

PARAMOUNT.

INNOVATING FITNESS



***FS-52
INNER / OUTER THIGH
ASSEMBLY MANUAL***

A MESSAGE TO OUR CUSTOMERS

Thank you for purchasing the Paramount FS-52 Inner / Outer Thigh machine. Because of the many unique features included in this product, this manual was created to provide you with information on how to properly assemble and maintain your equipment. Proper maintenance will ensure that your new equipment will last for years.

For your convenience, product questions can be answered by an Authorized Paramount Dealer or by contacting a Paramount Customer Service Representative at:

1-800-721-2121 or 1-323-721-2121 or nasales@paramountfitness.com

Office hours are Monday-Friday, 7:30 am - 4:30 pm PST

*Paramount Fitness Corporation
6450 East Bandini Blvd.
Los Angeles, CA 90040*



IMPORTANT

**REVIEW THE GENERAL MAINTENANCE MANUAL FOR IMPORTANT SAFETY AND MAINTENANCE TIPS. THE MANUAL HAS BEEN INCLUDED WITH YOUR MACHINE ORDER AND CAN ALSO BE DOWNLOADED FROM OUR WEBSITE AT:
<http://www.paramountfitness.com>**

PLEASE RETAIN THIS MANUAL FOR FUTURE REFERENCE.

TABLE OF CONTENTS

SAFETY.....	4
GENERAL CARE AND MAINTENANCE.....	5
DIMENSIONS AND WEIGHT.....	6
PREPARATION.....	7
FS-52 CARTON 1 CONTENTS.....	8
FS-52 CARTON 2 CONTENTS.....	9
INSTALLATION & ASSEMBLY	
STEP 1: ASSEMBLE THE FRAME COMPONENTS.....	10
STEP 2: ASSEMBLE THE ADJUSTMENT PLATE.....	12
STEP 3: ASSEMBLE THE LEFT ARM.....	13
STEP 4: ASSEMBLE THE PADS.....	14
STEP 5: ASSEMBLE THE CONNECTING PLATE.....	15
STEP 6: INSTALL THE WEIGHT STACK.....	16
STEP 7A: INSTALL THE CABLES.....	17
STEP 7B: INSTALL THE CABLES.....	18
STEP 8: INSTALL THE CAM COVER.....	19
STEP 9: INSTALL THE FRONT SHROUD.....	20
STEP 10: INSTALL THE REAR SHROUD.....	21
STEP 11: APPLY THE WEIGHT STACK LABEL.....	22
MACHINE LABELS.....	23
SERVICE.....	24
PARAMOUNT LIMITED WARRANTY.....	26

SAFETY

1. **Review and understand** all of the warning labels affixed to this machine and on the facility safety sign. Replace any warning label at first sign of wear. Labels and the Facility Safety Sign may be obtained from Paramount free of charge.
2. **Be certain that the machine operation is understood** before it is used. Refer to the instruction label provided with the machine.
3. **Keep children away** from this equipment. Supervise use by teenagers.
4. **DO NOT** high-pin or double-pin the weight stack. **DO NOT** allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the cable to ensure that it is seated in all of the pulleys.
5. **Use ONLY Paramount weight selector pins.** Other manufacturer's pins may work free of the weight stack causing possible injury. **Be certain the pin is completely inserted prior to use.**
6. **Cables:** Inspect the entire cable weekly and the end fittings daily. Pay close attention to the area going over pulleys and to the end connections. *Replace all cables at first signs of wear or on an annual basis. Use only Paramount supplied replacement cables.*
7. **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ Threadlocker 242.
8. **Frames and Lifting Arms:** Inspect weekly for integrity and function. Replace any component at first signs of wear.
9. **Adjustment Pins:** check the function of the position selector pins on the adjustable arms. Make sure that the selector pin inserts completely into each position without binding.
10. **DO NOT** attempt to free any jammed assemblies by yourself as this may cause injury.
11. **DO NOT use adder weights or adder weight systems** on this machine.
12. **Instruct Users NOT** to make arm position adjustments during exercise or when pulling on the cable end. Always support the arms when making position adjustments.
13. **Instruct Users** to return the handgrips and bars to their rest position before releasing. Sudden release of the handgrips and bars may cause serious injury to users or bystanders.
14. **Instruct users NOT** to attach two cables to single bars or handles. Use one handle or exercise bar for each weight stack at a time.
15. **Instruct Users** not to wear loose or dangling clothes or have headphone wire hanging when using this equipment.
16. **It is recommended** that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
17. **Check the function** of your machine regularly by verifying the following:
 - Cables and end fittings are intact.
 - All adjustments are possible and carried out with ease.
 - The proper selector pin is in the weight stack.
 - The exercise is performed smoothly, free of noise and/or binding.
18. **Follow the installation guidelines** provided with the products.
19. **Retain these instructions** for future reference.
20. If you have any questions, do not hesitate to contact your Paramount dealer or Paramount Fitness Corp. at (800)721-2121 or (323) 721-2121 or nasales@paramountfitness.com.
21. Refer to Maintenance Schedule label on the machine and this manual for when to perform maintenance.

GENERAL CARE AND MAINTENANCE

1. **Cable Ends:** Inspect end fittings daily for wear. Replace cables at the first sign of wear or on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
2. **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ brand Threadlocker 242.
3. **Frames:** Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts and upholstered pads.
4. **Painted and chrome plated parts:** Use Simple Green or similar cleaner for light dirt and grime. Use Turtle Wax Polishing Compound or a good car polish to remove heavier dirt and grease as well as for polishing. **DO NOT** use solvents, lacquer thinner, acetone or finger nail polish remover. For scuffs and marks that are not removed by the above methods use a soft scrub cleanser. Make sure all parts are dry upon completion.
5. **Weight stack enclosures (shrouds):** Wipe down with a damp cloth as needed.
6. **Exercise instruction labels:** Clean with soap and water as needed.
7. **Guide rods:** Wipe all dirt and dust from the guide rods before applying a light application of Tri-Flow™ or other teflon spray lubricant. Spray the Tri-Flow™ on a rag and then wipe the guide rods with the rag. **DO NOT** use oil lubricants such as WD-40. *Caution: Tri-Flow™ will stain carpet and clothing.*
8. **Bronze bushings:** Check monthly for signs of wear and replace as needed. Lubricate monthly with Tri-Flow™.
9. Please refer to the General Maintenance Manual (part number: AM-GMM) for other important safety and maintenance information.
10. Hardware and components are indicated with a balloon. Refer to the hardware tables that accompany each step for corresponding size and type.
11. **Be sure all hardware is tight before using the machine.**



DO NOT install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.

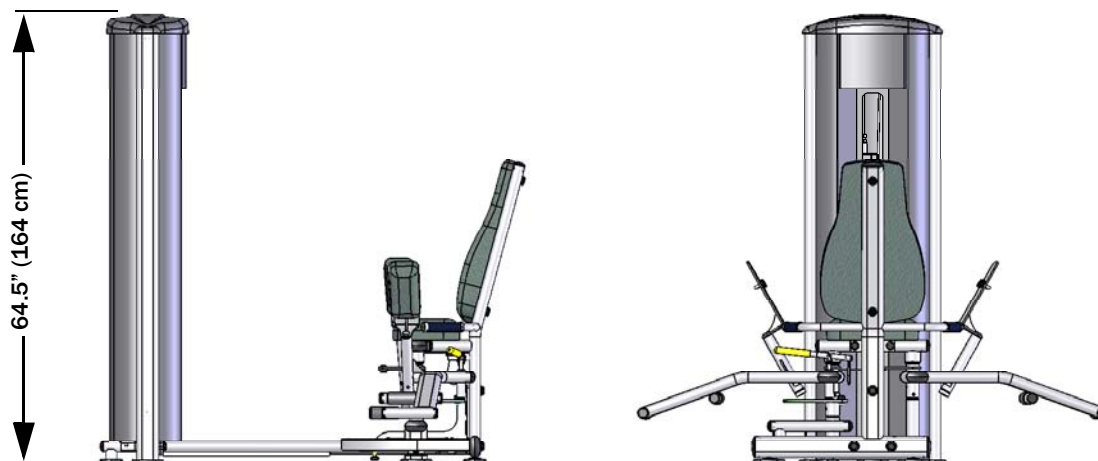
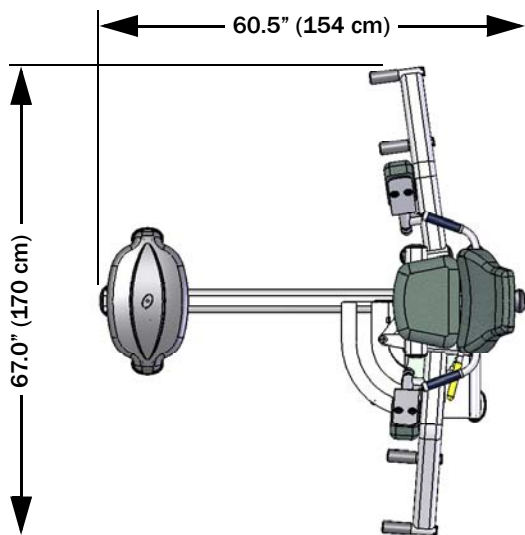


After you have unpacked and inventoried all of the components, read through the remainder of the assembly instructions to familiarize yourself with the assembly procedure!

Each step will require the components shown in the table associated with the step. Read the instructions for each step before assembling.

DIMENSIONS AND WEIGHT

"IN USE" MACHINE DIMENSIONS



Maximum user weight: 300 lbs. (136 KG)

MACHINE WEIGHT AND FLOOR LOADING

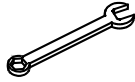
<u>WEIGHT STACK CONFIGURATION</u>	<u>MACHINE WEIGHT</u>	<u>APPROXIMATE FLOOR LOADING</u>
170 lbs.	455 LBS [206 KG]	66 LBS/FT ² [322 KG/M ²]
250 lbs.	535 LBS 243 KG]	78 LBS/FT ² [379 KG/M ²]

PREPARATION

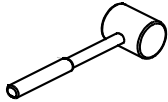
REQUIRED TOOLS:



Ratchet Wrench and Sockets:
9/16"



Wrenches: 9/16", 3/4".
(or an adjustable crescent wrench).

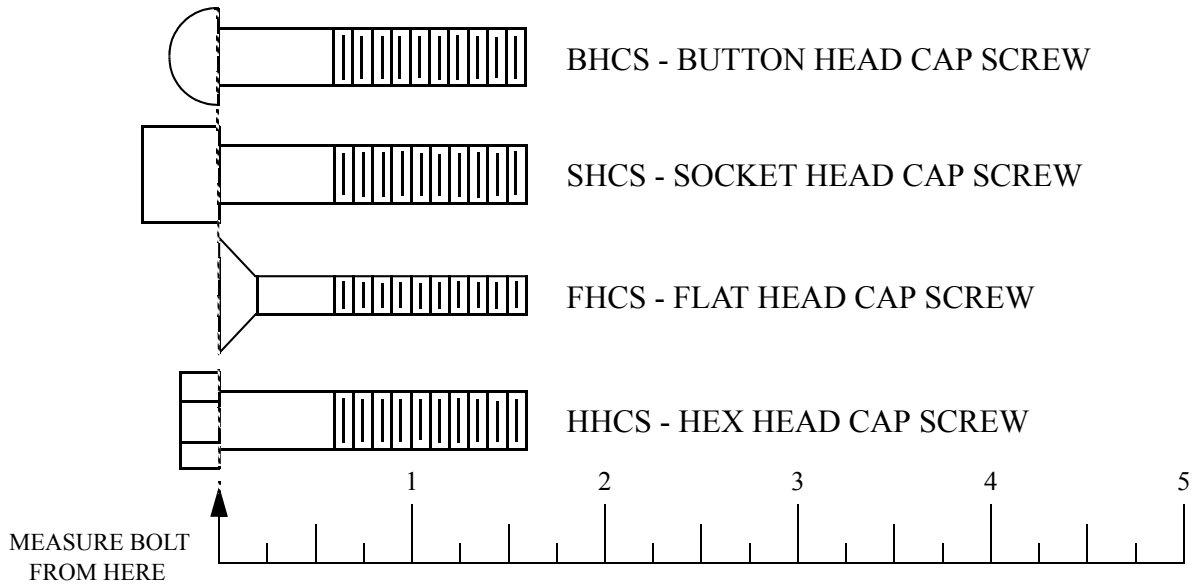


Rubber Mallet and Steel Hammer



Allen wrenches: (included with the machine)

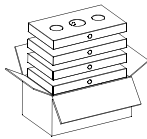
Hardware Measurement Guide:



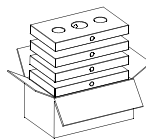
Weight Plate Cartons:

Weight plates are packaged (4) per box. You should have (4) boxes of weights. This will give you a total of 16 weight plates.

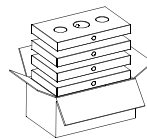
The weight plates are available in two different sizes, 10 lbs. and 15 lbs. The 10 lbs. plates are used on the 170 lbs weight stack, the 15 lbs. plates are used on the 250 lbs. weight stack. Make sure you know which size weight stack is to be installed on this machine.



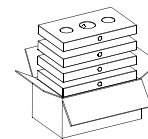
10 LB. Weight Plate Box
Part Number: B1602
Comprised of
(4) x 10 lb. Weight Plates



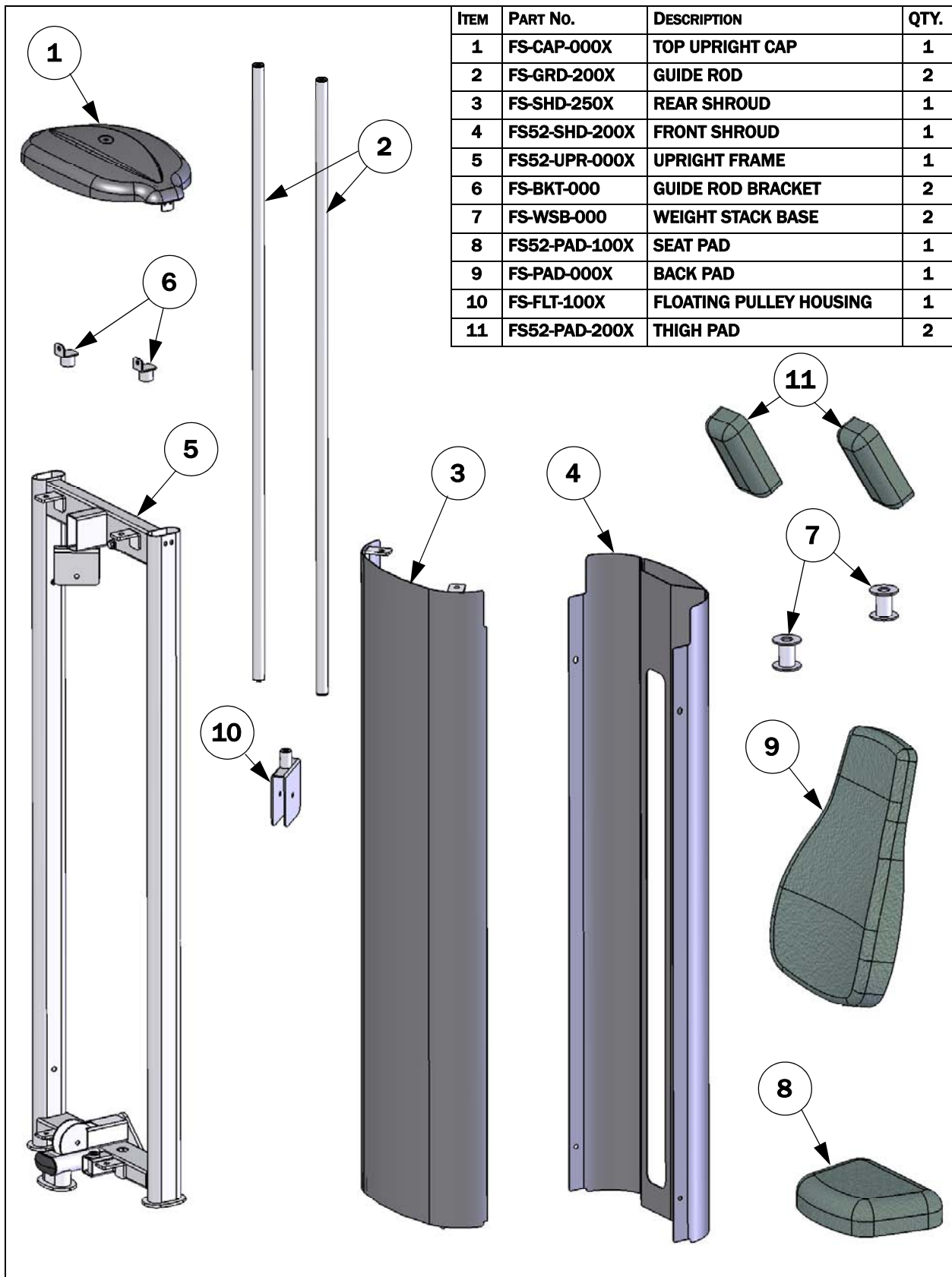
OR



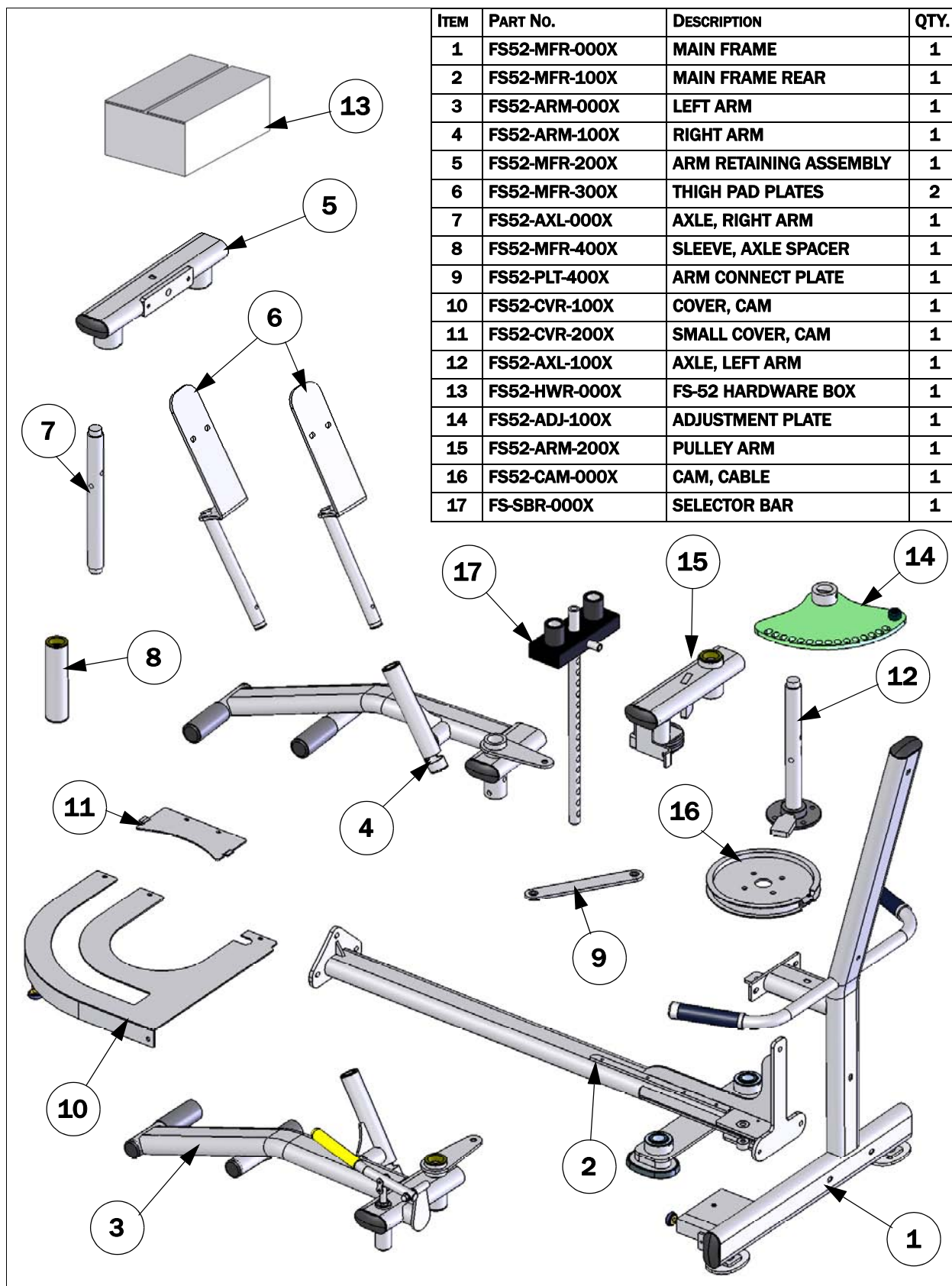
15 LB. Weight Plate Box
Part Number: B1603
Comprised of
(4) x 15lb. Weight Plates



FS-52 CARTON 1 CONTENTS



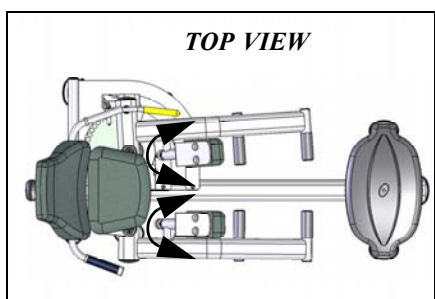
FS-52 CARTON 2 CONTENTS



STEP 1: ASSEMBLE THE FRAME COMPONENTS

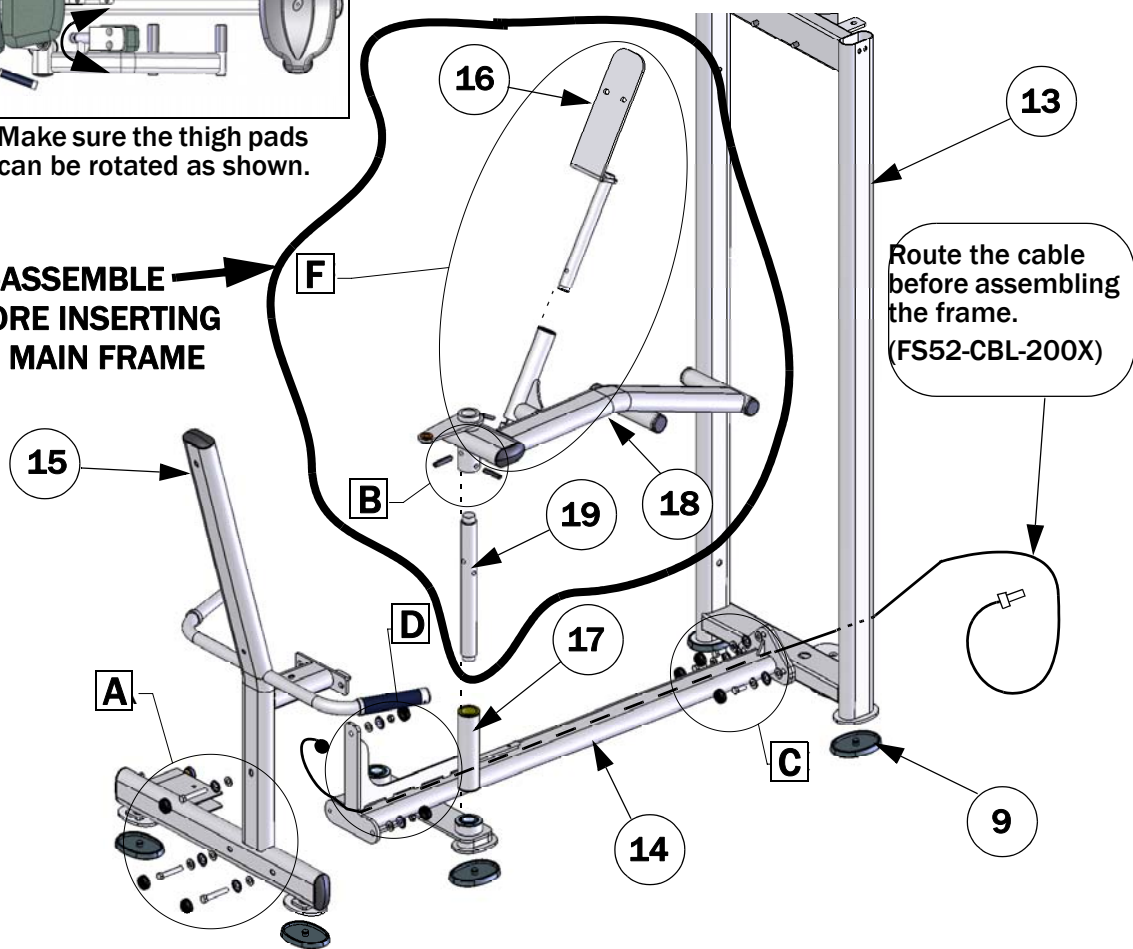
1. Position the main frame and upright frame. Route the cable before assembling the two components as shown.
2. Loosely assemble the main frame and upright hardware.
3. Pre-assemble the right arm and axle as shown. Tap the pins into position with a hammer.
4. Assemble the thigh pad plate. Tap the pin into position with a hammer.
5. Assemble the arm to the frame as shown.
6. After aligning all component edges and surfaces, tighten ALL the hardware.

ITEM	PART No.	DESCRIPTION	QTY.
1	C 445	SCREW, 3/8"-16 X 1"	3
2	C 450	SCREW, 3/8"-16 X 2-1/2"	2
3	C 749	LOCKWASHER, 3/8"	4
4	C 449	SCREW, 3/8"-16 X 2-1/4"	1
5	C 754C	FLAT WASHER, 3/8"	8
6	C 766A	LOCK NUT, 3/8"-16	2
7	C 955A	BOLT COVER, BASE	8
8	C 955S	BOLT COVER, SILVER	8
9	S 550	MOLDED RUBBER FEET	7
10	FS-CLR-002	COLLAR, 25.4MM	1
11	FS-PIN-100	ROLL PIN, 8mm X 35mm	1
12	FS-PIN-200	ROLL PIN, 10mm X 45mm	2
13	FS52-UPR-000X	UPRIGHT FRAME	1
14	FS52-MFR-000X	MAIN FRAME	1
15	FS52-MFR-100X	MAIN FRAME, REAR	1
16	FS52-MFR-300X	THIGH PAD PLATES	1
17	FS52-MFR-400X	SLEEVE, AXLE SPACER	1
18	FS52-ARM-100X	RIGHT ARM	1
19	FS52-AXL-000X	AXLE, RIGHT ARM	1

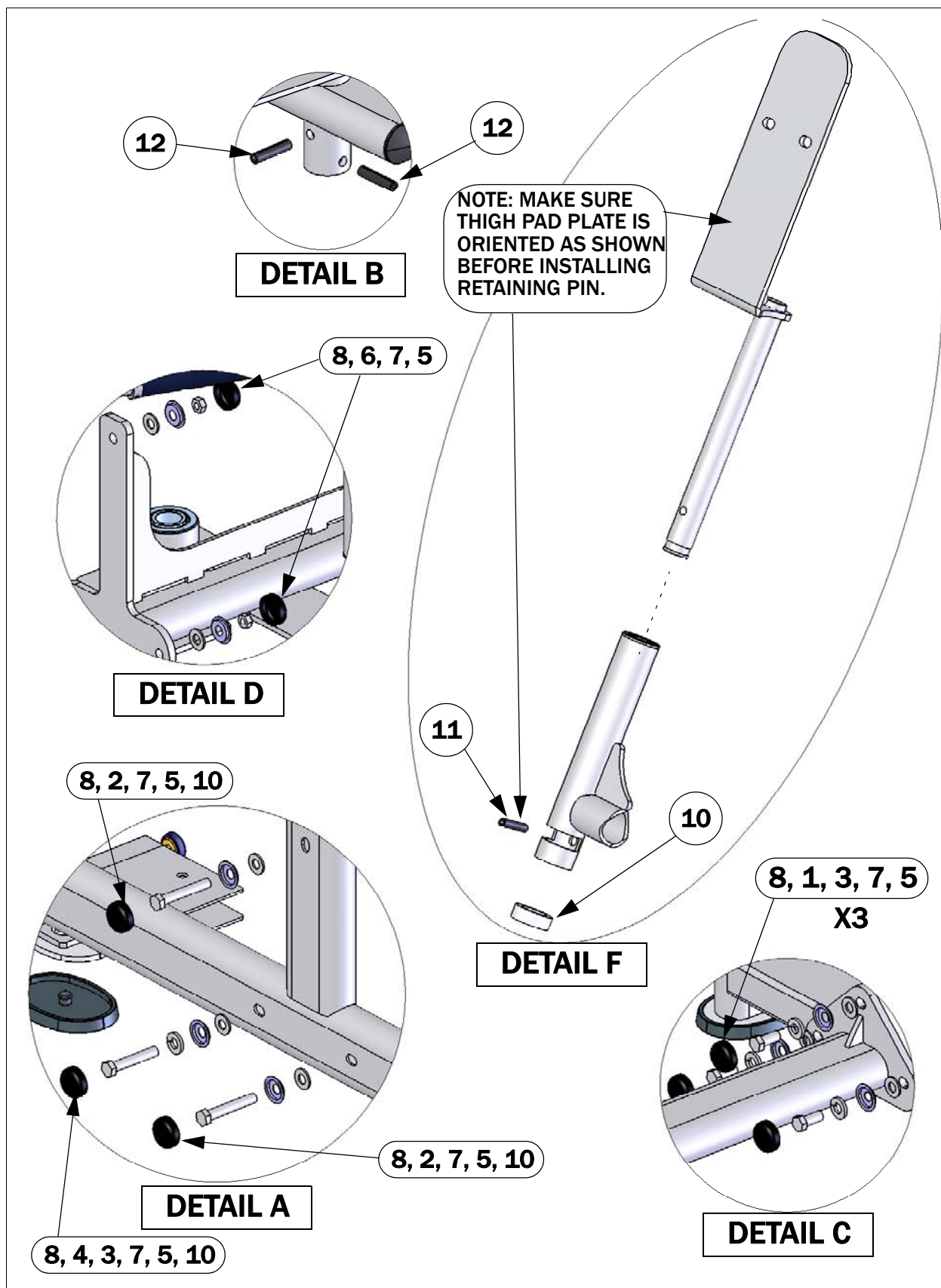


Make sure the thigh pads can be rotated as shown.

PRE-ASSEMBLE BEFORE INSERTING INTO MAIN FRAME



STEP 1: ASSEMBLE THE FRAME COMPONENTS

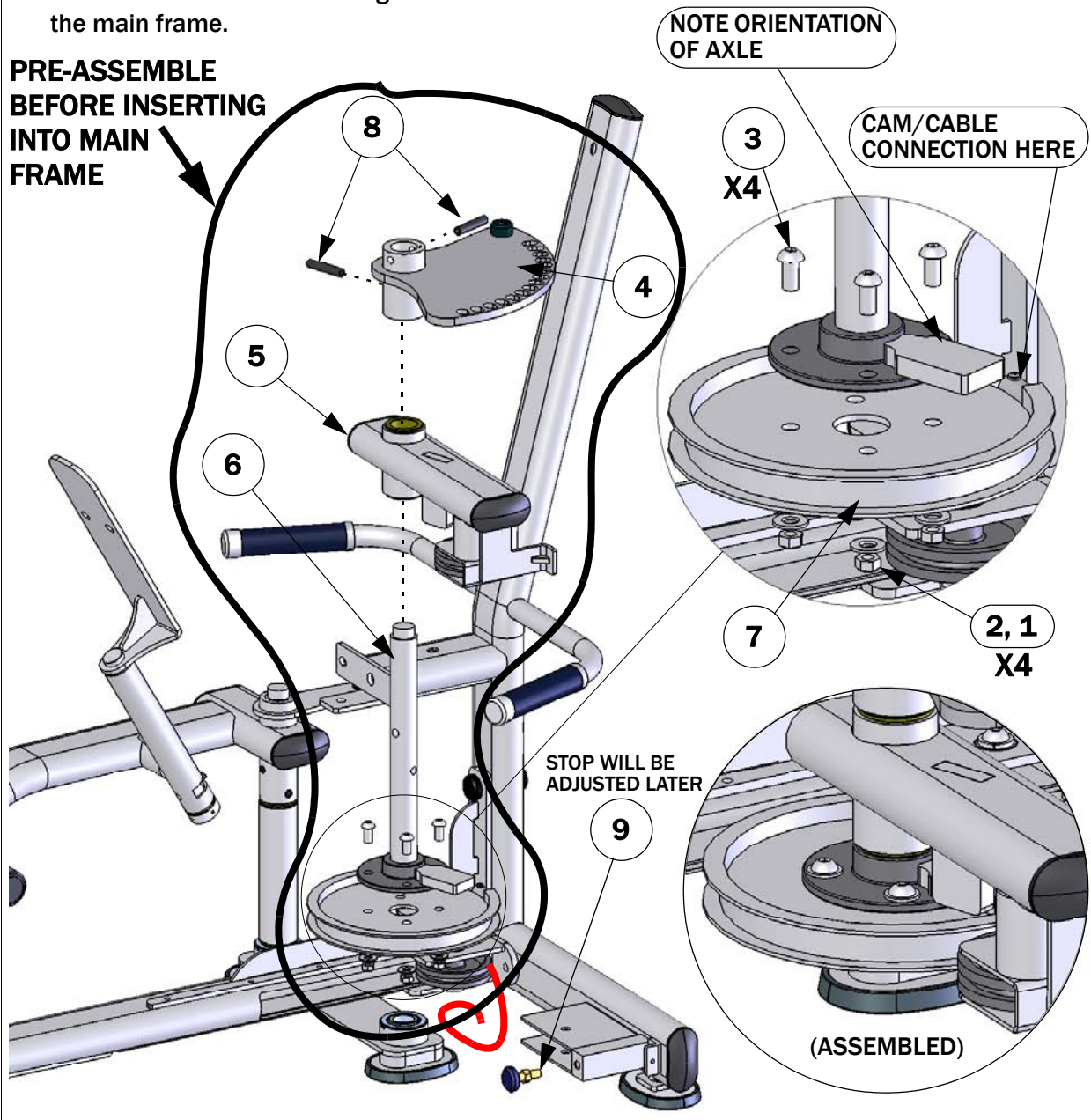


STEP 2: ASSEMBLE THE ADJUSTMENT PLATE

1. Assemble the cam to the axle and tighten the hardware. The cam can only be assembled to the axle in one orientation.
2. Pre-assemble the axle, the Pulley Arm and the adjustment plate. Make sure to orient the adjustment plate as shown and then install the roll pins using a hammer.
3. Insert the axle into the bearing in the main frame.

ITEM	PART No.	DESCRIPTION	QTY.
1	C 754C	FLAT WASHER, 3/8"	4
2	C 766A	LOCK NUT, 3/8"-16	4
3	C 911	SCREW, 3/8"-16 X 3/4", BHCS	4
4	FS52-ADJ-100X	ADJUSTMENT PLATE	1
5	FS52-ARM-200X	PULLEY ARM	1
6	FS52-AXL-100X	AXLE, LEFT ARM	1
7	FS52-CAM-000X	CAM	1
8	FS-PIN-300	ROLL PIN, 10mm X 50mm	2
9	FS-STP-001	BUMPER STOP	1

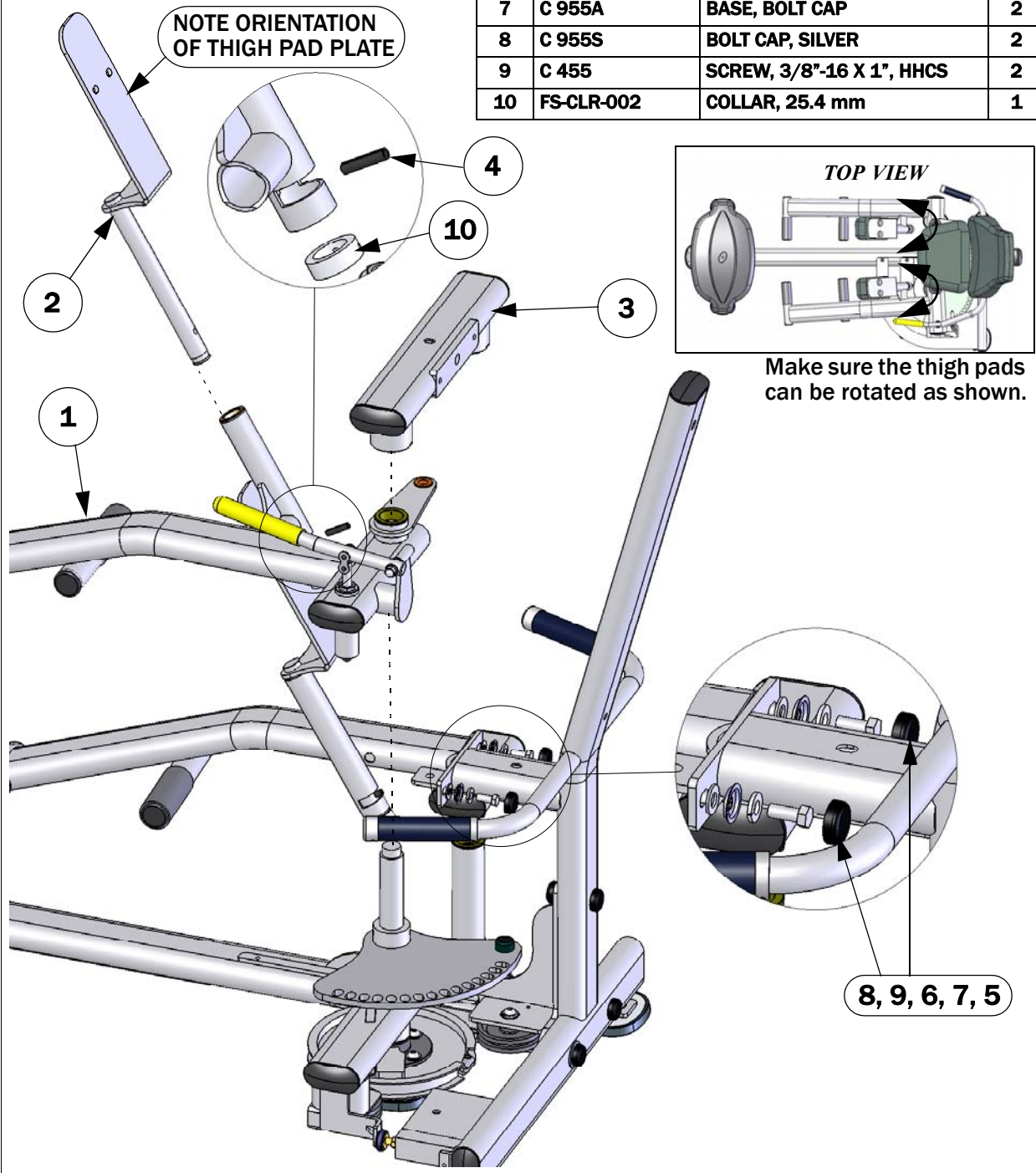
PRE-ASSEMBLE BEFORE INSERTING INTO MAIN FRAME



STEP 3: ASSEMBLE THE LEFT ARM

1. Assemble the left arm to the axle.
2. Assemble the arm retaining assembly and tighten the hardware.
3. Install the roll pin using a hammer. Make sure the arm is able to be in the position shown.

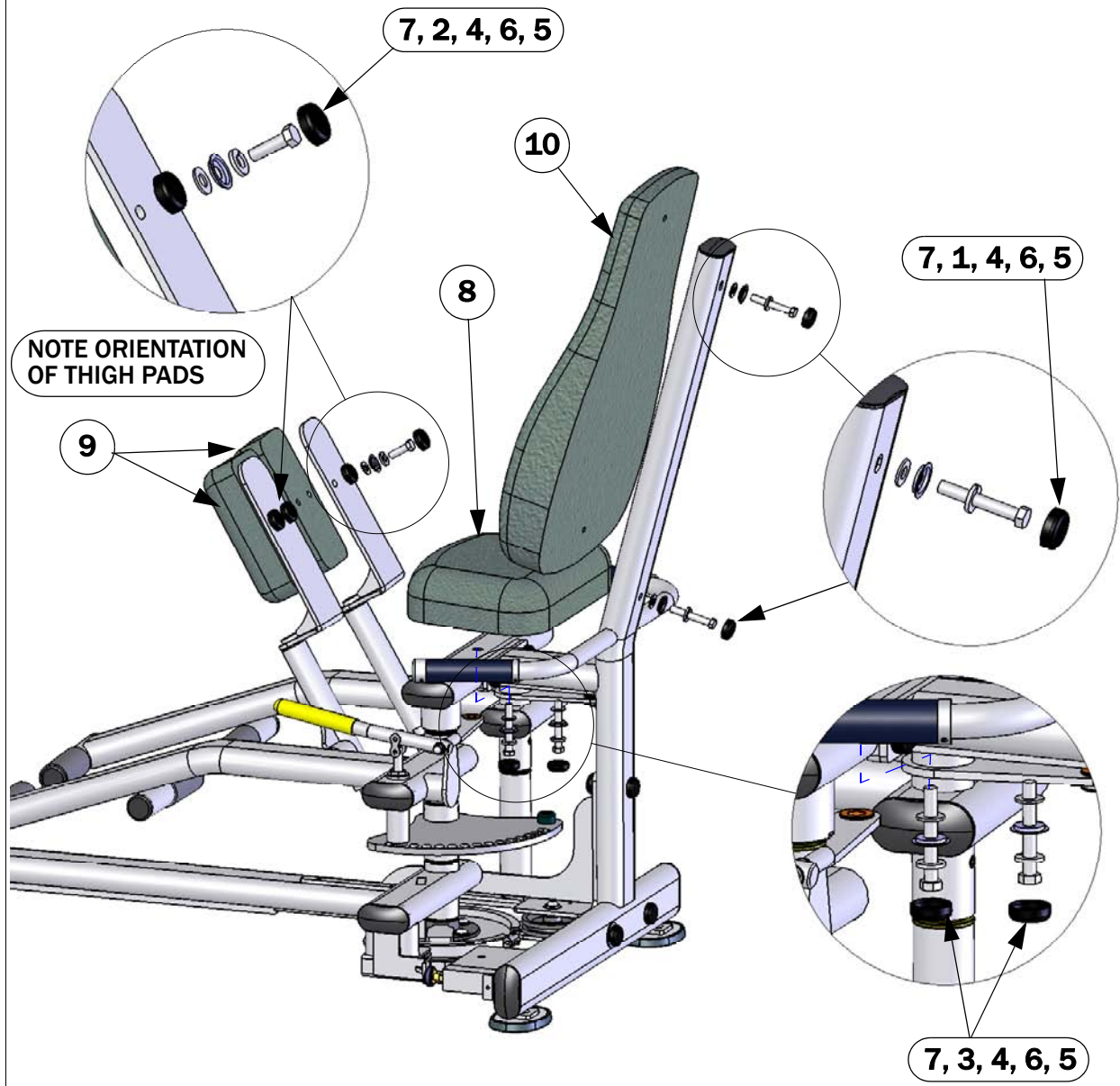
ITEM	PART No.	DESCRIPTION	QTY.
1	FS52-ARM-000X	LEFT ARM	1
2	FS52-MFR-300X	THIGH PAD PLATES	1
3	FS52-MFR-200X	ARM RETAINING ASSY	1
4	FS-PIN-100	ROLL PIN, 8mm X 35mm	1
5	C 754C	FLAT WASHER, 3/8"	2
6	C 749	LOCK WASHER, 3/8"	2
7	C 955A	BASE, BOLT CAP	2
8	C 955S	BOLT CAP, SILVER	2
9	C 455	SCREW, 3/8"-16 X 1", HHCS	2
10	FS-CLR-002	COLLAR, 25.4 mm	1



STEP 4: ASSEMBLE THE PADS

1. Assemble the pads and hardware as shown.
2. Tighten ALL the hardware.
3. Note: make sure the thigh pads can be assembled as shown. If they can not, the thigh pad plates have been installed incorrectly. Refer to Steps 1 and 3.

ITEM	PART NO.	DESCRIPTION	QTY.
1	C 451	SCREW, 3/8"-16 X 2-3/4" HHCS	2
2	C 446	SCREW, 3/8"-16 X 1-1/4" HHCS	4
3	C 452	SCREW, 3/8"-16 X 3" HHCS	2
4	C 749	LOCK WASHER, 3/8"	8
5	C 754C	FLAT WASHER, 3/8"	8
6	C 955A	BASE, BOLT COVER	8
7	C 955S	BOLT COVER, SILVER	8
8	FS52-PAD-100X	SEAT PAD	1
9	F252-PAD-200X	THIGH PAD	2
10	FS-PAD-000X	BACK PAD	1



STEP 5: ASSEMBLE THE CONNECTING PLATE

1. Assemble the connection arm and hardware as shown. The arms will have to be positioned so that the plate can be attached

ITEM	PART No.	DESCRIPTION	QTY.
1	FS52-PLT-400X	PLATE, ARM CONNECTION	1
2	C-766A	LOCK NUT, 3/8"-16	2
3	C 754C	WASHER, FLAT, 3/8"	2

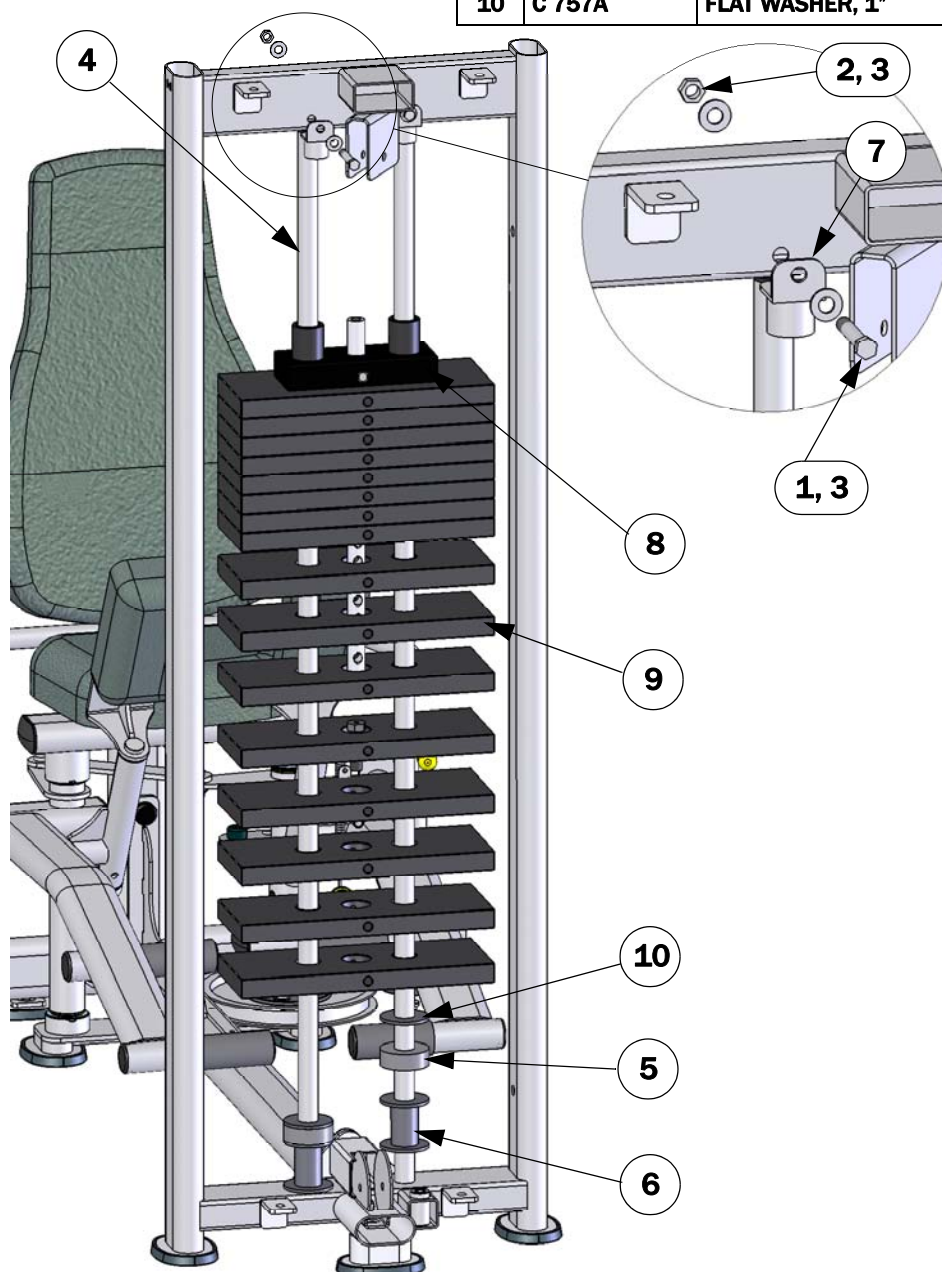
2. Tighten the hardware.



STEP 6: INSTALL THE WEIGHT STACK

1. Place the guide rods in the upright.
2. Install the weight stack base, rubber bumpers, and washers.
3. Install the weight plates.
4. Install the cap plate and attach the cable with the selector pin as shown.
5. Install the Guide rod hubs and tighten the hardware.

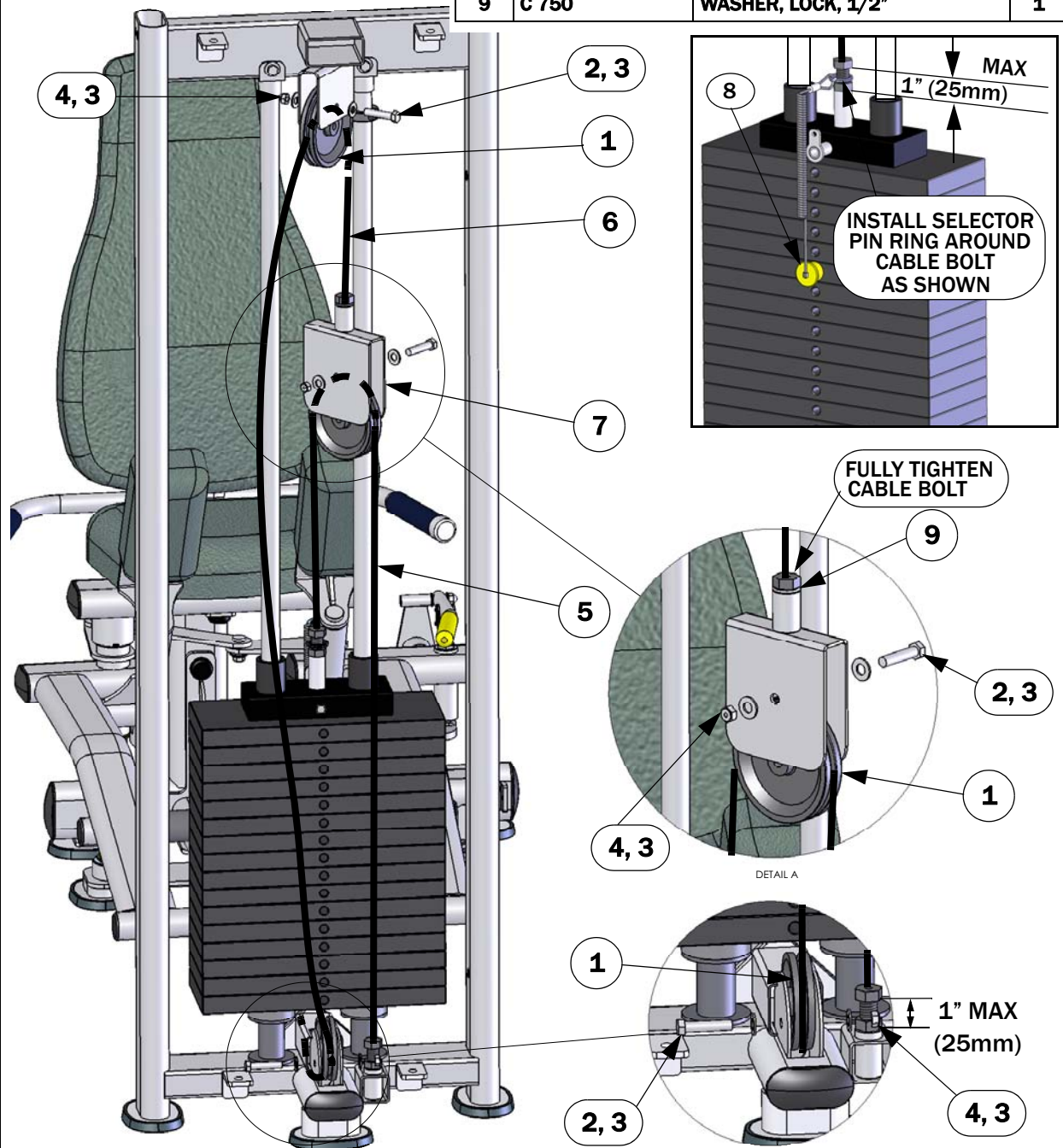
ITEM	PART No.	DESCRIPTION	QTY.
1	C 449	SCREW, 3/8"-16 X 2-1/4" HHCS	2
2	C 766A	LOCK NUT, 3/8"	2
3	C 754C	FLAT WASHER, 3/8"	4
4	FS-GRD-200X	ASSY, GUIDE ROD	2
5	FS-BMP-001	RUBBER BUMPER	2
6	FS-WSB-000	WEIGHT STACK BASE	2
7	FS-BKT-000	GUIDE ROD BRACKET	2
8	FS-SBR-000X	CAP PLATE ASSY	1
9	WHT-PLATE	WEIGHT PLATE 10# OR 15#	16
10	C 757A	FLAT WASHER, 1"	2



STEP 7A: INSTALL THE CABLES

1. Route the cable as shown, installing the associated pulleys and hardware as you go along.
2. After assembly, make sure the cable and pulleys can move freely.
3. Tighten ALL the hardware.

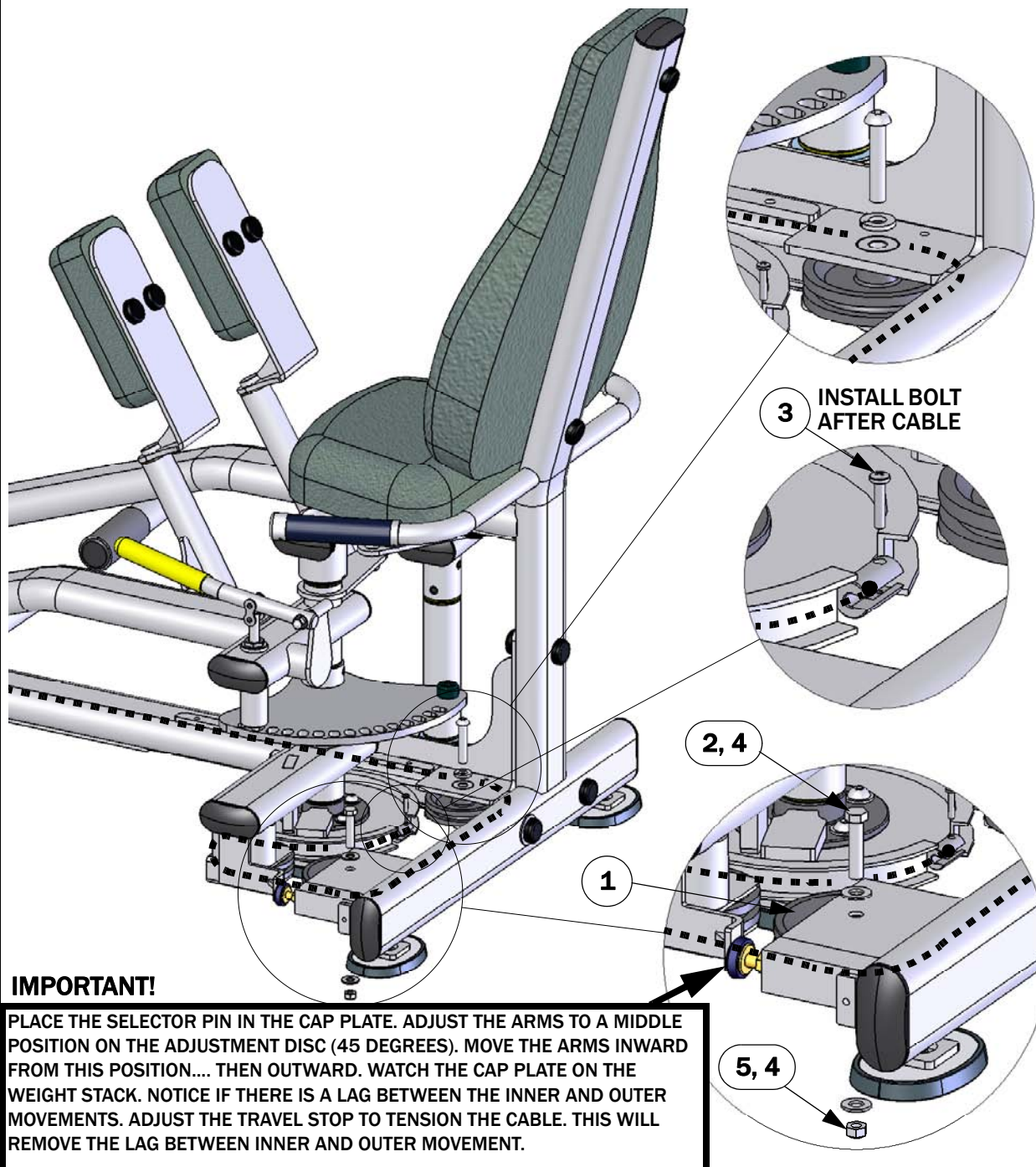
ITEM	PART No.	DESCRIPTION	QTY.
1	B 900	PULLEY, 4-1/2" DIA.	3
2	C 448	SCREW, 3/8"-16 X 1-3/4" HHCS	3
3	C 754C	FLAT WASHER	6
4	C 766A	LOCK NUT, 3/8"-16	3
5	FS52-CBL-100X	CABLE, FLOATING PULLEY	1
6	FS52-CBL-200X	CABLE, MAIN	1
7	FS52-PLY-000	FLOATING PULLEY HOUSING	1
8	FS-SPN-000X	SELECTOR PIN	1
9	C 750	WASHER, LOCK, 1/2"	1



STEP 7B: INSTALL THE CABLES

1. Route the cable as shown, installing the associated pulleys and hardware as you go along.
2. After assembly, make sure the cable and pulleys can move freely.
3. Tighten ALL the hardware.

ITEM	PART No.	DESCRIPTION	QTY.
1	B 900	PULLEY, 4-1/2" DIA.	1
2	C 448	SCREW, 3/8"-16 X 1-3/4" HHCS	1
3	C 802	SCREW, M4 X 20mm PAN HD.	1
4	C 754C	FLAT WASHER, 3/8"	2
5	C 766A	LOCKNUT, 3/8"-16	1



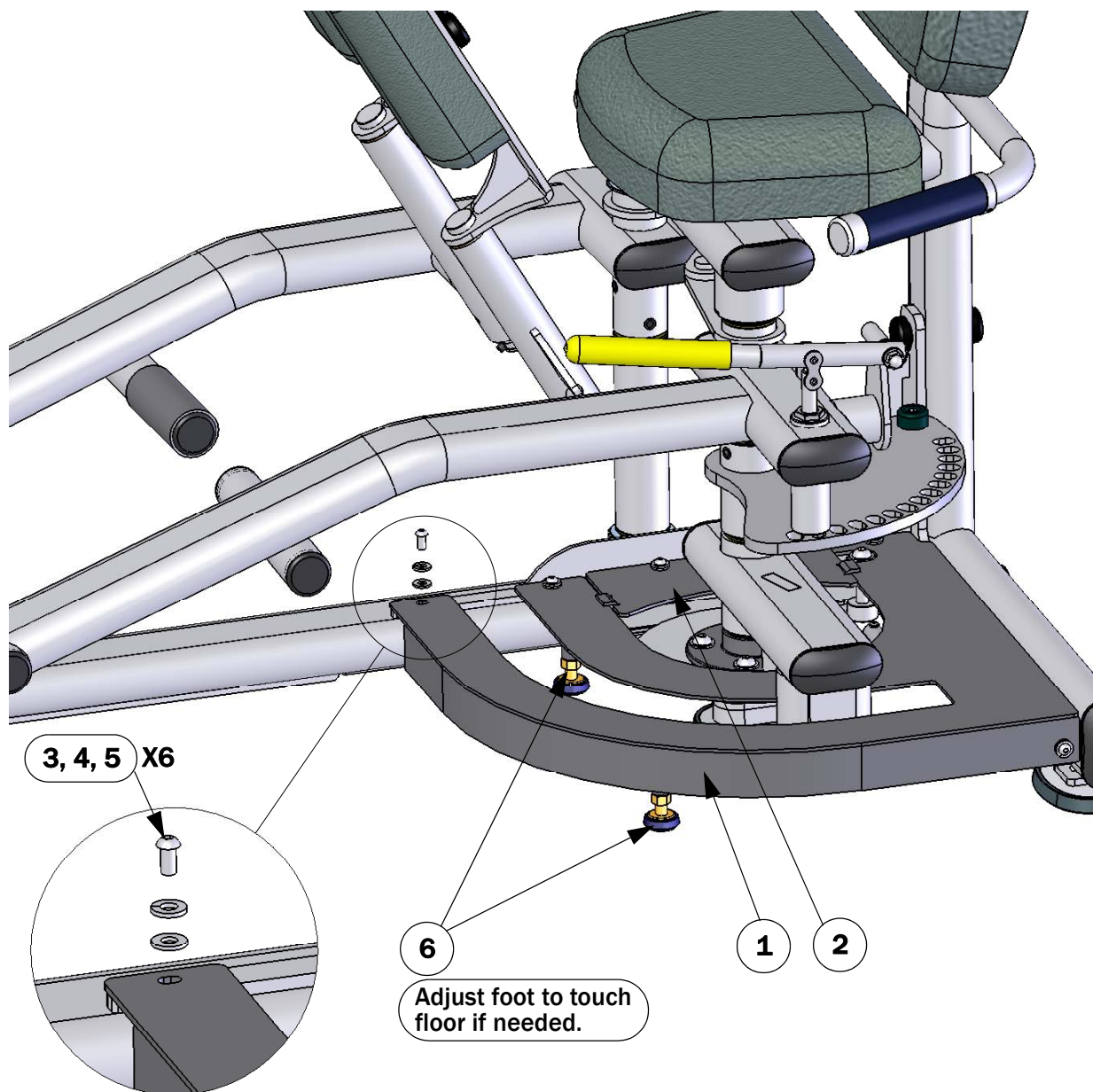
IMPORTANT!

PLACE THE SELECTOR PIN IN THE CAP PLATE. ADJUST THE ARMS TO A MIDDLE POSITION ON THE ADJUSTMENT DISC (45 DEGREES). MOVE THE ARMS INWARD FROM THIS POSITION.... THEN OUTWARD. WATCH THE CAP PLATE ON THE WEIGHT STACK. NOTICE IF THERE IS A LAG BETWEEN THE INNER AND OUTER MOVEMENTS. ADJUST THE TRAVEL STOP TO TENSION THE CABLE. THIS WILL REMOVE THE LAG BETWEEN INNER AND OUTER MOVEMENT.

STEP 8: INSTALL THE CAM COVER

1. Place the Cam Cover into place and loosely assemble the hardware.
2. Place the Small Cam Cover into place and loosely assemble the hardware.
3. Align the edges and then tighten ALL the hardware.

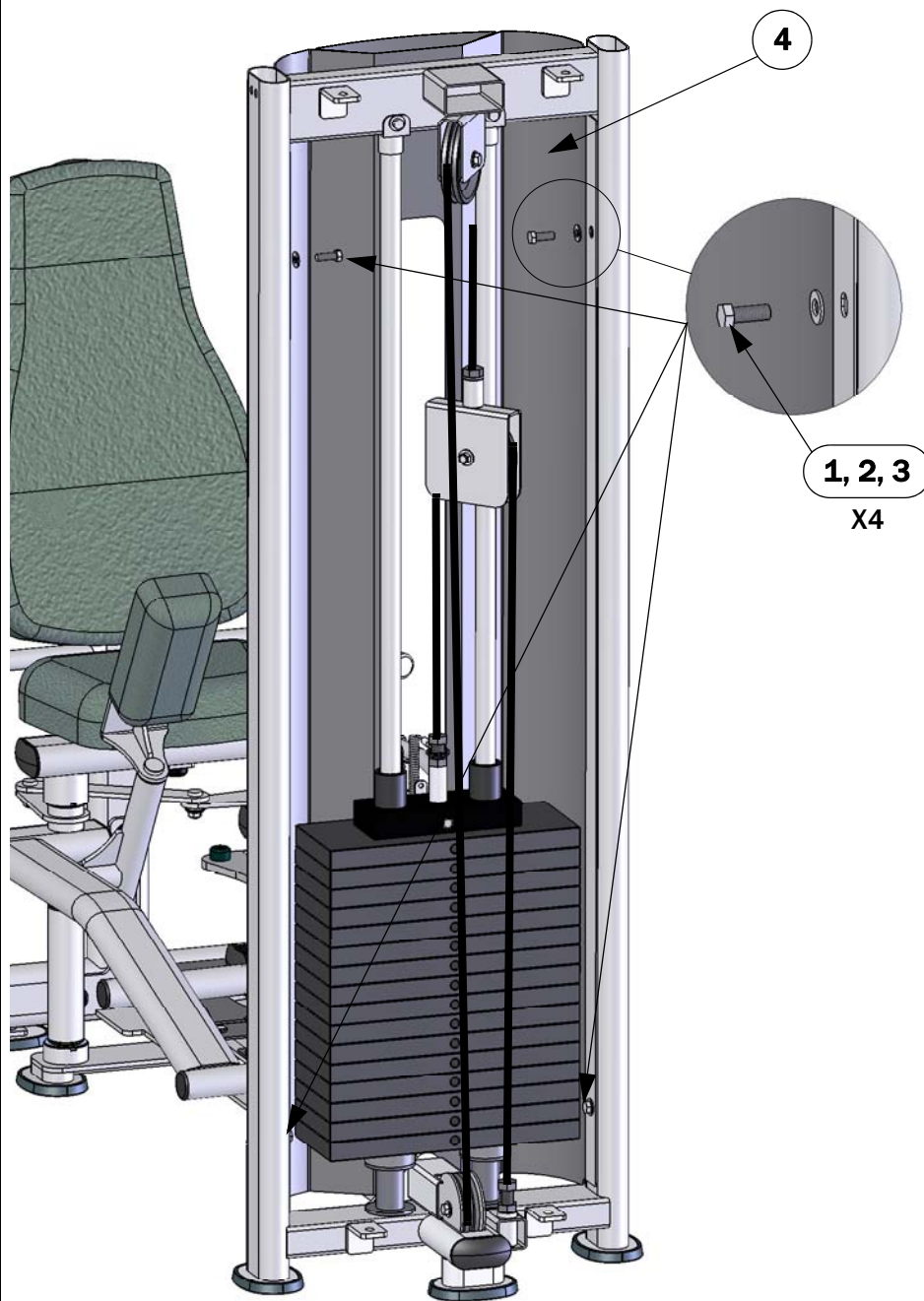
ITEM	PART No.	DESCRIPTION	QTY.
1	FS52-CVR-100X	COVER, CAM	1
2	FS52-CVR-200X	SMALL COVER, CAM	1
3	C 680A	SCREW, BUTTON HD, 1/4"-20 X 1/2"	6
4	C 749	LOCKWASHER, 3/8"	6
5	C 754C	FLAT WASHER, 3/8"	6
6	FS-STP-001	STOP, ADJUSTABLE	2



STEP 9: INSTALL THE FRONT SHROUD

1. Place the front shroud into position.
2. Align the holes and assemble the hardware.
3. Tighten all the hardware.

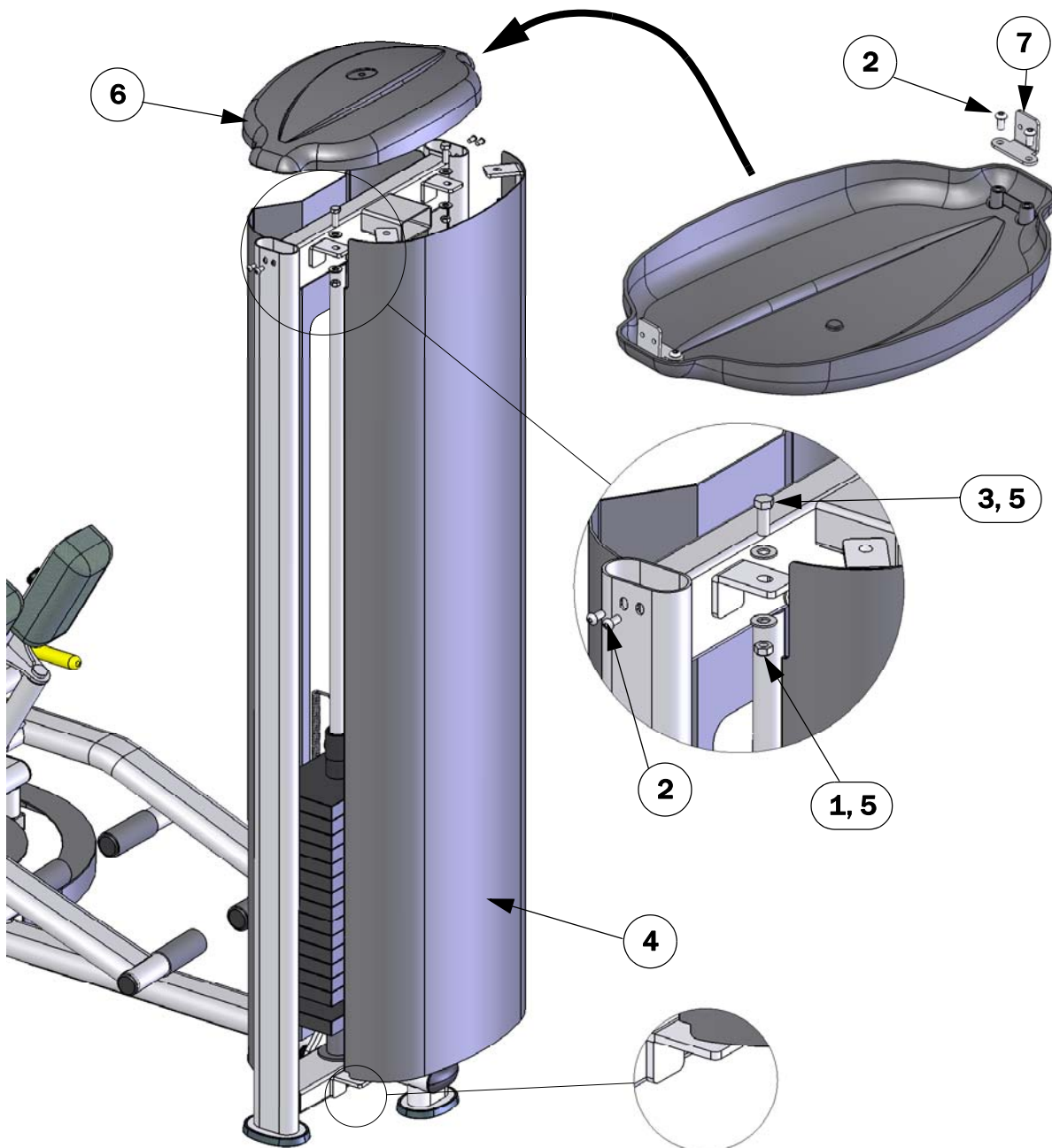
ITEM	PART NO.	DESCRIPTION	QTY.
1	C 445	SCREW, 3/8"-16 X 1" HHCS	4
2	C 749	LOCK WASHER	4
3	C 754C	FLAT WASHER	4
4	FS52-SHD-200X	FRONT SHROUD	1



STEP 10: INSTALL THE REAR SHROUD

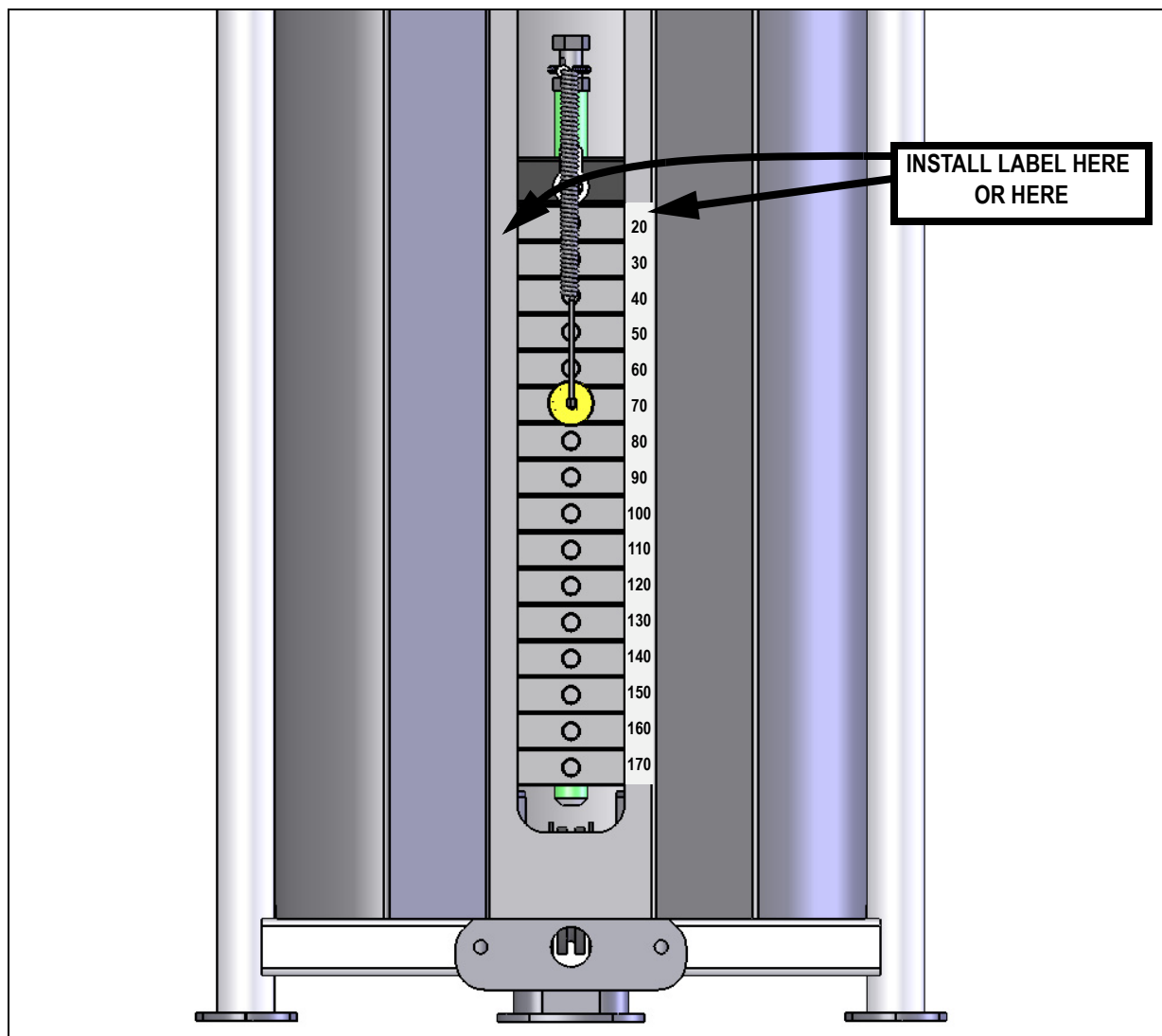
1. Set the lower screws of the shroud into the lower brackets on the upright frame.
2. Then align the holes for the brackets at the top of the shroud.
3. Assemble all the shroud hardware and tighten.
4. Assemble the top cap brackets and hardware. Then assemble to the machine.

ITEM	PART No.	DESCRIPTION	QTY.
1	C 766A	LOCKNUT, 3/8"-16	2
2	C 675D	SCREW, 1/4"-20 X 1/2" BHCS	8
3	C 444	SCREW, 3/8"-16 X 3/4" HHCS	2
4	FS-SHD-250X	REAR SHROUD	1
5	C 754C	FLAT WASHER, 3/8"	4
6	FS-CAP-000X	TOP CAP, UPRIGHT	1
7	FS-BKT-001	TOP CAP, BRACKET	2



STEP 11: APPLY THE WEIGHT STACK LABEL

1. Select the appropriate weight stack label(s) according to your order. You can install pound labels, kilogram labels, or both.
2. If you ordered a 170 lb. weight stack, use labels:
LBL-WSE-01170 (for pounds)
LBL-WSM-01170 (for kilograms).
3. If you ordered a 250 lb. weight stack, use labels:
LBL-WSE-01250 (for pounds)
LBL-WSM-01250 (for kilograms).
4. Remove the backing from the label to expose the adhesive. Carefully locate the label on the shroud so that it is centered between the edge and the bend. Line up the numbers with their corresponding weight plate. Once the correct position is attained and the label is a uniform distance from the edge, press firmly along the entire length of the label.
5. NOTE: Adhesive takes 24 hours to fully set.



MACHINE LABELS

The following are the Warning labels required for this FS machine. If any of these labels are missing or become damaged, Paramount will replace them free of charge. Note: these labels are not to scale.

WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.

- BEFORE USING: Read and understand all of the warnings and obtain instruction on the use of this machine. DO NOT modify the machine.
- Get a medical exam before beginning an exercise program.
- Keep body and clothing clear of all moving parts. DO NOT wear anything loose or dangling.
- Inspect the machine before use. DO NOT use if it appears damaged. DO NOT try to fix any machine. Notify staff immediately.
- INSPECT MACHINE DAILY for loose, worn or damaged parts. Replace any part or label at first signs of wear. Inspect all cables and their connections closely. If you are in doubt about any part, DO NOT use the machine until the part is replaced.
- Inspect all cables and connections before using the machine. DO NOT use this machine if any part appears worn or damaged.
- Be certain that weight pin is completely inserted. Use only the pin provided by Paramount. If unsure, seek assistance.
- NEVER pin weights or top plate into an elevated position. DO NOT use the machine if found in this condition. DO NOT try to fix. Seek assistance.
- Use only the incremental weights supplied by Paramount. DO NOT use dumbbells or other means to add resistance to machine.
- NEVER allow children near this machine. Supervise teenagers.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

25	20	11	9
40	30	18	14
55	40	25	23
70	50	32	23
85	60	39	27
100	70	46	32
115	80	52	36
130	90	59	41
145	100	66	45
160	110	73	50
175	120	80	54
190	130	86	59
205	140	93	64
220	150	100	68
235	160	107	73
250	170	114	77

MAINTENANCE SCHEDULE

Check the integrity and function of the following items. Replace all worn components immediately.	Frequency	Before Use	Daily	Weekly	Monthly
Cables: • Check tension, end fittings and coating. • Check weight stack locking nut. • Re-lubricate annually.		x			
Upholstery: • Wipe down and dry. • Clean and sanitize.		x			
Frame: • Wipe down and with damp cloth and dry. • DO NOT leave parts damp. Polish/Wax.		x			
Chrome: • Wipe down with damp cloth and dry. • DO NOT leave parts damp. Polish/Wax.		x			
Nuts/Bolts/Assemblies: • Check Tightness.		x			
Guide Rollers: • Clean and lubricate.		x			
Adjustment Locking Pins/Knobs		x			
Weight Stack Pins		x			
Warning/Instruction Labels		x			
Spring		x			
Anti-Slip		x			
Hand Grips		x			

For recommended maintenance products refer to the owner's manual or Paramount's Web site www.paramountfitness.com 1-800-721-2121 LBL-WSE-0002 10/06

LBL-WSE-01170 (170 LB)
 LBL-WSE-01250 (250 LB)
 LBL-WSM-01170 (77 KG)
 LBL-WSM-01250 (114 KG)

LBL-WRN-0002

WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE PIN IS NOT COMPLETELY INSERTED BEFORE USE.

ASTM F1749 P/N B2065

B2065

WARNING

MAXIMUM Height Under Nut to Bolt Head. MAKE SURE locking nut is tight.

B2141C

B2141C

WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE CABLES AND THEIR ATTACHMENT COMPONENTS ARE NOT INSPECTED OFTEN. REPLACE AT FIRST SIGNS OF WEAR.

P/N B2051

B2051

PARAMOUNT

INNER / OUTER THIGH

FS-52

- 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.

INNER THIGH

- Position thigh pads against inside of leg above knee. Lift adjustment disc handle and spread pads to desired setting. Release handle making sure the adjustment disk is engaged.
- Grasp hand grips. Support back with pad.
- Bring your legs together then apart as far as comfortable.

OUTER THIGH

- Position thigh pads against outside of leg above knee. Lift adjustment disc handle and close pads to desired setting. Release handle making sure the adjustment disk is engaged.
- Grasp hand grips. Support back with pad.
- Move legs apart as far as comfortable and return together.

PARAMOUNT FITNESS CORP. ©2007 LOS ANGELES, CA LBL-PR-FS52 1/07

LBL-PR-FS52

If this machine is to be installed in a public use facility, ASTM F1749 requirements specify that the facility sign shown to the right is to be installed in plain view.

If you did not receive the facility sign with your order, you can obtain one free of charge from Paramount by calling 1-800-721-2121.

BE ALERT!

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

PRIOR TO USING THE EQUIPMENT, READ THE WARNING LABELS AND INSTRUCTION PLACARDS AFFIXED TO EACH MACHINE.

IF YOU ARE UNSURE ON HOW TO USE A MACHINE, SEEK THE ASSISTANCE OF OUR FLOOR PERSONNEL. WE WILL BE HAPPY TO INSTRUCT YOU ON HOW TO USE THE EQUIPMENT PROPERLY.

IMMEDIATELY REPORT ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY TO OUR FLOOR PERSONNEL SO THAT IT MAY BE EVALUATED AND SERVICED PROMPTLY.

DO NOT ATTEMPT TO USE OR FIX ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY

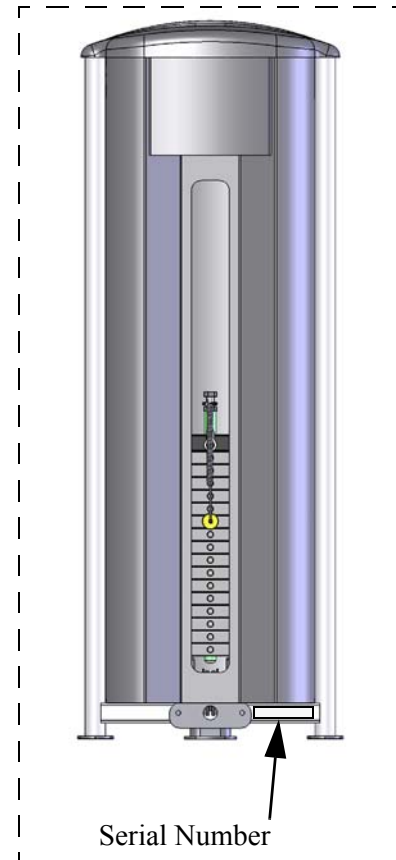
ASTM F1749-96

HOW TO OBTAIN SERVICE

For warranty service, contact an Authorized Paramount Dealer or a Paramount Customer Service representative at 1-800-721-2121 or 1-213-721-2121. Or by E-mail at nasales@paramountfitness.com. Before you call, please have the following information ready.

- **Model Number:** FS-52 INNER/OUTER THIGH
- **Serial Number:** _____
- **Date of Installation:** _____
- **A brief description of the problem**

The serial number is located on the front of the upright frame at the bottom as shown.



FINAL CHECK

1. If you haven't already done so, lubricate the guide rods and seat adjustment tubes with a teflon spray lubricant. Paramount recommends using TriFlow™ brand.
2. Adjust the foot plate through each position. Verify that the adjustment pin inserts freely into each position and is fully engaged.
3. Place the selector pin into the holder on the cap plate. Push the foot plate out slowly until it tops out against the stop. Verify that the cable moves freely, without any binding.
4. Verify that the selector pin can be inserted into each weight plate.
5. Perform the exercise to verify the cable routes smoothly and the machine operates correctly.

PARAMOUNT LIMITED WARRANTY

Paramount warrants to the original purchaser from a Paramount authorized dealer that Paramount equipment or equipment from a Paramount authorized manufacturing contractor will be free from defects in material and workmanship under normal use and service for the following periods and in the following respects:

LIFETIME WARRANTY - Welds, Weight Plates and Guide Rods

FIVE YEAR WARRANTY - Bronze Bushings, Sealed Rotating Bearings and Pulley Wheels

ONE YEAR WARRANTY - Cables, Linear Bearings, Linear Shafts and all other components not mentioned elsewhere in this warranty

NINETY DAY WARRANTY - Upholstery and Grips

This limited warranty **DOES NOT** cover and no warranty is given with respect to:

- Products not manufactured by Paramount
- Products which are altered without the express written consent of Paramount
- Products purchased other than directly from Paramount or through a Paramount Authorized Dealer.

All warranty periods begin to run from the date of delivery to the original purchaser. The obligation of Paramount under this warranty is limited to repairing or replacing warranted defective parts, as Paramount may elect, at Paramount's plant in Los Angeles, California, without charge to purchaser for either parts or labor. Purchaser is responsible for all transportation and insurance costs on returned or replaced equipment to and from Paramount's plant in Los Angeles.

ANY IMPLIED WARRANTY, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE AND THE IMPLIED WARRANTY OF MERCHANTABILITY, IS LIMITED TO ONE YEAR DURATION FROM THE DATE OF DELIVERY TO THE ORIGINAL PURCHASER. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE REMEDY OF REPAIR AND REPLACEMENT IS THE EXCLUSIVE AND SOLE REMEDY OF THE PURCHASER. PARAMOUNT SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONTINGENT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING, BUT NOT LIMITED TO, DAMAGE OF LOSS OF OTHER PROPERTY OR EQUIPMENT AND LOST PROFITS OR REVENUE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

No action for breach of this written limited warranty or an implied warranty shall be commenced more than one year after the accrual of the cause of action. This written limited warranty is the complete, final and exclusive agreement of the parties with respect to the quality or performance of the goods and any and all warranties and representations. No modifications of this limited warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized corporate officer of Paramount. This limited warranty gives you specific legal rights, and you may also have other rights which may vary from state to state. Contact Paramount Fitness Corp., 6450 E. Bandini Blvd., Los Angeles, California 90040-3185, for a list of authorized dealers or before returning any defective equipment. Paramount Fitness Corp. © 2005

PARAMOUNT FITNESS CORPORATION

Paramount Fitness Corporation
6450 E. Bandini Blvd.
Los Angeles, CA 90040-3185
Phone: 1-323-721-2121 Fax: 323-724-2000
1-800-721-2121
www.paramountfitness.com

AM-FS52-071207.fm
REV:7/12/07