

EXTREME

FUNCTIONAL TRAINING

XFT-300 & FT-300

ATHLETIC CONDITIONING

SPORTS PERFORMANCE

FITNESS TRAINING

REHABILITATION



PARAMOUNT®

XFT-300

EXTREME FUNCTIONAL TRAINER

Featuring a unique design combining rotating vertical adjustment columns and multi-position **Extreme Swing Arms**, the XFT-300 allows unrestricted movements in multiple planes making it the ideal tool for sports performance, athletic conditioning, fitness and personal training, and rehabilitation.



DUAL WEIGHT STACKS

Dual weight stack design allows users to train or rehabilitate each arm using different resistance levels or allows for two simultaneous users.

UNIQUE DESIGN FEATURES

- Dual adjustment columns rotate 330° to allow unrestricted movement in multiple planes.
- Choice of 23 vertical positions through a range of 64" clearly marked A-W.
- Choice of 14 horizontal positions through 169° clearly marked 1-14 using conveniently located foot pedals to position pulleys as close as 27" and as far a part as 86 ½".

MODERN STYLING

- Space-efficient foot print with streamlined, uniform design using attractive oval shaped tube frames.
- Sleek weight stack enclosures limit access to moving parts.

USER-FRIENDLY FEATURES

- Multiple grip chin bar.
- Conveniently located color coded exercise guide clearly illustrates the starting and ending positions of 18 primary exercises divided into 6 categories.

INTEGRATED ACCESSORY KIT

Optional training accessories with convenient storage system. Accessories include: Sports Handle, Triceps Rope, Ankle Strap, and Curl Bar.



EXTREME SWING ARM DESIGN

Pulley spacing from 27" to 86 ½"



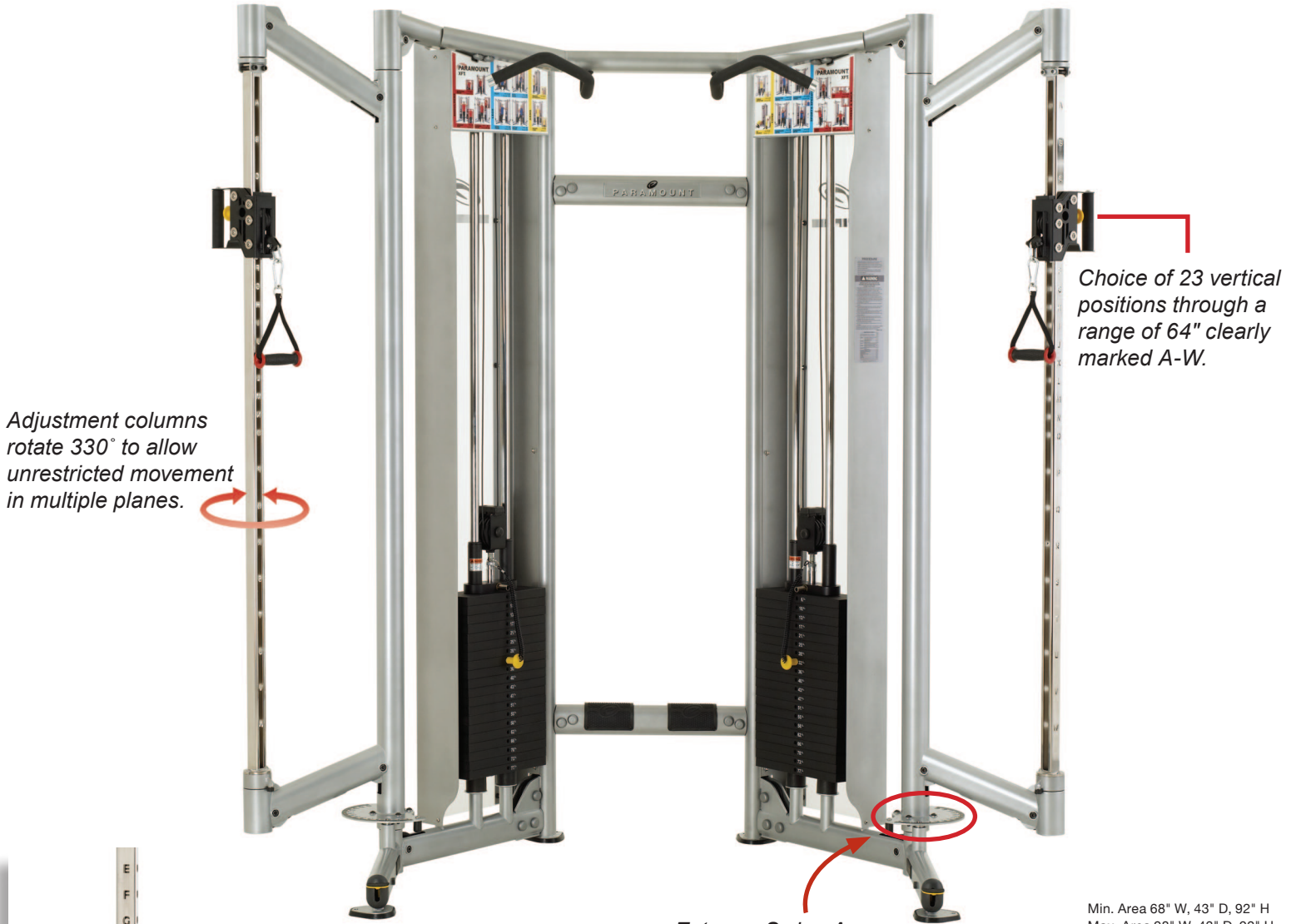
SPORTS SPECIFIC



CORE



CHEST & BACK



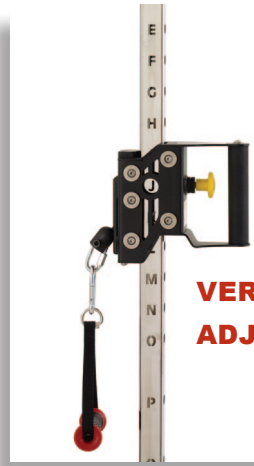
Adjustment columns rotate 330° to allow unrestricted movement in multiple planes.



Choice of 23 vertical positions through a range of 64" clearly marked A-W.

Extreme Swing Arm adjusts to 14 horizontal positions through 169° to place pulleys as close as 27" and as far apart as 86½".

Min. Area 68" W, 43" D, 92" H
Max. Area 98" W, 43" D, 92" H



VERTICAL ADJUSTMENT

Quick adjustment through 64" and 23 vertical positions.



HORIZONTAL ADJUSTMENT

Easily adjusts to 14 horizontal positions using spring-loaded foot pedal.



ARMS

LEGS

SHOULDERS

FT-300

FUNCTIONAL TRAINER

The FT-300 features the same high quality commercial construction and modern styling as the XFT-300 but without the Extreme Swing Arms.

Choice of 23 vertical positions through a range of 64" clearly marked A-W.

Adjustment columns rotate 330° to allow unrestricted movement in multiple planes.



FT-300 Dimensions:
68" W, 42" D, 92" H



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.

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