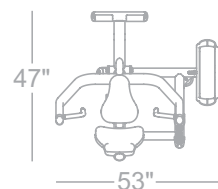


## SEATED CHEST PRESS



- 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.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	373 lbs. (170 kg)	453 lbs. (206 kg)



Dimensions

W: 53" (135 cm)

L: 47" (119 cm)

H: 57" (145 cm)

PARAMOUNT

**SEATED  
CHEST PRESS**  
MODEL XL2-900

**ADJUSTMENT GUIDE**

HEIGHT	METRIC SEAT	SEAT
5' 2"	157cm	5
AND LOWER		
5' 7"	170cm	4
5' 10"	178cm	3
6'	183cm	2
6' 2"	189cm	1
AND OVER		

STARTING

ENDING

1. Read all warning labels on machine.
2. If this machine appears damaged or inoperative, do not try to use or fix. DO NOT use if any weights are pinned in an elevated position. Seek assistance from staff.
3. Always choose a light resistance when using a machine for the first time. Always train at a controlled rate of speed.
4. Select a resistance level.

1. Adjust the initial seat height according to the adjustment guide.
2. Press down on the assist bar with your feet to bring the arm forward. Grasp the handles according to comfort. Your upper arms should be parallel to the floor at mid chest level. Remove your feet from the assist bar.
3. Return your arms to the beginning position and repeat. Use the assist bar to help you exit the exercise position when you are done.

PARAMOUNT FITNESS CORP. 12001 LONE HORIZON, CAYCE, SC 29033



Superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in this wide range of standard upholstery colors

FRAME PAINT COLORS:  
SILVER  
GLOSS WHITE TEXTURED