

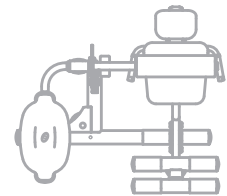


## LOW BACK | ABDOMINAL FS-57



- 5 position range of motion adjustment allows users to easily change between Low Back and Abdominal exercises.
- Dual non-slip foot positions accommodate a wide range of users while providing support during exercise.
- Large easy to read instruction labels with QR codes linked to instructional online videos.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	443 lbs. (201 kg)	523 lbs. (237 kg)



**PARAMOUNT.**  
 LOW BACK / ABDOMINAL FS-57

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.

**LOW BACK**

1 Sit with body centered toward front of seat pad.  
 2 Adjust roller to a forward position that is comfortable.  
 3 Place feet on foot support tubes.  
 4 With roller positioned on back as shown, grasp handles on sides of seat and extend body backwards.  
 5 Return to initial position and repeat.

**STARTING**

**Shoulder Girdle  
ERECTOR SPINAEL**

**ABDOMINAL**

1 Sit with low back against rear support pad.  
 2 Adjust roller to a rear position that is comfortable.  
 3 Place feet on or under foot support tubes as desired.  
 4 With the roller positioned on chest, as shown, grasp the roller and lean forward contracting the abdominal muscles.  
 5 Return to initial position and repeat.

**STARTING**

**Transverse  
ABDOMENS**

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Dimensions  
 W: 49" (125 cm)  
 L: 44" (112 cm)  
 H: 57" (145 cm)