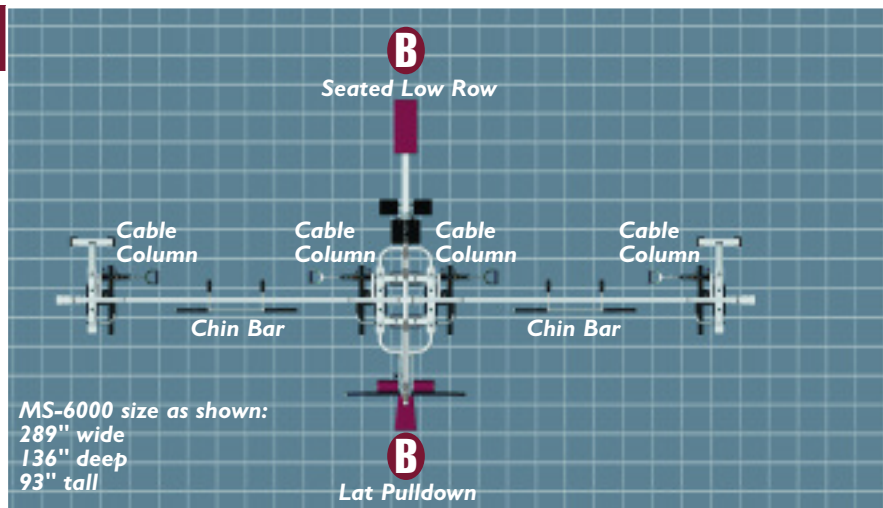
- The MS-5000 is a Cable Crossover column on one side and a 4-sided modular frame including a cable column on the other side. The MS-5000 can have a maximum of five weight stacks. This must include the 2 stack and chin bar for the Cable Crossover with the option of adding 3 additional stations. These add-on stations can include a maximum of one Side A Station and two Side B Stations. A minimum of one Side B Station is required.



MS-5000 shown with Lat Pulldown, Seated Low Row and Triceps Extension.

Modular System MS-6000

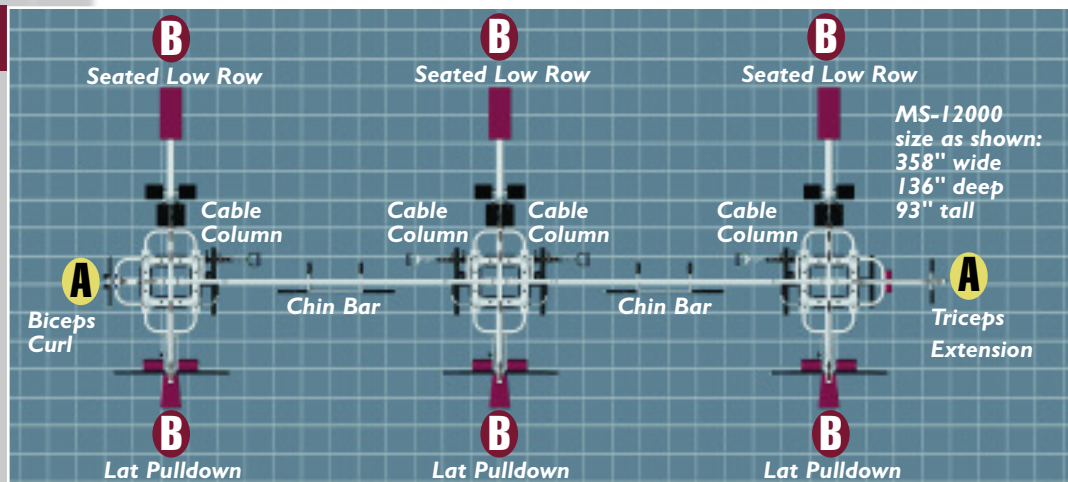
- Placing two cable crossover units in large fitness rooms is growing in popularity. The MS-6000 couples two cable crossovers on each side of a center modular frame. The MS-6000 can have a maximum of six weight stacks. This must include the mandatory 4 weight stacks and 2 chin bars that are part of the cable crossovers. In addition, a maximum of two Side B Stations (Lat Pulldown and/or Seated Low Row) can be added to the center modular frame. A minimum of one Side B Station is required.



MS-6000 shown with Lat Pulldown and Seated Low Row.

Modular System MS-12000

- The MS-12000 offers a maximum of twelve weight stacks. The MS-12000 is made up of two cable crossovers with weight stacks (4 total) and chin bars (2) plus three 4-sided modular frames. A maximum of eight additional stations can be added. These add-ons can consist of a maximum of two Side A Stations and six Side B Stations. A minimum of one Side B Station per modular frame is required.



MS-12000 shown with 3 each Lat Pulldown; 3 each Seated Row plus Biceps Curl and Triceps Extension.

SIDE A Stations located at ends of the Modular System

Single Cable Column MS-1000



*Cable Crossover
Adjustable swivel
pulley housing
with easy lift
handle and 22
location positions*

- Revolving grip handles included.

Biceps Curl MS-1100



- New space efficient curl stand.
- Revolving sleeve bar included.

Triceps Extension MS-1200



- Comfortable upholstered back support pad.
- Triceps bar included.

SIDE B Stations located at sides of the Modular System

Lat Pulldown MS-1500



*Lat Pulldown &
Seated Low Row
Weight stacks have
been elevated for
ease of pinning.*

- Adjustable chrome plated thigh restraint and roller pad assembly.
- Elevated weight stack facilitates pinning of plates.
- Lat bar included.



*Lat Pulldown
Adjustable chrome plate thigh
restraint and pad assembly.*

Seated Low Row MS-1600



*Seated Low Row
Footplate with molded
rubber covers with
Paramount logo*

- Streamlined seat pad position accommodates all users while minimizing floor-space requirements.
- Fixed position pulley assembly has a large covered catch plate.
- Durable steel footplates with attractive Paramount molded rubber covers.
- Row handle included.

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INNOVATING FITNESS

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