

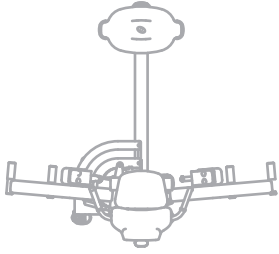


INNER | OUTER THIGH FS-52



- Swiveling thigh pads are easily accessible from the seated position and accommodate both Inner and Outer Thigh exercises.
- Contoured back pad, ergonomically positioned handles, and rubber covered foot placement posts provide support and encourage proper alignment during exercise.
- Large easy to read instruction labels with QR codes linked to instructional online videos.

Weight Stack Options 170 lbs. (77 kg).
 Machine Weight 480 lbs. (218 kg)



Dimensions
 W: 57" (145 cm)
 L: 61" (155 cm)
 H: 65" (165 cm)

PARAMOUNT
 INNER / OUTER THIGH FS-52

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.

INNER THIGH

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

OUTER THIGH

- 1 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.
- 2 Grasp hand grips. Support back with pad.
- 3 Move legs apart as far as comfortable and return together.

MUSCLES WORKED:
 PECTINEUS
 BRACIUS
 ADDUCTOR GROUP

MUSCLES WORKED:
 GLUTEUS MEDIUS
 GLUTEUS MINIMUS
 TENSOR FASCIAE LATAE

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