

**XL2** SERIES  
STYLE • FUNCTION • RELIABILITY



 **PARAMOUNT®**

# THE NEW XL2 SERIES

A modern and comprehensive yet space efficient 16 piece strength conditioning system designed to meet the performance, reliability, and budget demands of today's commercial fitness facilities.

## MODERN FUNCTIONAL DESIGNS

- Low Profile Space-Efficient Foot Prints
- Attractive Oval Shaped Tube Frames
- Molded and Contoured Pads

## CONVENIENT, USER-FRIENDLY FEATURES

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

## PARAMOUNT PERFORMANCE & RELIABILITY

- Over 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



## EASY ACCESS

### FULLY SHROUDED WEIGHT STACKS

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



## LOW INCREMENTAL RESISTANCE

Optional integrated increment weight system allows user to adjust resistance in either 5 lbs. or 7.5 lbs. with a simple flip of a lever.



## STABILITY

Custom-molded rubber foot pads assure stability and prevent marring of floors.

## LEG EXTENSION XL2-100

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



## 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. Back printed on washable Lexan® for long life.

HEIGHT	METRIC SEAT	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



# LOWER BODY



**SEATED LEG CURL**  
XL2-200

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



**HORIZONTAL LEG CURL**  
XL2-1800

- Roller pad adjusts to five positions to accommodate a wide range of users.
- Chest and thigh pads angled at 15° for proper alignment during exercise movement.
- Heavy-duty pivot arm assembly with sealed bearings positioned for easy entry-exit of machine.
- Ergonomically located handles with non-slip grips for proper user alignment during exercise.



**LEG PRESS**  
XL2-300

- 9 position seat assembly angled at 25° for proper support and hip extension during exercise.
- Oversized foot platform with molded non-skid surface angled at 10° for exercise variation and neutral ankle position.
- Ergonomically designed handle conveniently located for quick and easy seat adjustments.



**INNER/OUTER THIGH**  
XL2-400

- Space and cost efficient dual function model for Adductor and Abductor exercise movements.
- Spring-loaded handle with fifteen position adjustment cam for wide range of motion.
- Upright pad angled 15° to provide proper back support and positioning during exercise.
- Weight stack in front of user for privacy, space efficiency and ease of weight plate selection.
- Pivoting contoured leg pads for comfort and easy transition from adductor to abductor movement.
- Dual rubber covered foot placement posts to accommodate varying leg lengths.

# UPPER BODY



**SEATED CHEST PRESS**  
XL2-900

- One-way ratcheting, 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.



**PEC FLY/REAR DELT**  
XL2-1000

- One-way ratcheting, five-position seat pad with custom-fitted sleeve inserts for stable, low friction adjustments.
- 7 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 movements.
- Weight stack conveniently located for easy access and to minimize floor space requirements.



**LAT PULLDOWN**  
XL2-1100

- Unique dual pulley design allows for both unilateral and bilateral movements.
- Roller pad assembly adjusts easily to 3 settings for stability and comfort.
- Streamlined upright and base frame minimizes floor space while providing maximum stability.



**SEATED ROW**  
XL2-1200

- One-way ratcheting, 8 position chest pad and 5 position seat angled at 10° designed to accommodate wide range of users with full range of motion.
- Molded non-skid foot platforms encourage proper body alignment and provide support during exercise.
- Angled dual-position handgrips for muscle isolation and exercise variation.



**SHOULDER PRESS**  
XL2-700

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



**LATERAL RAISE**  
XL2-800

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



**TRICEPS PUSHDOWN**  
XL2-1500

- One-way ratcheting, 5 position seat pad and 25° fixed angled back pad provide proper back support and ergonomics during exercise.
- 1-1/2" diameter elastomeric handgrips provide a non-slip and ergonomic feel.



**BICEPS CURL**  
XL2-600

- One-way ratcheting, 5 position seat pad with custom-fitted sleeve inserts for stable, low friction adjustments.
- 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.



# TORSO



**ABDOMINAL**  
XL2-1400

- Ergonomically designed shoulder pad assembly with gas cylinder assist fits wide range of users without need for separate adjustment.
- Contoured lumbar pad encourages pelvic stabilization and isolation of abdominal region.



**ROTARY TORSO**  
XL2-1700

- Angled hip and thigh pads eliminate low body torque and encourage spinal alignment for proper isolation of the torso area.
- 11-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.



**LOW BACK**  
XL2-1300

- Four position adjustable roller pad for proper alignment, range of motion, and comfort during exercise.
- Lumbar pad angled at 55° allows proper range of motion and provides back support.
- Dual position foot rests provide torso stabilization for wide range of users.
- Extension arm is counter balanced to minimize initial weight load.

## COMPANY PROFILE

### 55+ Years of Manufacturing Expertise

Paramount commercial fitness products are manufactured using the latest laser and CNC machining technologies at our 200,000 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 50 countries. Paramount's Parts Department maintains stock of common items and has the ability to supply parts and accessories for many older generations of equipment.



## PRODUCTS PROFILE

### 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

Exacting 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.

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



## XL2 SPECIFICATIONS



**Full Color Step-by-Step Instruction and Adjustment Guide** – detailed charts include easy-to-follow user instructions and anatomical illustrations plus height adjustment guides on select models. Rear printed on non-fade washable Lexan® material.

**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. Note on Lat Pulldown: military spec 1/8" cable coated to 3/16" with a 2,000 lb. breaking strength and custom end fitting tested to 1 million cycles at 500 lbs. This end fitting contains a radial ball bearing that provides independent rotation of handles to eliminate twisting effect on cable. Cables routed inside frame in selected areas to minimize contact with users. Cables meet or exceed all ASTM and EN-957 Safety Standards for Fitness Equipment.

**Structural Frame** – main structural frame components fabricated with 2.25" x 3.43" x 11 gauge and 2.74" x 4.04" x 13 gauge oval shaped steel tube. Auxiliary components utilize 2.50" diameter x 11 gauge steel tubing. Steel mounting plates and struts ranging from 1/4" to 1/2" used 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 nylon bushings insures low friction movement of weight plates over guide rods. Machined steel receptacle attached to cap plate provides selector pin storage when user desires zero weight plates allowing lowest possible starting weight.

**Pulleys** – 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.

**Frame Paint Colors** – electrostatically-applied powder coat finish enhances appearance and durability. Standard colors include Gloss White and Silver.

**Weight Stack** – easily accessed from seated position. Choice of 10-lb. or optional 15-lb. increment machined weight plates, 1" thick with fitted nylon bushings assure smooth travel on guide rods. Custom molded retainers with quick release pull pins secure guide rods and allow for easy weight stack assembly.

**Heavy-Duty Selector Pin** – magnetic selector pin assures positive locking to plates, secured to the weight stack with a polyurethane coiled lanyard. Meets ASTM and EN-957 Safety Standards for Fitness Equipment.

**Weight Stack Enclosure** – weight stack enclosed by full-length front and rear frosted, impact-resistant PETG plastic panels. Meets all ASTM and EN-957 Safety Standards for Fitness Equipment.

**Hardware** – all frame bolts are 3/8" and 1/2" grade five for maximum strength. Bolt heads covered with molded plastic cap, enhance appearance and prevent contact with sharp surfaces, meet ASTM and EN-957 Safety Standards for Fitness Equipment. Hardware zinc plated and zinc phosphate-coated to eliminate corrosion.

**Upholstery** – superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in a wide choice of 12 standard colors. Fabric stitched over 1-1/2" high density EMR and custom molded High Resiliency (HR) Polyurethane foam.

**Adjustable Pads** – one-way ratchet provides easy pad adjustment. Easy-grip spring-loaded retention pins color-coded yellow for quick location. Custom molded sleeve-tube inserts assure stable, low friction adjustments. Viewing hole and numbered adjustment label for ergonomically accurate pad positioning.

**Axles and Ball Bearings** – 1" (25mm) and 1-3/8" (35mm) solid steel pivot axles with lifetime lubricated sealed bearings encased in steel housings for frictionless movement and precision alignment of primary pivots. Space between all pivot points meets all ASTM and EN-957 Safety Standards for Fitness Equipment.

**Custom Hand Grips** – Santoprene™ hand grips provide comfort and durability.

**Custom Molded Feet** – located under base frame to assure stability and prevent marring of flooring surfaces. Holes available in base frame foot plates for securing the machine to the floor (not required).

**Counter Balance Weight** – standard feature on appropriate models to reduce initial weight load.



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

### Paramount Fitness Corp.

6450 E. Bandini Blvd., Los Angeles, CA 90040  
323-721-2121 • 800-721-2121 • Fax 323-724-2000  
[www.paramountfitness.com](http://www.paramountfitness.com)  
[nasales@paramountfitness.com](mailto:nasales@paramountfitness.com)  
Paramount Fitness Corp. © 2010 Printed in USA 5/11