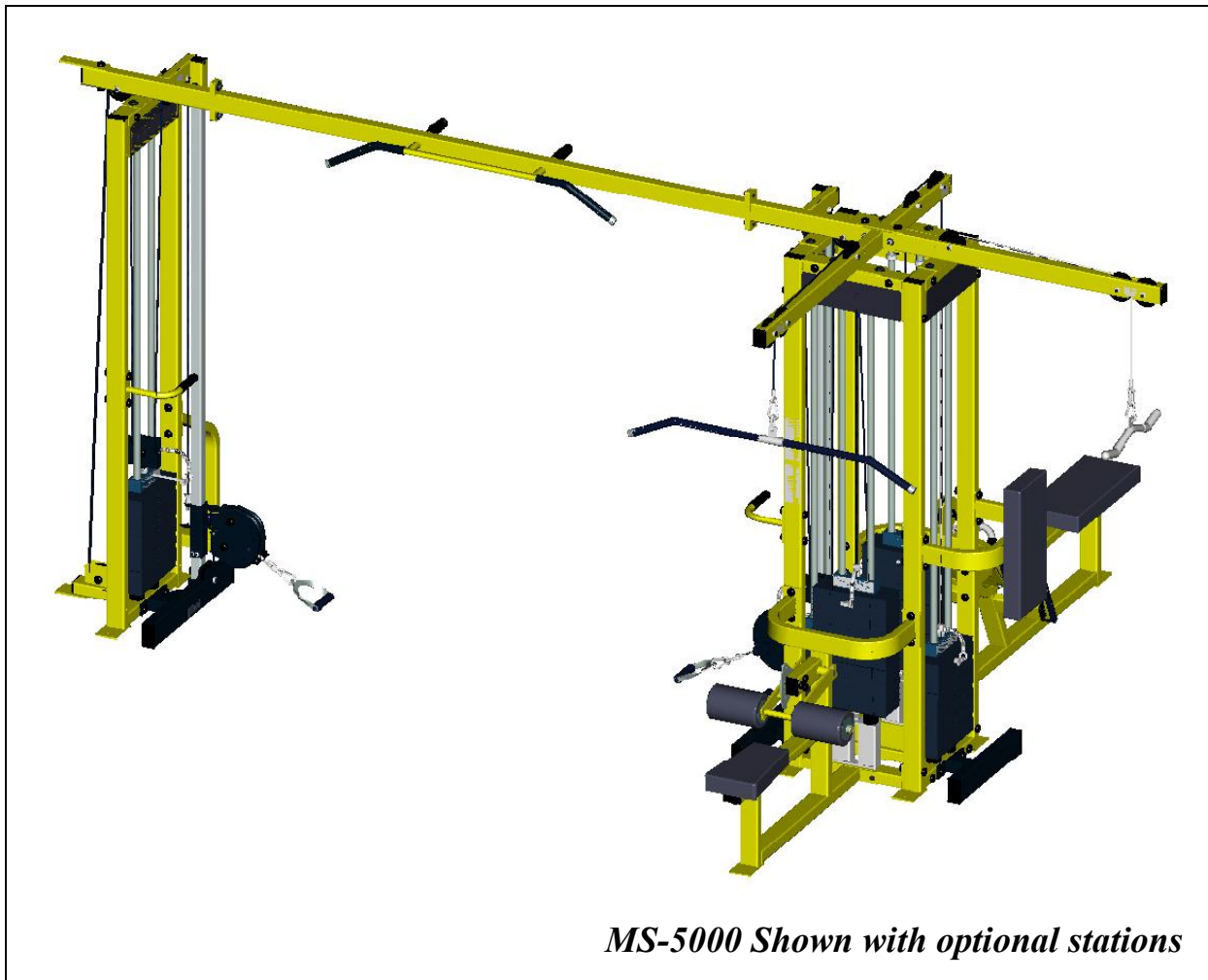




ASSEMBLY MANUAL

MS-5000 SINGLE MODULAR FRAME WITH CABLE CROSSOVER





SAFETY REQUIREMENTS

1. **Review and understand** all of the warning labels affixed to the machines and the facility safety sign. Replace any warning label at the first sign of wear. Labels and the Facility Safety Sign may be obtained from Paramount free of charge.
2. **Be certain that machine operation is understood** before machine is used. Refer to the instruction label provided with the machine.
3. **Keep children away** from this equipment.
4. **DO NOT** high-pin or double-pin the weight stack. **DO NOT** allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the cable to ensure that it is seated in all of the pulleys.
5. **Use ONLY Paramount weight selector pins.** Other manufacturer's pins may work free of the weight stack causing possible injury. **Be certain the pin is completely inserted prior to use.**
6. **Cables:** Inspect the entire cable and the end fittings daily. Pay close attention to the area going over the pulleys and to the end connections. When adjusting cables at the threaded inserts make sure all connections are tight. Adjust tension on cables as needed. **Replace all cables at first signs of wear. Use only Paramount supplied replacement cables.** Ensure that the dimension from under the bolt head to the top surface of the selector bar is no greater than 1-3/8 inches (see installation). Ensure that the cable tension bolt & nut are tight.
7. **Adjustment Pins:** check the function of selector pins on adjustable pulley housings. Make sure that the selector pin inserts completely into each position without binding.
8. **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ Threadlocker 242.
9. **Frames and Lifting Arms:** Inspect weekly for integrity and function. Replace any component at first signs of wear.
10. **DO NOT** attempt to free any jammed assemblies by yourself as this may result in injury.
11. **Instruct Users** not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
12. **Recommend** that users receive a medical exam before commencing an exercise program. User should stop exercising if they feel faint or dizzy.
13. **Regularly Check** the function of your machine by verifying the following:
 - Cables and end fittings are intact and tensioned properly.
 - All adjustments are possible and carried out with ease.
 - The proper selector pin is in the weight stack.
 - The exercise is performed smoothly, free of noise and/or binding.
 - The guide rods are properly lubricated.
14. **Follow the installation guidelines** provided with the products.
15. **Retain these instructions** for future reference.

If you have any questions, do not hesitate to contact your Paramount Dealer or Paramount Fitness Corp. at (800) 721-2121 or www.paramountfitness.com.

Refer to Maintenance Schedule label located on the machine for maintenance intervals.



MAINTENANCE REQUIREMENTS

- ⌘ **Frames:** Wipe all machines down with a damp cloth and **dry completely** each day. This includes painted and chrome parts and upholstered pads.
- ⌘ **Painted/chrome parts:** Use Simple Green or similar cleaner for light dirt and grime. Use TurtleWax® Polishing Compound or a good car polish to remove heavier dirt and grease as well as for polishing. **DO NOT** use solvents, lacquer thinner, acetone or finger nail polish remover. For scuffs and marks that are not removed by the above methods use a soft scrub cleanser.
- ⌘ **Upholstery:** Use cloth towels and warm water daily to remove surface dirt and perspiration. Use a lanolin based hand cleaner or Naugahyde® brand upholstery cleaner to condition and deep clean on a weekly basis. **DO NOT** use Windex, Simple Green, 409, or similar products to clean the upholstery.
- ⌘ **Weight stack enclosures (shrouds):** Wipe down with a damp cloth as needed.
- ⌘ **Exercise instruction labels:** Clean with soap and water as needed.
- ⌘ **Guide rods:** Wipe all dirt and dust off the guide rods before applying a light application of Tri-Flow™ or other silicone spray lubricant, spraying the Tri-Flow™ on a rag and then wiping the guide rods with the rag. **DO NOT** use light oil base lubricants such as WD-40. *Caution: Tri-Flow™ will stain carpet and clothing.*
- ⌘ **Bronze bushings:** Check monthly for signs of wear and replace as needed. Lubricate monthly with Tri-Flow™.

We recommend that you purchase the Paramount Performance Kit (P/N KIT-01) to maintain your Paramount products. This will insure that the proper maintenance materials required will be used. Please refer to the General Maintenance Manual (p/n AM-GMM) for other important safety and maintenance information.

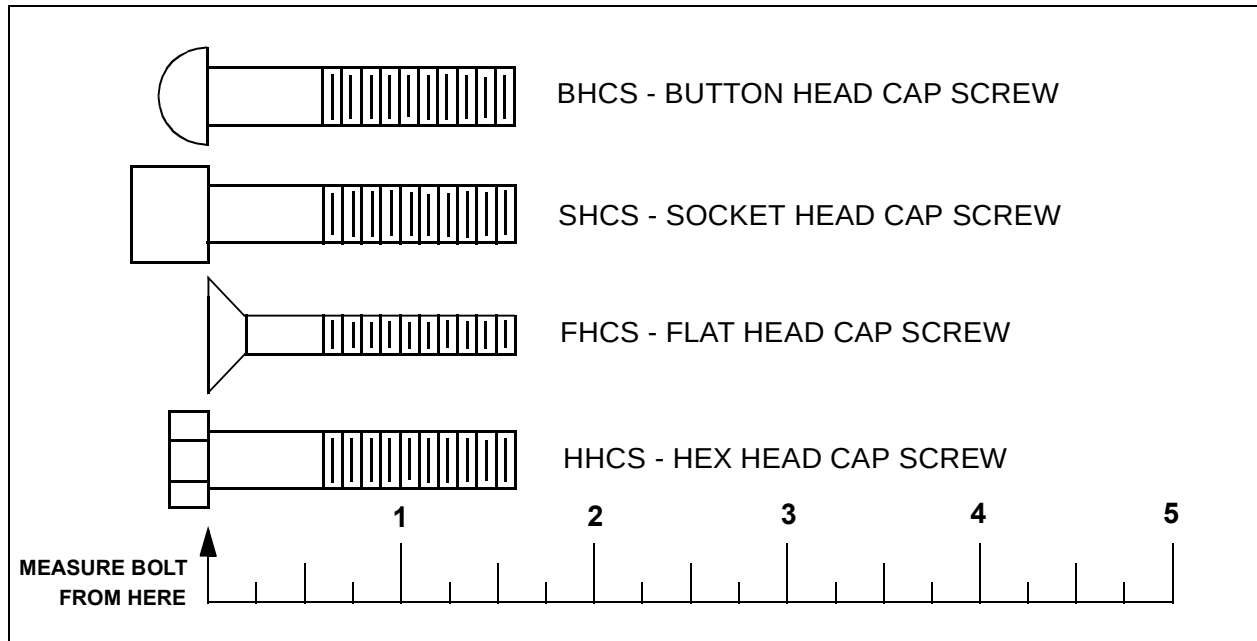
ASSEMBLY NOTES

- ⌘ It is recommended that at least two (2) people be used to assemble this machine.
- ⌘ Read the assembly instructions completely before beginning to assemble the machine. This will help you to become familiar with the machine and prevent mistakes requiring unnecessary disassembly and reassembly.
- ⌘ Hardware placement is indicated with a balloon. Refer to the hardware page for corresponding size and configuration. You may have some remaining hardware as extra pieces are always included in one of the bags.
- ⌘ Install all plastic end caps on assemblies where necessary before assembling the machine.
- ⌘ Initially tighten all hardware by hand, as this will assist in the alignment of the machine. When the framework of the machine is complete, tighten all nuts, bolts and setscrews. **Be sure all hardware is tight before using the machine.**
- ⌘ Bolts should point inward on the machine wherever possible, leaving the bolt heads facing out.
- ⌘ Route cables prior to installing pulley wheels.
- ⌘ Read and understand all machine warning and instruction labels before using the machine.

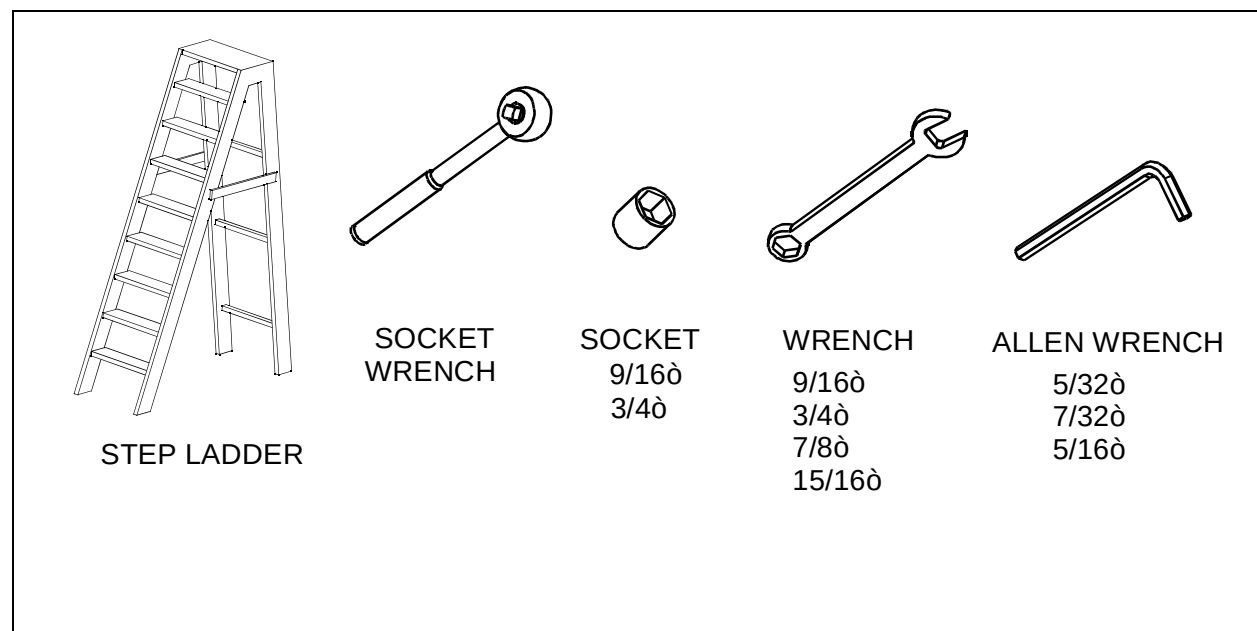


HARDWARE MEASUREMENT GUIDE

As shown below, Button Head, Socket Head and Hex Head screw length is measured from the bottom of the head to the end of the screw. The length of Flat Head screws is measured as the total overall length.



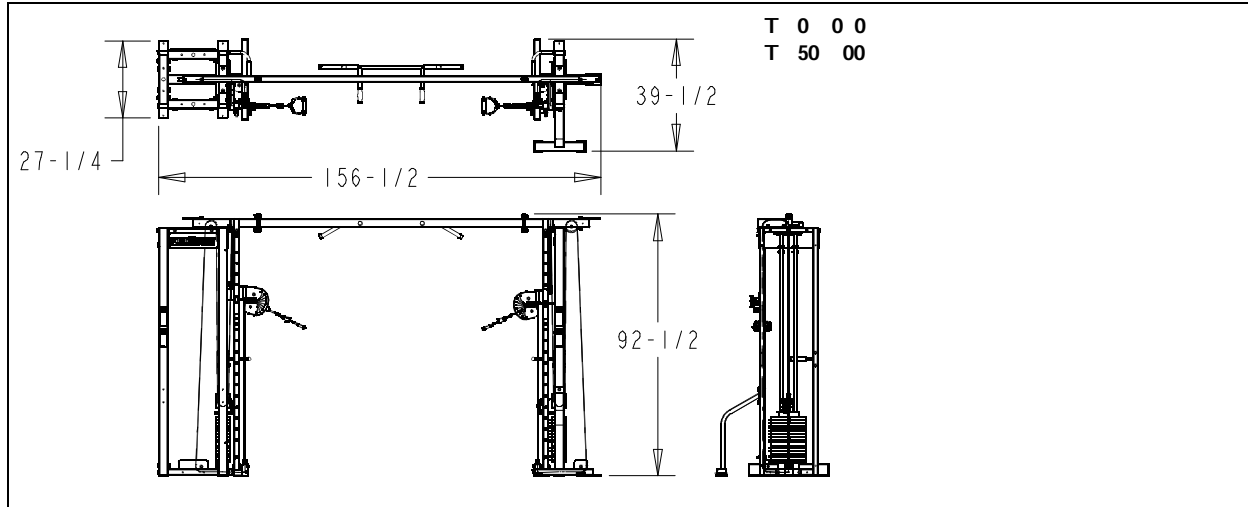
TOOLS REQUIRED





MS-5000 ASSEMBLY INSTRUCTIONS

1. Your MS-5000 single modular frame requires minimal assembly to complete. These assembly instructions may vary slightly depending upon the method of shipment.
2. To complete the installation, you will need a minimum level floor area of 157" x 40" with a minimum ceiling height of 93" (136" W x 364" D x 769" H). **NOTE:** This area will change depending upon the optional stations ordered.



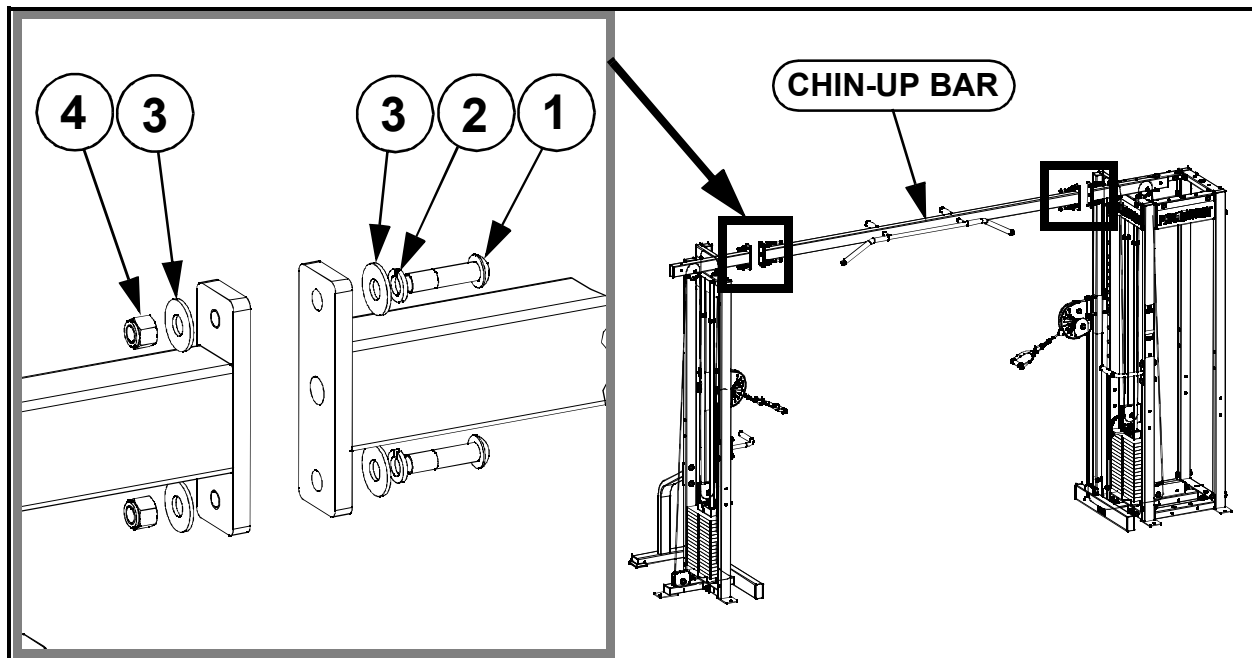
MS-5000 HARDWARE BAG

ITEM	DESCRIPTION		QTY	PART #
1	BUTTON HEAD CAP SCREW, 1/2-13 x 2"lg.		4	C929
2	WASHER, LOCK, 1/2"		4	C750A
3	WASHER, FLAT, 1/2"		8	C755A
4	NUT, LOCKING, 1/2-13		4	C743A
5	HEX HEAD CAP SCREW, 3/8-16 X 2-1/4"lg.		2	C449G
6	METAL BASE WASHER, FOR 3/8"SCREW		4	C955A
7	WASHER, FLAT, 3/8"		4	C754B
8	NUT, LOCKING, LOW HEIGHT, 3/8-16		2	C766A
9	CAP, FOR 3/8"SCREW, BLACK		4	C955
10	PARAMOUNT MOULDED FOOT, FITS 2"X 3" TUBE, BLACK		2	B751

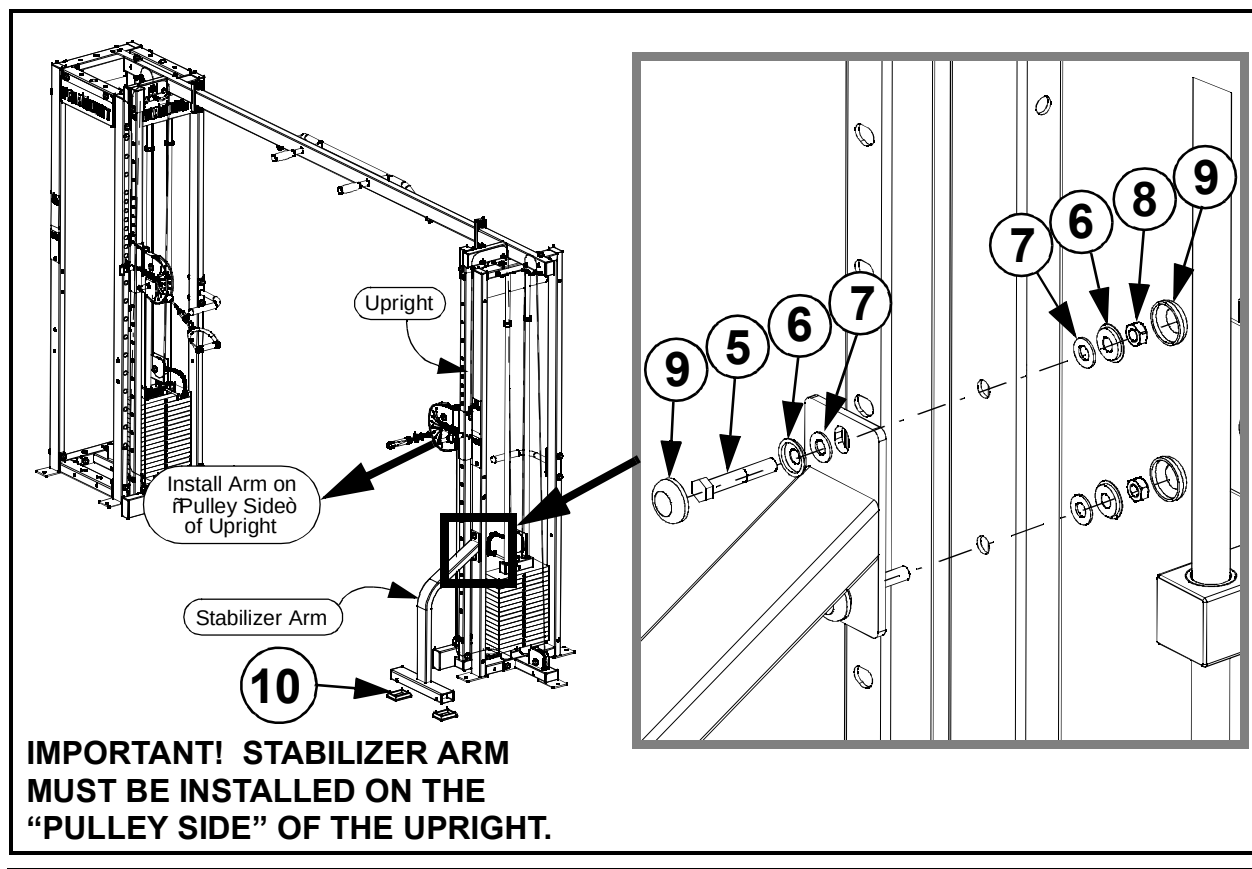
See "HARDWARE MEASUREMENT GUIDE" for determining bolt type and length.



3a. ASSEMBLING THE CHIN-UP BAR



3b. ASSEMBLING THE STABILIZER ARM



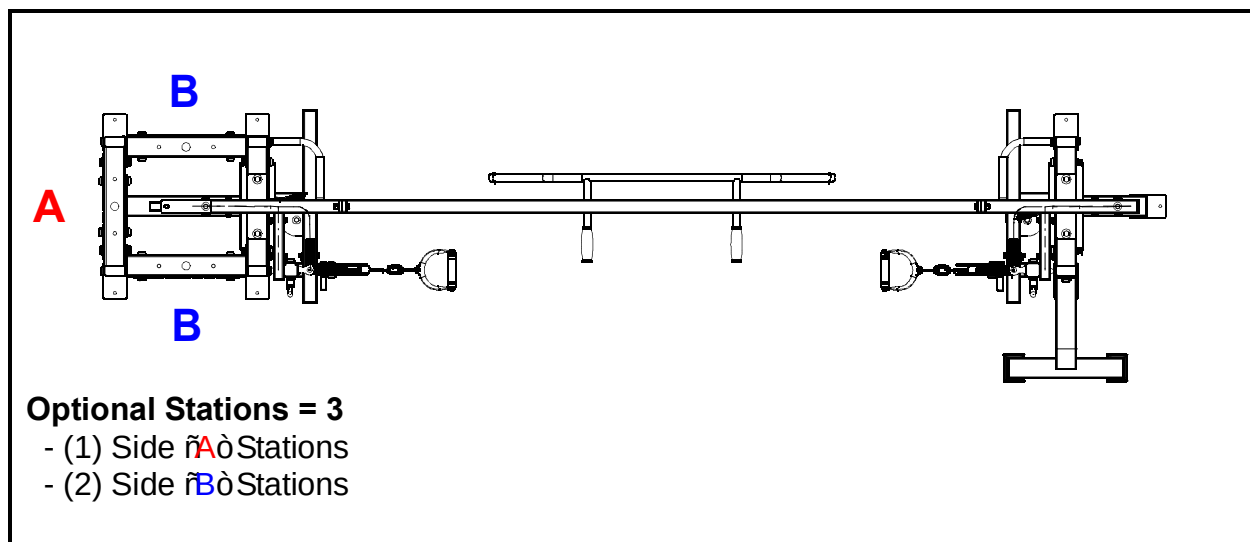
**IMPORTANT! STABILIZER ARM
MUST BE INSTALLED ON THE
“PULLEY SIDE” OF THE UPRIGHT.**



4. OPTIONAL STATIONS

At this time, assemble the optional stations to the Modular Frame. **Please refer to the Assembly Instructions provided with each station.**

Optional stations are designed to fit a particular side of your MS Modular Frame. Use the diagram below to determine the correct side of the modular frame that the optional stations should be attached. Note that the optional stations are referred to as either Side "A" or Side "B" Stations.

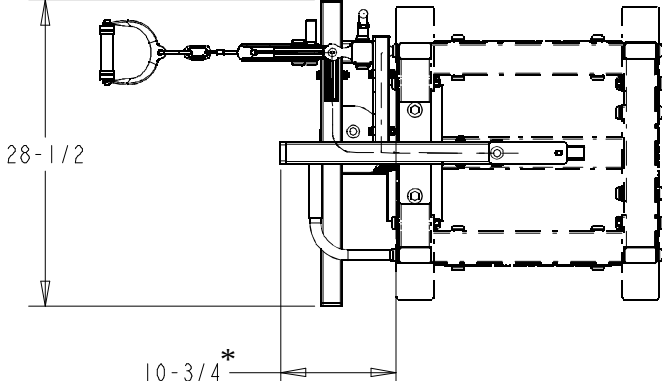


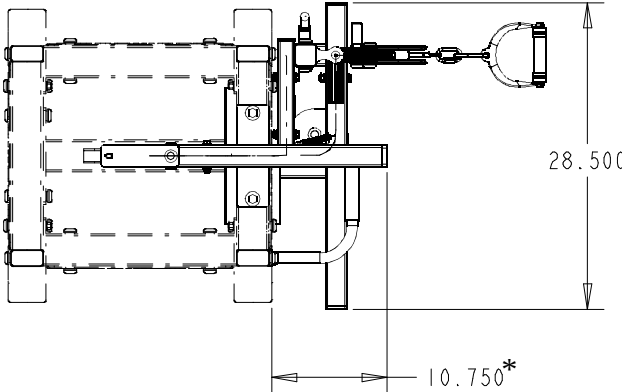
IMPORTANT!

IF YOU DID NOT ORDER (1) OR (2) OPTIONAL SIDE "A" STATIONS: A HALF-BLANK STATION (MS-0005) MUST BE INSTALLED IN PLACE OF EACH SIDE "A" STATION.



STATION OPTIONS - SIDE “A” (assemble to “A” side of Modular Frame)

MS-1000 Single Adjustable Cable Column (Right)	
	 28-1/2 10-3/4* * Add 10-3/4 to width of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 170 lb. stack = 270 lbs. (123 kg.) Total weight per station with 250 lb. stack = 350 lbs. (159 kg.)

MS-1050 Single Adjustable Cable Column (Left)	
	 28.500 10.750* * Add 10-3/4 to width of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 170 lb. stack = 270 lbs. (123 kg.) Total weight per station with 250 lb. stack = 350 lbs. (159 kg.)



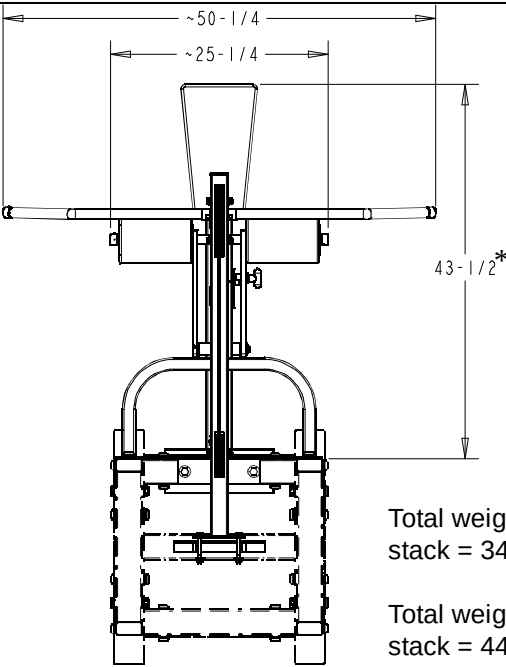
STATION OPTIONS - SIDE “A” (assemble to “A” side of Modular Frame)

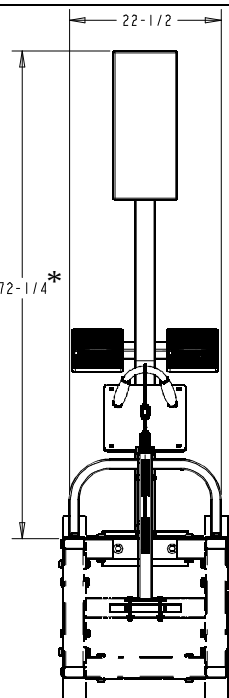
MS-1100 Bicep Curl Station	
	* Add 16-3/4" to width of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 170 lb. stack = 240 lbs. (109 kg.)

MS-1200 Tricep Extension Station	
	* Add 37-1/2" to width of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 170 lb. stack = 262 lbs. (119 kg.)



STATION OPTIONS - SIDE “B” (assemble to “B” side of Modular Frame)

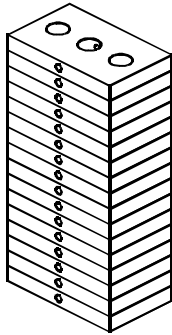
MS-1500 Lat Pulldown Station	
	 * Add 43-1/2" to depth of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 210 lb. stack = 340 lbs. (154 kg.) Total weight per station with 310 lb. stack = 440 lbs. (200 kg.)

MS-1600 Seated Low Row Station	
	 * Add 72-1/4" to depth of MS Main Unit (per optional station) to determine overall machine size. Total weight per station with 210 lb. stack = 369 lbs. (168 kg.) Total weight per station with 310 lb. stack = 469 lbs. (213 kg.)



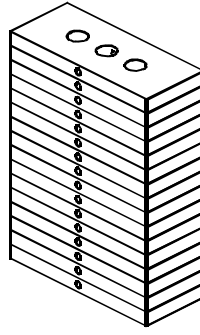
5. WEIGHT PLATE INSTALLATION (Cable Crossover ONLY!) To install the weight plates for optional stations, please refer to the assembly instructions provided with each station.

Review the equipment order to determine the weight stack configuration. The boxes are marked with the quantity and weight of the plates.



170lb
16 x 10lb plates.
Requires (4) Boxes
of B1602

OR



250lb
16 x 15lb plates.
Requires (4) Boxes
of B1603

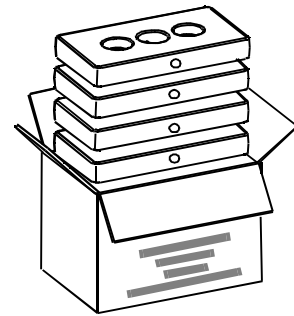
P/N: B1602

Box comprised of
(4) EACH 10lb MACHINED
WEIGHT PLATES

or

P/N: B1603

Box comprised of
(4) EACH 15lb MACHINED
WEIGHT PLATES

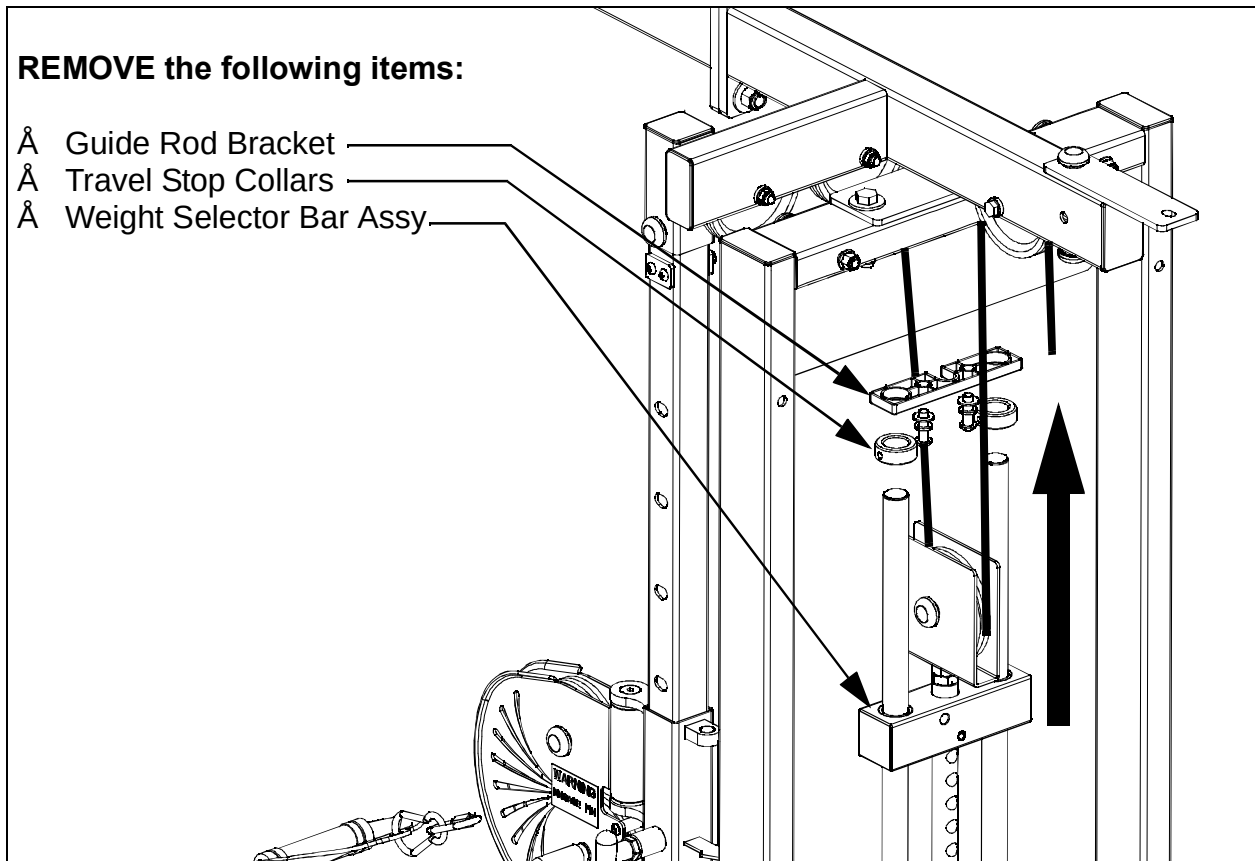


REMOVE the following items:

⌘ Guide Rod Bracket

⌘ Travel Stop Collars

⌘ Weight Selector Bar Assy

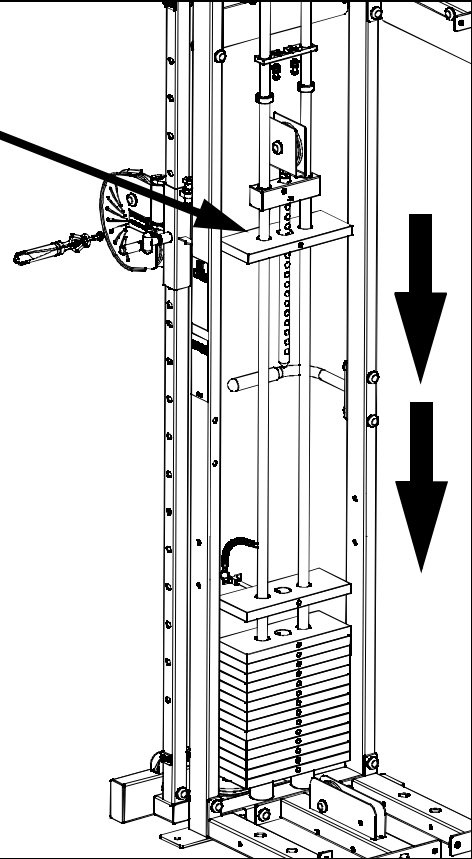




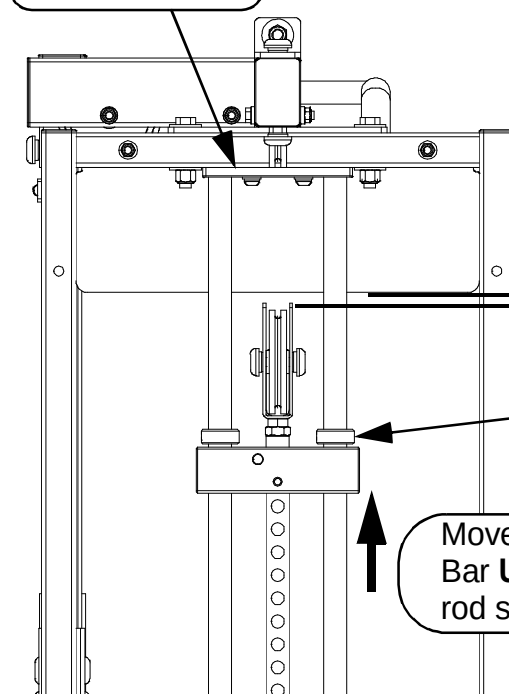
INSTALL the Weight Plates

Then RE-INSTALL:

- ⌘ Weight Selector Bar Assy.
- ⌘ Travel Stop Collars (**SEE BELOW**)
- ⌘ Guide Rod Bracket (**SEE BELOW**)



Guide Rod Bracket



NOTE: Move the Weight Selector Bar Assy. up as far as possible before tightening the hardware on the Guide Rod Bracket. This will set the correct guide rod spacing.

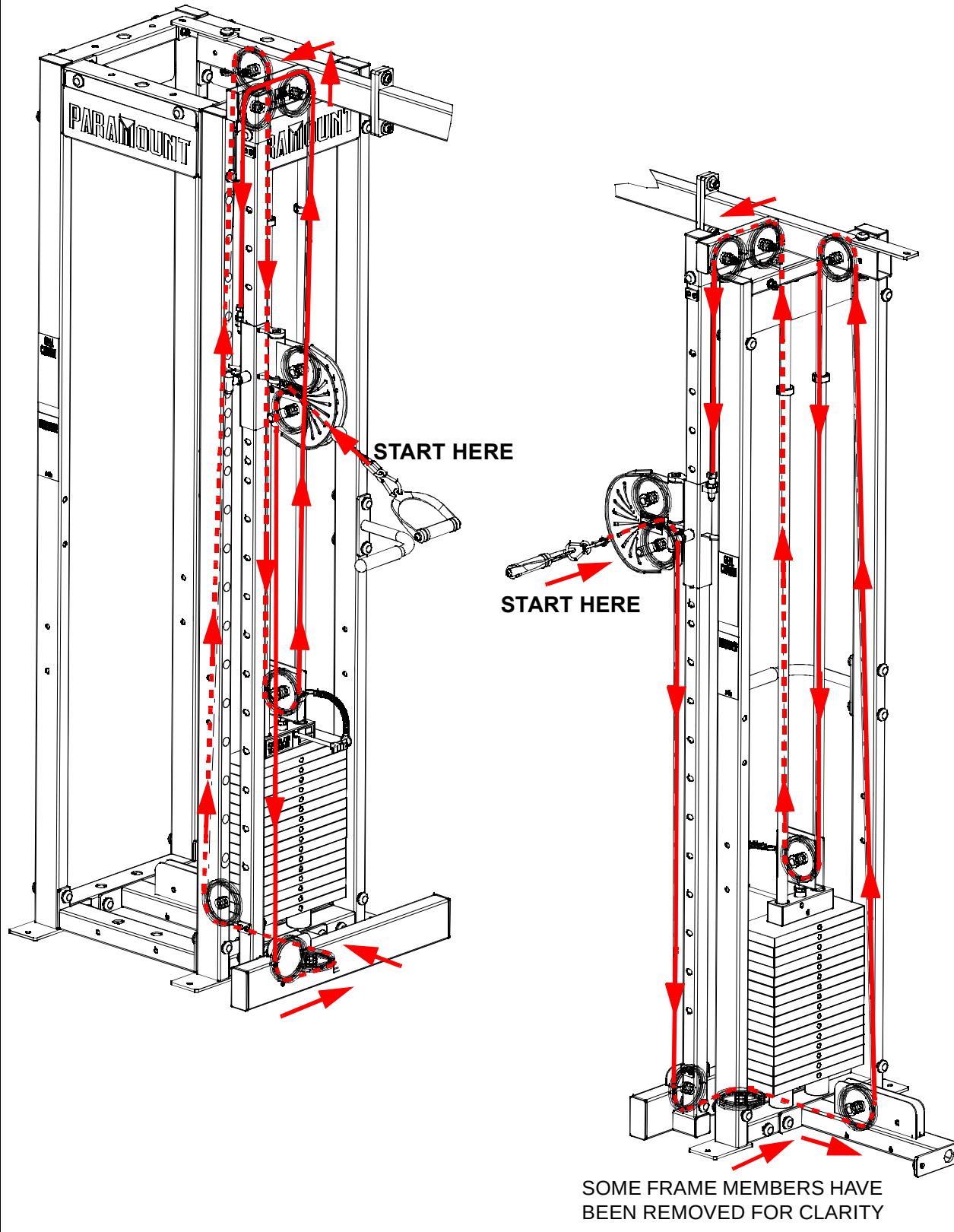
1/4"

Set Collars to allow 1/4" Gap between the bottom of Label Plate and Pulley Housing.

Travel Stop Collar

Move Weight Selector Bar **UP** to set guide-rod spacing.

CABLE ROUTING DIAGRAM





WEIGHT STACK LABEL INSTALLATION

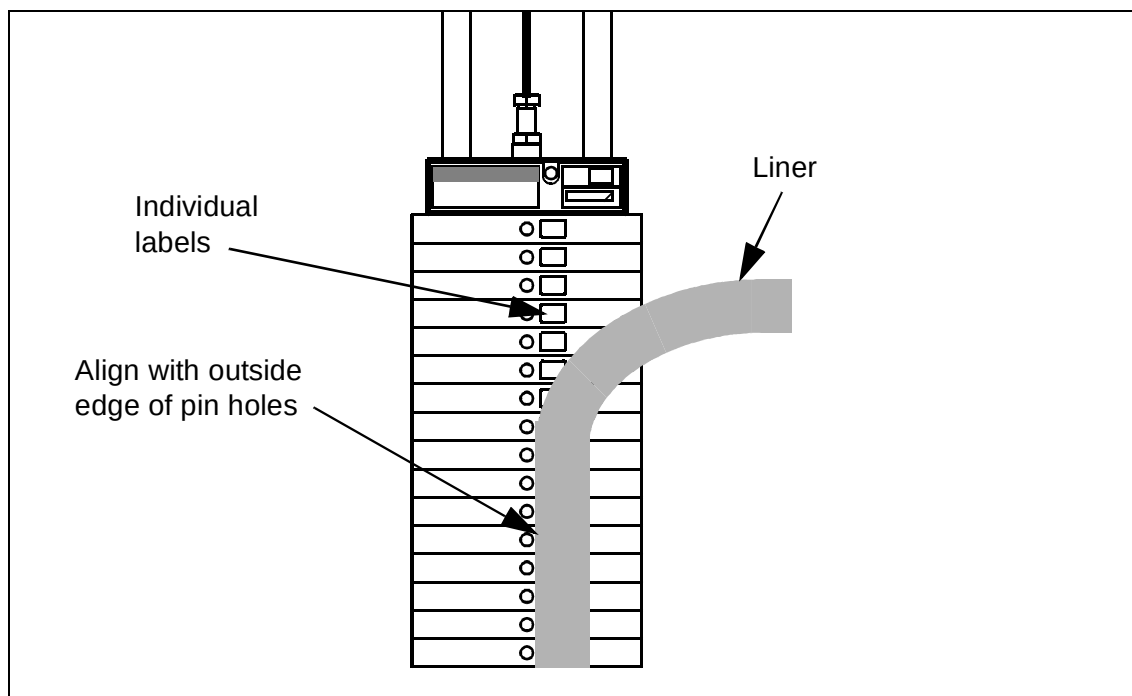
Shipped with your machine is a set of labels for the weight stack numbers. Follow the instructions printed on the label. Below is a list of weight stacks and the corresponding label set part numbers.

Weight Stack	170 lb.	250 lb.
Label Part No.	B2170	B2172

To install weight stack labels:

1. Verify weights are installed properly.
2. Wipe front surface of the weights with rubbing alcohol and allow to dry completely.
3. Remove the backing from the labels. Align the top edge of the label with the top edge of the weights and the side of the label with the outside edge of the pin hole in the weights.
4. Verify that the label strip is straight and then remove the liner. As the liner comes off the labels, press and rub each label into place.
5. The adhesive requires 48 hours to cure so **DO NOT** attempt to test the integrity of the labels after they have been installed.

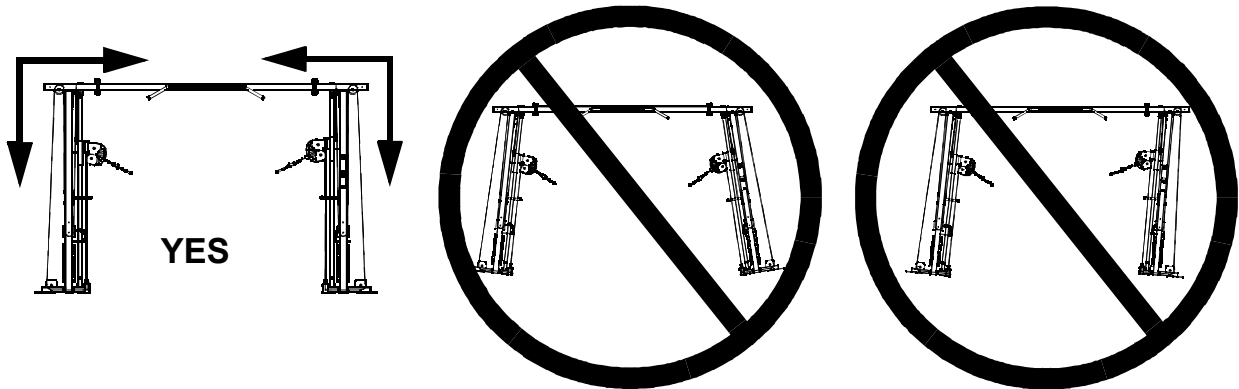
Take the time during installation to align the label with the edge of the pin hole and the top surface of the weights to get all of the individual labels straight.





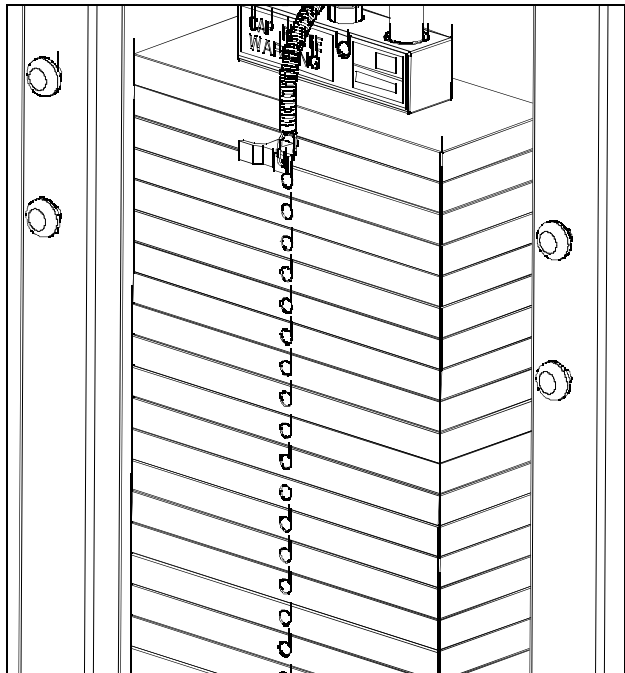
FINAL CHECK AND TESTING

1) Verify that the finished assembly is square and plumb.

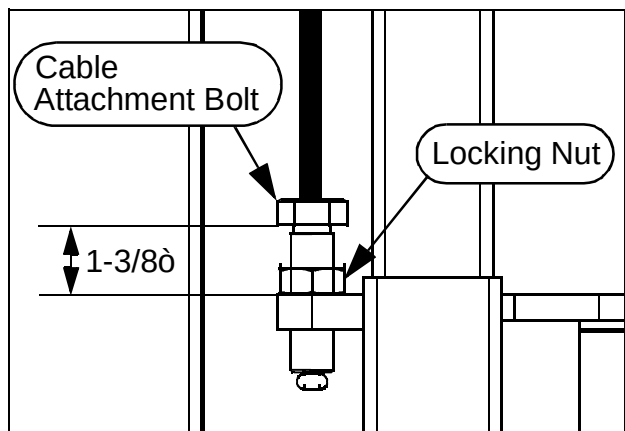


2) Verify that the weight selector pin can be fully inserted into each weight plate.

TIP: If you cannot fully insert the pin into the lower weight plates, the cable has too much tension. Adjust the cable attachment bolt to relieve enough tension so that you can fully insert the pin.

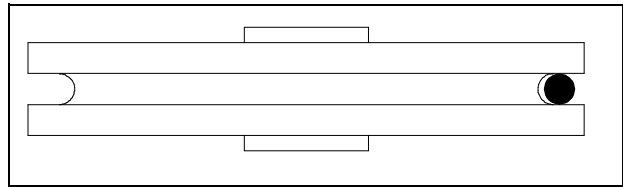


3) After adjusting the cable tension, verify that the attachment bolt on the cable assembly has a dimension no greater than 1-3/8" as shown. Tighten locking nut.





4) Verify that the cable is centered & seated in the groove of each pulley.



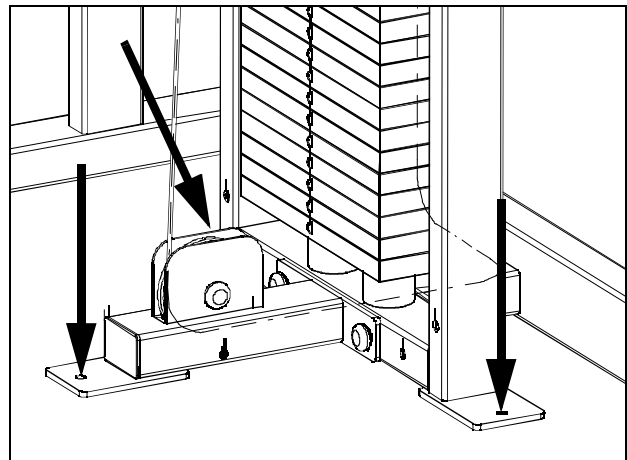
5) Adjustment Pins: Check the function of the selector pins on adjustable pulley housings and pad position adjustments. Make sure that the selector pin inserts completely into each position without binding.

6) Lubricate the guide rods on each station by applying a light coating of Tri-Flow™ or other silicone spray lubricant. Spray the lubricant on a clean rag and wipe the guide rods with the rag. **DO NOT** use light oil base lubricants such as WD-40.

7) Check the operation of each station through its full range. Verify that it operates smoothly without binding or chattering. Try this at a few different weight settings.

TIP: After installing the weight plates, vigorously shake the weight stack to help align the weights.

8) MS Frames and Stations have provisions for anchoring the units to the floor. Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine the appropriate fastening system. **IMPORTANT! COMPLETE THE FULL ASSEMBLY OF THE MACHINE BEFORE ANCHORING THE UNIT TO THE FLOOR.**



REPLACEMENT CABLE INFORMATION

STATION	DESCRIPTION	PART #	LENGTH
MS-1000/1050	Single Adjustable Cable Column	MS1002090	



WARNING LABELS

The following warning labels are affixed to the machine. Be certain that you and the facility staff are aware of the meaning and importance of each label. If the labels become damaged, replacements can be obtained FREE of charge from Paramount.

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE CABLES AND THEIR ATTACHMENT COMPONENTS ARE NOT INSPECTED OFTEN. REPLACE AT FIRST SIGNS OF WEAR.

P/N B2051 6/96 ASTM Fxxx

B2051

⚠ WARNING

SERIOUS INJURY CAN OCCUR. MAKE SURE PIN IS COMPLETELY INSERTED PRIOR TO USING

ASTM Fxxx P/N B4999

B4999

MAINTENANCE SCHEDULE		D	W
Check the integrity and function of the following items. Replace all worn components immediately		A	E
Cables - Check tension, end fittings, and coating. Check weight stack locking nut.		✓	✓
Upholstery - Wipe down and dry. Clean and condition.		✓	✓
Frame - Wipe down and dry. Polish/Wax		✓	✓
Chrome - Wipe down and dry. Polish/Wax		✓	✓
Nuts/Bolts/Fasteners - Tighten and/or adjust as needed.			✓
Guide Rods - Lubricate and clean			✓
Linear Rods - Lubricate and clean			✓
Seat Sleeves - Lubricate and clean			✓
Adjustments/Locking Pins/Tightening Knobs			✓
Weight Stack Pin			✓
Warning Instruction Labels			✓
Springs			✓
Anti-Skid			✓
Handgrips			✓
Order Paramount Service Kit P/N KIT-01 for recommended maintenance products			
PARAMOUNT CUSTOMER SERVICE 1-800-721-2121 P/N B2315			

B2315

⚠ WARNING

1. MAKE SURE selector pin is inserted completely. Use only the Paramount pin shown

2. Bolt height must not exceed 1 3/8". Check regularly. Make sure locking nut is tight.

ASTM F1749 P/N B2141

PIN

B2141

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.

- BEFORE USING:** Read all of the warnings and obtain instruction on the use of this machine. Use only for the intended exercise. **DO NOT** modify the machine.
- Get a medical exam before beginning an exercise program.
- Keep body and clothing clear of all moving parts. **DO NOT** wear anything loose or dangling.
- Inspect the machine before use. **DO NOT** use if it appears damaged. **DO NOT** try to fix any machine. Notify staff immediately.
- INSPECT MACHINE DAILY** for loose, worn or damaged parts. Tighten and adjust all loose parts. Replace any part or label at first signs of wear. Inspect all cables and their connections closely. If you are in doubt about any part, **DO NOT** use the machine until the part is replaced.
- Inspect cables and connections before using the machine. **DO NOT** use this machine if any part appears worn or damaged.
- Be certain that weight pin B460 is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
- NEVER** pin the weights or top plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** try to fix. Seek assistance.
- Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
- NEVER** allow children near this machine. Supervise teenagers.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

P/N B2060 ASTM F1749

B2060



MISCELLANEOUS LABELS

The following labels are affixed to the adjustable cable column stations on the MS-Series of machines.



B5000

Single Cable
Column Adjustment



B2580



Limited Warranty

Paramount warrants to the original purchaser from a Paramount authorized dealer that Paramount equipment will be free from defects in material and workmanship under normal use and service for the following periods and in the following respects:

LIFETIME WARRANTY - Welds, Weight Plates, and Guide Rods.

FIVE YEAR WARRANTY - Bronze Bushings, Sealed Rotating Bearings and Pulley Wheels.

ONE YEAR WARRANTY - Cables, Linear Bearings, Linear Shafts and all other components not mentioned elsewhere in this warranty.

90-DAY WARRANTY --Upholstery and Grips.

This limited warranty **DOES NOT** cover and no warranty is given with respect to:

1. Products not manufactured by Paramount
2. Products which are altered without the express written consent of Paramount
3. Products purchased other than directly from Paramount or through a Paramount authorized dealer.

All warranty periods begin to run from the date of delivery to the original purchaser. The obligation of Paramount under this warranty is limited to repairing or replacing warranted defective parts, as Paramount may elect, at Paramount's plant in Los Angeles, California, without charge to purchaser for either parts or labor. Purchaser is responsible for all transportation and insurance costs of returned or replaced equipment to and from Paramount's plant in Los Angeles.

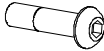
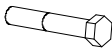
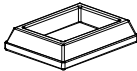
ANY IMPLIED WARRANTY, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE AND THE IMPLIED WARRANTY OF MERCHANTABILITY, IS LIMITED TO THE ONE YEAR DURATION FROM THE DATE OF DELIVERY TO THE ORIGINAL PURCHASER. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE REMEDY OF REPAIR AND REPLACEMENT IS THE EXCLUSIVE AND SOLE REMEDY OF THE PURCHASER. PARAMOUNT SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONTINGENT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING, BUT NOT LIMITED TO, DAMAGE OR LOSS OF OTHER PROPERTY OR EQUIPMENT AND LOST PROFITS OR REVENUE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

No action for breach of this written limited warranty or any implied warranty shall be commenced more than one year after the accrual of the cause of action. This written limited warranty is the complete, final and exclusive agreement of the parties with respect to the quality or performance of the goods and any and all warranties and representations. No modification of this limited warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized corporate officer of Paramount. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Contact Paramount Fitness Corp., 6450 E. Bandini Blvd., Los Angeles, California 90040-3185, before returning any defective equipment. Paramount Fitness Corp. © 2002.

PARAMOUNT FITNESS CORP.
6450 E. Bandini Blvd., Los Angeles, CA 90040-3185 USA
1-800-721-2121



MS-5000 HARDWARE BAG

ITEM	DESCRIPTION		QTY	PART #
1	BUTTON HEAD CAP SCREW, 1/2-13 x 2 1/2"lg.		4	C929
2	WASHER, LOCK, 1/2"		4	C750A
3	WASHER, FLAT, 1/2"		8	C755A
4	NUT, LOCKING, 1/2-13		4	C743A
5	HEX HEAD CAP SCREW, 3/8-16 X 2-1/4"lg.		2	C449G
6	METAL BASE WASHER, FOR 3/8"SCREW		4	C955A
7	WASHER, FLAT, 3/8"		4	C754B
8	NUT, LOCKING, LOW HEIGHT, 3/8-16		2	C766A
9	CAP, FOR 3/8"SCREW, BLACK		4	C955
10	PARAMOUNT MOULDED FOOT, FITS 2"X 3" TUBE, BLACK		2	B751