

**PARAMOUNT**

**ROTARY CHEST**

MODEL SP-5800

PECTORALES MAJOR AND MINOR  
ANTERIOR DELTOID  
TRICEPS  
CORACOBRACHIALIS

**ADJUSTMENT GUIDE**

HEIGHT	METRIC	SEAT	HANDLES
5'	152cm	5	6
5' 4"	163cm	4	5
5' 7"	170cm	3	4
5' 10"	178cm	2	3
6' +	183cm+	1	2

PARAMOUNT FITNESS CORP. ©2004 • LOS ANGELES, CA • 8 688 • 206

**Step-by-Step Instruction and Adjustment Guide**

Colorful instructional chart on each model includes easy-to-follow user instructions, anatomical photos for muscle reference plus height adjustment-guides on selected models. Rear printed on non-fade washable Lexan material and recessed into custom-molded frame cap to eliminate tampering.

**Exercise Position Labels**

Photos showing both starting and ending exercise positions. Rear printed on non-fade washable Lexan material and recessed into custom-molded weight stack enclosure to eliminate tampering.

**Custom Molded Frame Cap**

Durable structurally reinforced ABS cap custom-fits top frame completely enclosing pulleys and connecting hardware to weight stack enclosure. Can be removed quickly for ease of serviceability.

**Front Weight Stack Enclosure**

Heavy-duty integrated PETG panel provides optimum tensile and flexural strength. Material is a transparent thermoplastic designed for high-impact and is UV resistant for indoor applications. Can be removed quickly for ease of serviceability.

**Rear Weight Stack Enclosure**

16-Gauge steel panel with durable powder coat finish includes integrated PETG panel with recessed dome label for enhanced aesthetics. Can be removed quickly for ease of serviceability.

**Cables**

Military spec lubricated 3/16" cable coated to 1/4" with a 4,200 lb. breaking strength. Swaged ball fitting and 5/8" threaded bolt tension-adjustment design tested at 500 lbs. for 5 million cycles. Cables routed inside frame in selected areas to minimize contact with users. Cables meet or exceed all ASTM and EN-957 Safety Standards.

**Structural Frame**

Modern styling and structural reliability through the use of 4.03" x 2.78" and 3.43" x 2.25" oval shaped steel tube and precision laser-cut steel mounting plates and struts throughout for proper structural reinforcement.

**Selector Shaft Assembly**

Cold rolled solid 1" diameter selector shaft, chrome-plated for durability and appearance and machined to bullet tip to insure proper weight stack entry. Custom designed machined cap plate with fitted Acetal Thermo-plastic 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**

6" and 4 1/2" Fiberglass™ reinforced pulley wheels with deep V-grooved channel provide secure cable seating and optimum bearing rotation. Sealed lifetime ball bearings insure smooth and quiet pulley operation. Pulleys are positioned inside steel housings to eliminate contact with user, meeting ASTM and EN-957 Safety Standards.

**Paint Colors**

Electrostatically applied powder coat finish enhances appearance and durability. Standard colors include Metallic Silver, Gloss Black Texture and Gloss White Texture. Rear weight-stack panels, cams and selected components with Storm Grey powder coat finish. Contact Paramount for color choice and cost of custom colors.

**Upholstery**

Superior grade Boltflex and Uniroyal Naugahyde® available in a wide choice of standard colors. Fabric is stitched over 1 1/2" high density EMR and HR foam with 3/4" CDX plywood. Selected pads structurally reinforced with heavy-duty ABS mold.

**Weight Stack**

Easily accessible from seated position. 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. Perimeter spacing around weight stack and weight stack enclosure meets all ASTM and EN-957 Safety Standards.

**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. Meets ASTM and EN-957 Safety Standards.

**Seat Pad Adjustments**

Outfitted with gas-assist spring cylinder for fast and smooth adjustment changes. Ergonomically located spring-loaded retention knobs and handles are color coded for ease of locating. Numbered adjustment label for accurate positioning of pads.

**Axles and Ball Bearings**

1 3/8" Solid steel pivot axles with lifetime lubricated 35mm sealed bearings encased in steel housings for frictionless movement and precision alignment of primary pivots. Anodized aluminum axle end-caps provide enhanced aesthetics and eliminate corrosion. Anodized axle caps color-coded red in selected locations involving proper user alignment with pivot points.

**Cams**

Each variable resistance cam has a specific profile to create the biomechanically desired force curve throughout the entire range of motion.

**Custom Handgrips**

Extruded thermo rubber compound handgrips provide durability and comfort. Anodized aluminum end caps provide enhanced aesthetics and eliminate corrosion.

**Custom Molded Feet**

Under frame to insure stability and prevent marring of flooring surfaces. Foot plate with hole for mounting to floor if desired.

**Counter Balance Weight**

Standard feature on appropriate models for reducing initial weight load. Durable urethane coating eliminates corrosion and provides enhanced aesthetics.

**Design Standards**

All SP models meet or exceed ASTM and EN-957 Safety Design Standards. This includes:

- 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

**Extensive Testing**

Product dependability is proven during component cycle testing, which involves 500,000 to 1,000,000 test cycles at or above maximum field application. For example, there is a full model test in which each model tests for 300,000 cycles at the max catalog weight load and then for another 200,000 cycles at 130% of max weight load. Additional outside testing at independent labs is conducted for selected components.

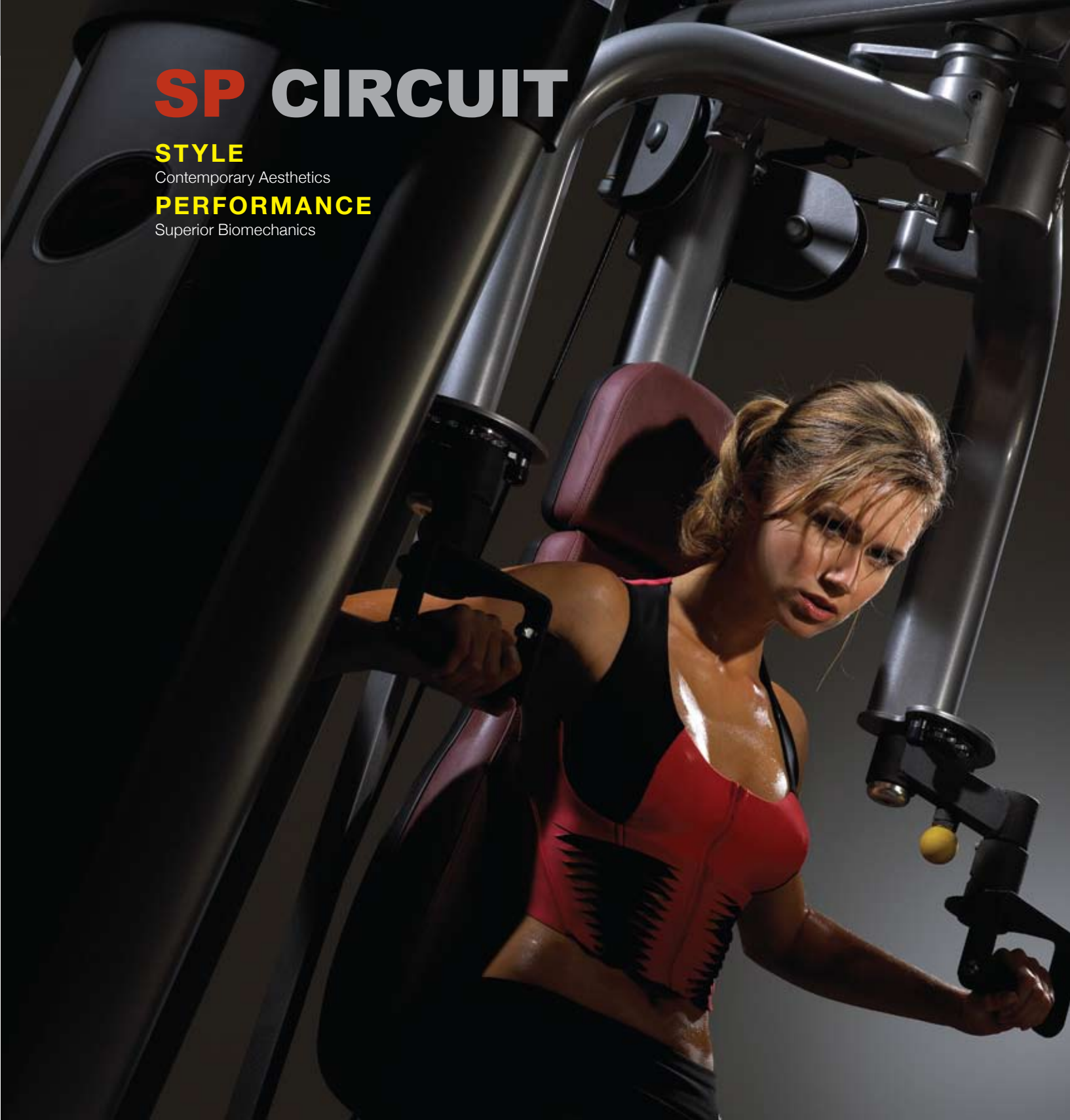
**Incremental Adder-Weight System**

Unique design allowing reduced changes in resistance is available in two increments. A set of 3.3lb. adder weights for stacks with 10lb. plates and a set of 5lb. adder weights for stacks with 15lb. plates. Each set (3.3 or 5) is conveniently located and integrated into top plate, has a positive-locking spring fitting and is color coded and labeled for quick and easy reference. (Optional Feature).



**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. © 2007 Printed in USA 5/07



**SP CIRCUIT**

**STYLE**  
 Contemporary Aesthetics

**PERFORMANCE**  
 Superior Biomechanics







**SP** "STYLE & PERFORMANCE"

The Result of Teamwork and a Passion for Performance and Design

You are the ultimate authority. That's why we asked what features and benefits you wanted most from an advanced strength training circuit. Listening to our customers has been a Paramount tradition for over 50 years. We listened carefully, combined your thoughts with our best and most innovative ideas and designed the SP Circuit, which has everything you asked for in a premium circuit.

**Precise Biomechanics & Ergonomics**

Engineering excellence and state-of-the-art 3-D CAD software utilizing parametric modeling assures an accurate anatomical fit and feel your clients will appreciate.

**Structural Durability**

Exact structural analysis and rigorous testing assure your Paramount equipment will function smoothly under the constant heavy use of today's busy fitness centers.

**Low Maintenance Components**

Components are specifically designed to minimize your facility maintenance requirements and eliminate unnecessary downtime.

**Space Efficient, Low Profile Designs**

Streamlined designs reduce your overall floor space requirements while providing a modern, inviting, and easy-to-use strength training atmosphere.

**Information Labeling**

Easy to follow user instructions and height adjustment guides use color photographs to convey important information and are conveniently located for quick reference.

**Investment Value**

All Paramount products are competitively priced, quality driven, and backed by the most reliable customer service and support in the industry.

**MODERN STYLE & DESIGN**

The latest computerized laser and CNC machining technology allows our design team to create unique precision components resulting in new and dynamic design styles. In house testing protocols insure that each design demonstrates optimum structural reliability under heavy-duty use. It is this attention to detail that separates the SP Circuit from the competition.

- Streamlined, Uniform Design
- Attractive Oval Shaped Tube Frames
- Sleek Stack Enclosures
- Colorful and Easy-to-View Instructional Guides
- Low Profile Space Efficient Foot Prints
- Contoured Pads with Custom Fitted ABS Molds
- Custom Molded Feet

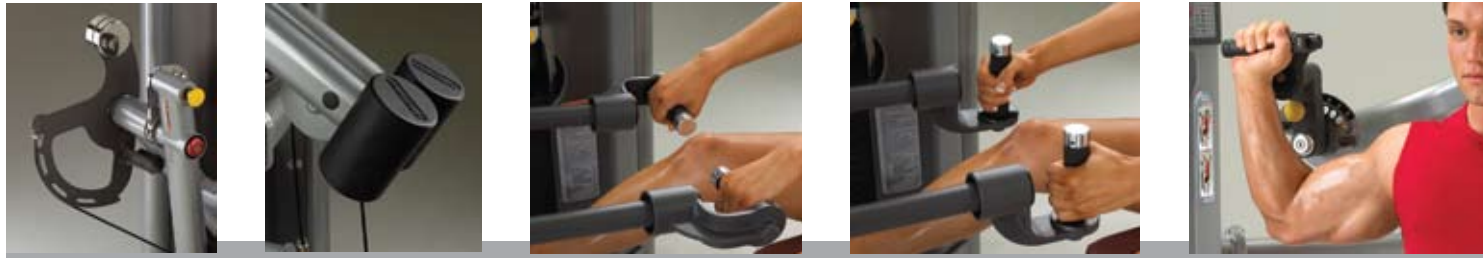


## SUPERIOR PERFORMANCE

Using Pro Engineer software with human parametric modeling allowed Paramount's design team to literally build the SP Circuit around the human body. This virtual process insures that each machine achieves optimum ergonomics for the widest range of users without the need for complicated adjustments. Proven variable resistance techniques and innovative features allow for a full range of motion and enhance the biomechanics of each piece. User fit and feel, a Paramount trademark since 1954.



- Variable Resistance Cams
- Counterbalanced Lifting Arms
- Rotating Handles
- Rotary Technology
- Start Range Limiters
- Contoured Molded Pads



## USER-FRIENDLY FEATURES

### PARAMOUNT

MODEL SP-5100

- 1 Read all warning labels.
  - If unit appears damaged or inoperable, do not try to use or fix, DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
  - Choose light resistance when using machine for first time and train at controlled speed.
- 2 Select seat and ankle pad position. Sit down and place ankles on roller pad. Lower thigh pad and grasp handles.
- 3 Flex legs backward as far as comfortable and return. To exit machine – return weights to resting position then raise thigh pad. DO NOT attempt to exit machine with weights elevated.



SEATED LEG CURL		
ADJUSTMENT GUIDE		
HEIGHT	METRIC	SEAT
5'	152cm	5
5' 4"	163cm	4
5' 7"	170cm	3
5' 10"	178cm	2
6' +	183cm +	1

PARAMOUNT FITNESS CORP. ©2006 • LOS ANGELES, CA • 801-806



### USER ADJUSTMENT GUIDE with Step By Step Instruction

Includes easy-to-follow user instructions, color anatomical illustrations, and height adjustment guides on selected models.

### EASY ACCESS

#### FULLY SHROUDED WEIGHT STACKS

Weight stacks are accessible from the seated position. ASTM and EN-957 compliant.

### VARIABLE RESISTANCE

Proven variable resistance techniques including biomechanical cams result in force profiles that are uniform and fluid throughout the entire range of motion.

### LOW INCREMENTAL RESISTANCE

Optional integrated increment weight system allows user to adjust resistance in either 3.3 lbs. or 5 lbs. with a simple flip of a lever.



### STABILITY

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

### EASY ADJUSTMENTS

Adjustment points are color coded yellow for easy viewing.

Anodized axle caps color-coded red to facilitate user alignment with pivot points.

Four bar linkage and gas assist spring cylinders for accurate and effortless one touch seat adjustments.

Numbered adjustment labels for accurate positioning of pads.



## PARAMOUNT RELIABILITY

### 50+ Years of Manufacturing Expertise

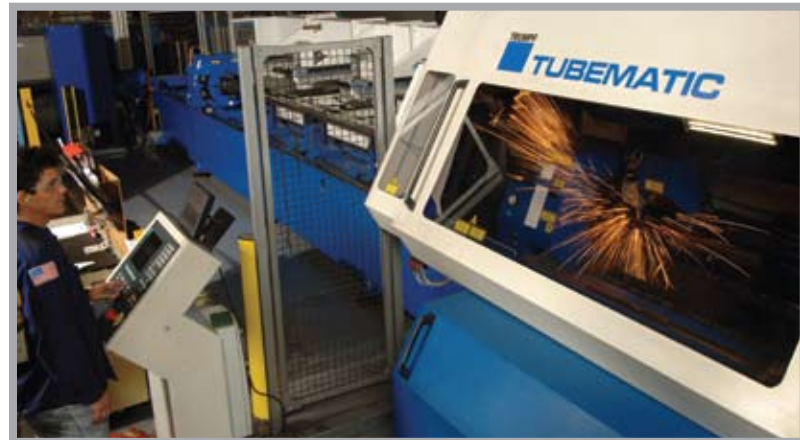
Paramount strength training products are manufactured using the latest laser and CNC machining technologies at our 165,000 square foot facility in Los Angeles, CA.

### Extensive Product Testing

An industry leader in product and component testing, Paramount uses in-house testing protocols that subject machines to stresses far in excess of what is experienced in high use facilities.

### Commitment To Customer Service

A worldwide network of authorized sales and service representatives provides our customers unequalled support in over 56 countries. Paramount's Parts Department maintains a stock of common items and has the ability to supply parts and accessories for many older generations of equipment.



**We are strength equipment specialists who have led the industry for over 50 years by listening to our customers and developing truly innovative strength systems. As a result, Paramount products can be found in fitness facilities around the world. This level of success would not be possible without complete dedication and commitment to long-term relationships and complete customer satisfaction.**



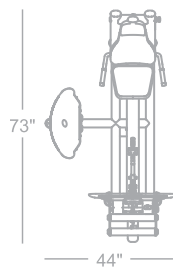


**LEG PRESS  
SP-5200**

- 4 position contoured back pad allows for angular change of legs and hips to vary muscle isolation.
- 6 position foot platform with gas cylinder assist accommodates wide range of users and easily adjusts from both seated and standing positions.
- Large footplate with custom molded wear resistant rubber surface for exercise variation.
- Low seat frame design for ease of entry and exit of machine.

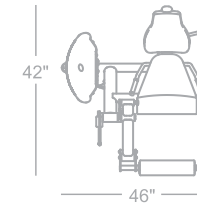


FOOT PLATFORM USES GAS CYLINDER ASSIST FOR EASY ADJUSTMENT FROM BOTH SEATED AND STANDING POSITIONS.



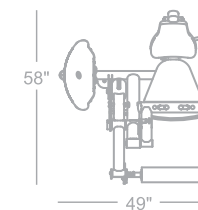
**LEG EXTENSION  
SP-5000**

- 5 position contoured back pad with gas cylinder assist angled 100° and seat pad angled at 20° for proper ergonomic function and user comfort. Easily adjustable from the seated position.
- 4 position start range limiter allows users to choose range of motion best suited to their individual needs.
- Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.
- Ergonomically located handles for proper user alignment during exercise.



**SEATED LEG CURL  
SP-5100**

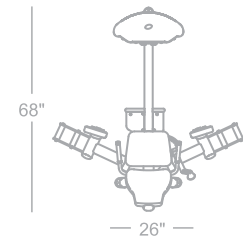
- 5 position contoured back pad with gas cylinder assist angled 95° and seat pad angled at 20° for proper ergonomic function and user comfort. Easily adjustable from the seated position.
- 7 position start range limiter allows users to choose range of motion best suited to their individual needs.
- 3 position ankle pad and 7 position high pad adjustment for proper ergonomics and comfort.
- Ergonomically located handles for proper user alignment during exercise.





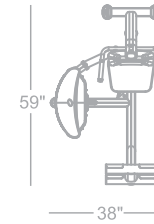
**INNER THIGH  
SP-5300**

- Contoured back pad angled at 105° provides proper support and alignment during exercise.
- Conveniently located handle allows quick and easy range of motion adjustment through 8 positions while in the seated position.
- Weight stack located in front of user for privacy, space efficiency, and ease of weight plate selection.
- Low seat frame design for ease of entry and exit of machine.



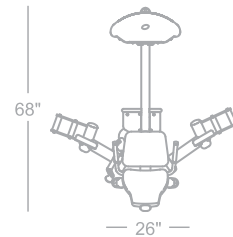
**CALF RAISE  
SP-6500**

- Unique seated design requires no adjustments and minimizes spinal compression by transferring force to the hips.
- Round foot supports insure balanced foot positioning and a complete range of motion for maximum muscle activation.
- Low seat frame and open design for ease of entry and exit of machine.



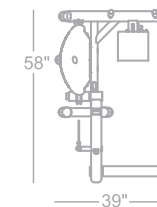
**OUTER THIGH  
SP-5400**

- Contoured back pad angled at 105° provides proper support and alignment during exercise.
- Conveniently located handle allows quick and easy range of motion adjustment through 5 positions while in the seated position.
- Weight stack located in front of user for privacy, space efficiency, and ease of weight plate selection.
- Low seat frame design for ease of entry and exit of machine.



**GLUTE PRESS  
SP-6600**

- 5 position torso pad and contoured dual handgrips for proper body alignment and support during exercise.
- Offset pivot axis accommodates wide range of users without the need for additional adjustments.
- Upright and open design for ease of entry and exit of machine.

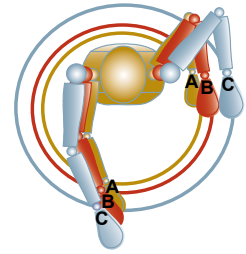




**ROTARY TECHNOLOGY**

Ergonomically and biomechanically correct, Rotary Technology uses precisely designed press arms and patented adjustable handles to provide true unilateral movement and full articulation of both the shoulder and elbow joints. The 6 position handles accommodate a wide range of users with the same range of motion and pivot at the wrist joint to allow complete range of motion without impingement. The end result is greater muscle recruitment, more efficient workouts, and unlike other converging design concepts, equal benefits to all users regardless of conditioning or body size.

**A: 5th Percentile Female**  
**B: 50th Percentile Male**  
**C: 95th Percentile Male**

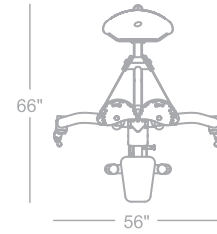


ROTARY CHEST			
ADJUSTMENT GUIDE			
HEIGHT	METRIC	SEAT	HANDLES
5'	152cm	5	6
5' 4"	163cm	4	5
5' 7"	170cm	3	4
5' 10"	178cm	2	3
6' +	183cm+	1	2



**PEC FLY / REAR DELT**  
**SP-5700**

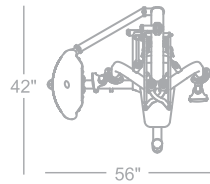
- 5 position seat assembly uses four-bar linkage and gas cylinder assist for quick and easy adjustment.
- 6 position arm adjustment provides full range of motion for both Pectoral Fly and Rear Deltoid movements.
- Dual-position handles with angled grips pivot to accommodate a wide range of users and to replicate fluid dumbbell movements.
- Weight stack conveniently located for easy access and to minimize floor space requirements.



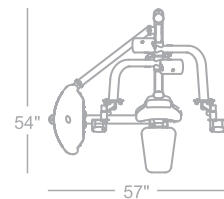
**FEATURES**

- 5 position seat assembly uses four-bar linkage and gas cylinder assist for quick and easy adjustment.
- Rotary motion of unilateral press arms follows the natural trajectory of the upper body while allowing for full articulation of the shoulder joint.
- 6 position adjustable handles featuring Paramount's patented Rotary Technology rotate directly at the wrist joint eliminating impingement of wrist, elbow and shoulder joints.
- Contoured back pad angled 100° for proper ergonomic function and user comfort.

**ROTARY CHEST**  
**SP-5800**

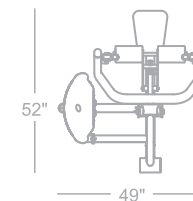


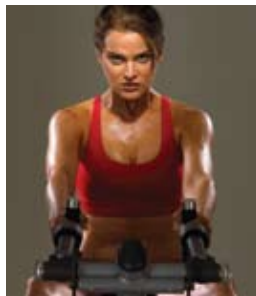
**ROTARY SHOULDER**  
**SP-6200**



**LAT PULLDOWN**  
**SP-6100**

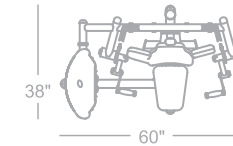
- 3 position thigh pad assembly provides support and accommodates wide range of users.
- Dual arm assemblies allow divergent and convergent movement for exercise variation.
- Rotating hand grips for natural supination and pronation throughout entire range of motion.
- Counterbalanced lifting arm minimizes initial weight load and provides smooth and consistent feel.





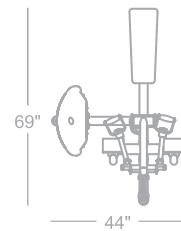
**BICEPS CURL  
SP-5500**

- 5 position seat assembly uses four-bar linkage and gas cylinder assist for quick and easy adjustment.
- Dual independent cam design allows users to perform unilateral and bilateral movements for exercise variation.
- Unique handle assemblies self align during exercise allowing for full range of motion while eliminating impingement of the wrist joint.
- Contoured back pad angled at 100° for proper ergonomic function and user comfort.



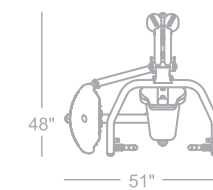
**SEATED ROW  
SP-5900**

- Extended seat, low-profile, and lack of chest pad allows easy entry/exit and accommodates a wide range of users without restrictions.
- Dual arm assemblies allow divergent and convergent movement for exercise variation.
- Rotating hand grips for natural supination and pronation throughout entire range of motion.
- Large footplates with custom-molded rubber covers provide support during exercise.



**TRICEPS EXTENSION  
SP-5600**

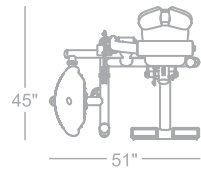
- 5 position seat assembly uses four-bar linkage and gas cylinder assist for quick and easy adjustment.
- Dual arm assemblies rotate freely to allow full range of motion while accommodating wide range of users.
- Hand grips self-align during exercise movement for proper ergonomic and biomechanical function while eliminating impingement of the wrist joint.
- Counterbalanced press arm minimizes initial weight load and provides smooth and consistent feel.
- Contoured back pad angled at 75° for proper ergonomic function and support.





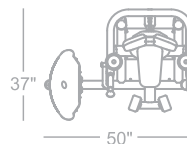
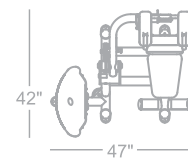
**LOW BACK EXTENSION  
SP-6000**

- 5 position start range limiter easily adjusts from seated position and allows users to choose range of motion best suited to their individual needs.
- 3 position foot plate with gas cylinder assist adjusts from seated position and accommodates wide range of users.
- Ergonomically designed dual lumbar pads stabilize low body during exercise for proper isolation of the lumbar region.
- Low seat frame and open design for ease of entry and exit of machine.



**ABDOMINAL  
SP-6300**

- Ergonomically designed shoulder pad assembly with gas cylinder assist fits wide range of users without need for separate adjustment.
- 4 position start range limiter allows users to choose range of motion best suited to their individual needs.
- Contoured lumbar pad encourages pelvic stabilization and isolation of abdominal region.
- Foot platform discourages hip flexor involvement and provides support for a wide range of users.



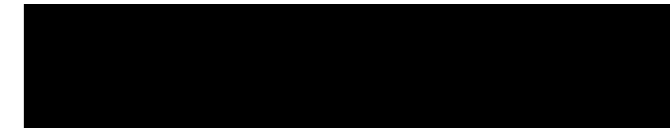
**ROTARY TORSO  
SP-6400**

- Angled hip and thigh pads eliminate low body torque and encourage spinal alignment for proper isolation of the torso area.
- 9 position easy access adjustment handle allows users to choose the range of motion best suited to their individual needs while in the seated position.
- Comfortable roller pads and angled grip handles for proper ergonomics and comfort.
- Low seat frame design for ease of entry and exit of machine.

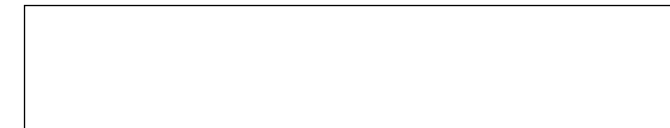


COLOR OPTIONS

**Standard  
FRAME COLORS**



Gloss Black Texture



Gloss White Texture



Metallic Silver

**Standard  
REAR PANEL COLOR**



Storm Grey

**Standard  
UPHOLSTERY COLORS**

Superior grade Boltaflex® and Spirit Millennium™



Turquoise  
US 419



China Green  
US 434



Teal  
BF 363502



Raspberry  
US 362



American Beauty Red  
US 360



Plum  
BF 363494



Crocus (lavender)  
US 433



Royal Blue  
US 354



Navy  
BF 363488



Crocus (tan)  
BF 468479



Charcoal  
BF 363487



Black  
US 393

A wide range of optional frame and upholstery colors are available. Contact Paramount for more information. Actual frame and upholstery colors may differ from printed color samples shown above.

Paramount is a leading manufacturer of over 100 strength products including Functional Trainers, Selectorized Machines, Plate Loaded/Free Weights, and Modular Systems. To view these products, our warranty, and other important information, please visit us online at [www.paramountfitness.com](http://www.paramountfitness.com)

