



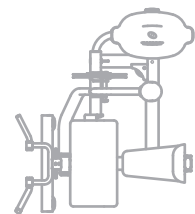
FITNESS LINE

FS-56 BICEPS-TRICEPS



- 5 position seat with low back support to accommodate users of all sizes.
- 3 starting positions for both curls and extensions allow users to choose the range of motion best suited to their individual needs.
- Unique rotating handles require no adjustments and provide comfort and support throughout the entire range of motion.
- 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	476 lbs. (216 kg)	556 lbs. (252 kg)



Dimensions W:
51" (130 cm) L:
47" (119 cm) H:
57" (145 cm)

PARAMOUNT
BICEPS / TRICEPS

FS-56

1 Read all warning labels.
• If unit appears damaged or inoperable, do not try to use or fix.
DO NOT use if weights are placed in an elevated position. Seek staff assistance.
• Choose light resistance when using machine for first time and train at controlled speed.

BICEPS

1 Adjust the seat height to a comfortable position.
2 Place elbows on arm pad and grasp handles as shown.
3 Keeping your elbows on the arm pad, flex your forearms upward.
4 Return to starting position.

TRICEPS

1 Adjust the seat height to a comfortable position.
2 Place your chest against the arm pad and your lower back against the back pad.
3 Place elbows on arm pad & grasp handles, as shown.
4 Keeping your elbows on the arm pad, extend your forearms downward.
5 Return to starting position.

